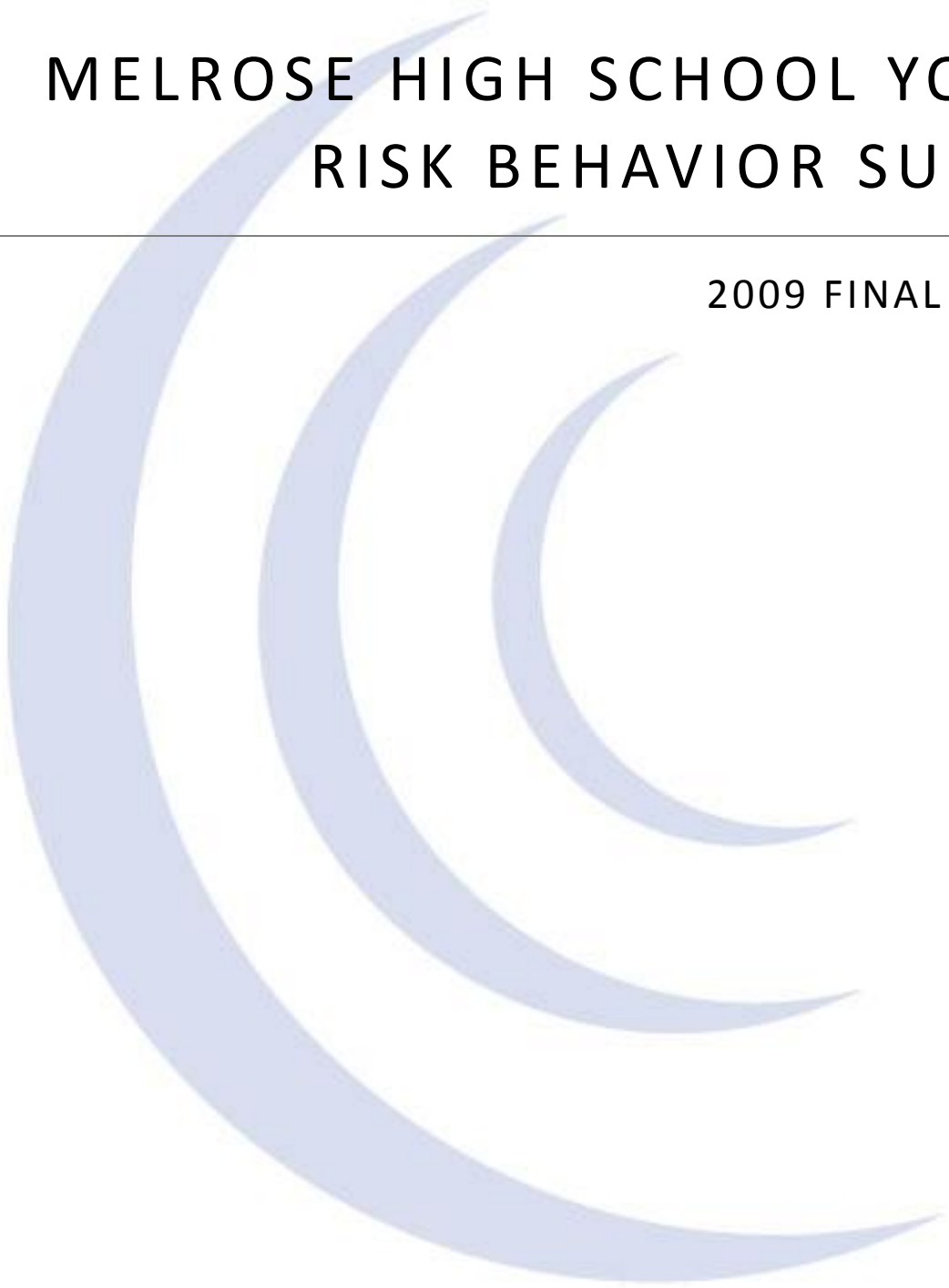


MELROSE HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY

2009 FINAL REPORT



INTRODUCTION

The Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability and social problems among youth. The 2009 Melrose YRBS was conducted in January of 2009 and administered to a total of 810 students in 9th – 12th grades. This represents an 87% response rate.

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

Grade	Number Surveyed	Number Enrolled	% Respondents
9 th	222	243	91%
10 th	195	226	86%
11 th	193	231	84%
12 th	190	230	83%
Ungraded or missing	10	-	-
Totals	810	930	87%

SURVEY METHODS

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

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

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

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

RESULTS

Behaviors Related to Unintentional Injuries

- Forty percent (40%) of Melrose 9th – 12th graders reported ‘always’ wearing a seat belt when riding in a car, compared to 37% in 2007, 34% in 2005 and 35% in 2003.
- Twenty-four percent (24%) of Melrose 9th – 12th graders reported riding in a car driven by someone who had been drinking alcohol during the past 30 days, compared to 32% in 2007, 36% in 2005, and 28% in 2003.
- Twelve percent (12%) of Melrose 9th – 12th graders reported driving a car or other vehicle when they had been drinking alcohol during the past 30 days, compared to 14% in 2007, 14% in 2005 and 13% in 2003.

Violence – Related Behaviors and Experiences

- Thirteen percent (13%) of Melrose 9th – 12th graders reported carrying a weapon during the past 30 days, compared to 12% in 2007, 11% in 2005 and 5% in 2003.
- Twenty-four percent (24%) of Melrose 9th – 12th graders reported being in a physical fight during the past 12 months, compared to 24% in 2007, 22% 2005 and 24% in 2003.
- Three percent (3%) of Melrose 9th – 12th graders reported being in a physical fight in which they had been treated by a doctor or nurse during the past 12 months, compared to 4% in 2007 and 2005 and 2% in 2003.
- Twenty-three percent (23%) of Melrose 9th – 12th graders reported being bullied more than once in the past 12 months, compared to 20% in 2007, 17% in 2005 and 21% in 2003.

Suicidal Thinking and Behaviors

- Thirteen percent (13%) of Melrose 9th – 12th graders reported seriously considering suicide during the past 12 months, compared to 14% in 2007, 12% in 2005 and 17% in 2003.
- Eleven percent (11%) of Melrose 9th – 12th graders reported making a plan to commit suicide during the past 12 months, compared to 12% in 2007, 9% in 2005 and 12% in 2003.
- Nine percent (9%) of Melrose 9th – 12th graders reported attempting suicide during the past 12 months, compared to 11% in 2007, 5% in 2005 and 8% in 2003.
- Sixteen percent (16%) of Melrose 9th – 12th graders reported injuring themselves on purpose during the past 12 months, compared to 17% in 2007 and 2005 and 19% in 2003.

Tobacco Use

- Thirty-seven percent (37%) of Melrose 9th – 12th graders reported smoking cigarettes in their lifetime, compared to 42% in 2007, 45% in 2005 and 46% in 2003.
- Eighteen percent (18%) of Melrose 9th – 12th graders reported smoking cigarettes during the past 30 days, compared to 24% in 2007, 22% in 2005 and 17% 2003.
- Nine percent (9%) of Melrose 9th – 12th graders reported first smoking cigarettes prior to age 13, compared to 8% in 2007, 12% in 2005 and 13% in 2003.
- Melrose 9th – 12th graders reported first cigarettes use at an average age of 15.1 years.

Alcohol Use

- Sixty-eight percent (68%) of Melrose 9th – 12th graders reported drinking alcohol during their lifetime, compared to 72% in 2007, 78% in 2005 and 76% in 2003.
- Forty-seven percent (47%) of Melrose 9th – 12th graders reported having alcohol in the past 30 days, compared to 57% in 2007, 56% in 2005 and 51% in 2003.
- Fourteen percent (14%) of Melrose 9th – 12th graders reported first alcohol use prior to age 13, compared to 19% in 2007, 18% in 2005 and 21% in 2003.
- Melrose 9th – 12th graders reported first alcohol use at an average age of 14.3 years.

Marijuana Use

- Forty-two percent (42%) of Melrose 9th – 12th graders reported using marijuana in their lifetime, compared to 44% in 2007 and 2005 and 45% in 2003.
- Twenty-nine percent (29%) of Melrose 9th – 12th graders reported using marijuana in the past 30 days, compared to 27% in 2007, 28% in 2005 and 23% in 2003.
- Five percent (5%) of Melrose 9th – 12th graders reported smoking marijuana prior to age 13, compared to 7% in 2007, 8% in 2005 and 7% in 2003.
- Melrose 9th – 12th graders reported first marijuana use at an average age of 15.2 years.

Sexual Behaviors

- Forty percent (40%) of Melrose 9th – 12th graders reported having sexual intercourse in their lifetime, compared to 39% in 2007, 43% in 2005, and 37% in 2003.
- Of Melrose 9th – 12th graders who reported ever having sexual intercourse, 62% reported using a condom the last time they had sexual intercourse, compared to 57% in 2007, 70% in 2005 and 61% in 2003.

Pregnancy and HIV/AIDS Prevention

- Fifty percent (50%) of Melrose 9th – 12th graders reported talking with their parents/guardians about STDs, HIV infection or pregnancy in the past 12 months, compared to 50% in 2007, 47% in 2005 and 46% 2003.
- Eighty-seven percent (87%) of Melrose 9th – 12th graders reported having ever been taught about AIDS or HIV infection in school, compared to 87% in 2007, 94% in 2005 and 95% in 2003.
- Fifty-eight percent (58%) of Melrose 9th – 12th graders reported being taught how to use a condom in school, compared to 51% in 2007, and 40% in 2005 and 2003.

Body Image, Physical Activity, and Screen Time

- Seventy-four percent (74%) of Melrose 9th – 12th graders have a healthy BMI (not at risk of overweight), compared to 74% in 2007, 64% in 2005 and 67% in 2003.
- Seventy-four percent (74%) of Melrose 9th – 12th graders reported engaging in physical activity during the past 7 days, compared to 83% in 2007, 87% in 2005 and 73% in 2003.
- Thirty-one percent (31%) of Melrose 9th – 12th graders reported watching television for 3 or more hours per day on an average school day, compared to 27% in 2007, 30% in 2005 and 28% in 2003.

Protective Factors

- Sixty-six percent (66%) of Melrose 9th – 12th graders reported having at least one teacher/adult to talk to in school, compared to 65% in 2007, 68% in 2005 and 66% in 2003.
- Eighty-eight percent (88%) of Melrose 9th – 12th graders reported having at least one parent/guardian or other adult to talk to outside of school, compared to 88% in 2007, and 84% in 2005 and 2003.

