



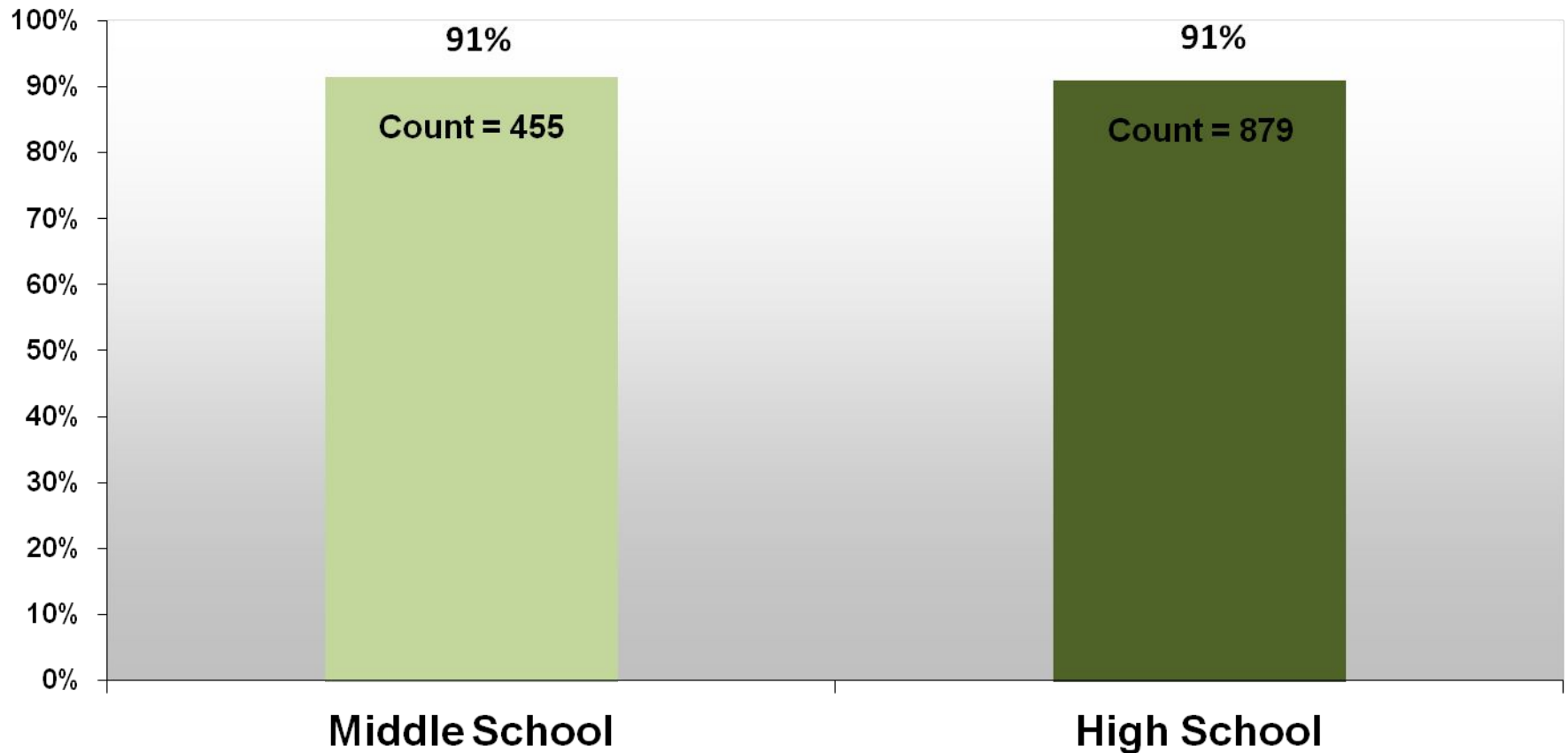
Full Slide Deck for 2015 Norwood Student YRBS Health Survey (Grades 7-12)

**NHS and CMS Wellness Department
Data Analysis and Summary by:
The Institute for Community Health**

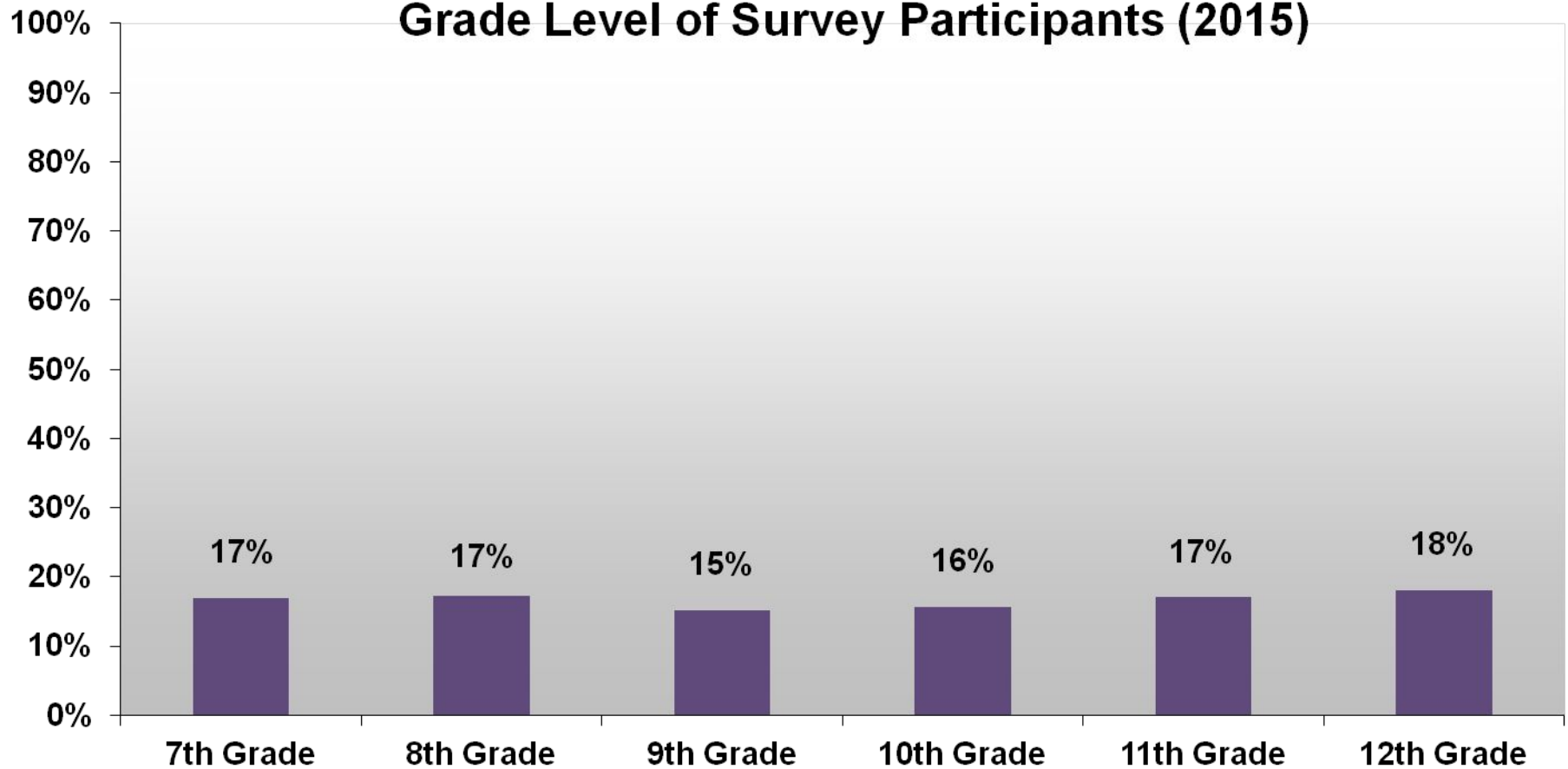
Survey Background

- The Norwood Student Health Survey was administered in October 2015 to all students in grades 7 through 12
- The survey included demographic questions as well as questions related to:
 - Substance use
 - Violence and safety
 - Mental health
 - Sexual health
 - Physical health
- 1,334 students completed the 2015 survey (for an overall response rate of 91%)
- Data cleaning and analyses are conducted by ICH who follows CDC's guidance and standards for Youth Risk Behavior Surveys

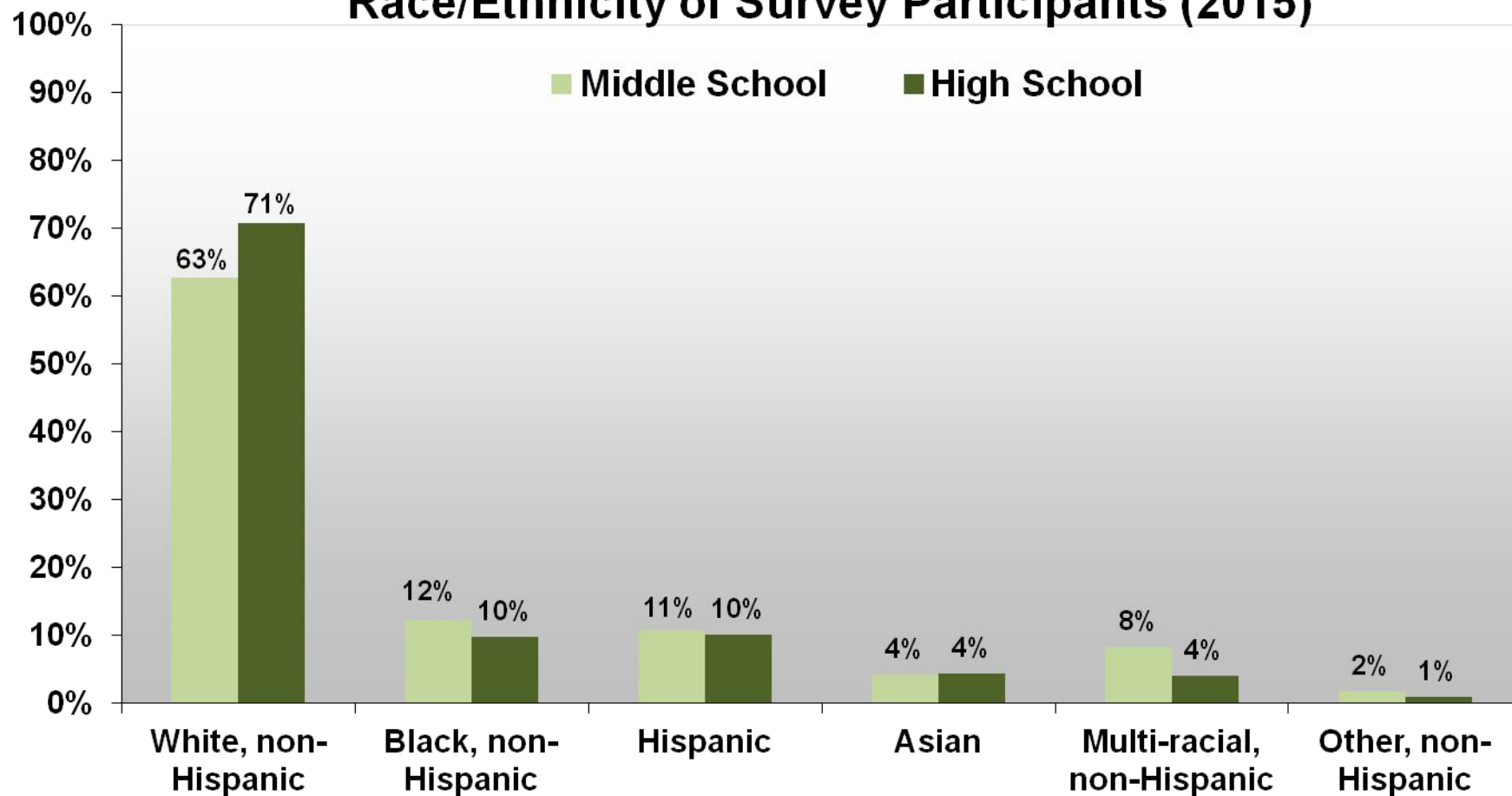
Norwood Public Schools Student Health Survey Participation Rates (2015)



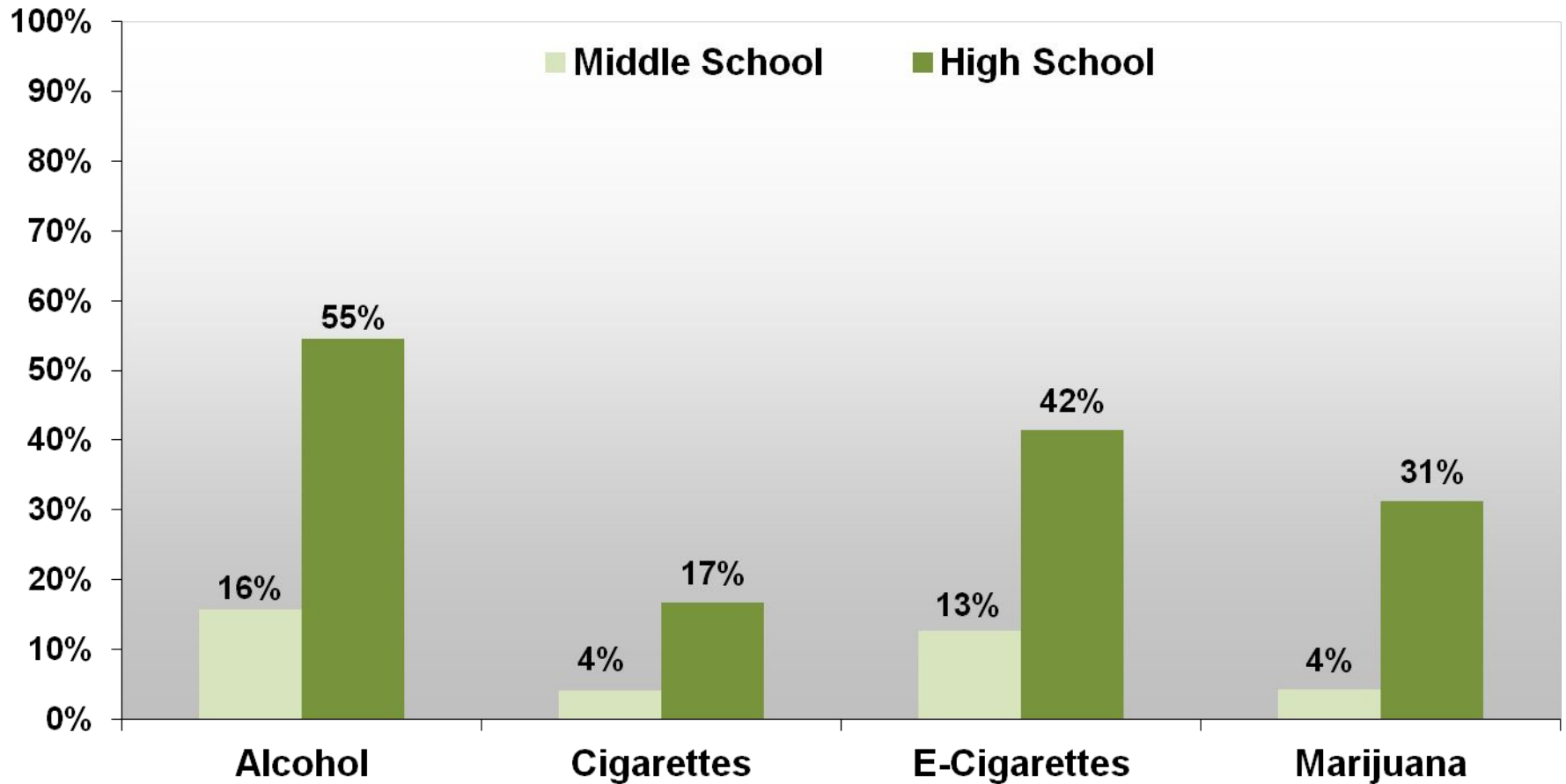
**Norwood Public Schools
Student Health Survey
Grade Level of Survey Participants (2015)**



Norwood Public Schools Student Health Survey Race/Ethnicity of Survey Participants (2015)

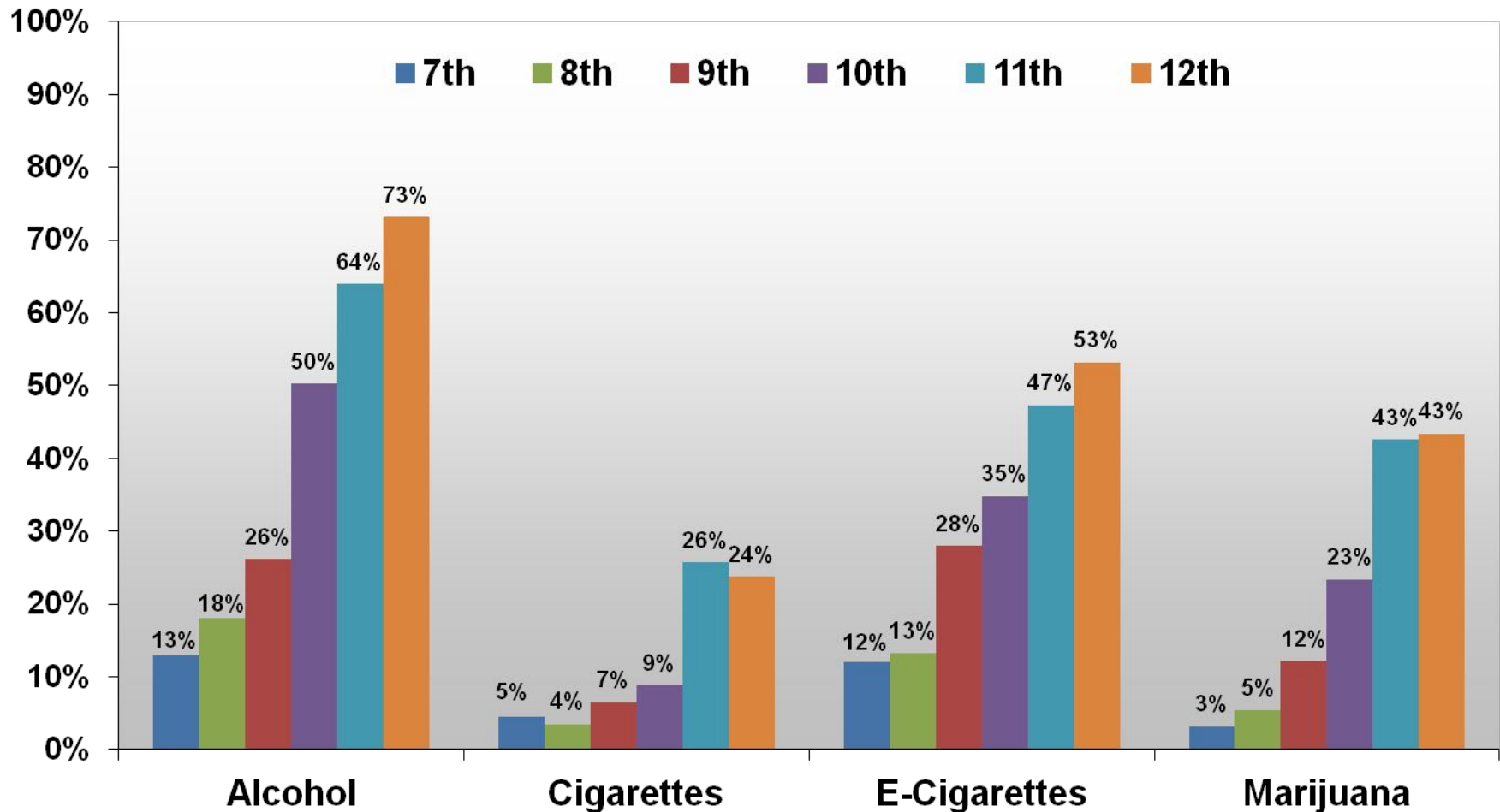


Lifetime Use of Alcohol, Cigarettes and Marijuana Among Norwood Students (2015)