Recommendations

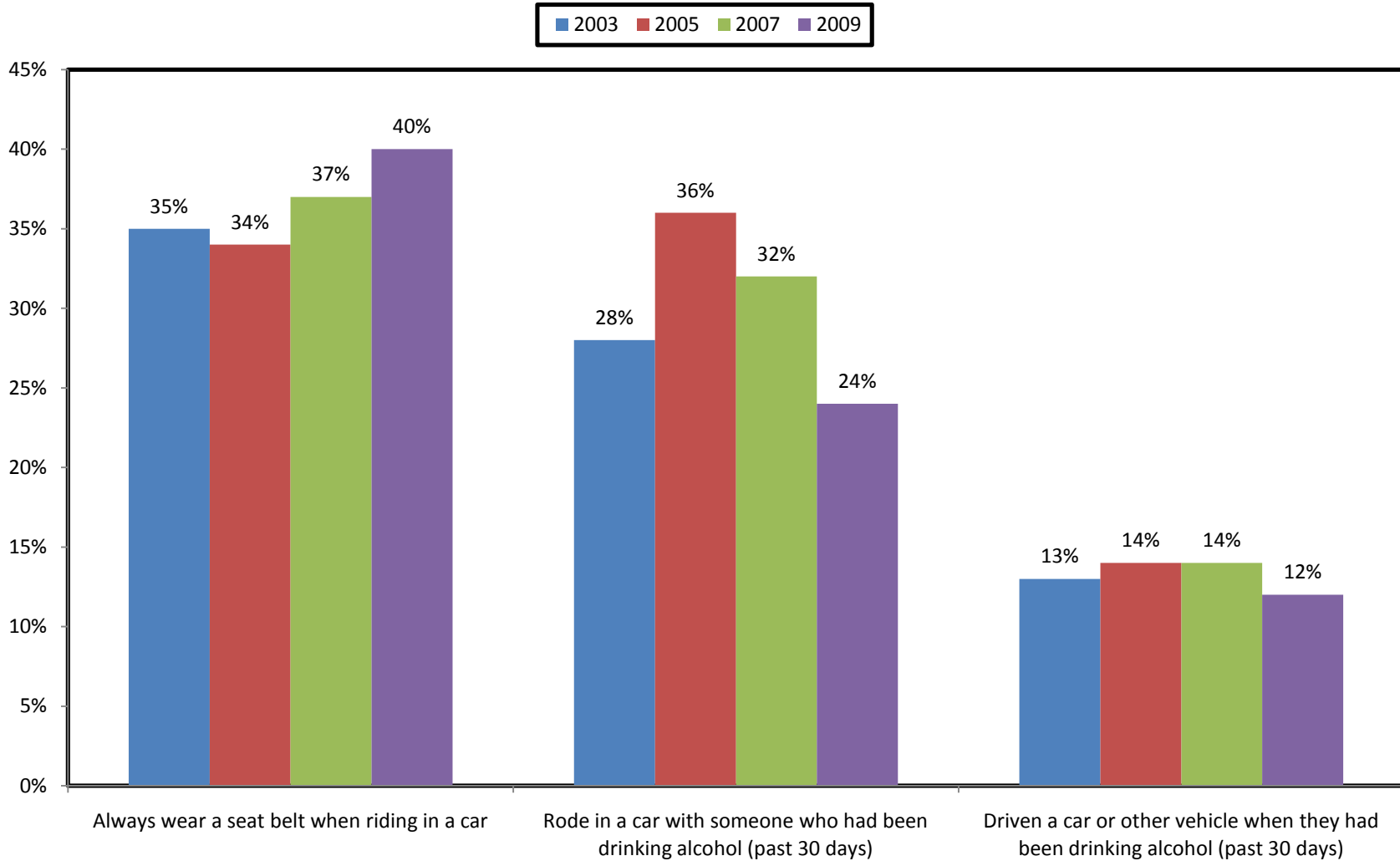
The Youth Risk Behavior Survey (YRBS) is a useful tool when used by schools and community groups working in collaboration to assess and address risk behaviors that affect youth health and well-being. It is important to stress that these health issues, while measured in the school setting, are community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

It is recommended that the program, curricula or strategies selected to address youth health issues, are research-based, or based in best practices in health promotion or prevention and evaluated for effectiveness. State agencies and departments such as the Regional Centers for Healthy Communities, the Northeast Center for Applied Prevention Technologies, the

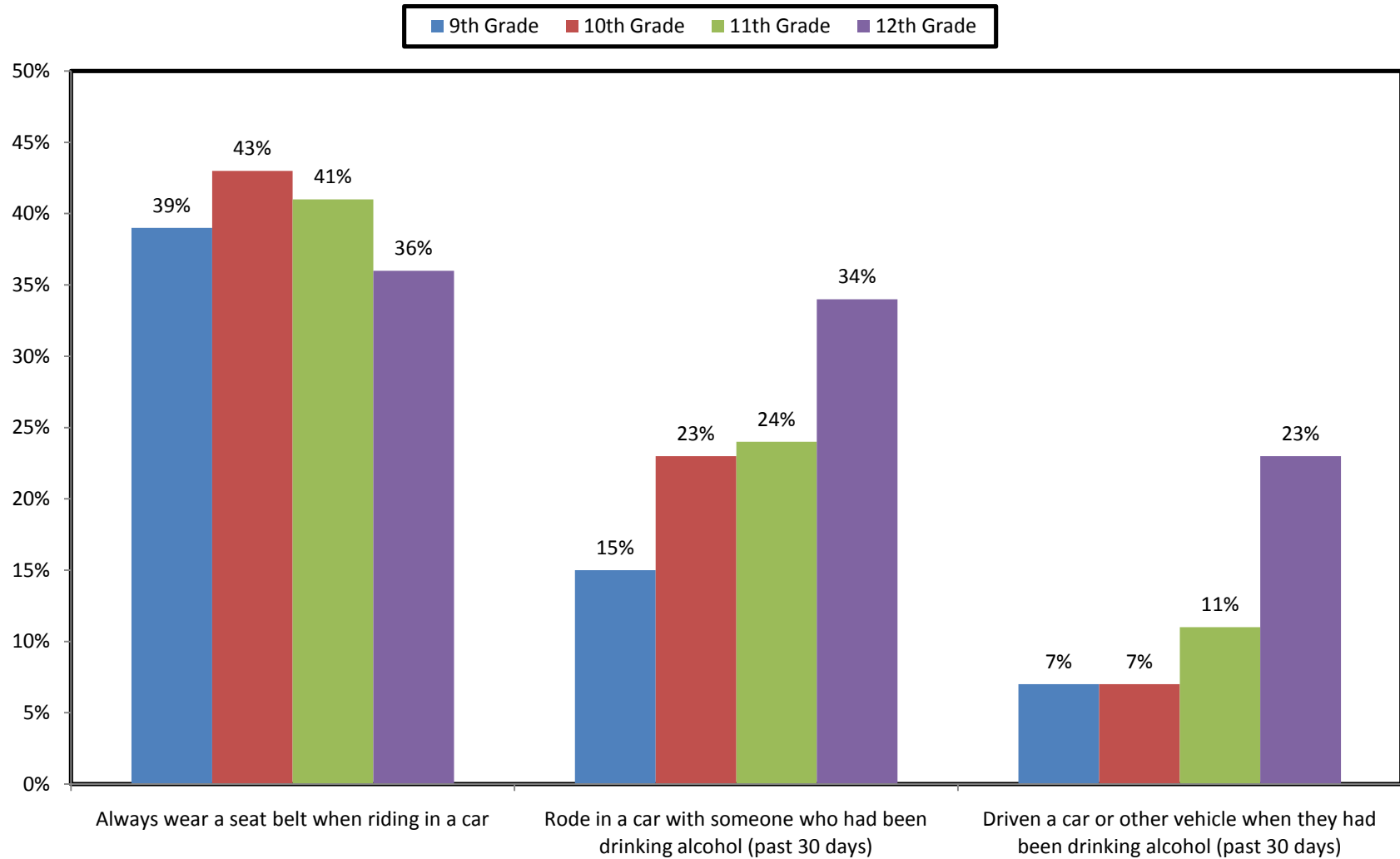
Department of Education and the Massachusetts Bureau of Substance Abuse Services are funded to work with communities in choosing, implementing and evaluating appropriate prevention programs, curricula and strategies.

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

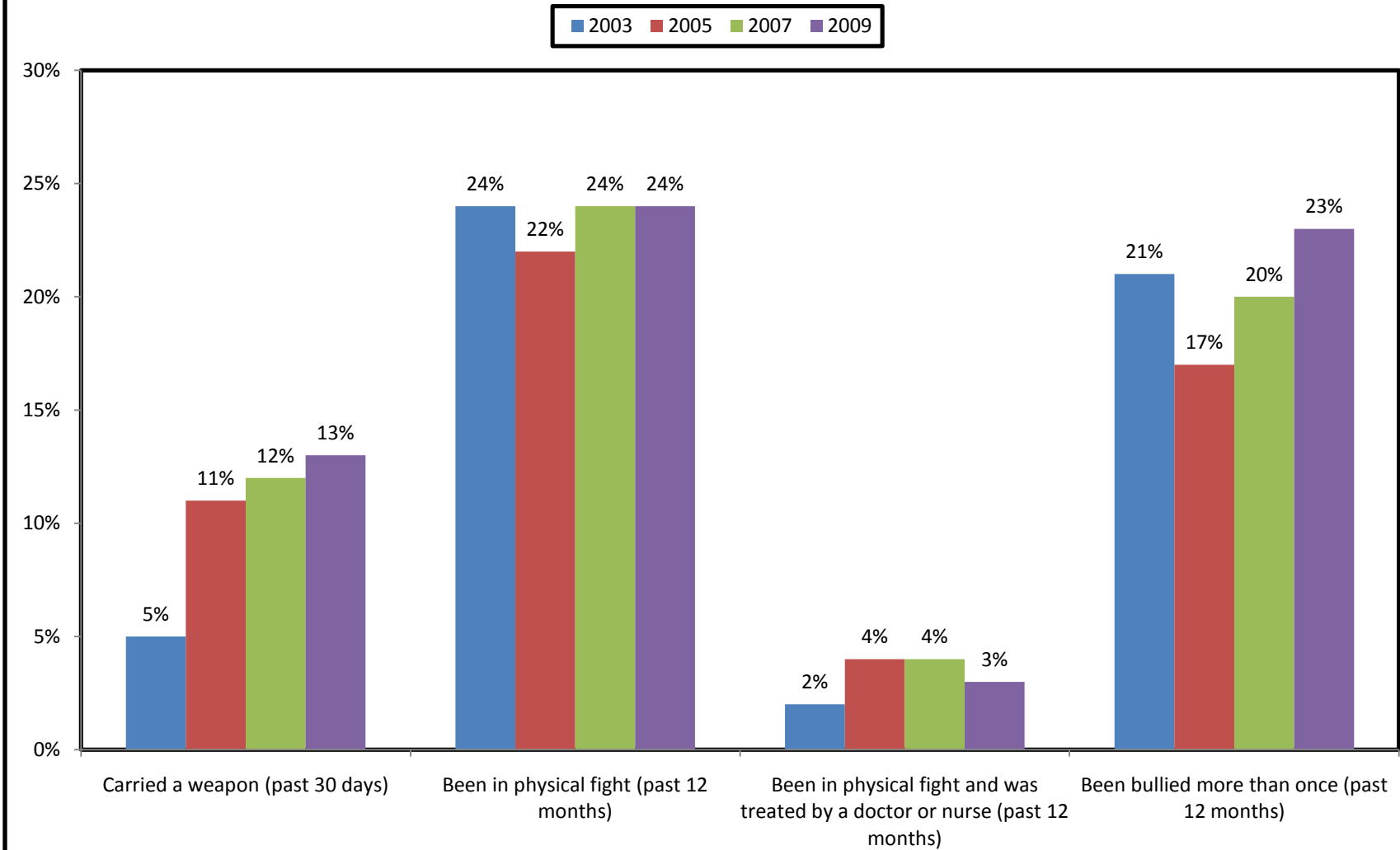
Behaviors Related to Unintentional Injuries By Year, 2003-2009