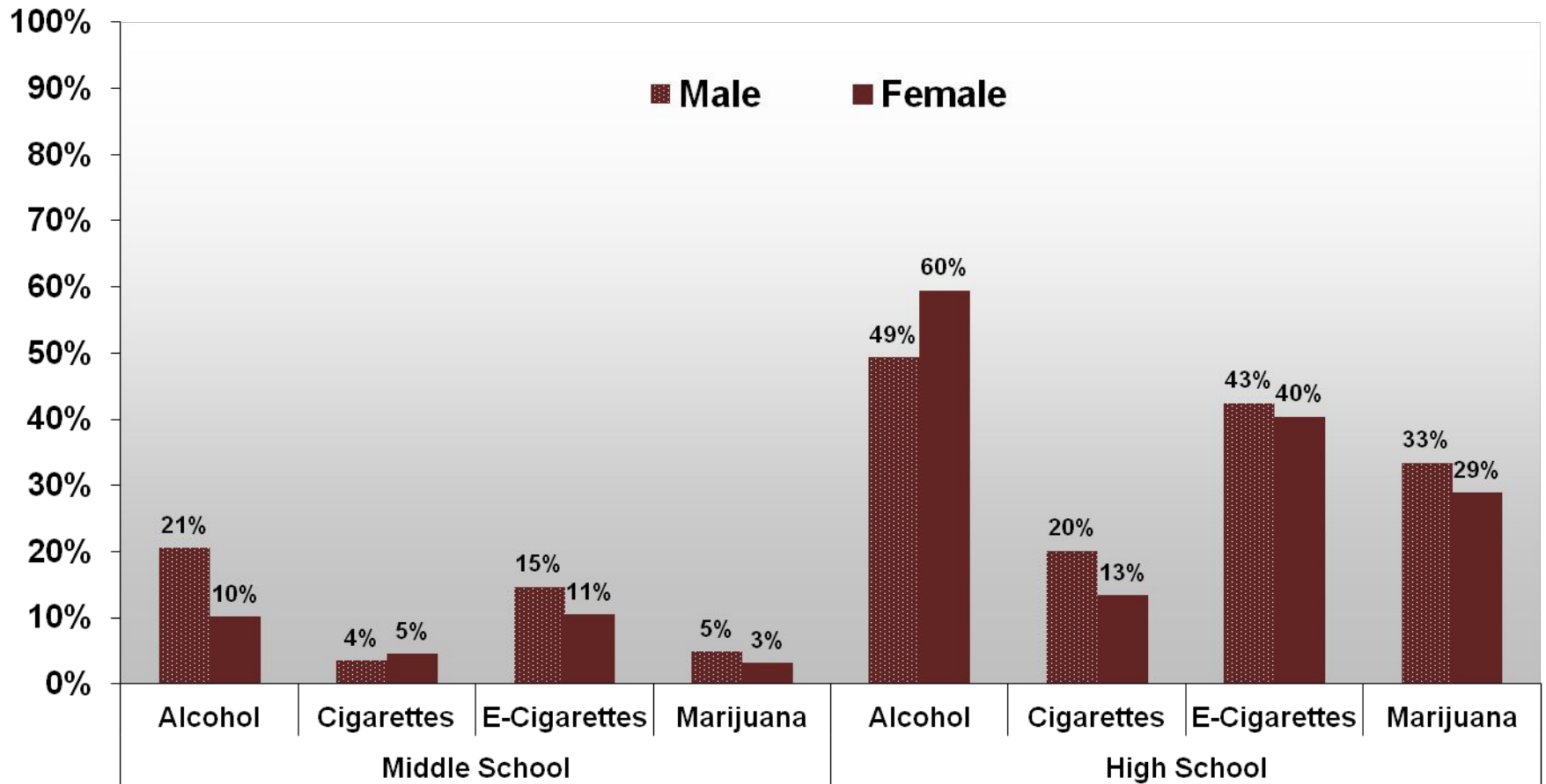
Lifetime use is any use in one's lifetime

Lifetime Use of Alcohol, Cigarettes, and Marijuana Among Norwood Students by Grade (2015)



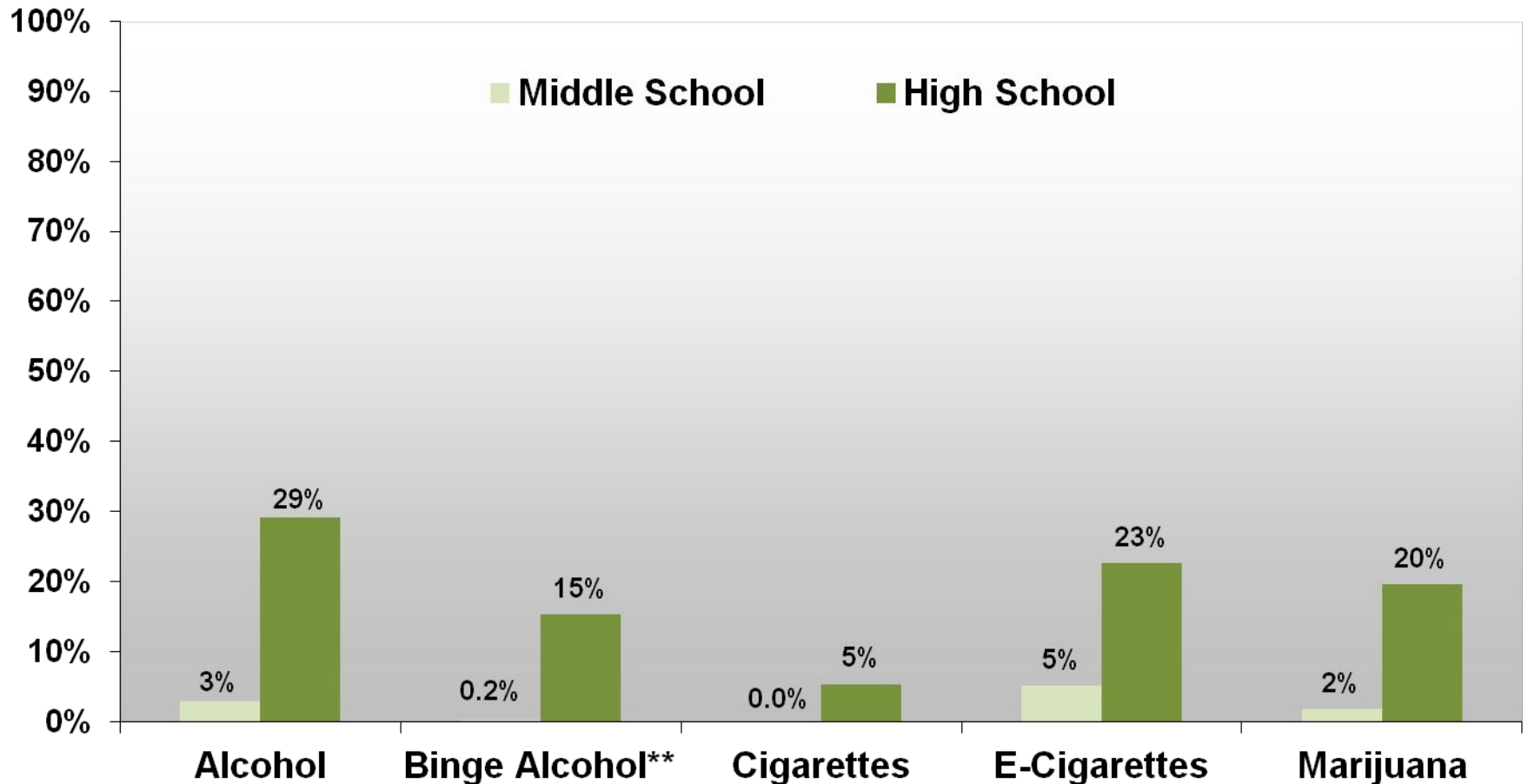
Lifetime use is any use in one's lifetime

Lifetime Use of Alcohol, Cigarettes, and Marijuana Among Norwood Students by Gender (2015)



Lifetime use is any use in one's lifetime

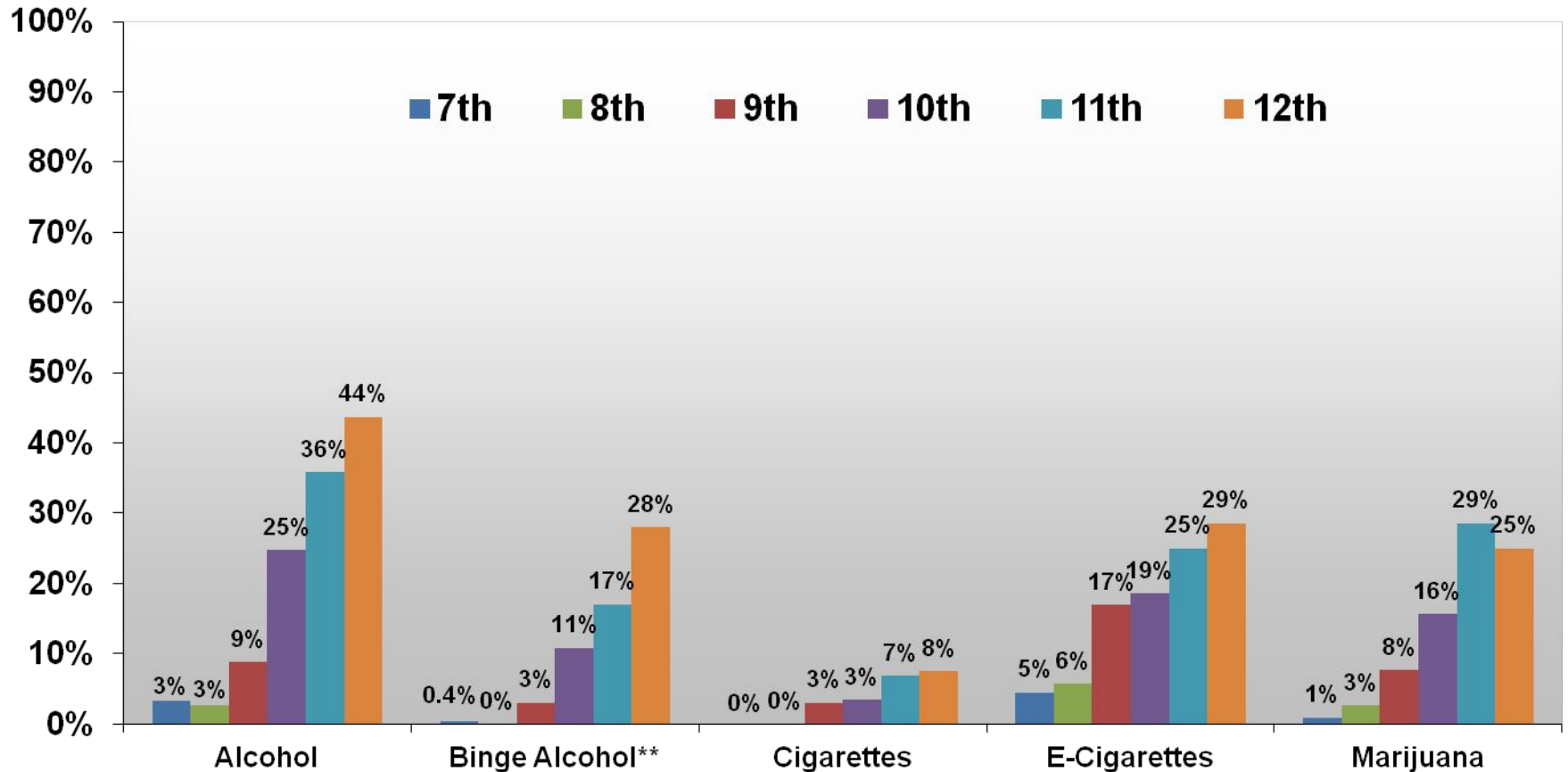
Current Use of Alcohol, Cigarettes, and Marijuana Among Norwood Students (2015)



Current use is any use in the 30 days prior to the survey

**Binge alcohol defined as consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours"

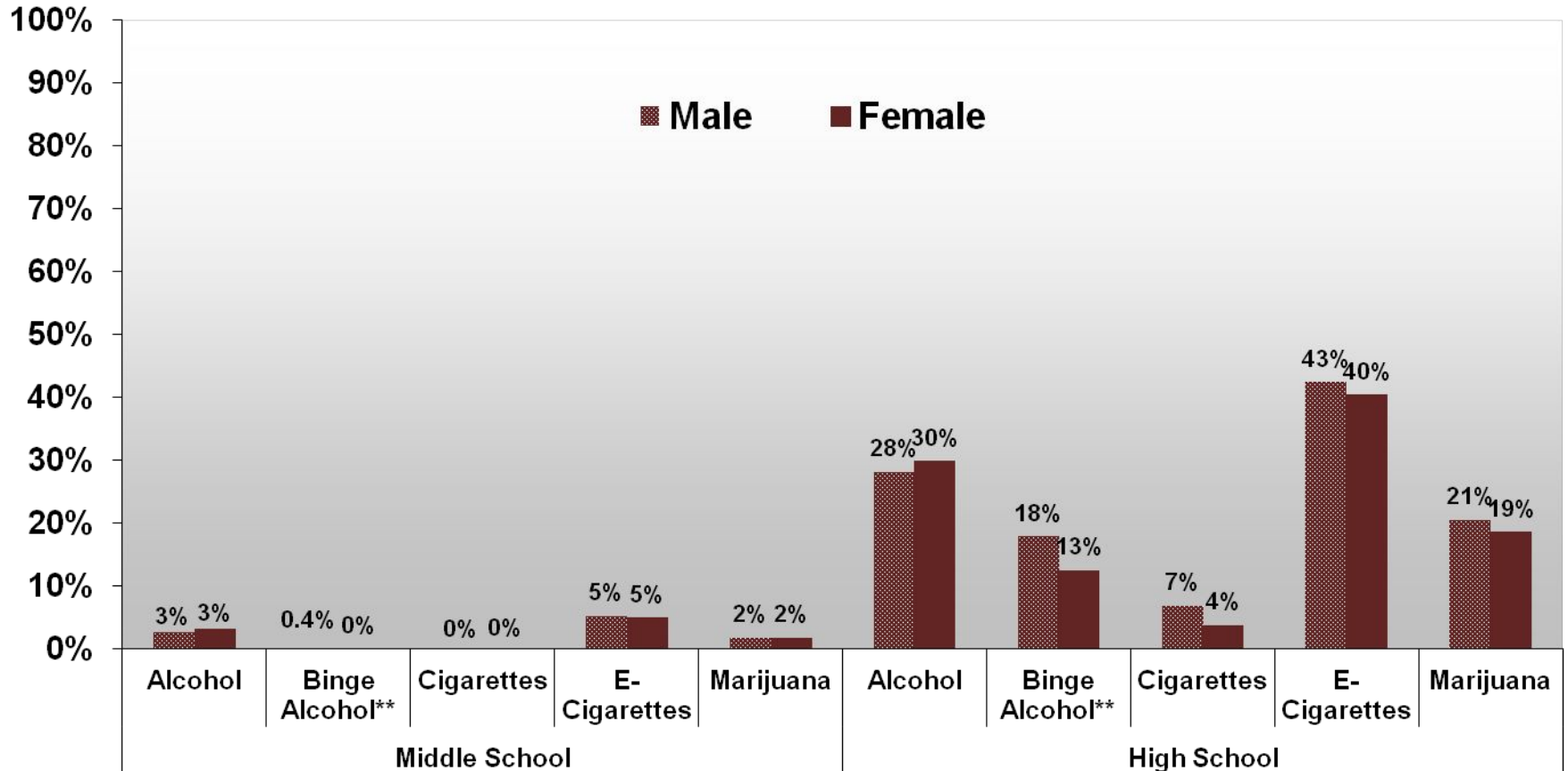
Current Use of Alcohol, Cigarettes, and Marijuana Among Norwood Students by Grade (2015)



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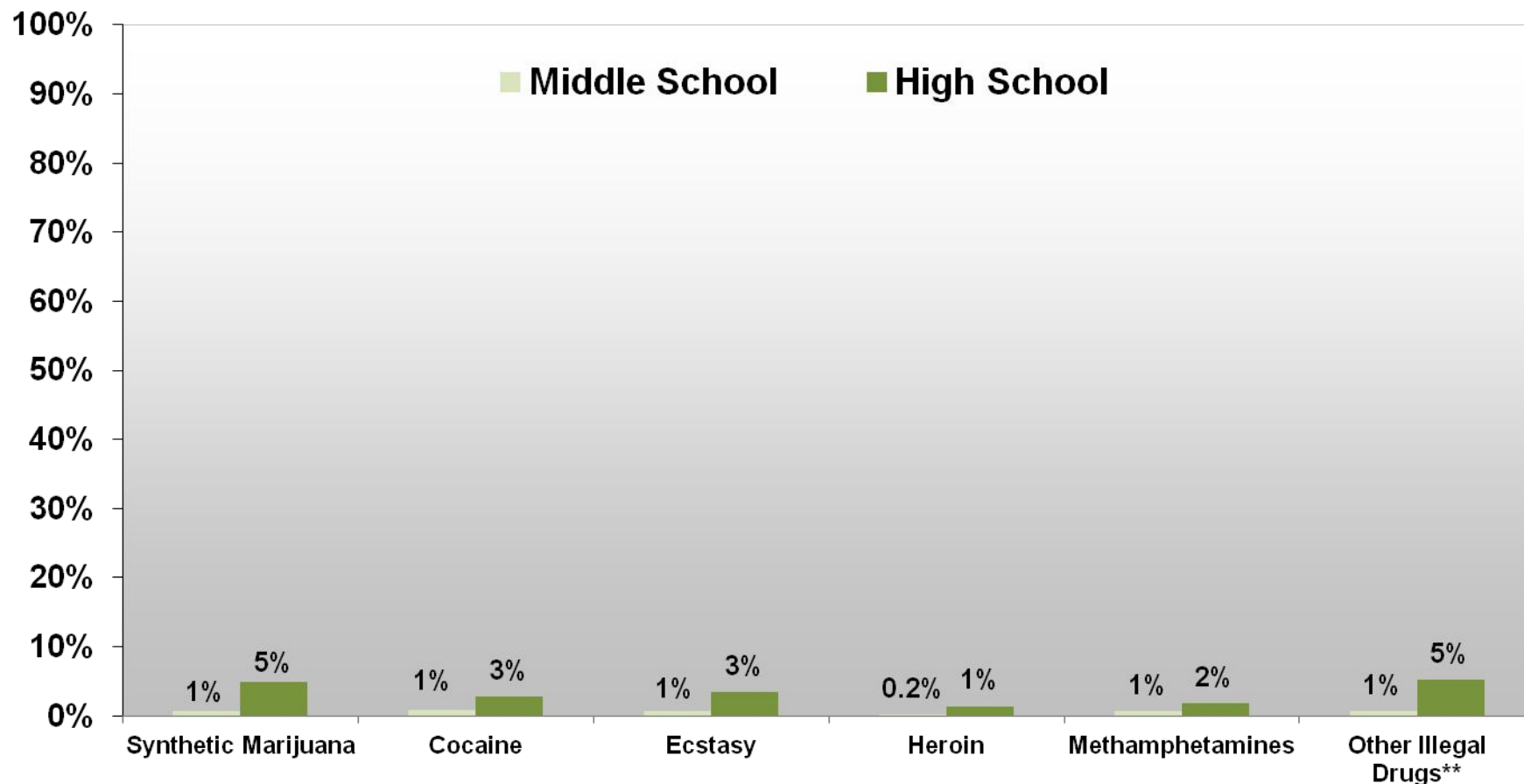
Current Use of Alcohol, Cigarettes, and Marijuana Among Norwood Students by Gender (2015)



Current use is any use in the 30 days prior to the survey

**Binge alcohol defined as consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours"

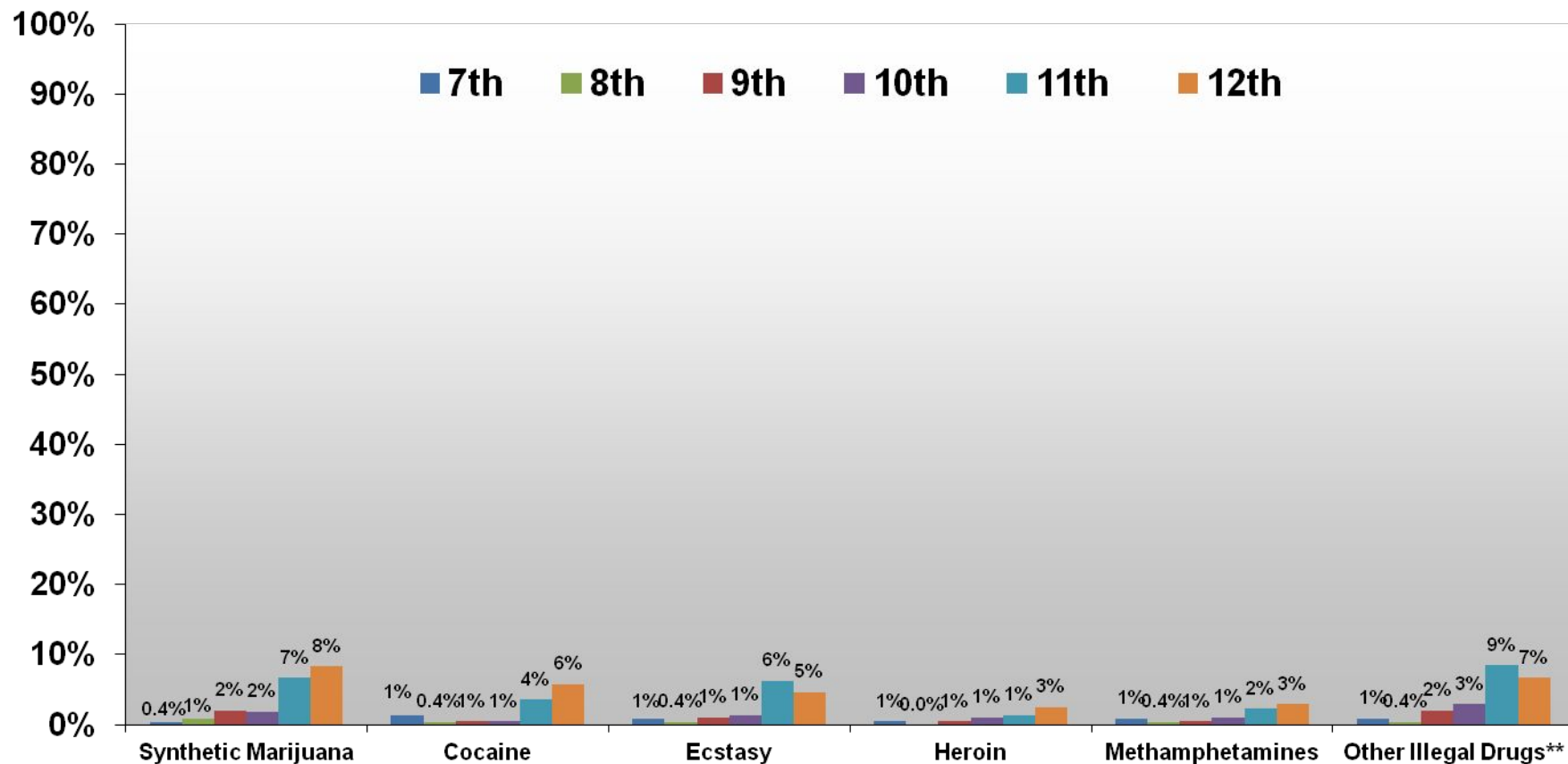
Lifetime Use of Other Illicit Drugs Among Norwood Students (2015)



Lifetime use is any use in one's lifetime

**Respondents were asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Bath Salts (synthetic stimulants)"

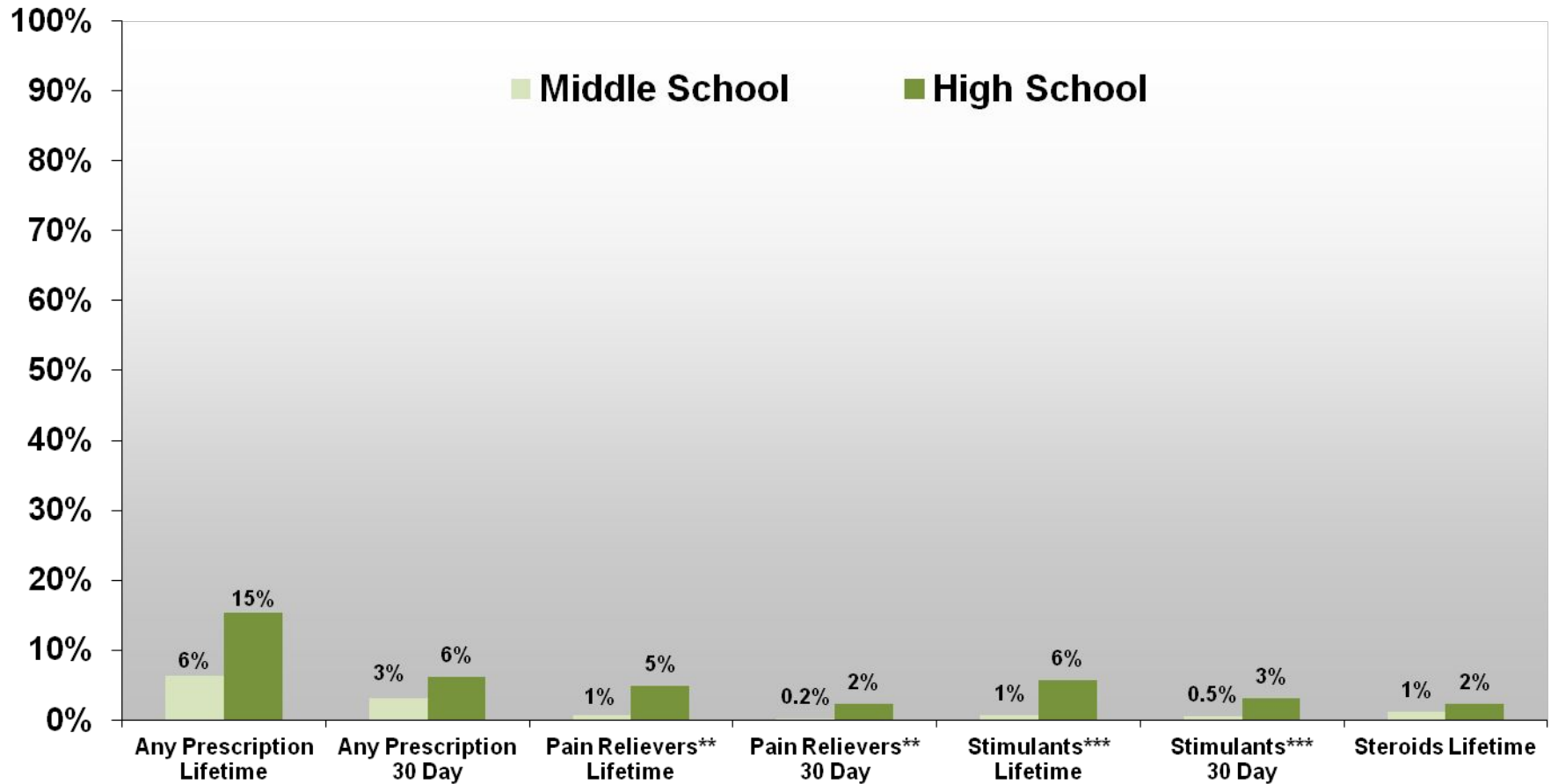
Lifetime Use of Other Illicit Drugs Among Norwood Students by Grade (2015)



Lifetime use is any use in one's lifetime

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Misuse* of Prescription Medications Among Norwood Students (2015)

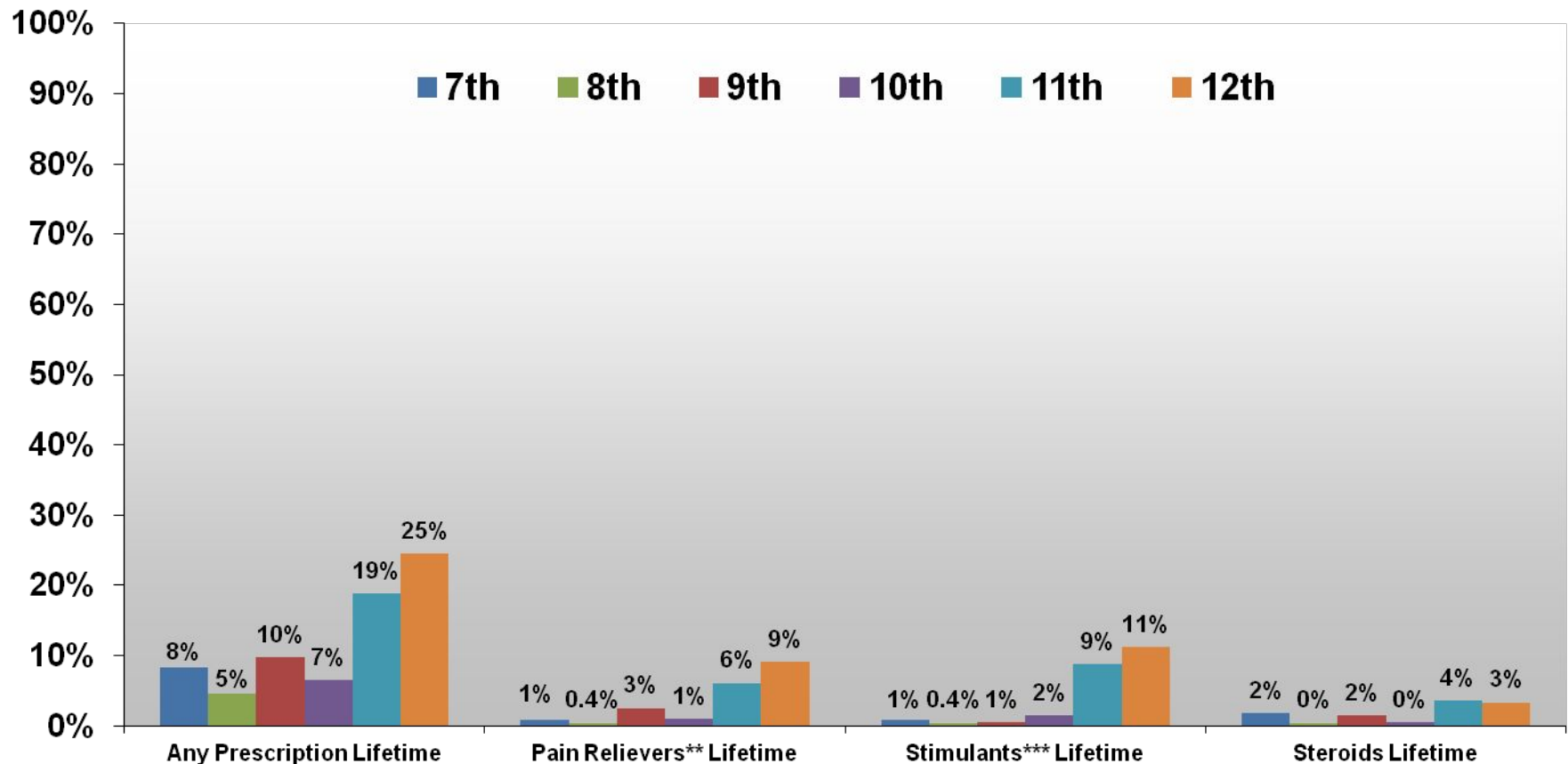


*Misuse is defined as "use of a prescription medication that was not prescribed to them"

**Pain Relievers "such as oxycodone, OxyContin, Percocet, Vicodin, hydrocodone, morphine, or codeine"

***Stimulants "such as Ritalin or Adderall"

Misuse* of Prescription Medications Among Norwood Students by Grade (2015)

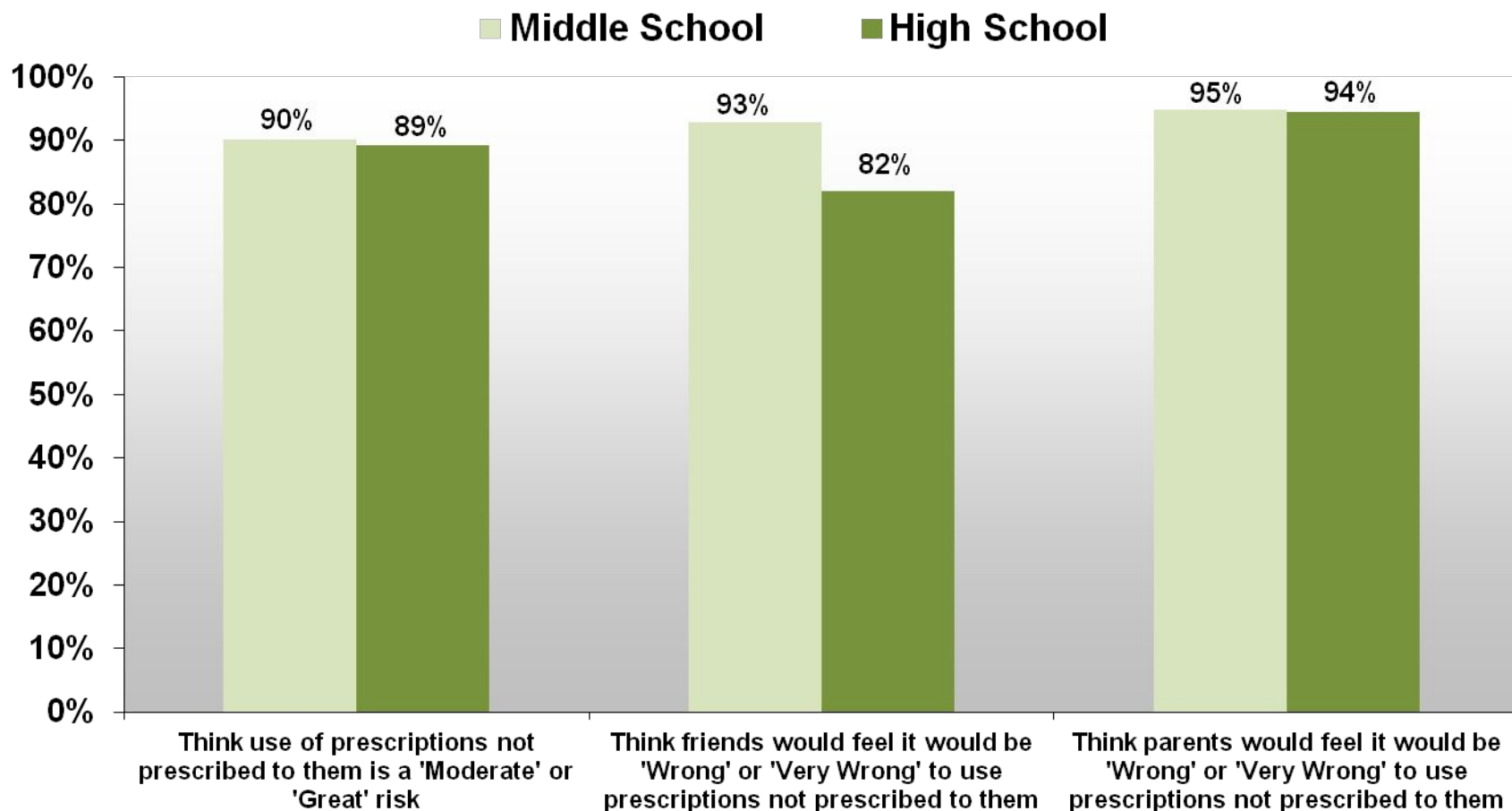


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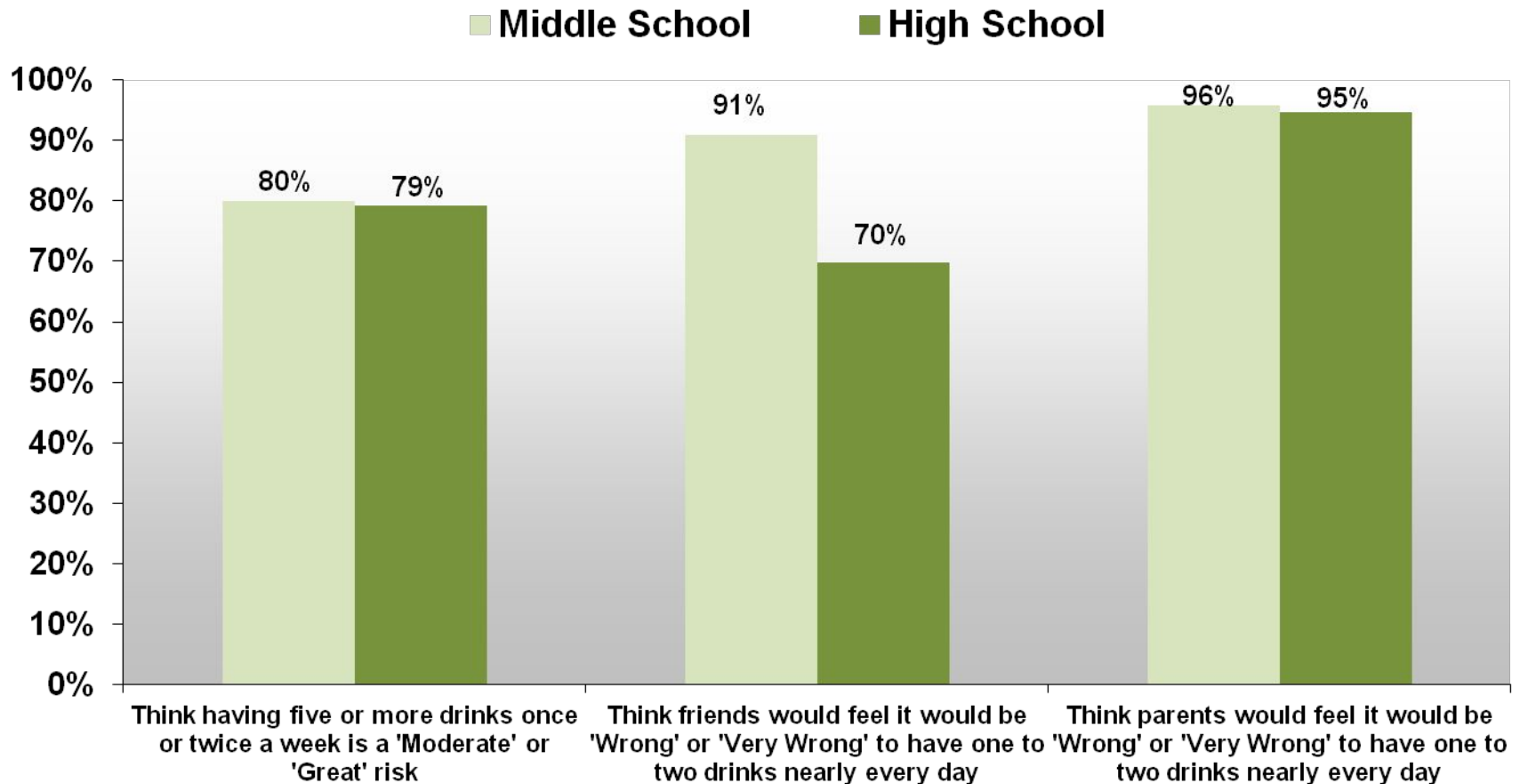
***Stimulants "such as Ritalin or Adderall"

Perceptions of Prescription Misuse Among Norwood Students (2015)