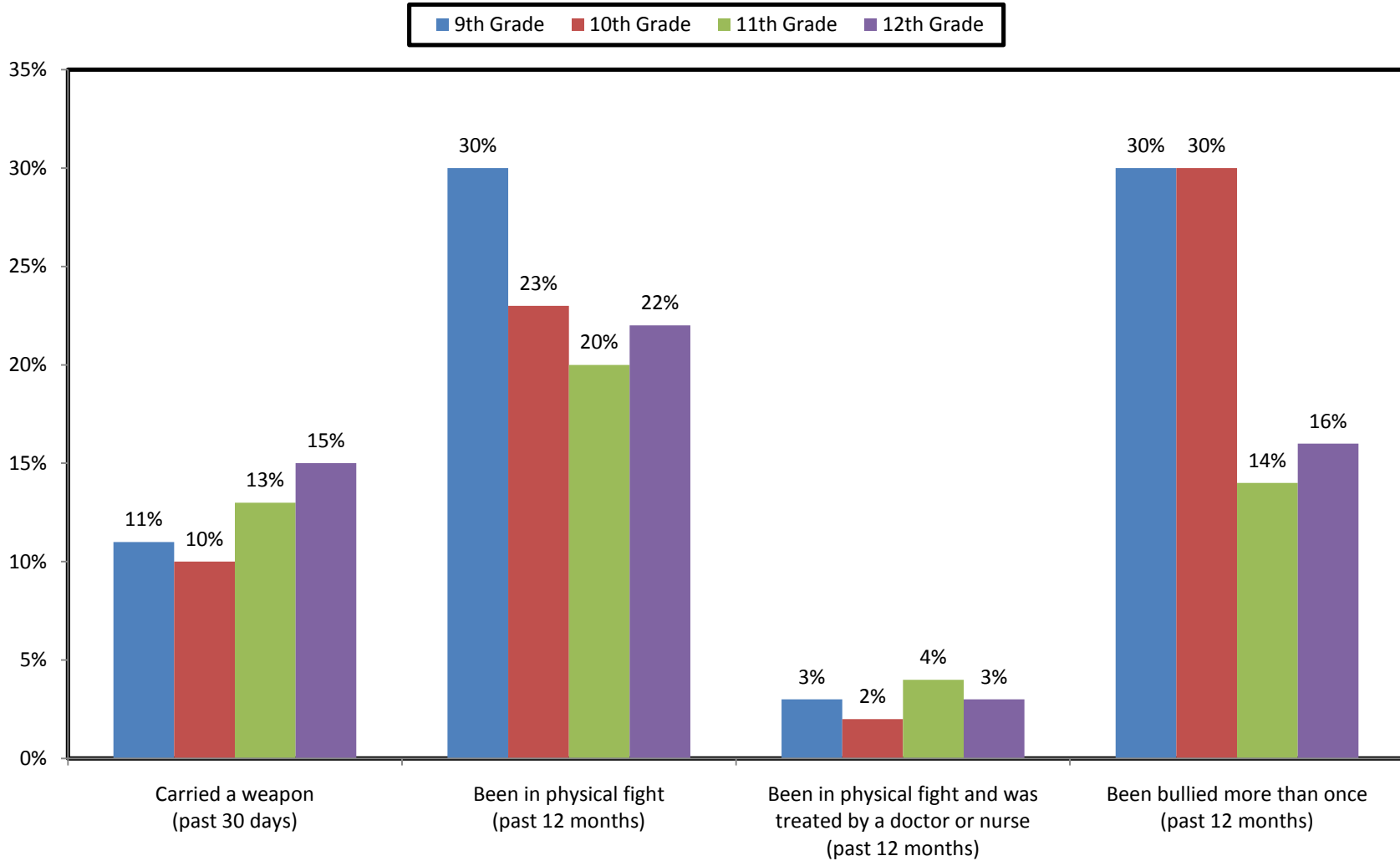
Behaviors Related to Unintentional Injuries By Grade, 2009



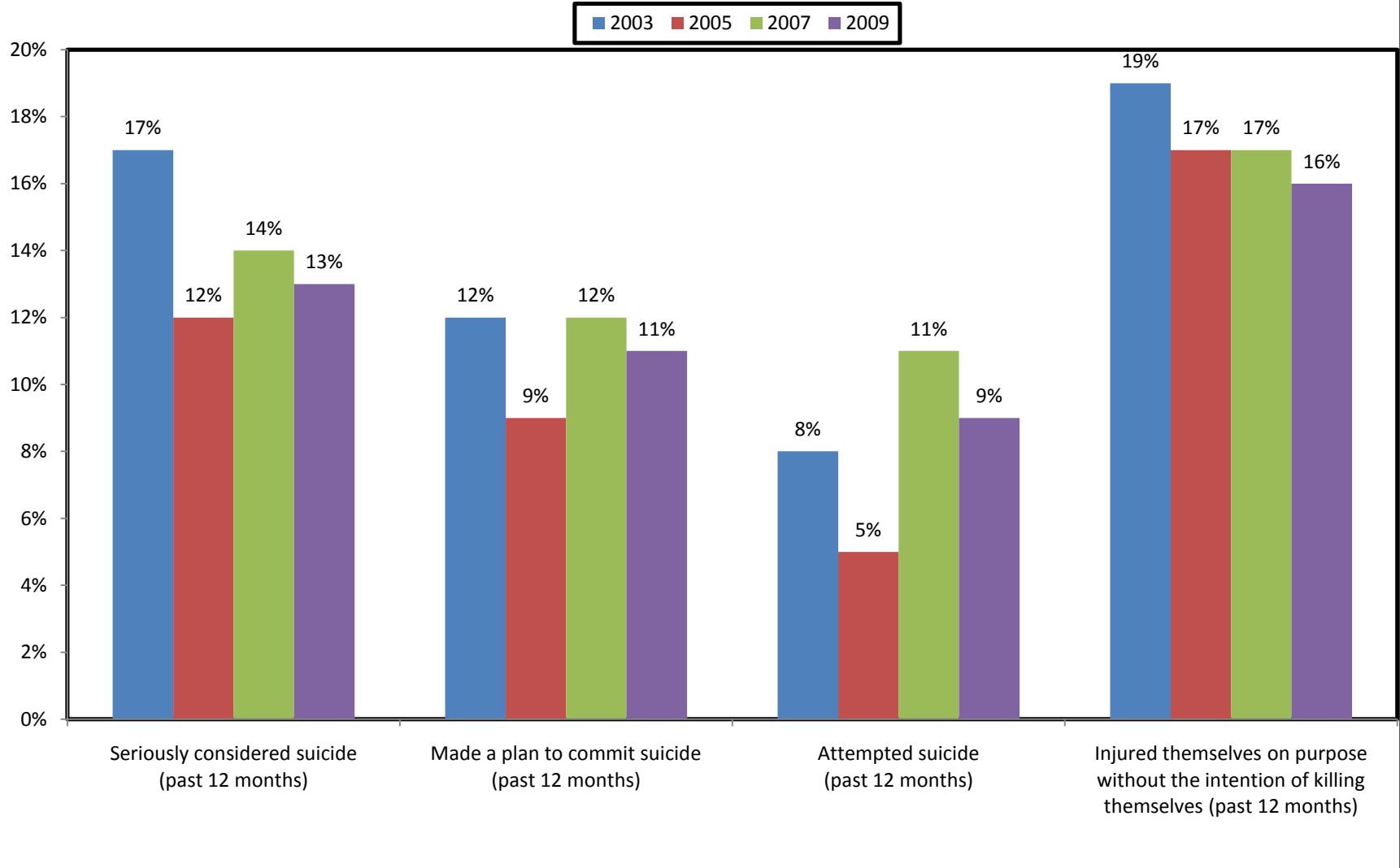
Violence-Related Behaviors and Experiences By Year, 2003-2009