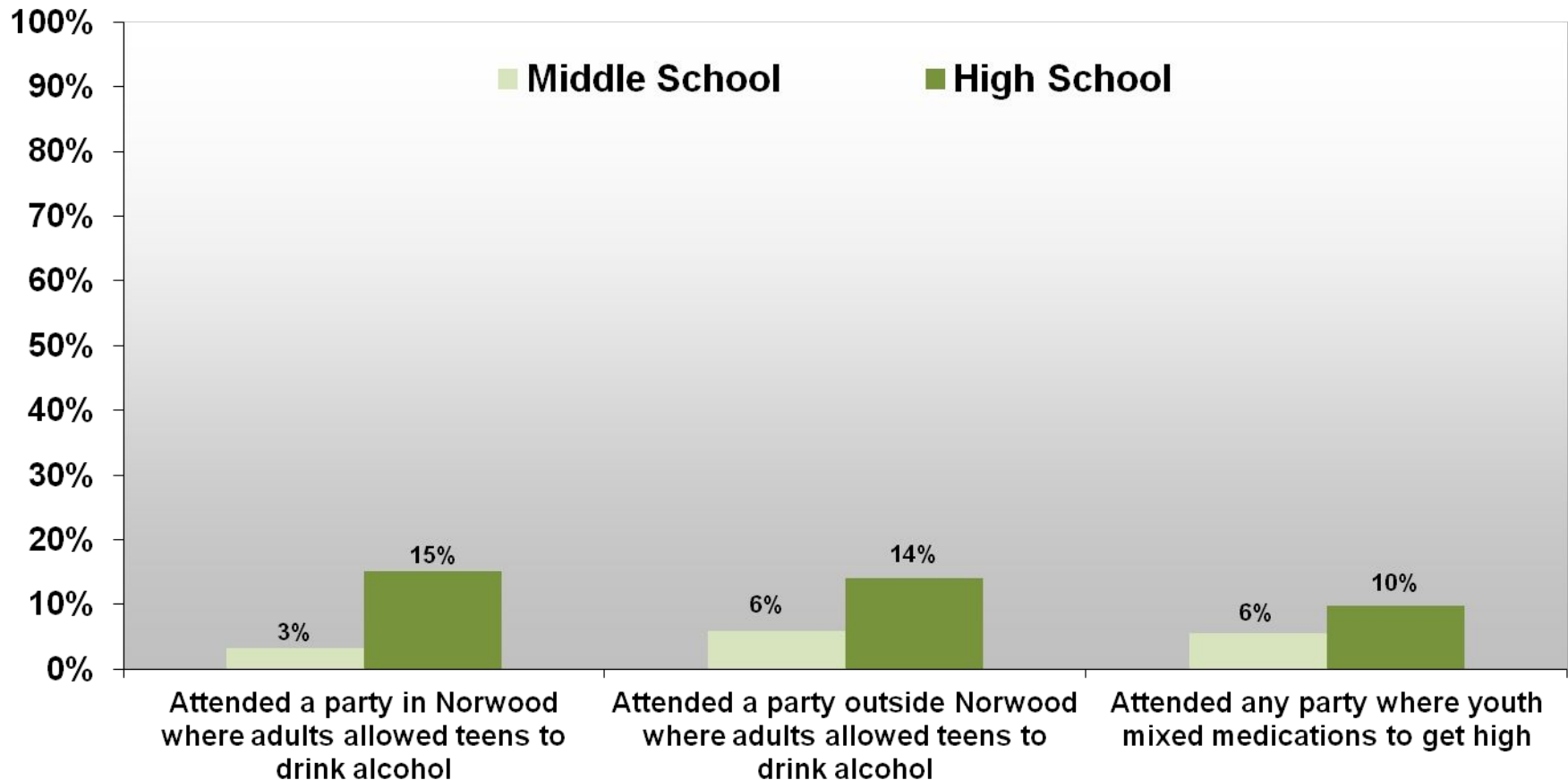
Question wording: "How much do you think people risk harming themselves if they use prescription drugs that were not prescribed to them?"; "How wrong do your friends feel it would be for you to use prescription drugs that were not prescribed to you?"; "How wrong do your parents feel it would be for you to use prescription drugs that were not prescribed to you?"

Perceptions of Alcohol Use Among Norwood Students (2015)



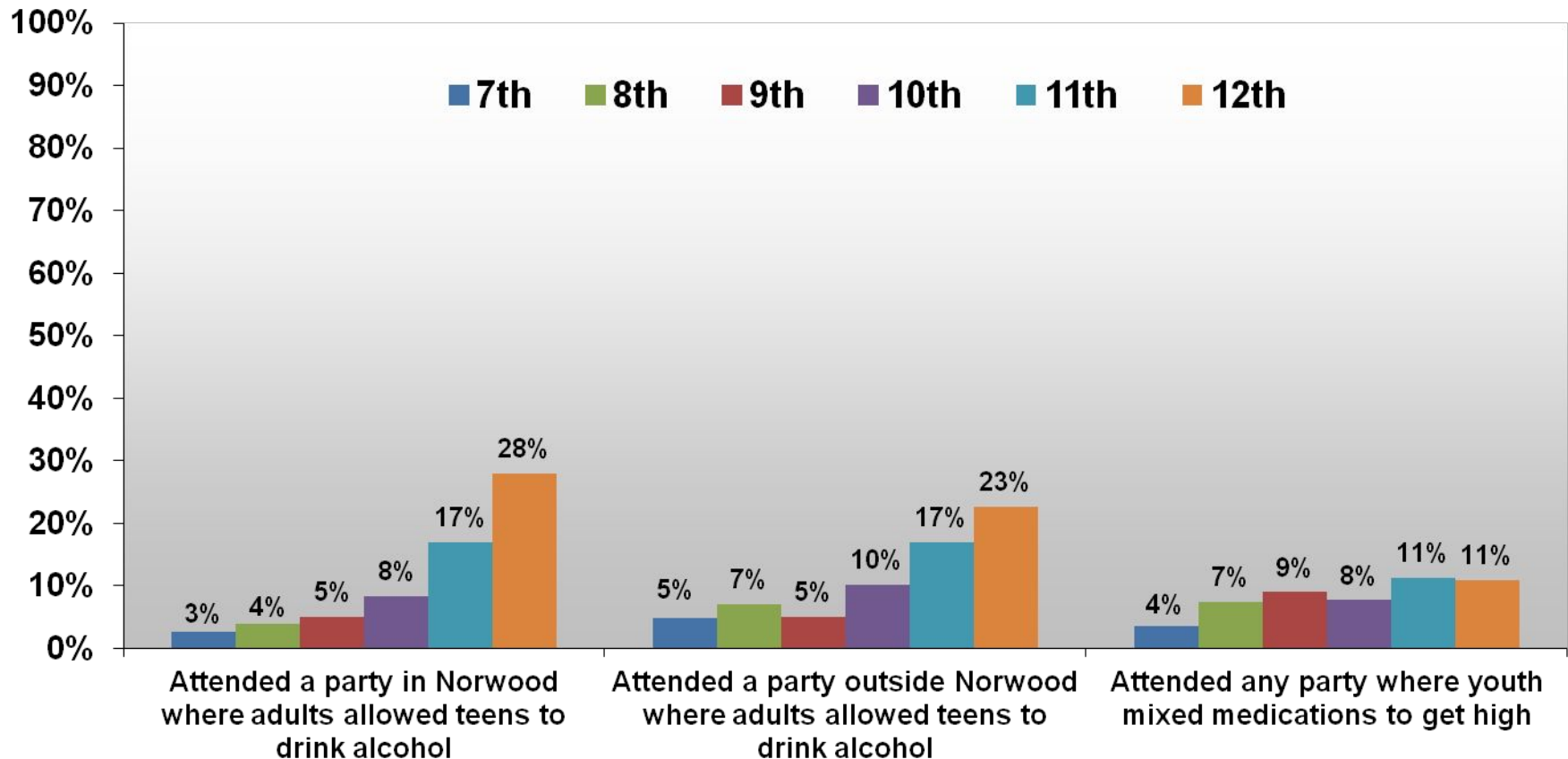
Question wording: "How much do you think people risk harming themselves if they have five or more drinks of an alcoholic beverage once or twice a week?"; "How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?"; "How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?"

Substances at Parties, Prior 12 Months Among Norwood Students (2015)



Question wording: "During the past 12 months, did you attend any parties in the town of Norwood where adults allowed teens to drink alcohol?"; "During the past 12 months, did you attend any parties outside the town of Norwood where adults allowed teens to drink alcohol?"; "During the past 12 months, did you attend any parties where youth took a mix of prescription and over-the-counter medications to get high?"

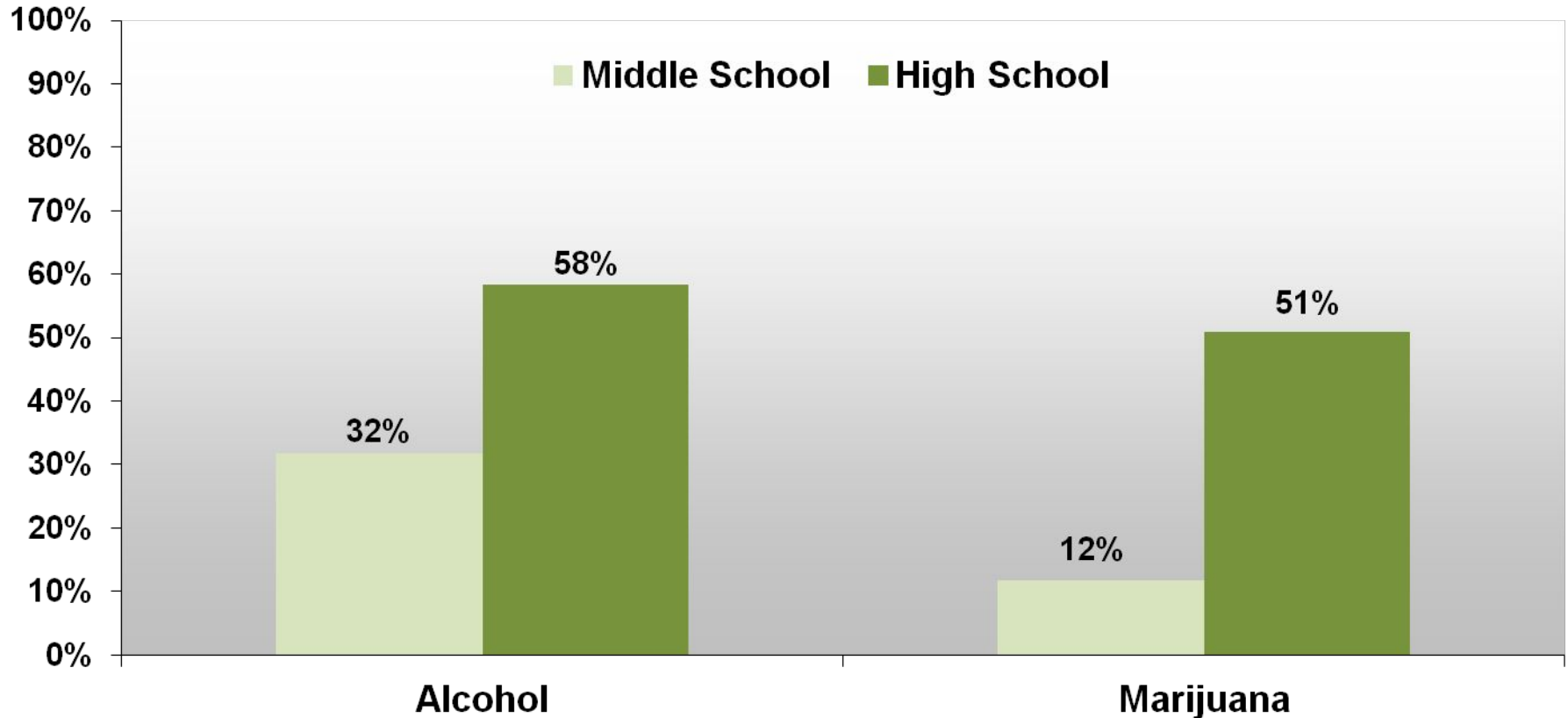
Substances at Parties, Prior 12 Months Among Norwood Students by Grade (2015)



Question wording: "During the past 12 months, did you attend any parties in the town of Norwood where adults allowed teens to drink alcohol?"; "During the past 12 months, did you attend any parties outside the town of Norwood where adults allowed teens to drink alcohol?"; "During the past 12 months, did you attend any parties where youth took a mix of prescription and over-the-counter medications to get high?"

Perceived Easy Access to Substances Among Norwood Students (2015)

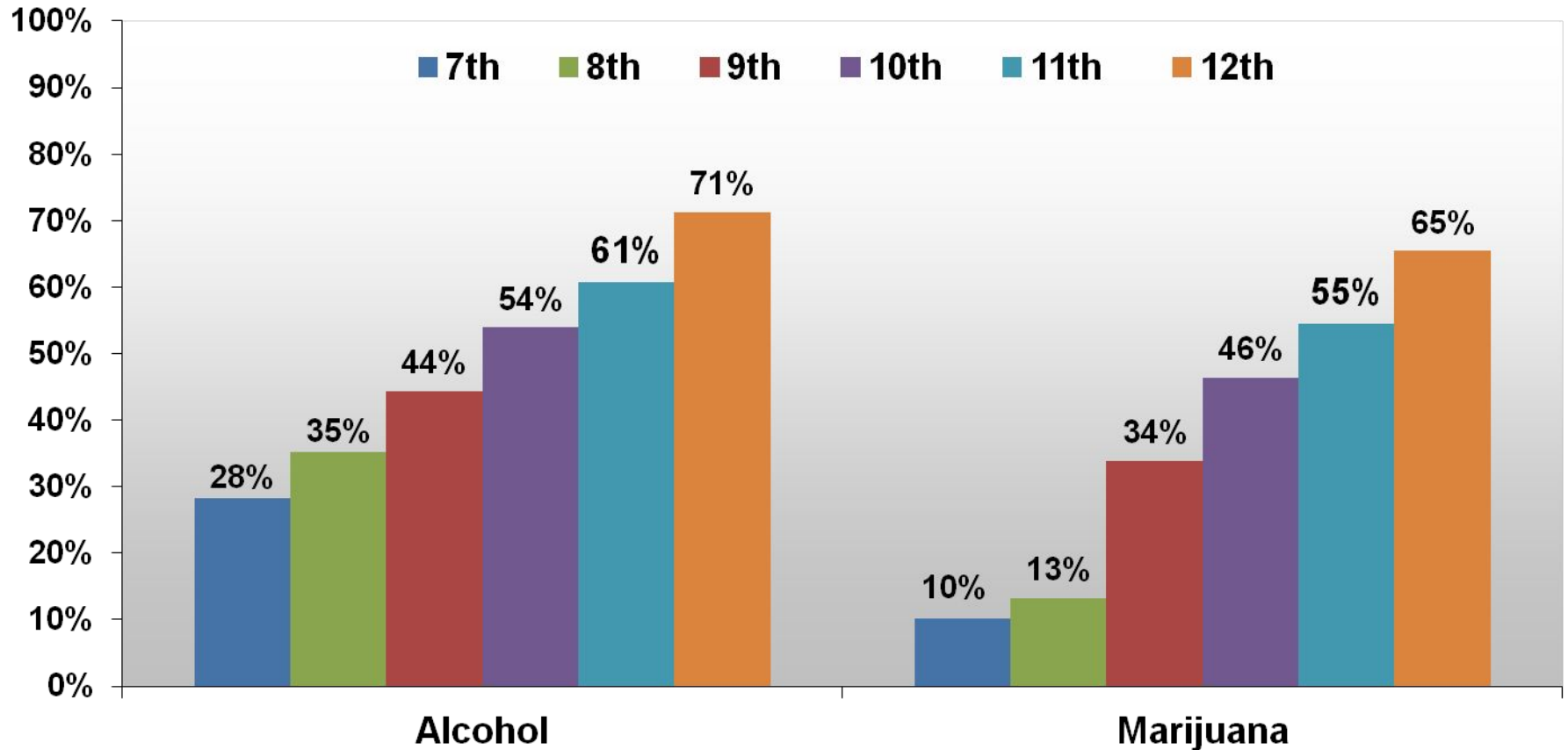
*Percent Who Identified Substance as "Sort of Easy" or "Very Easy" to Obtain



Question Wording: "If you wanted to get some _____, how easy would it be for you to get some?"
Percentages displayed are the combined responses of "Sort of Easy" and "Very Easy".

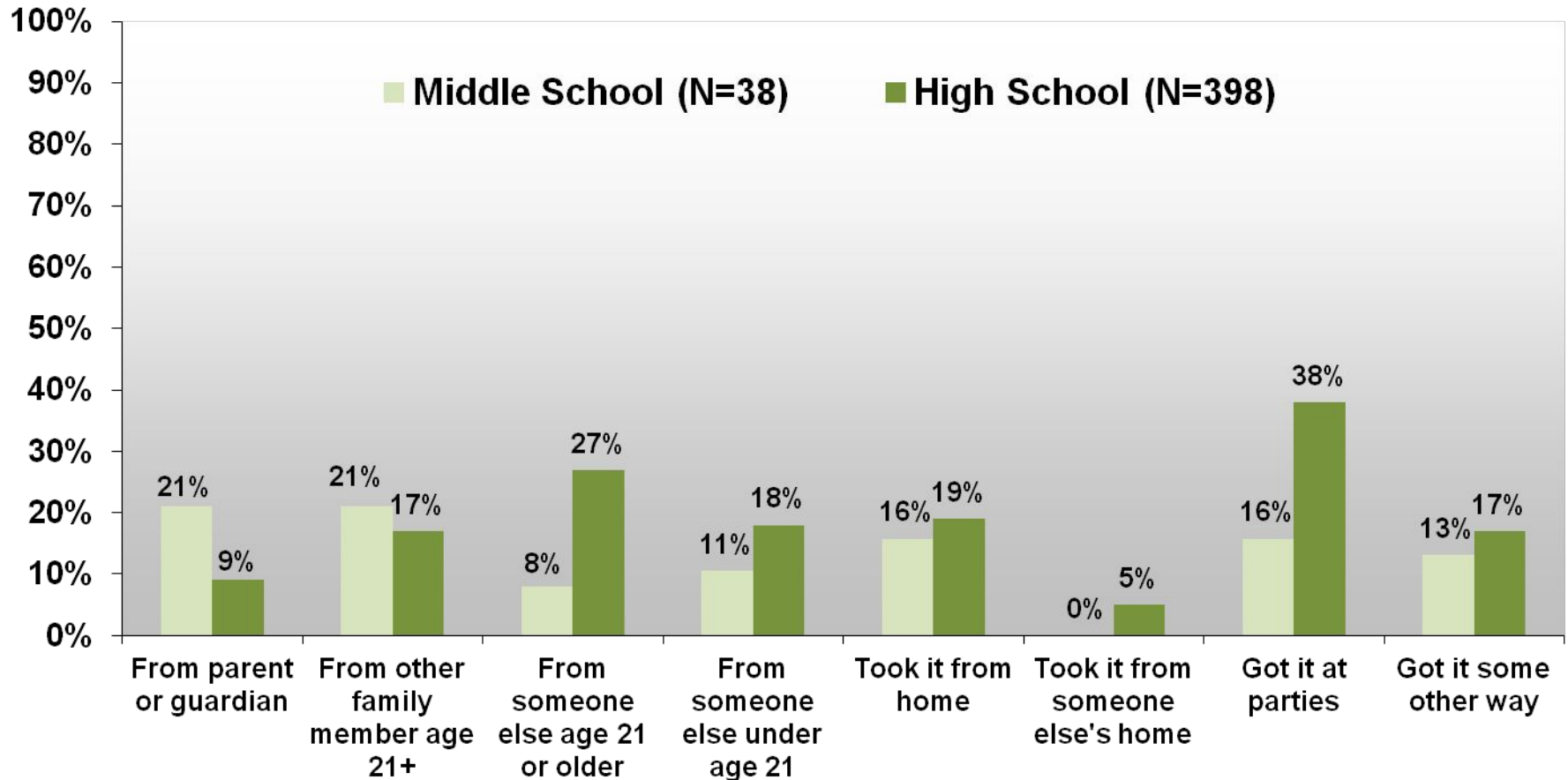
Perceived Easy Access to Substances Among Norwood Students by Grade (2015)

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Question Wording: "If you wanted to get some____, how easy would it be for you to get some?"
Percentages displayed are the combined responses of "Sort of Easy" and "Very Easy".

Usual Source of Alcohol Among Norwood Students Reporting Alcohol Use* (2015)



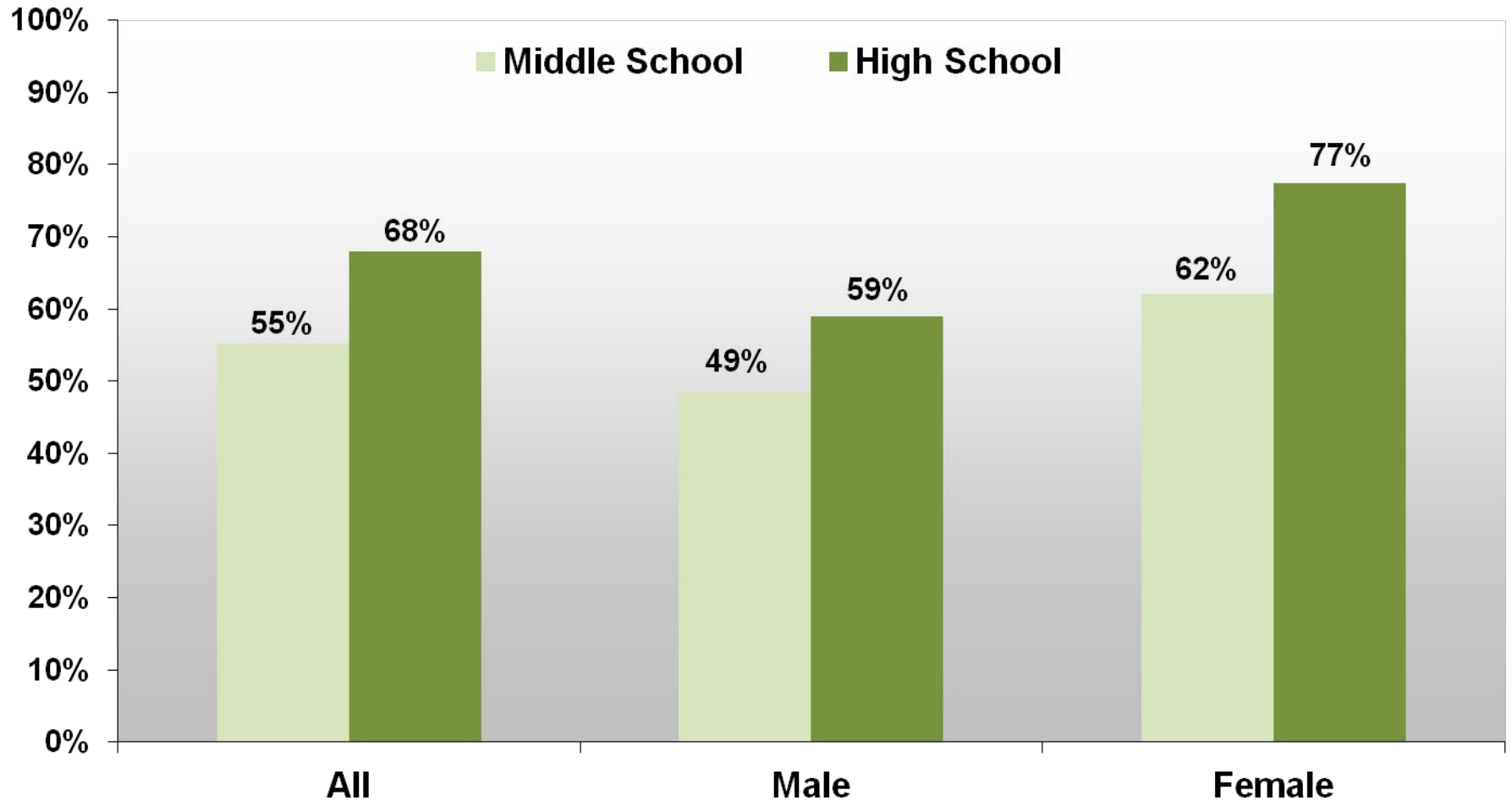
Question Wording: "How did you usually get beer, wine coolers, wine, or liquor in the past 12 months? (check all that apply)".

*Results are based only upon students who indicated they had used alcohol in the prior 12 months (i.e. 39 Middle School students and 398 High School students)

Results - Mental Health

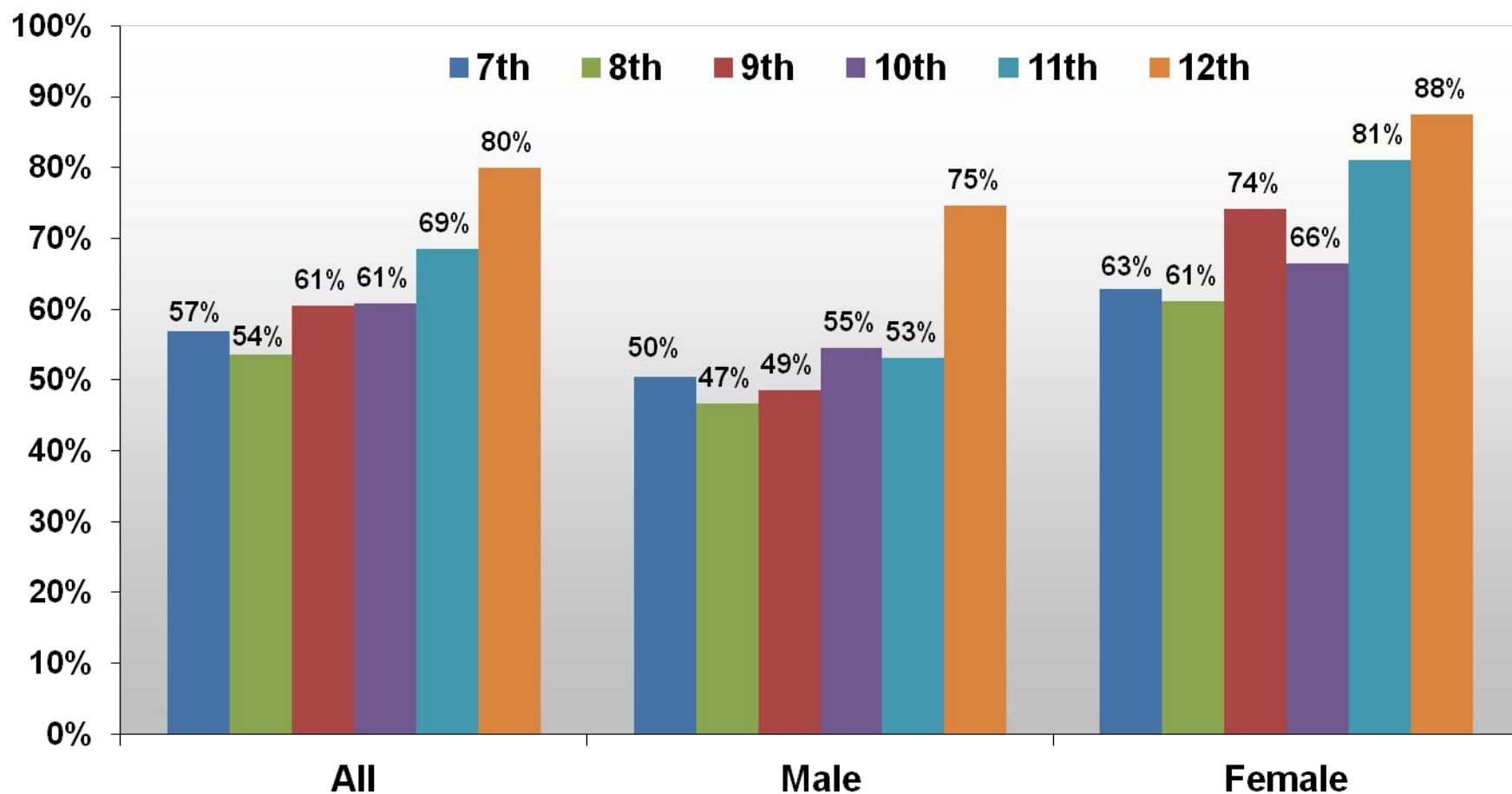
- Stress
- Worry
- School Support
- Depression
- Non-Suicidal Self-harm
- Suicidal ideation and attempt

Percent of Norwood Students Reporting their Life is "Somewhat" or "Very Stressful" (2015)



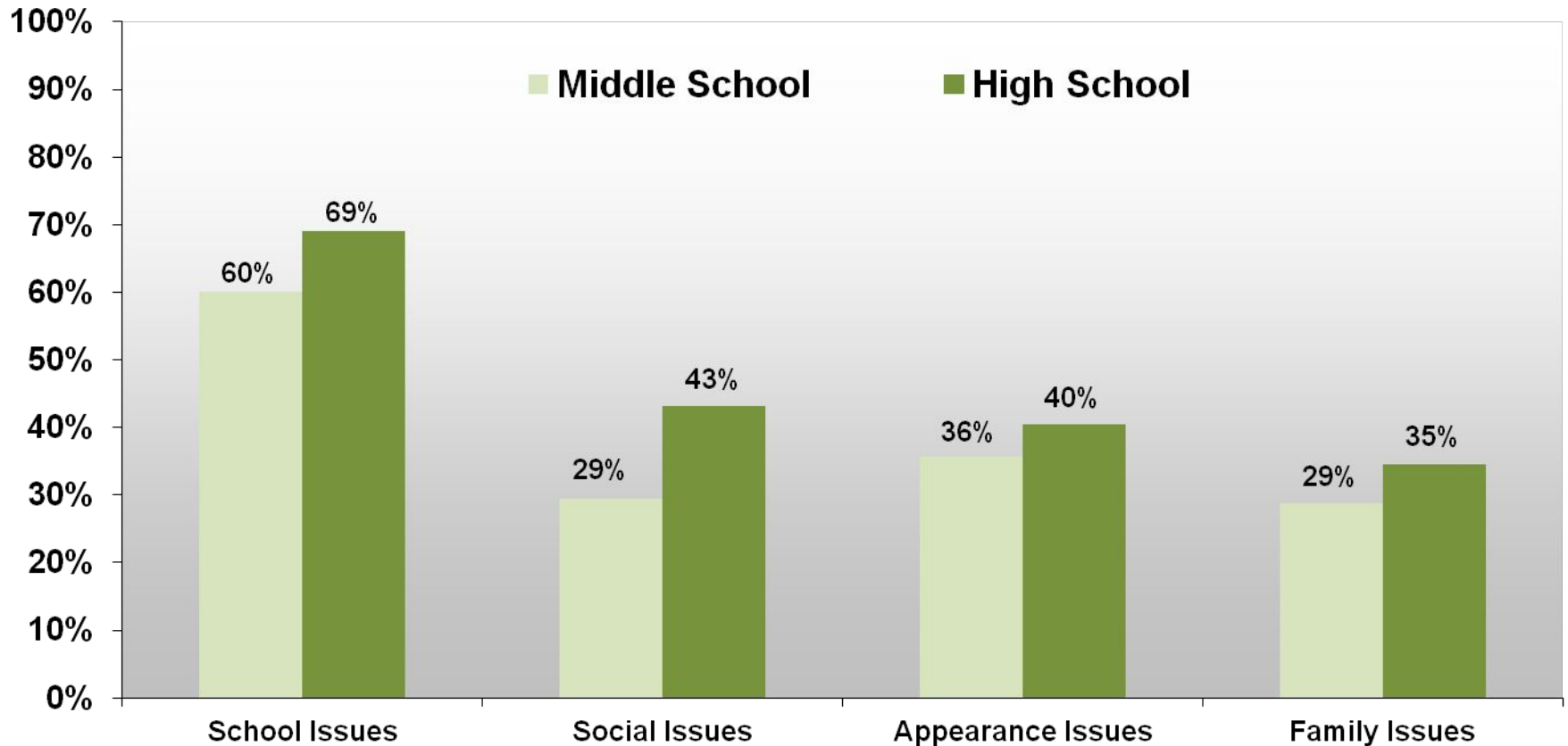
Question Wording: "Overall, how stressful is your life?"

Percent of Norwood Students Reporting their Life is "Somewhat" or "Very Stressful" by Grade (2015)



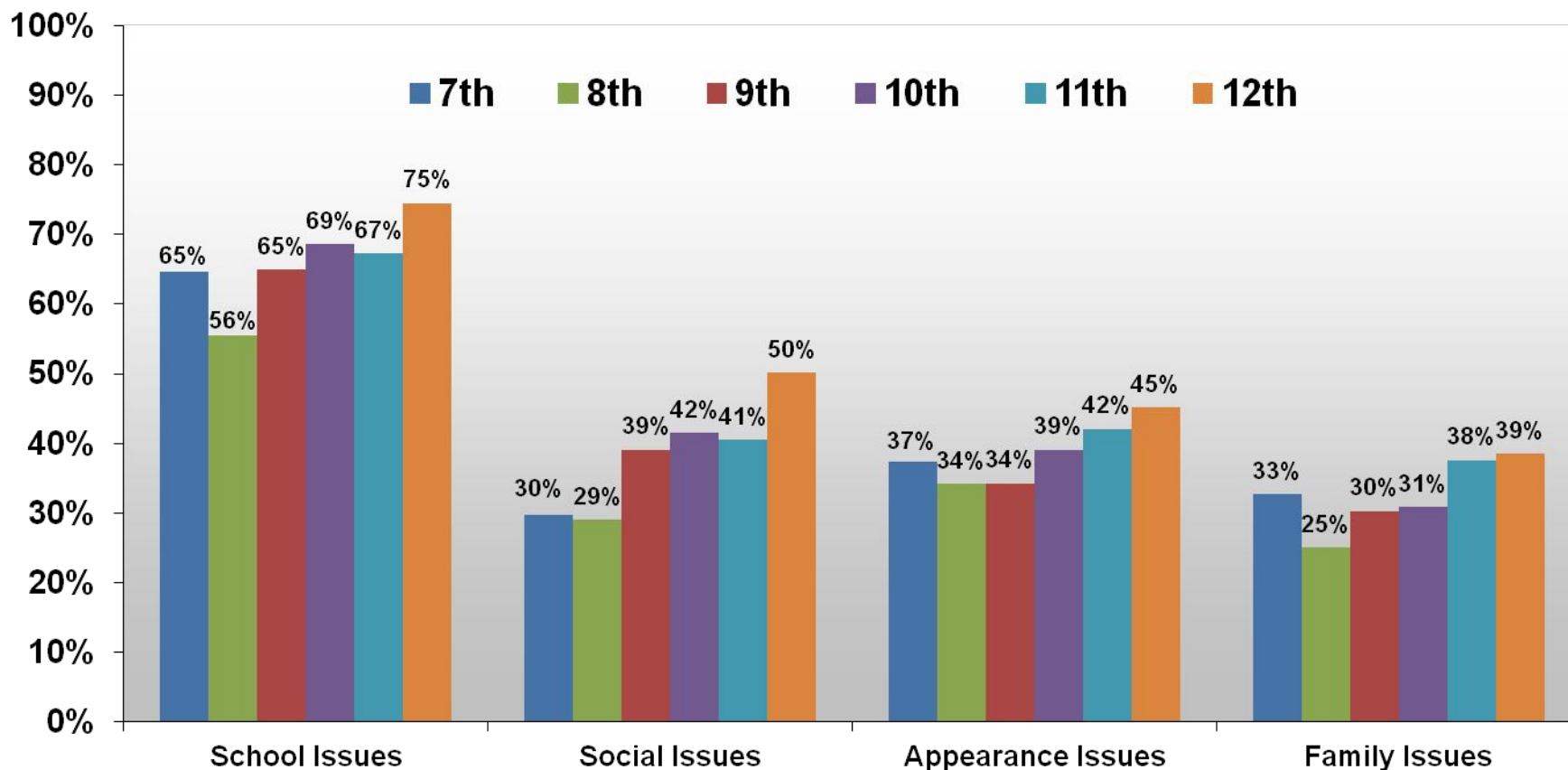
Question Wording: "Overall, how stressful is your life?"

Percent of Norwood Students that Worry about issues "Often" or "Almost Every Day" (2015)



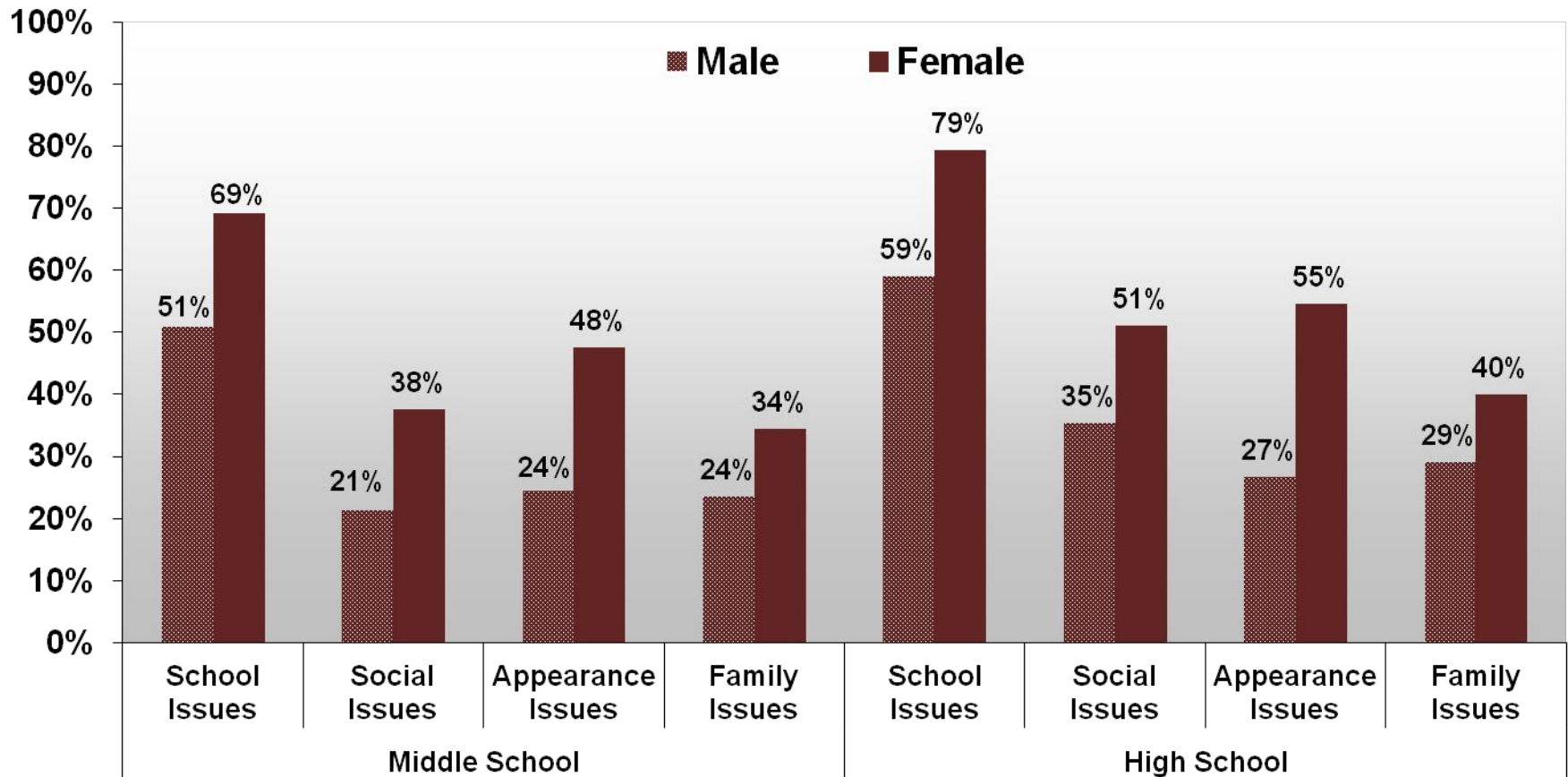
Question wording: "How often do you worry about school issues such as grades, homework, tests, etc?"; "How often do you worry about social issues such as friendships, dating, teasing, etc?"; "How often do you worry about appearance issues such as your weight, how you look, etc?"; "How often do you worry about family issues such as your relationship with your parents, family's financial situation, family health, etc?"