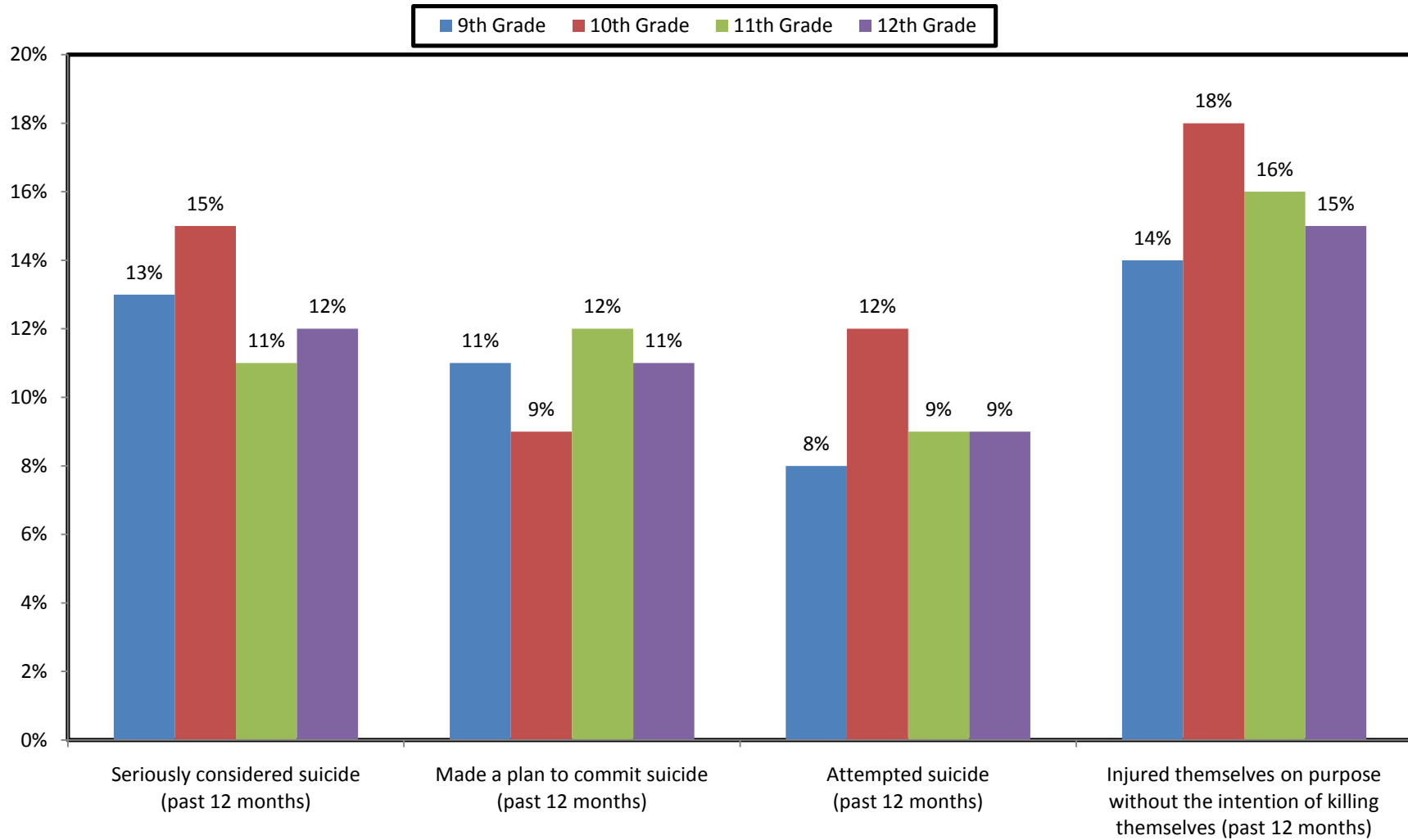
Violence-Related Behaviors and Experiences By Grade, 2009



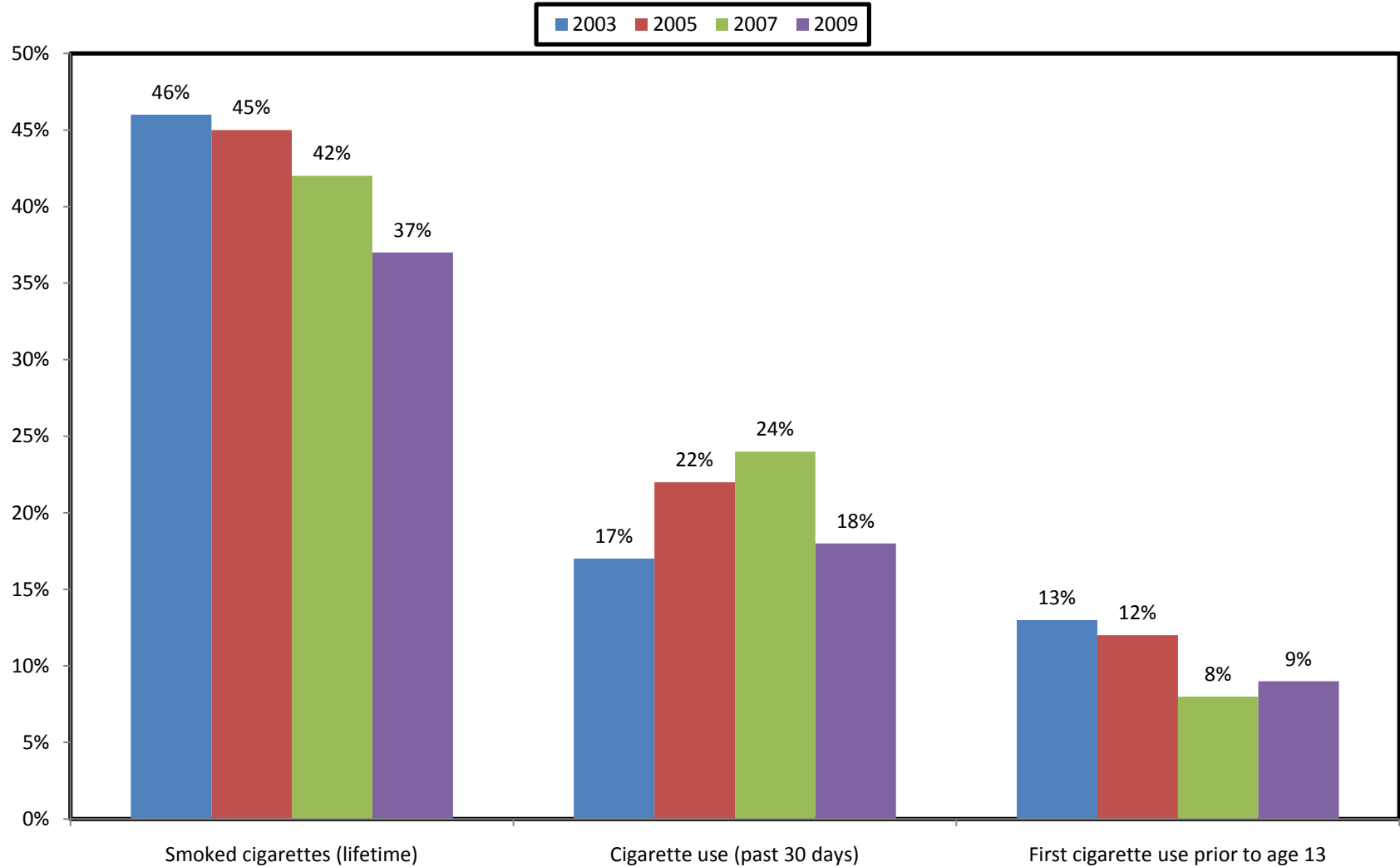
Suicidal Thinking and Behaviors By Year, 2003-2009