Percent of Norwood Students that Worry about issues "Often" or "Almost Every Day" by Grade (2015)



Question wording: "How often do you worry about school issues such as grades, homework, tests, etc?"; "How often do you worry about social issues such as friendships, dating, teasing, etc?"; "How often do you worry about appearance issues such as your weight, how you look, etc?"; "How often do you worry about family issues such as your relationship with your parents, family's financial situation, family health, etc?"

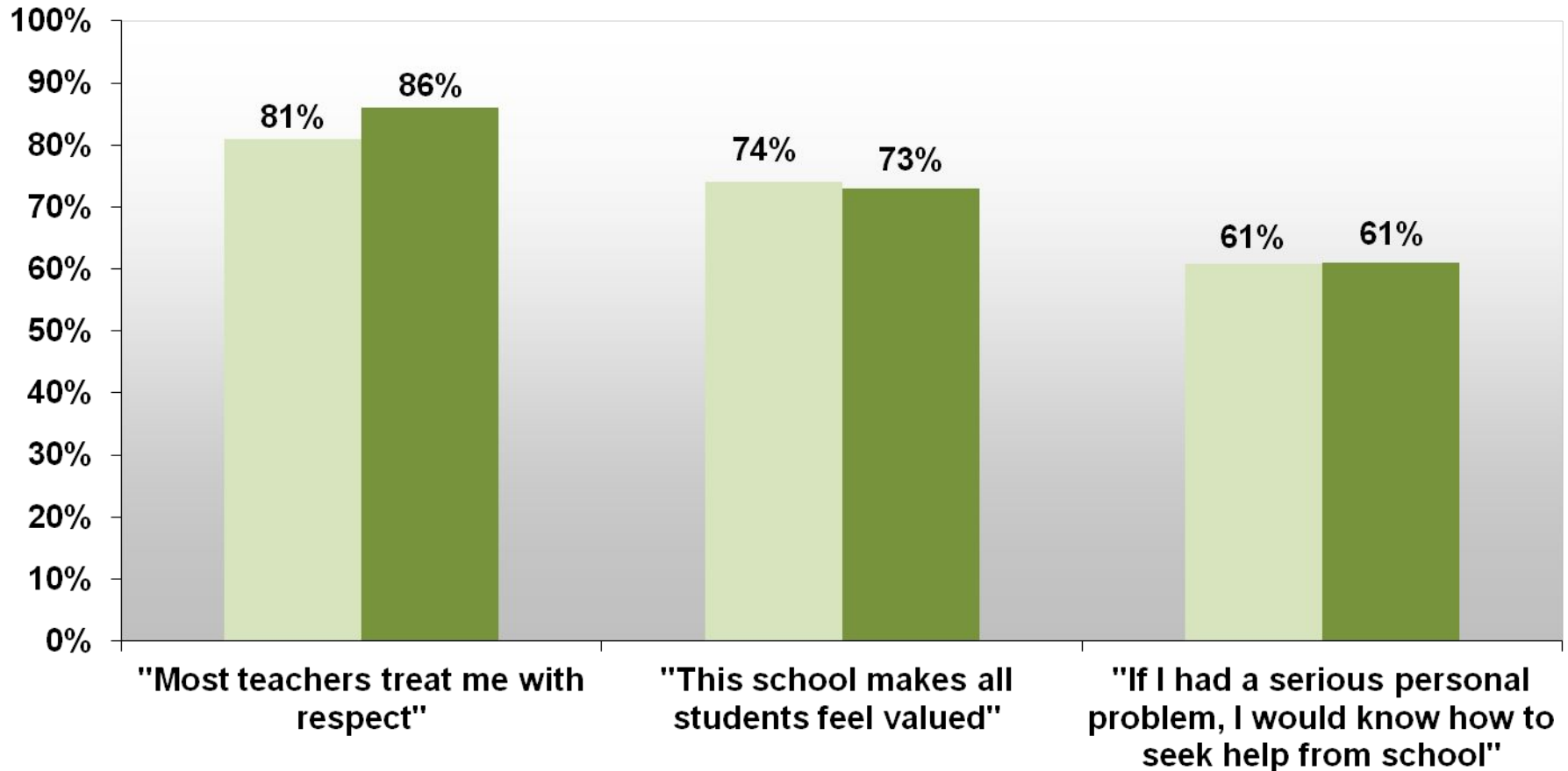
Percent of Norwood Students that Worry about issues "Often" or "Almost Every Day" by Gender (2015)



Question wording: "How often do you worry about school issues such as grades, homework, tests, etc?"; "How often do you worry about social issues such as friendships, dating, teasing, etc?"; "How often do you worry about appearance issues such as your weight, how you look, etc?"; "How often do you worry about family issues such as your relationship with your parents, family's financial situation, family health, etc?"

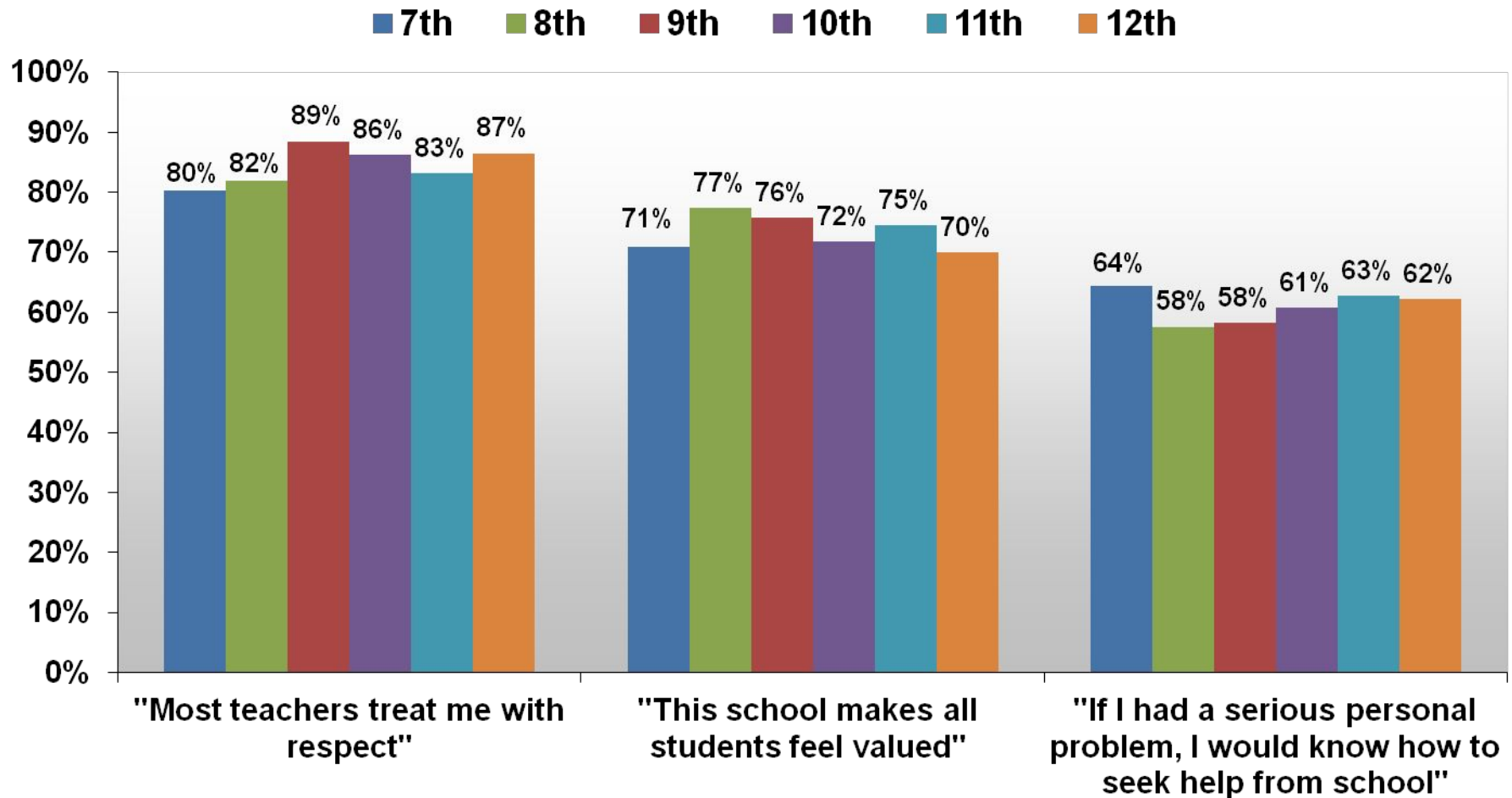
Perceived School Support Among Norwood Students (2015)

■ Middle School ■ High School



Data shown are proportion of student responding to the statement with "Agree" or "Strongly Agree"

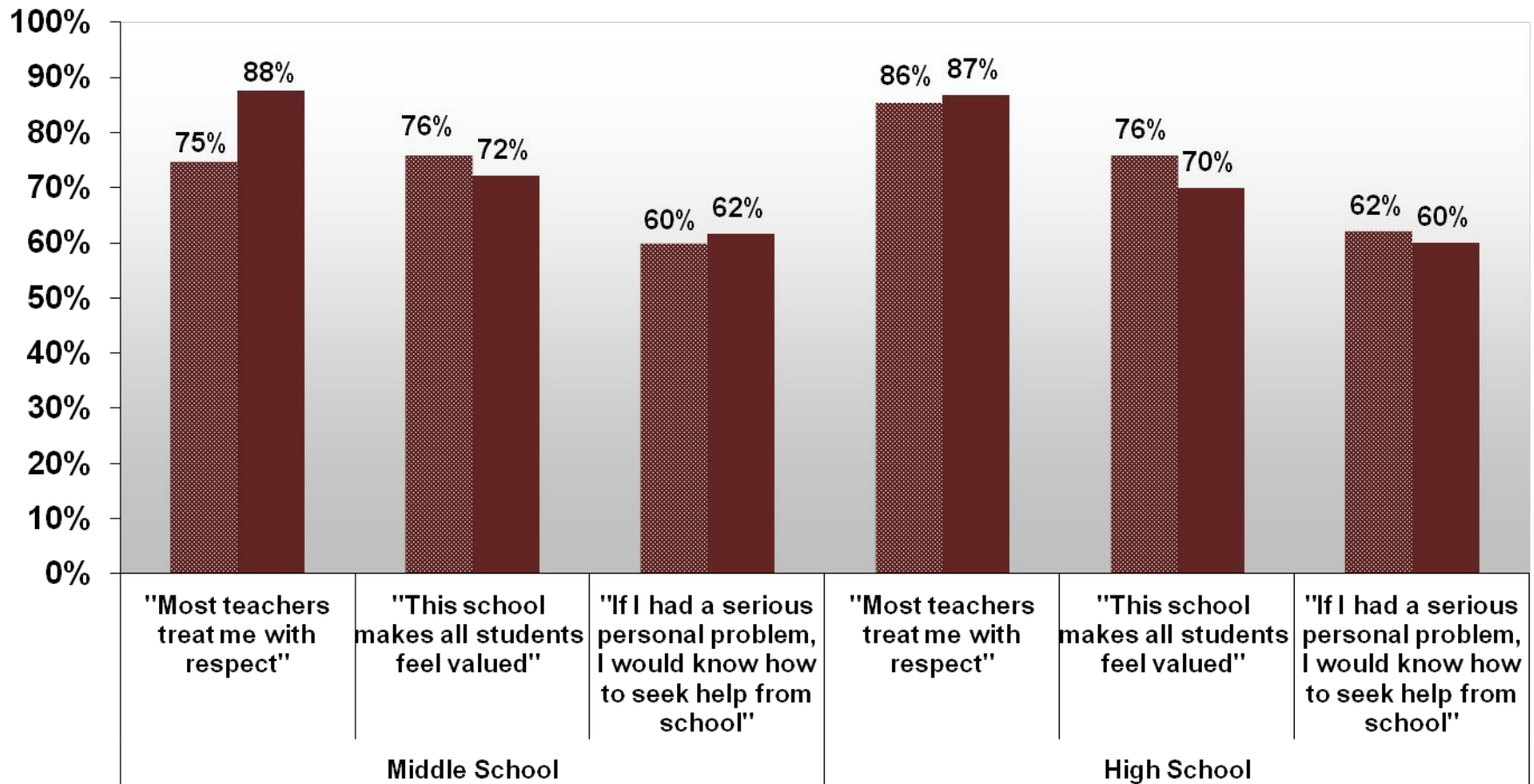
Perceived School Support Among Norwood Students by Grade (2015)



Data shown are proportion of student responding to the statement with "Agree" or "Strongly Agree"

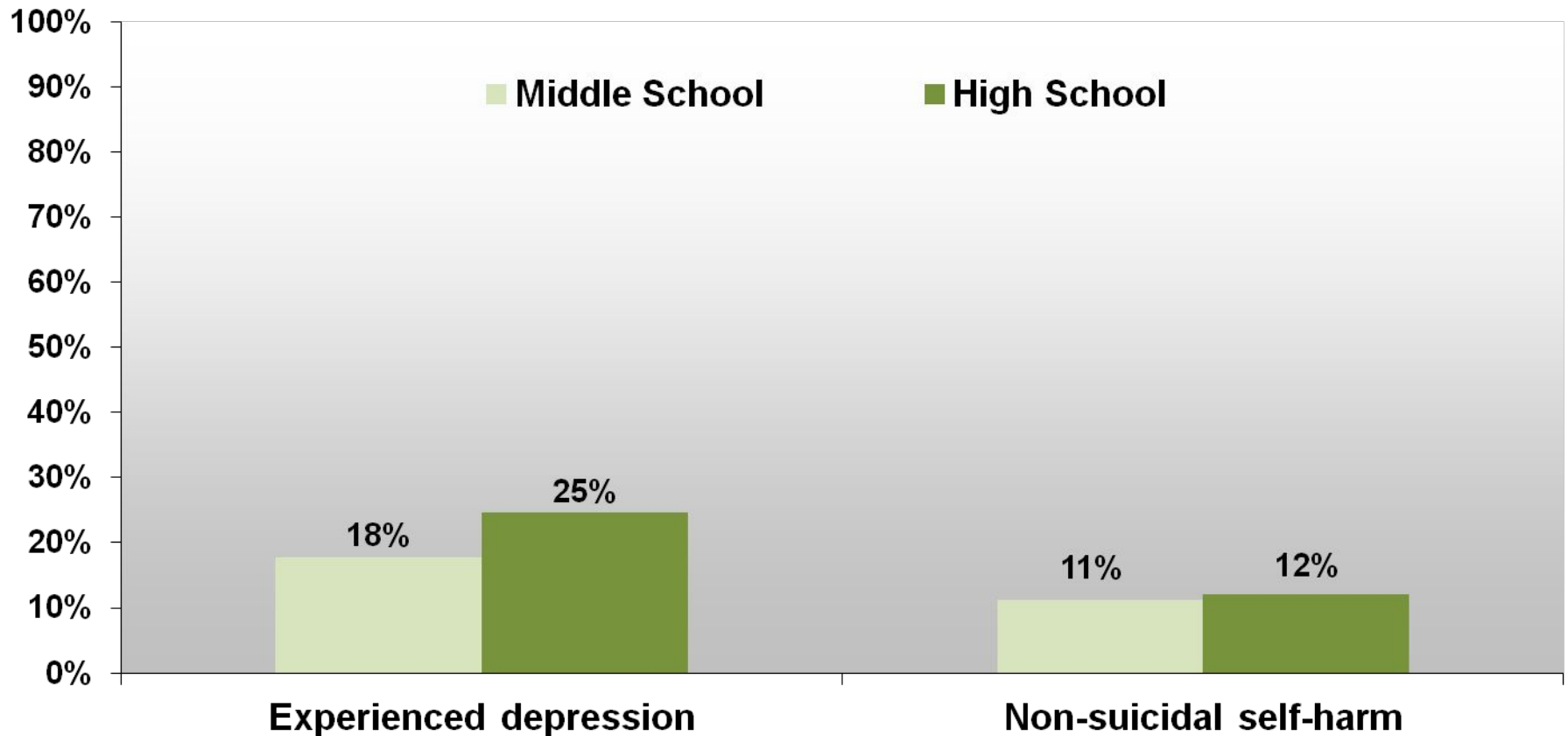
Perceived School Support Among Norwood Students by Gender (2015)

■ Male ■ Female



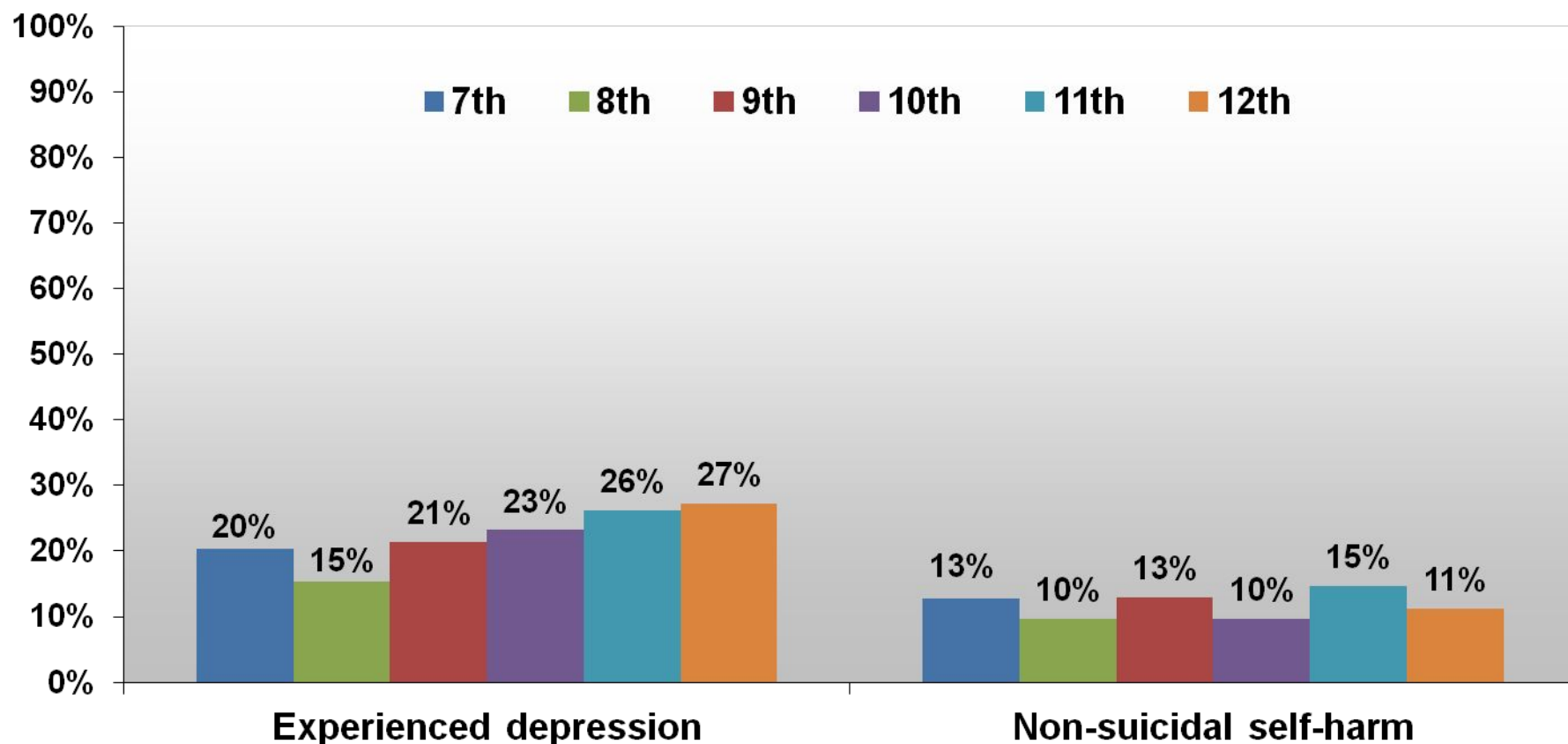
Data shown are proportion of student responding to the statement with "Agree" or "Strongly Agree"