Suicidal Thinking and Behaviors By Grade, 2009

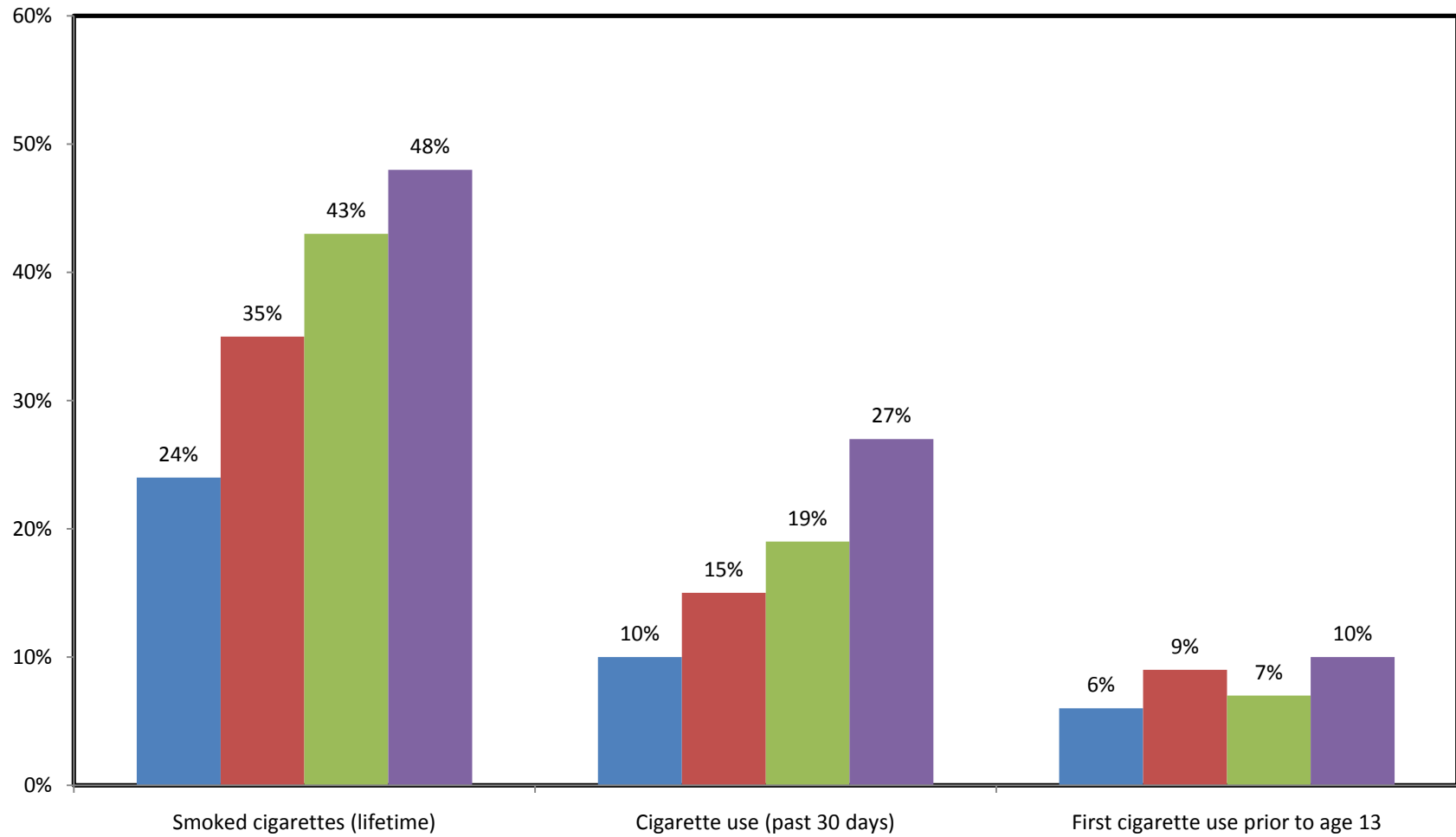


Tobacco Use By Year, 2003-2009

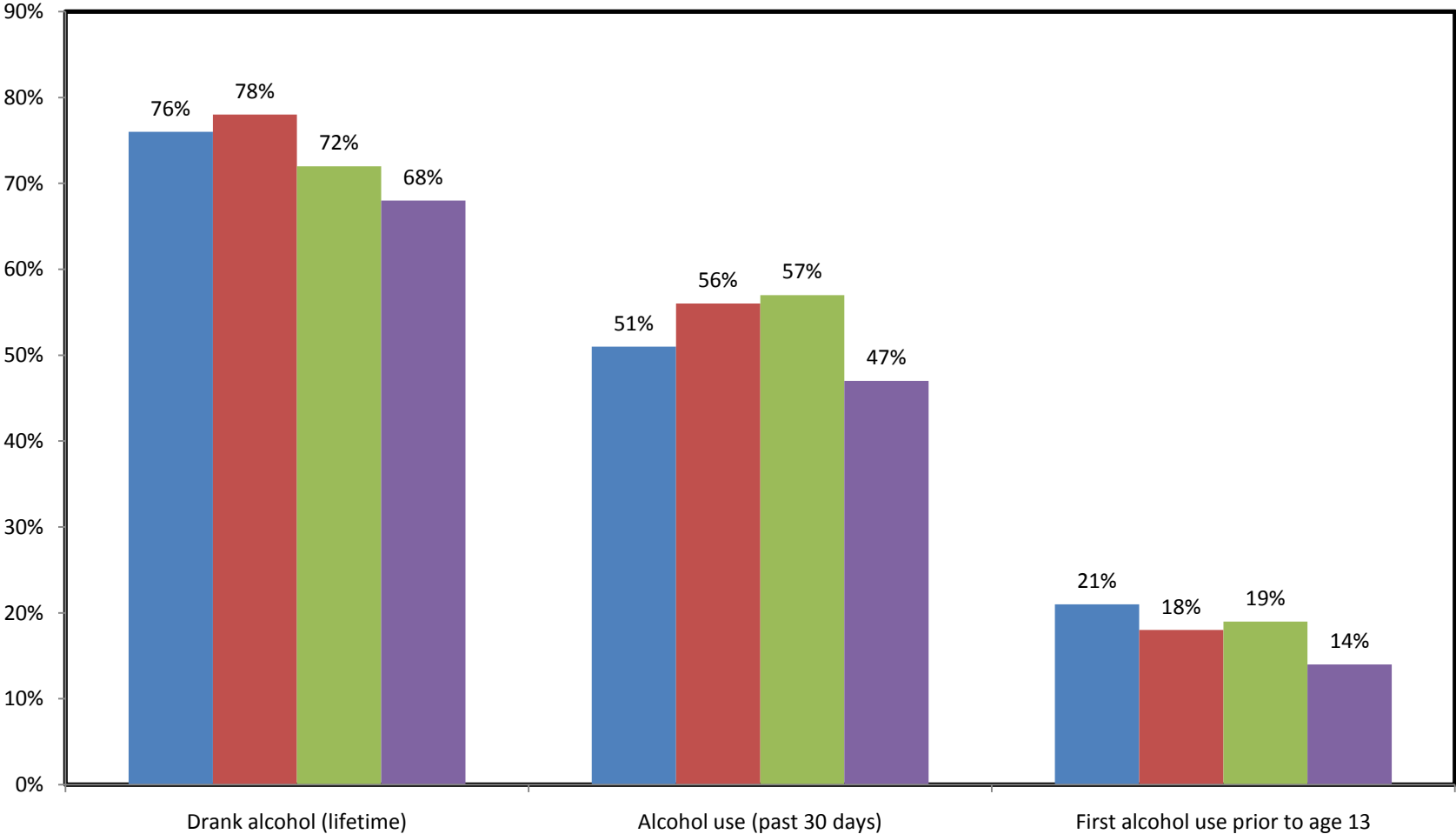


Tobacco Use By Grade, 2009

9th Grade 10th Grade 11th Grade 12th Grade

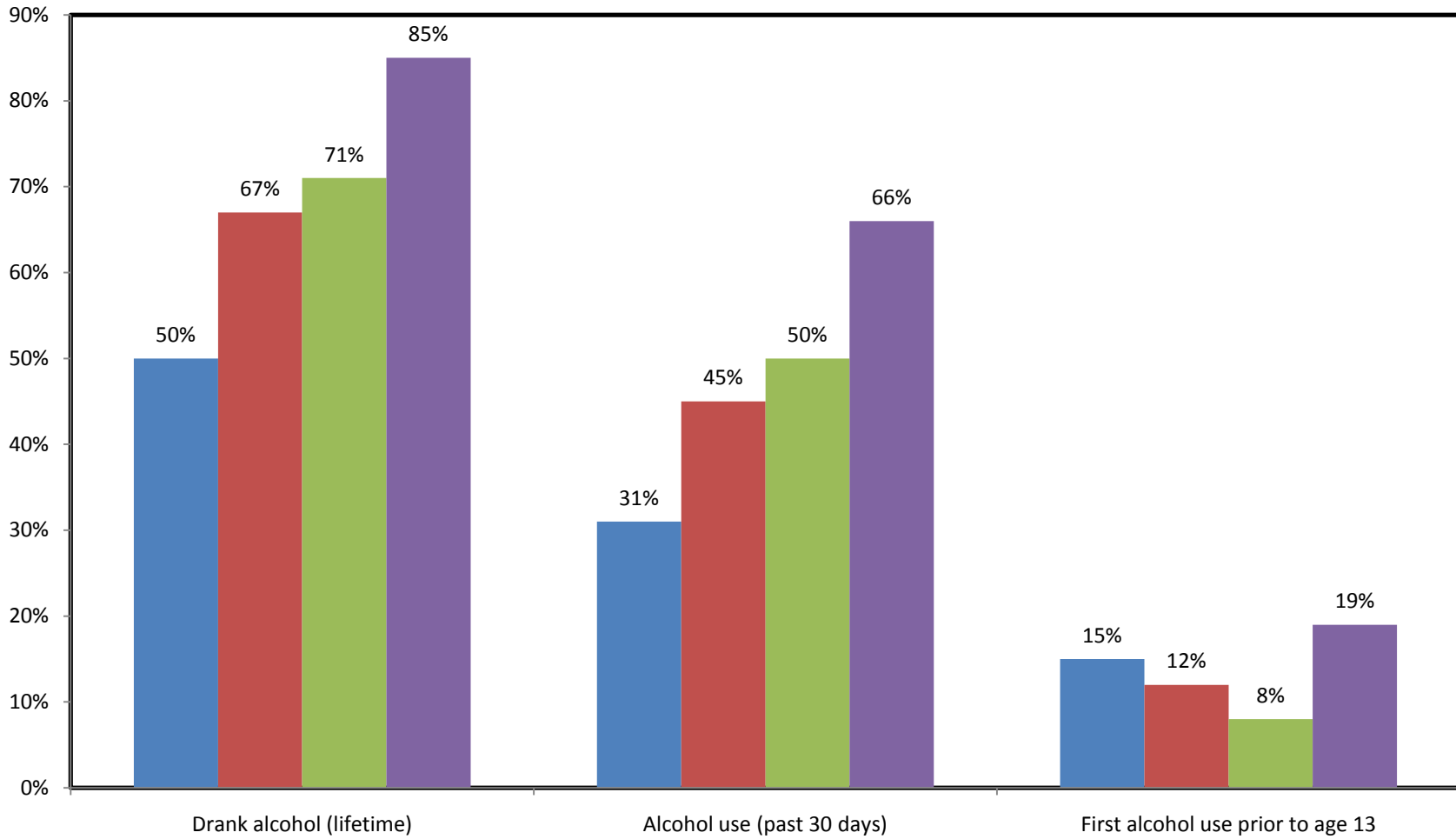


Alcohol Use By Year, 2003-2009

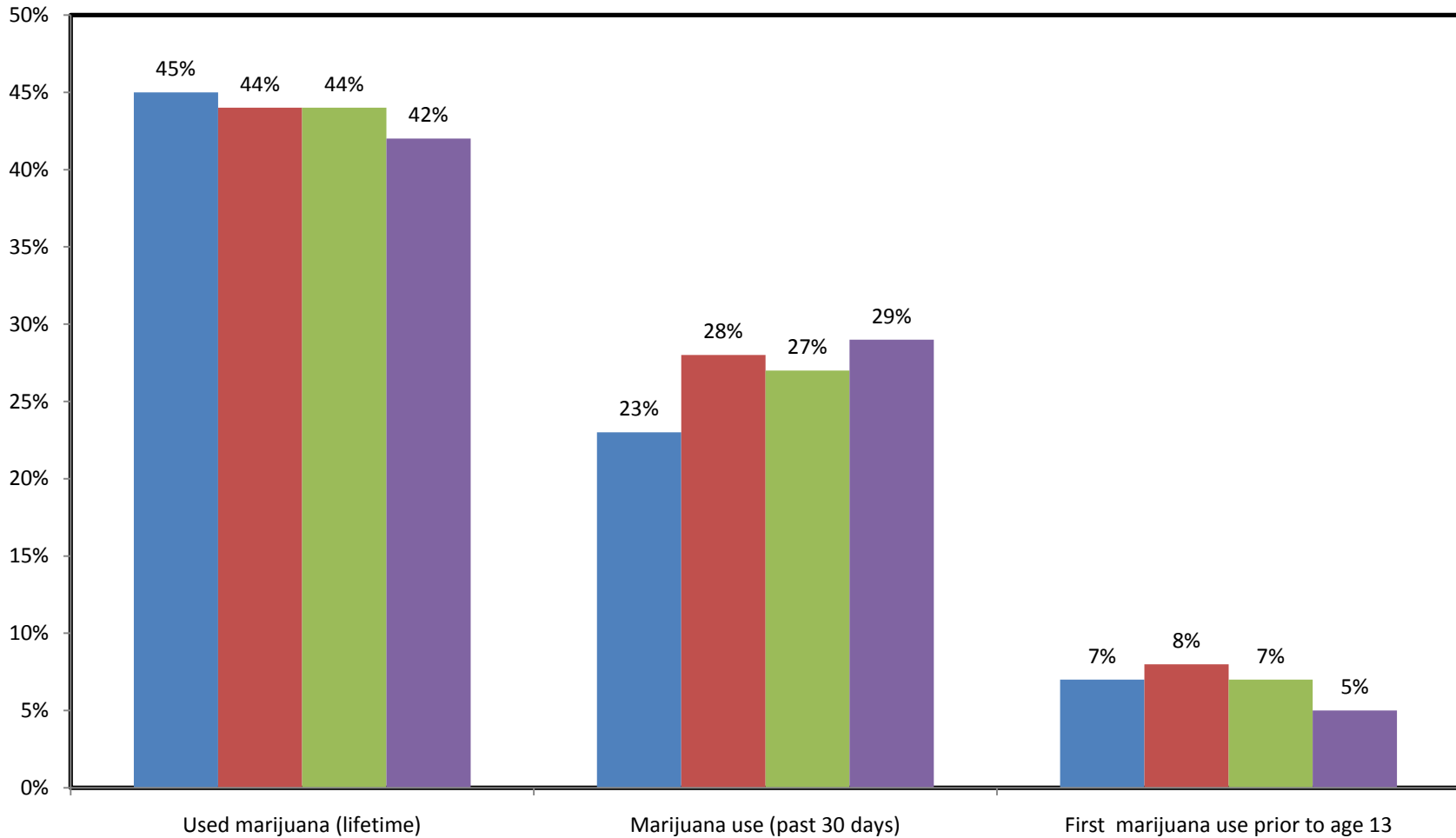


Alcohol Use By Grade, 2009

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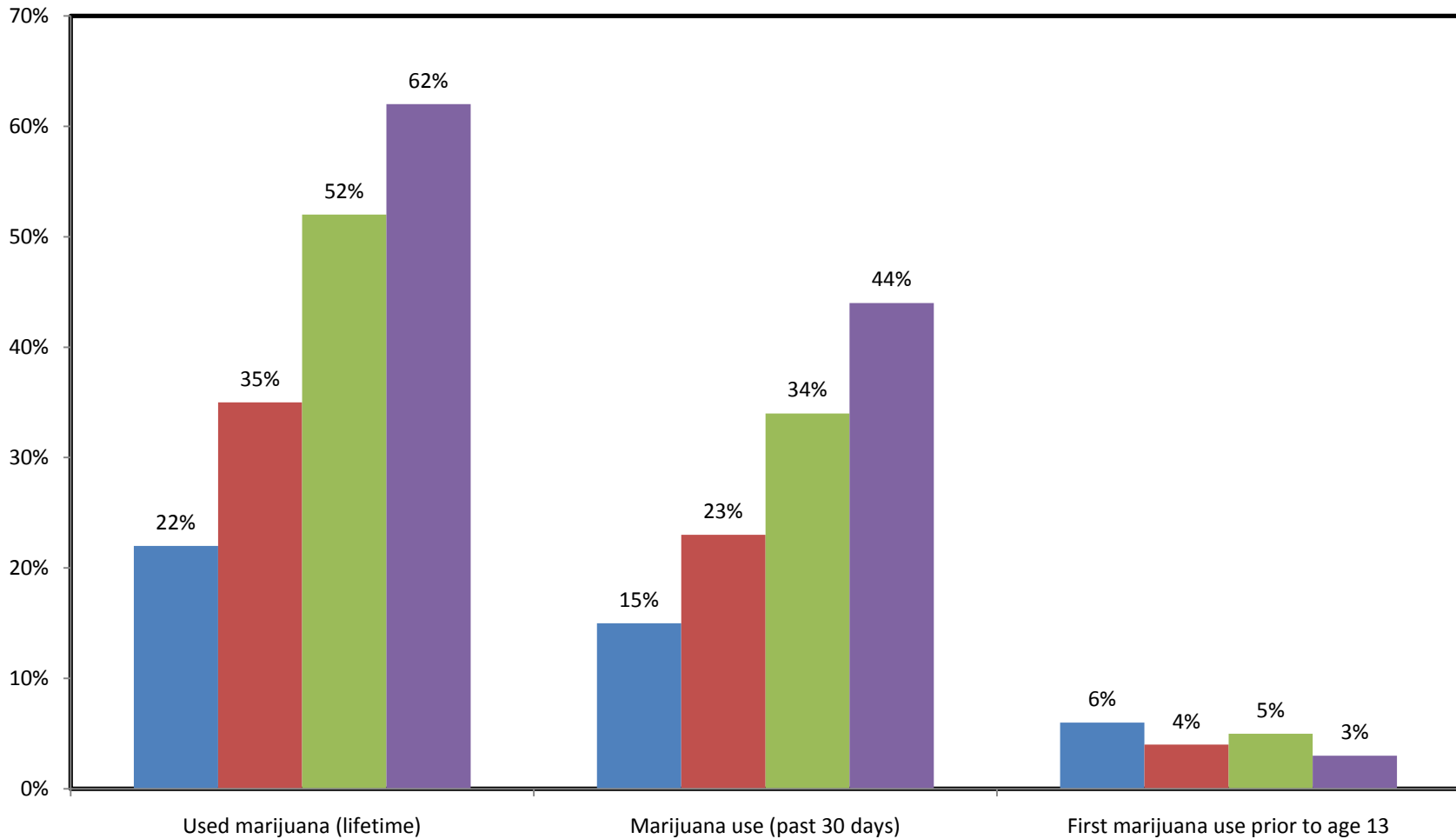


Marijuana Use By Year, 2003-2009



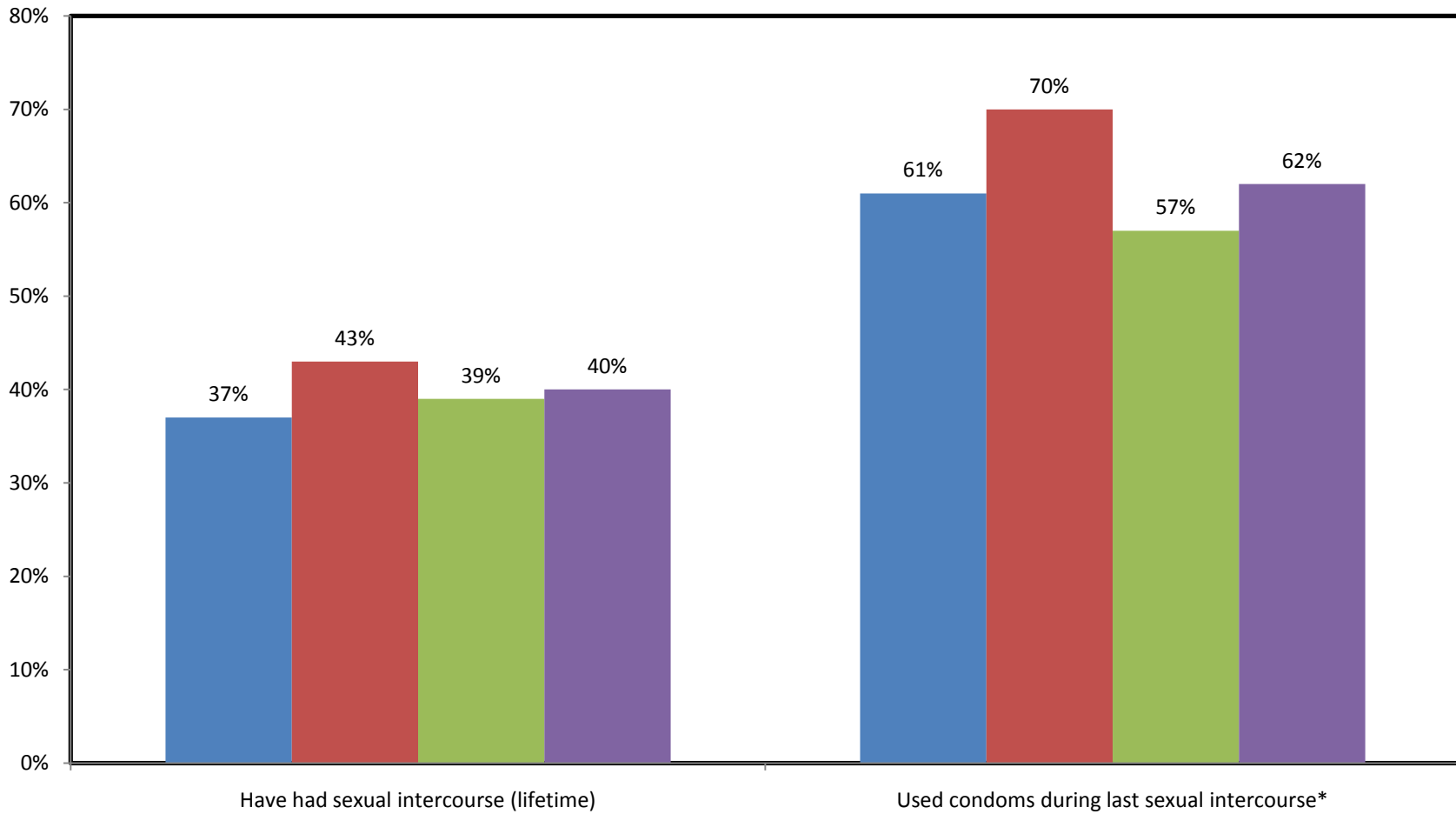
Marijuana Use By Grade, 2009

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Sexual Behaviors By Year, 2003-2009