Percent of Norwood Students who Experienced Depression or Non-Suicidal Self-harm in the Past 12 Months (2015)



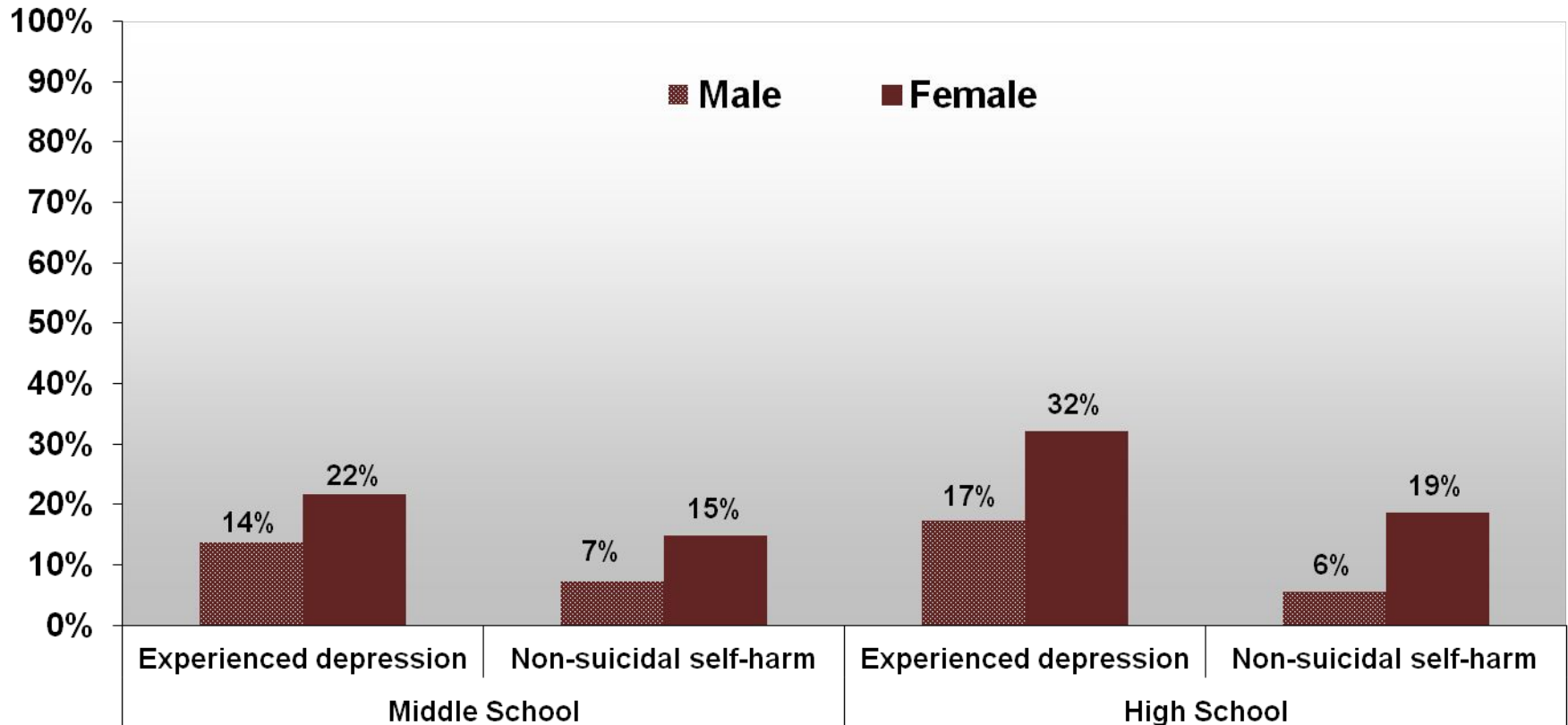
Depression question wording: "During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?"; Non-Suicidal Self-harm question wording: "During the past 12 months how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?"

Percent of Norwood Students who Experienced Depression or Non-Suicidal Self-harm in the Past 12 Months, by Grade (2015)



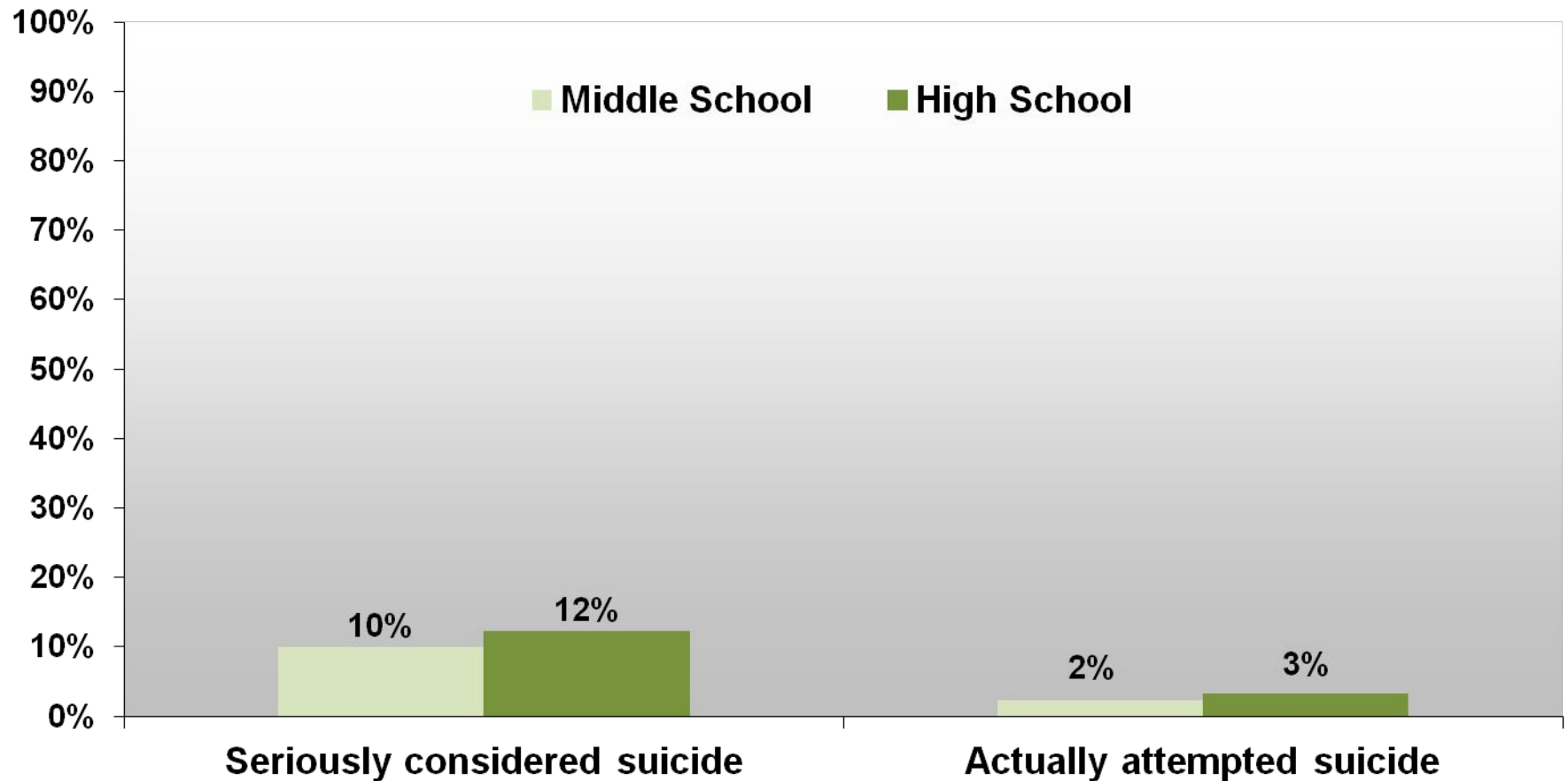
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Percent of Norwood Students who Experienced Depression or Non-Suicidal Self-Harm in Past 12 months by Gender (2015)



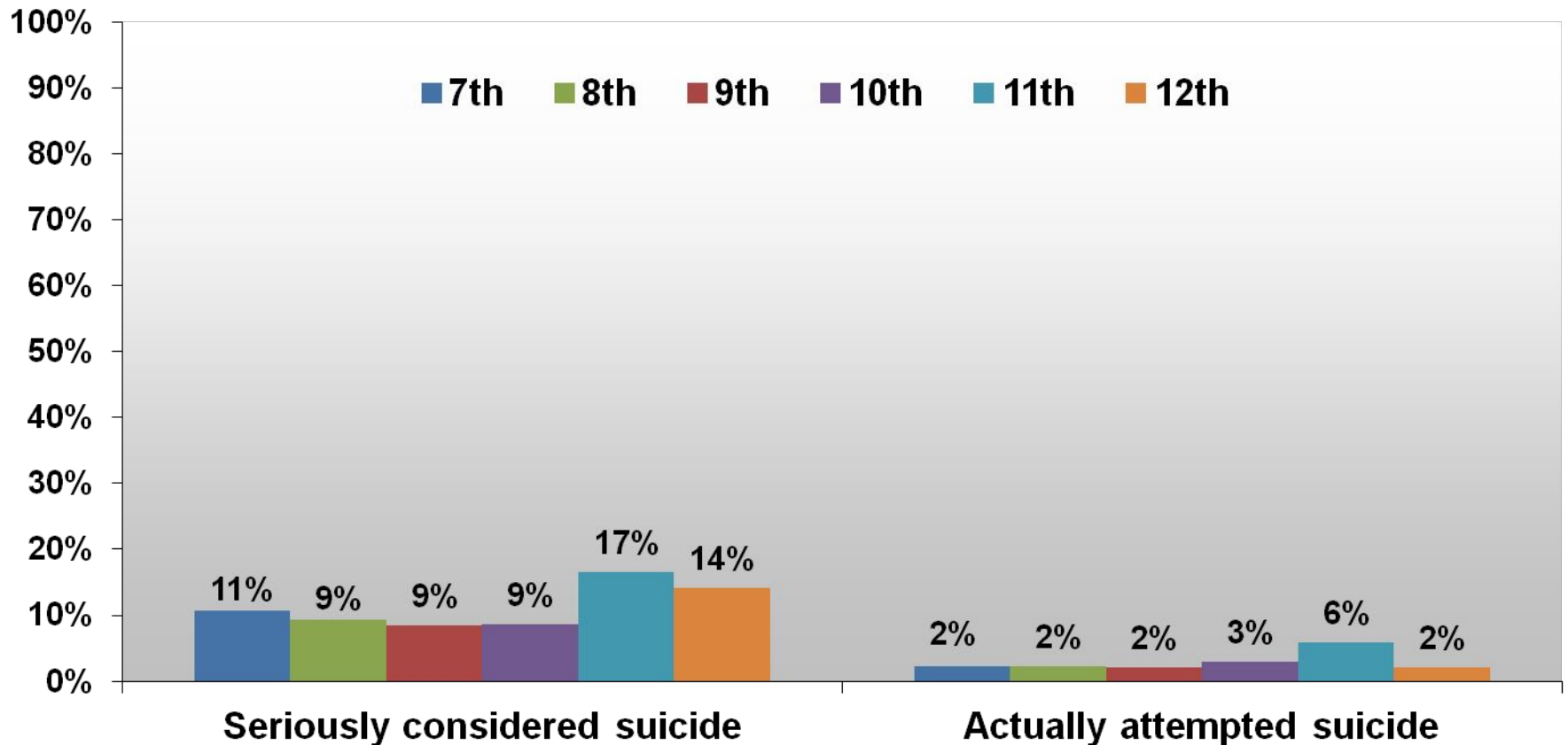
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Percent of Norwood Students who Experienced Suicidality in the Past 12 Months (2015)



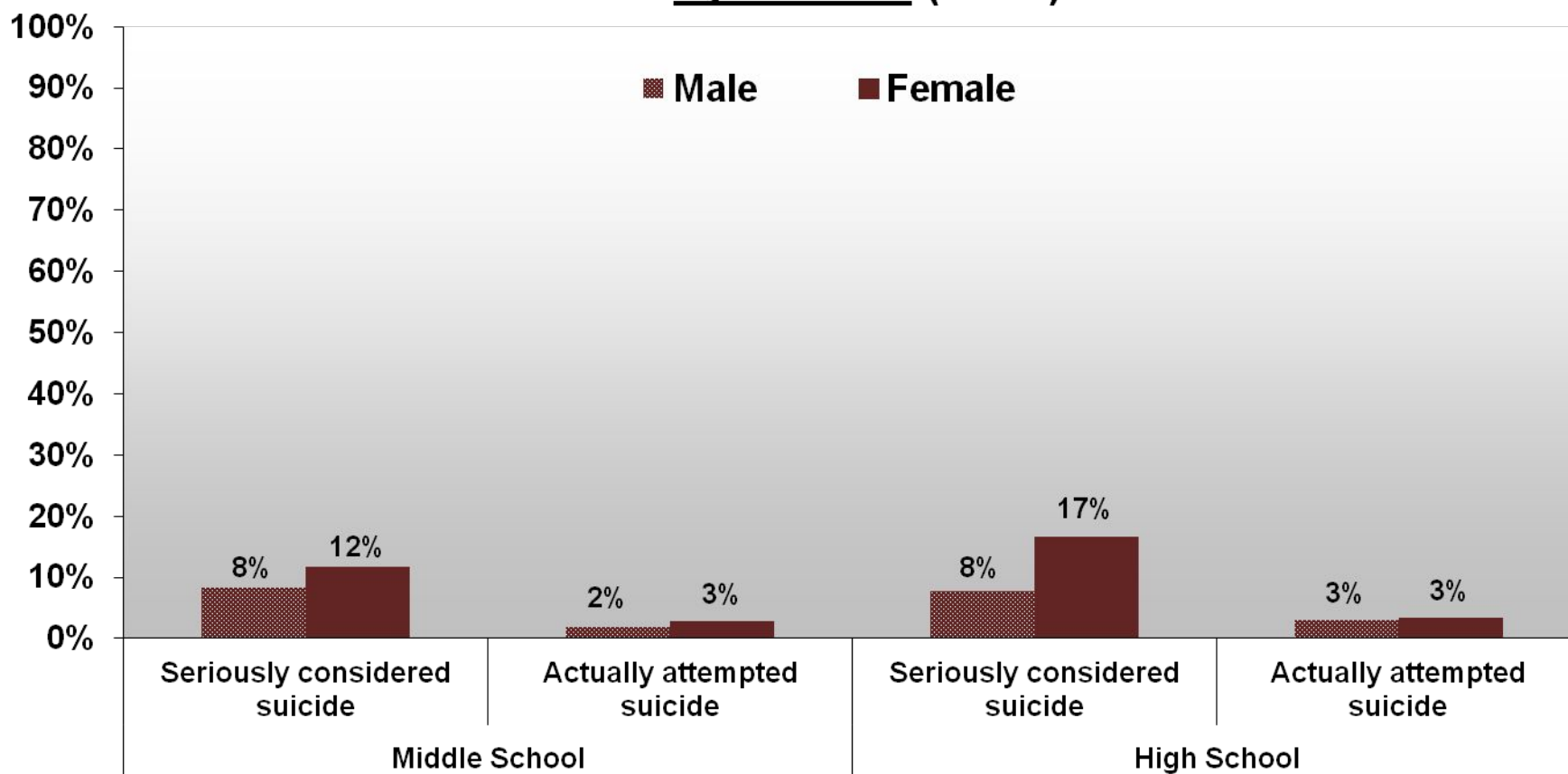
Suicide question wording: "During the past 12 months, did you ever seriously consider attempting suicide?"; During the past 12 months did you actually attempt suicide?"

Percent of Norwood Students who Experienced Suicidality in the Past 12 Months by Grade (2015)



Suicide question wording: "During the past 12 months, did you ever seriously consider attempting suicide?"; During the past 12 months did you actually attempt suicide?"

Percent of Norwood Students who Experienced Suicidality in the Past 12 months by Gender (2015)