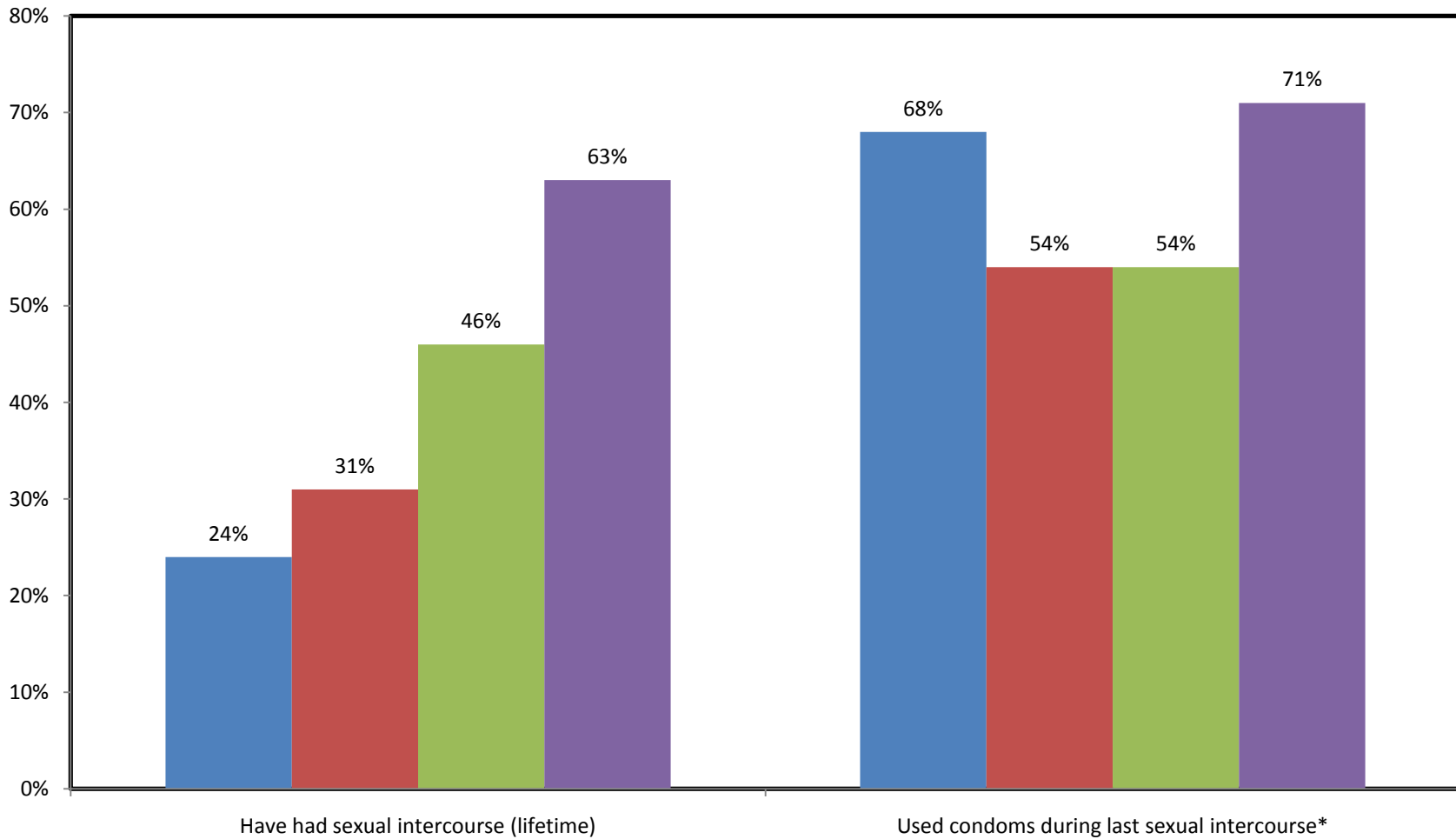
2003 2005 2007 2009



*Of those who have had sexual intercourse

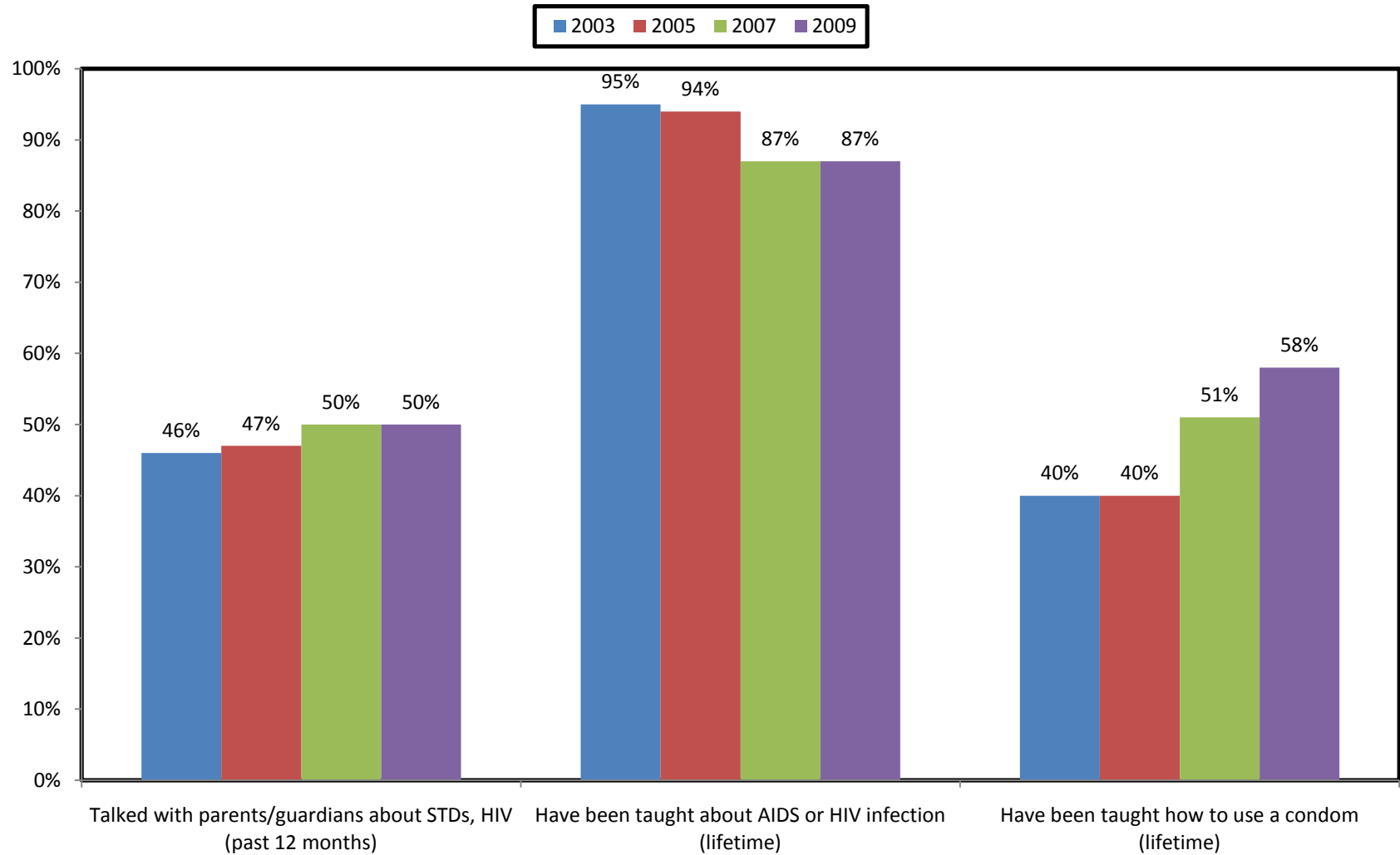
Sexual Behaviors By Grade, 2009

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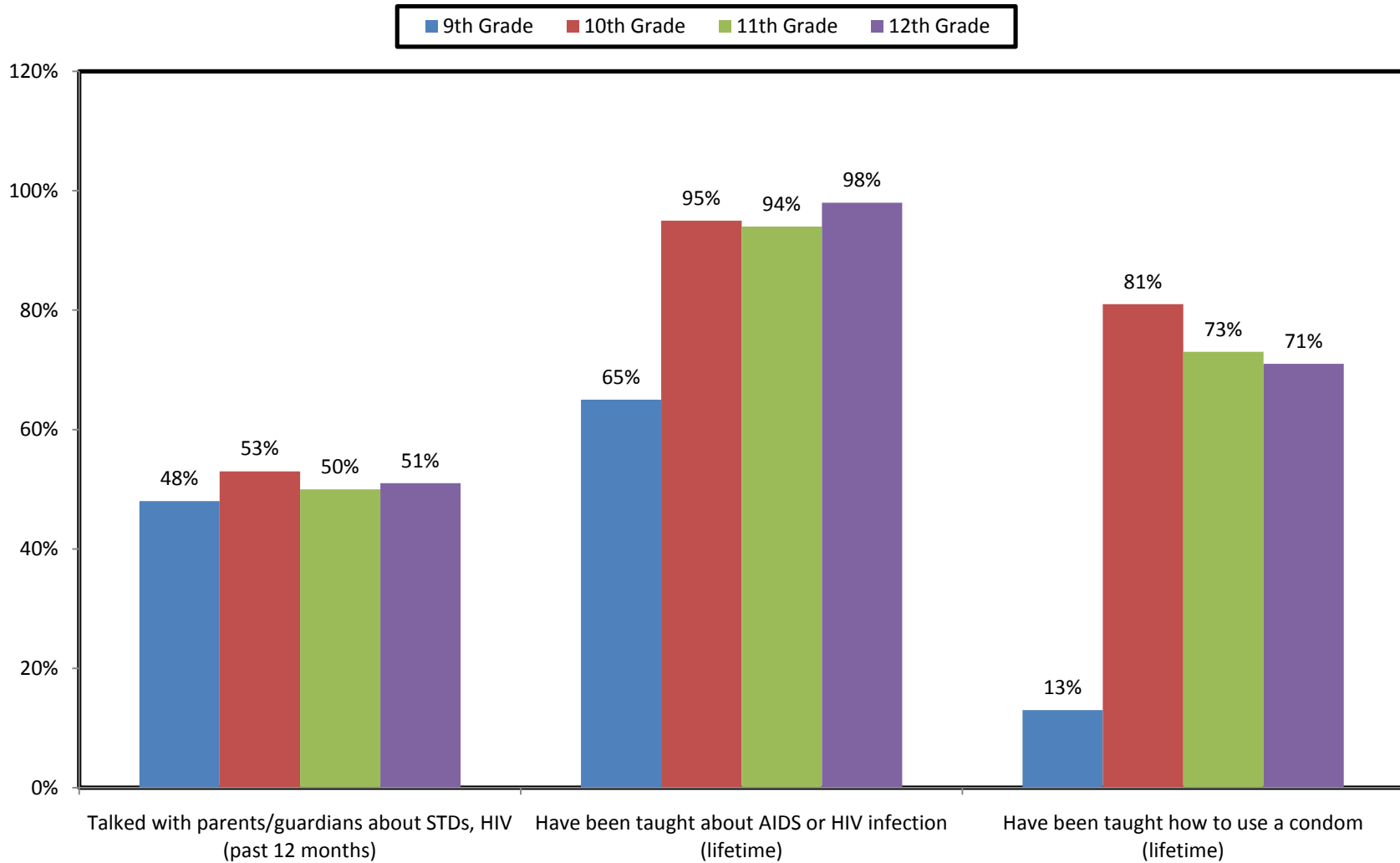


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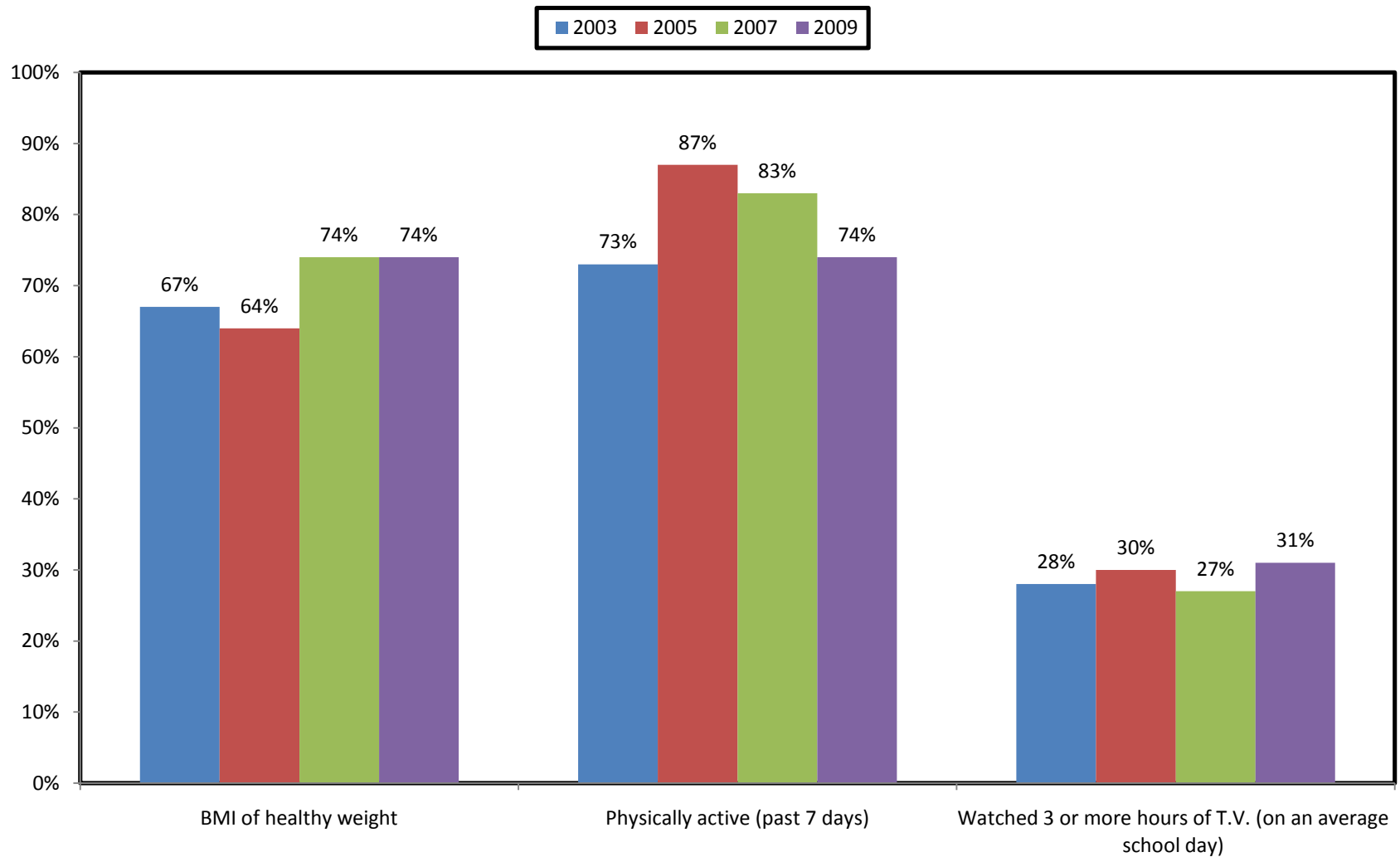
Pregnancy and HIV/AIDS Prevention By Year, 2003-2009



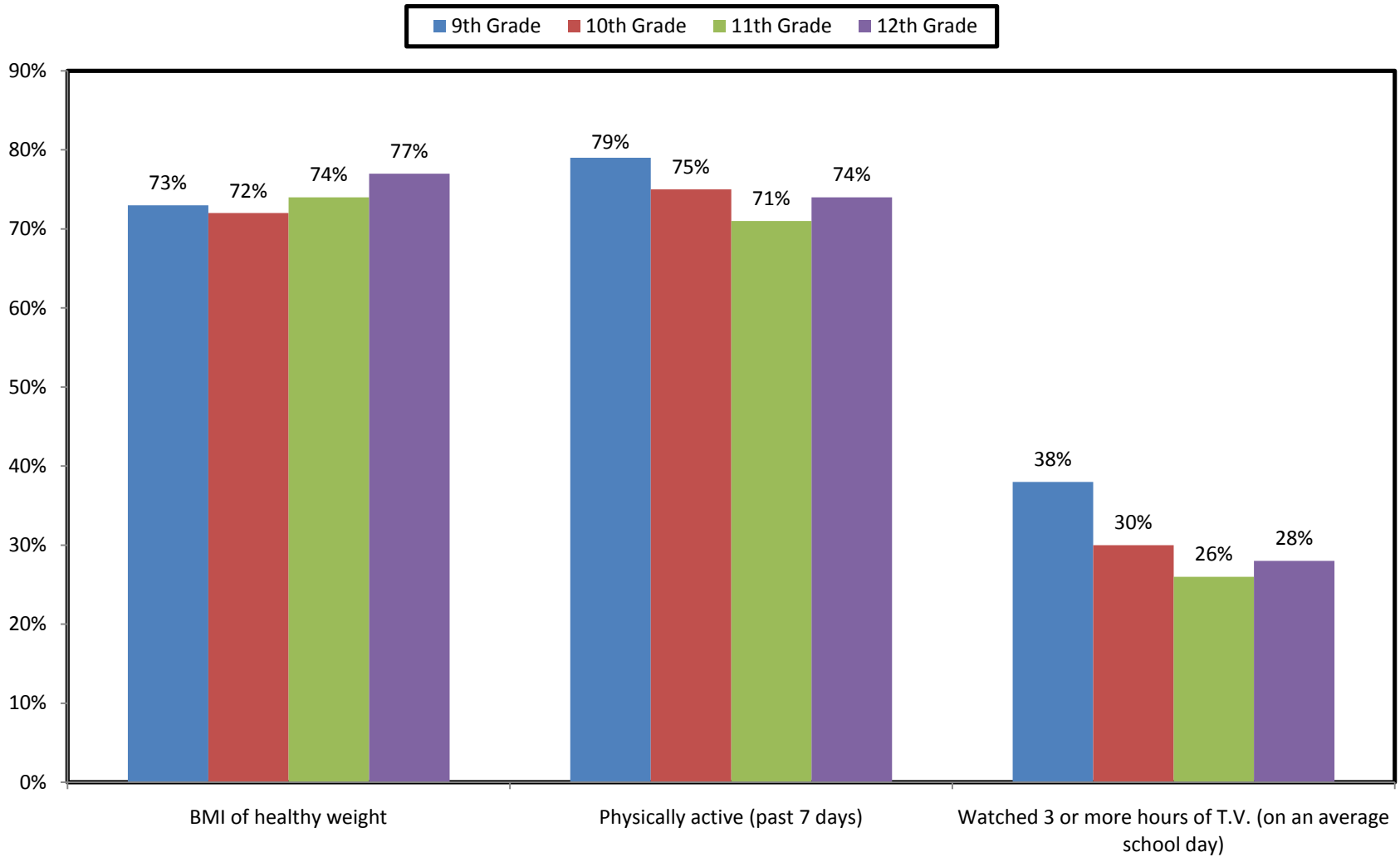
Pregnancy and HIV/AIDS Prevention By Grade, 2009



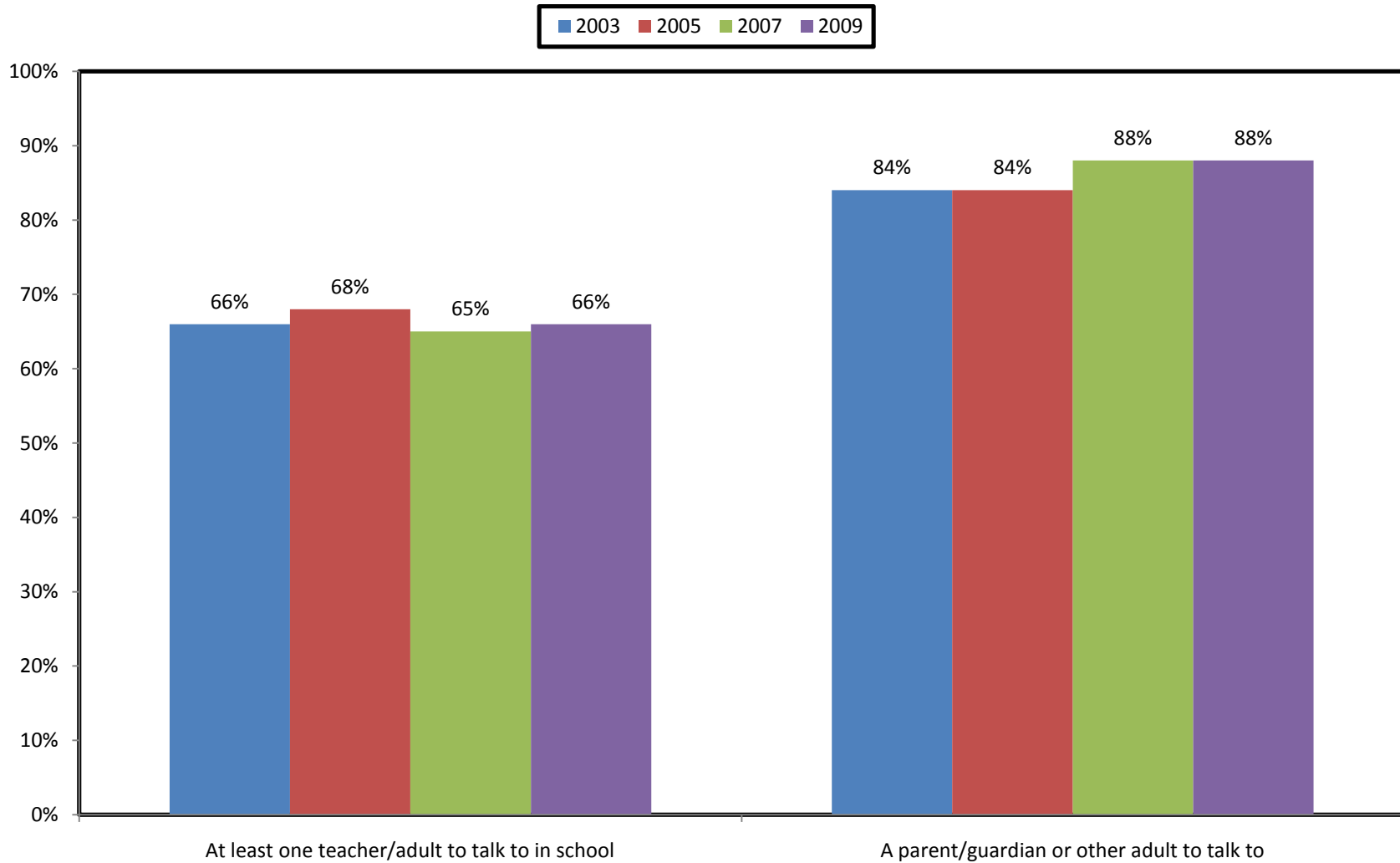
Body Image, Physical Activity and Screen Time By Year, 2003-2009



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



Protective Factors By Year, 2003-2009



Protective Factors By Grade, 2009

■ 9th Grade ■ 10th Grade ■ 11th Grade ■ 12th Grade