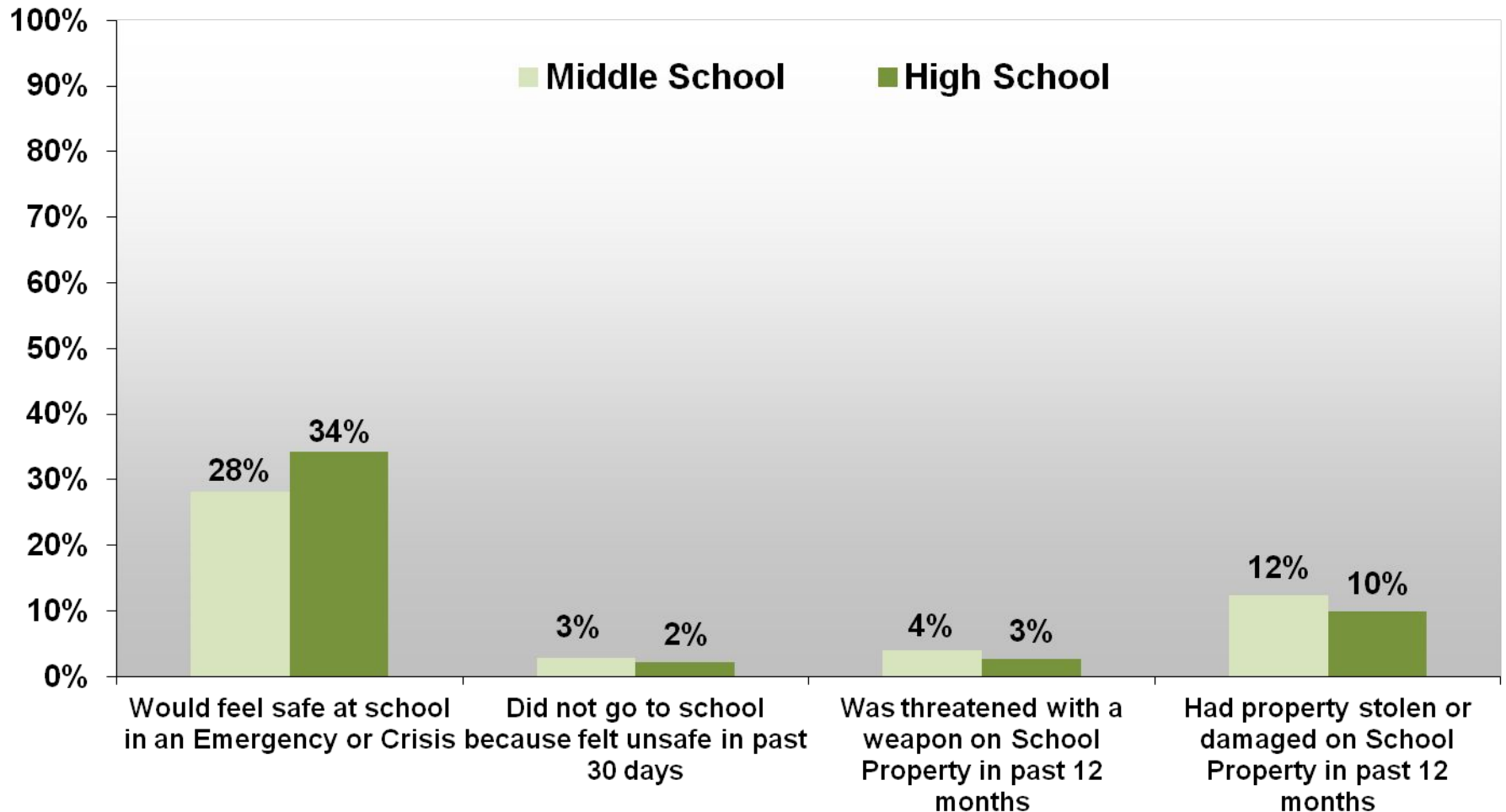
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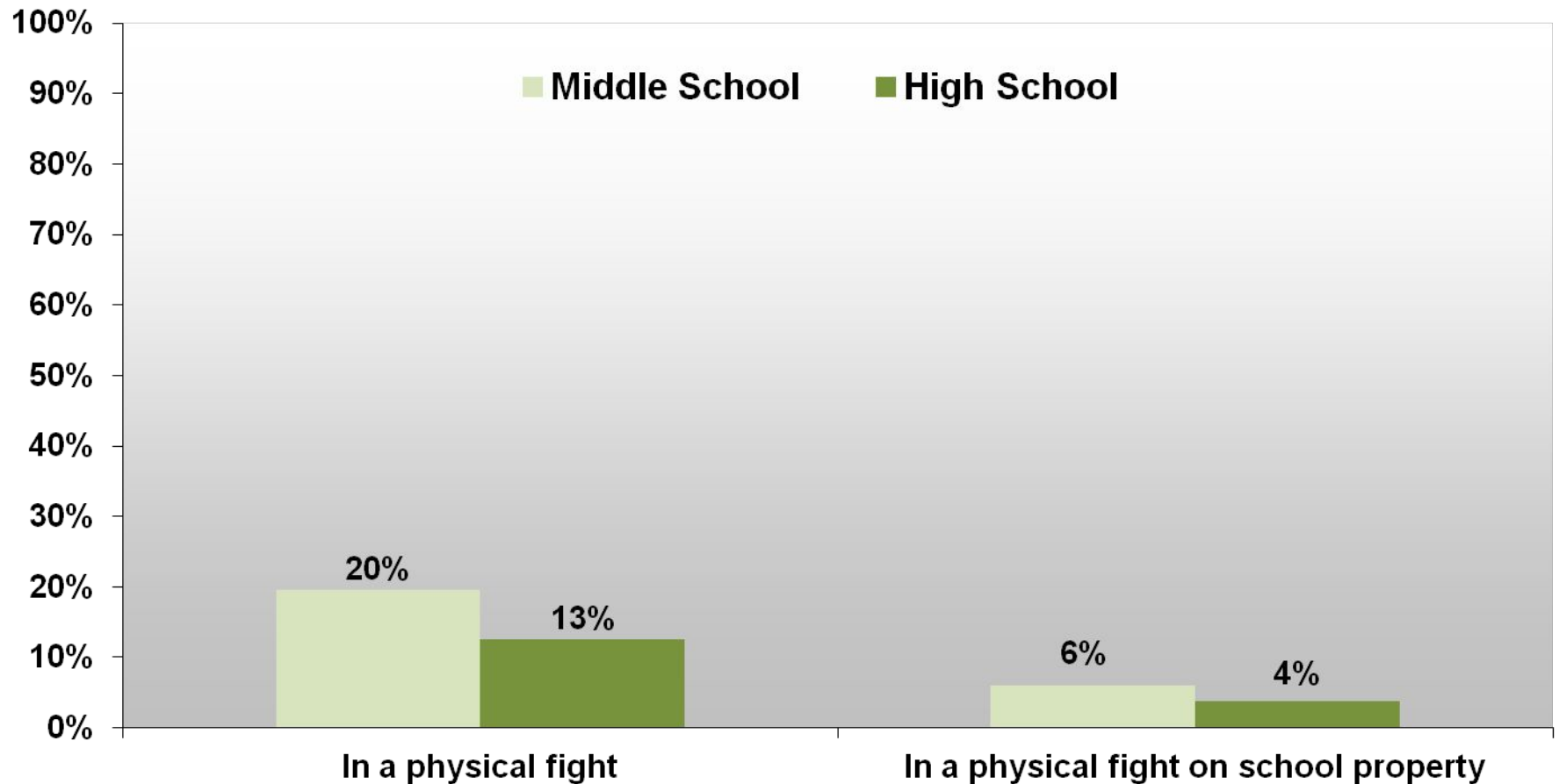
Results - Violence and Safety

- Sense of safety
- Physical Fights
- Bullying
- Dating Violence
- Vehicle Safety

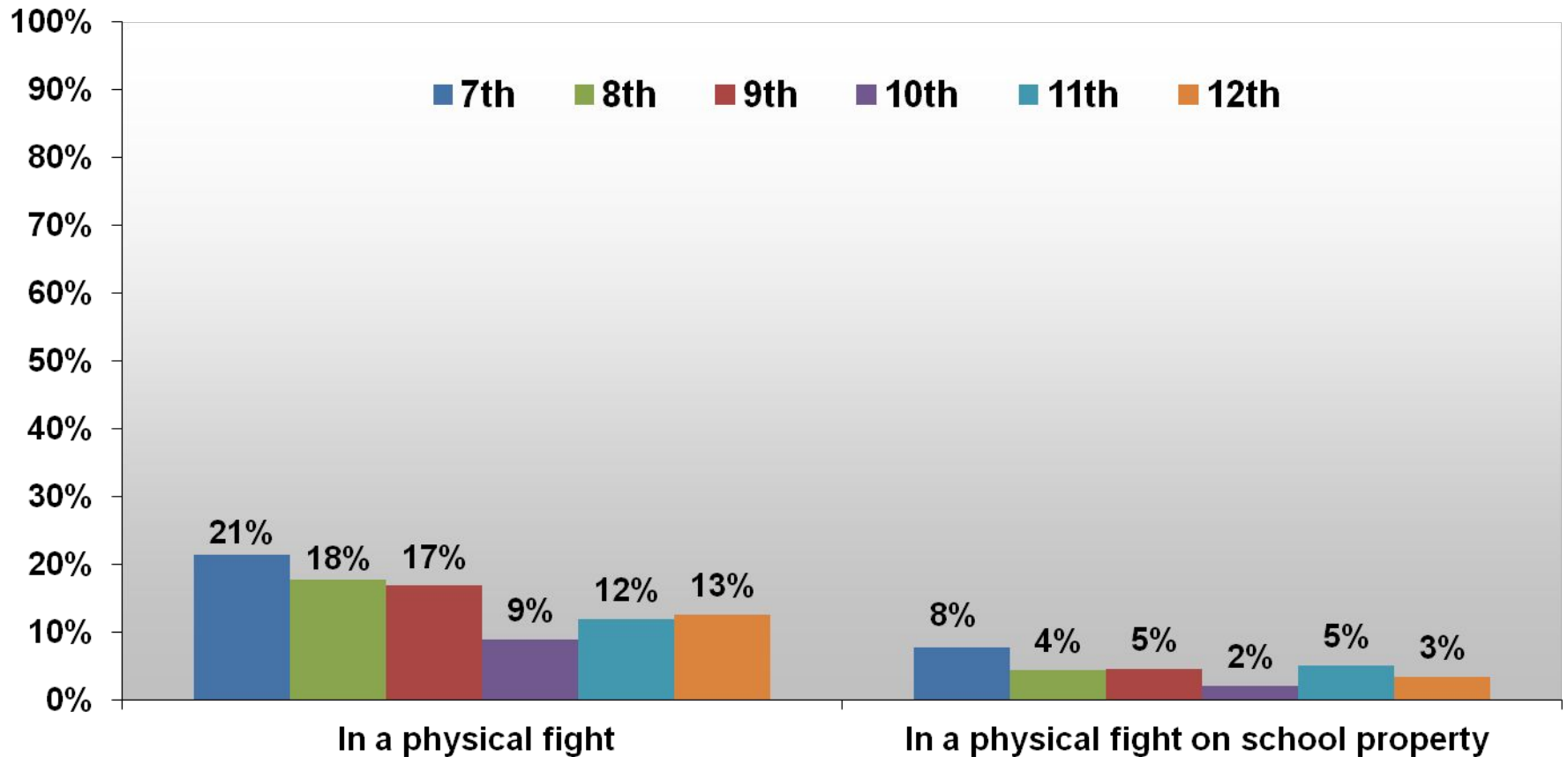
Sense of Safety at School among Norwood Students (2015)



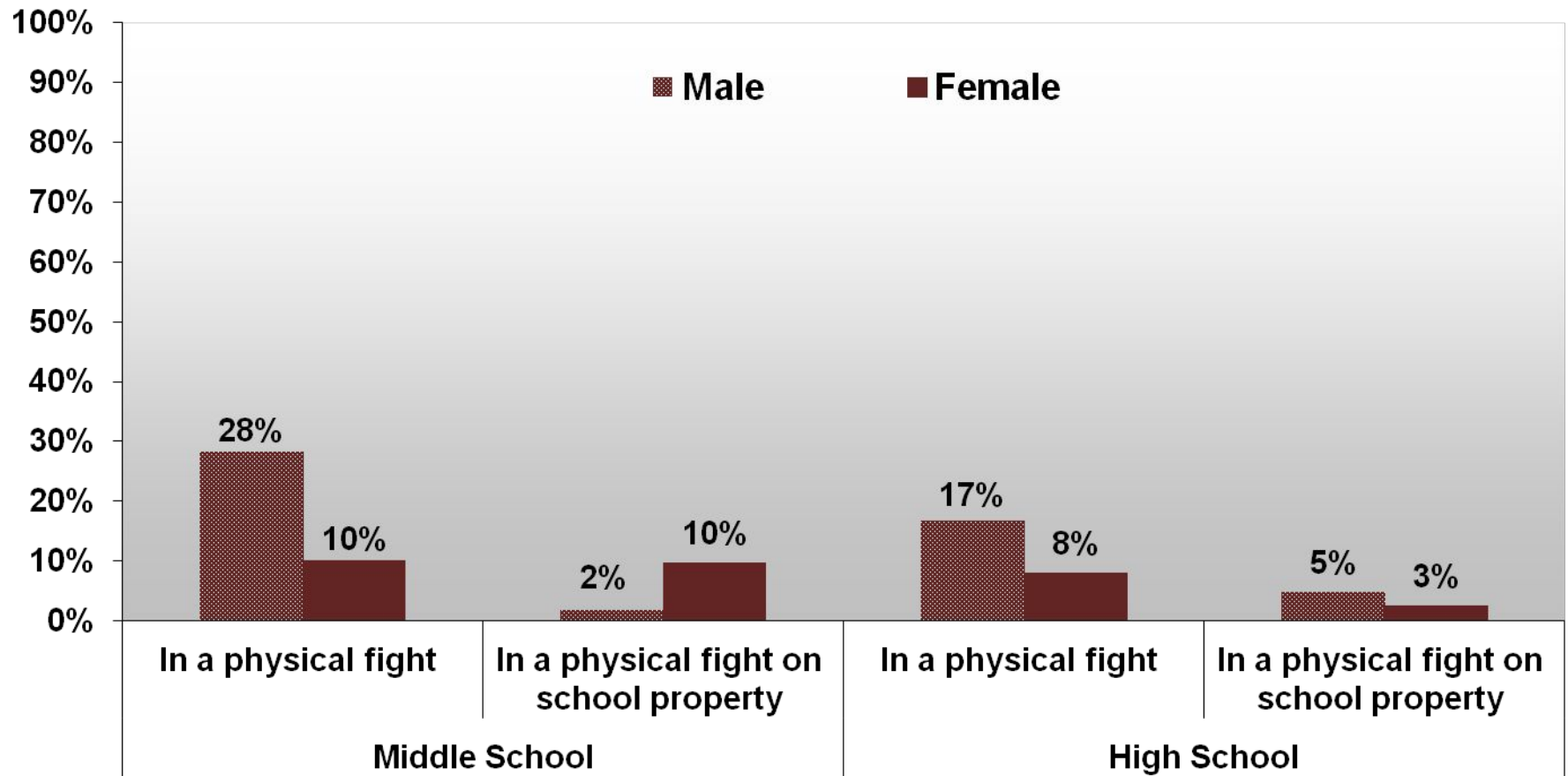
Percent of Norwood Students who were in a Physical Fight in the Past 12 Months (2015)



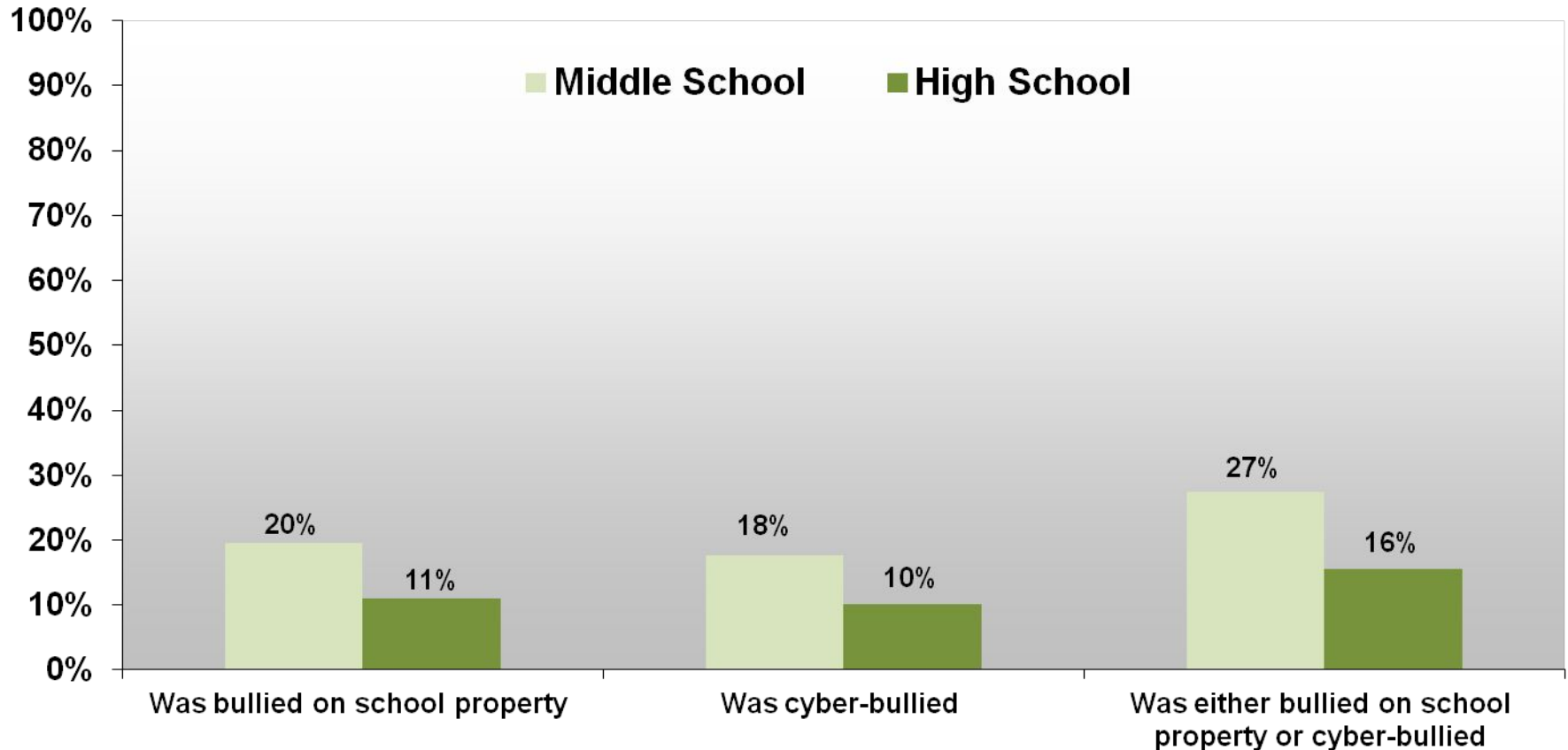
Percent of Norwood Students who were in a Physical Fight in the Past 12 Months by Grade (2015)



Percent of Norwood Students who were in a Physical Fight in the Past 12 Months by Gender (2015)



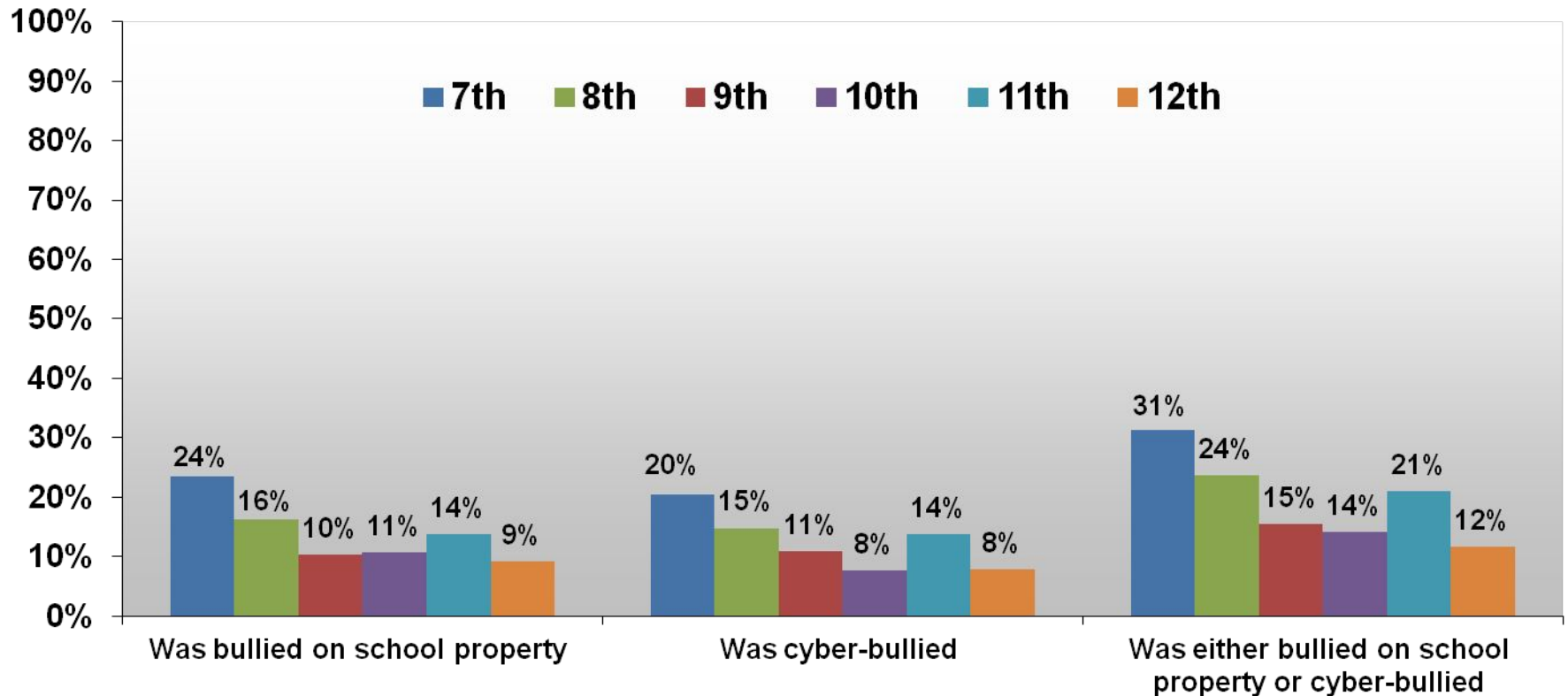
Percent of Norwood Students Who Experienced Bullying in Prior 12 Months (2015)



Bullying is defined as: "When one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way."

Cyber bullying includes e-mail, instant messaging, texting or social networking sites like Instagram, Snapchat, Facebook, Twitter, etc

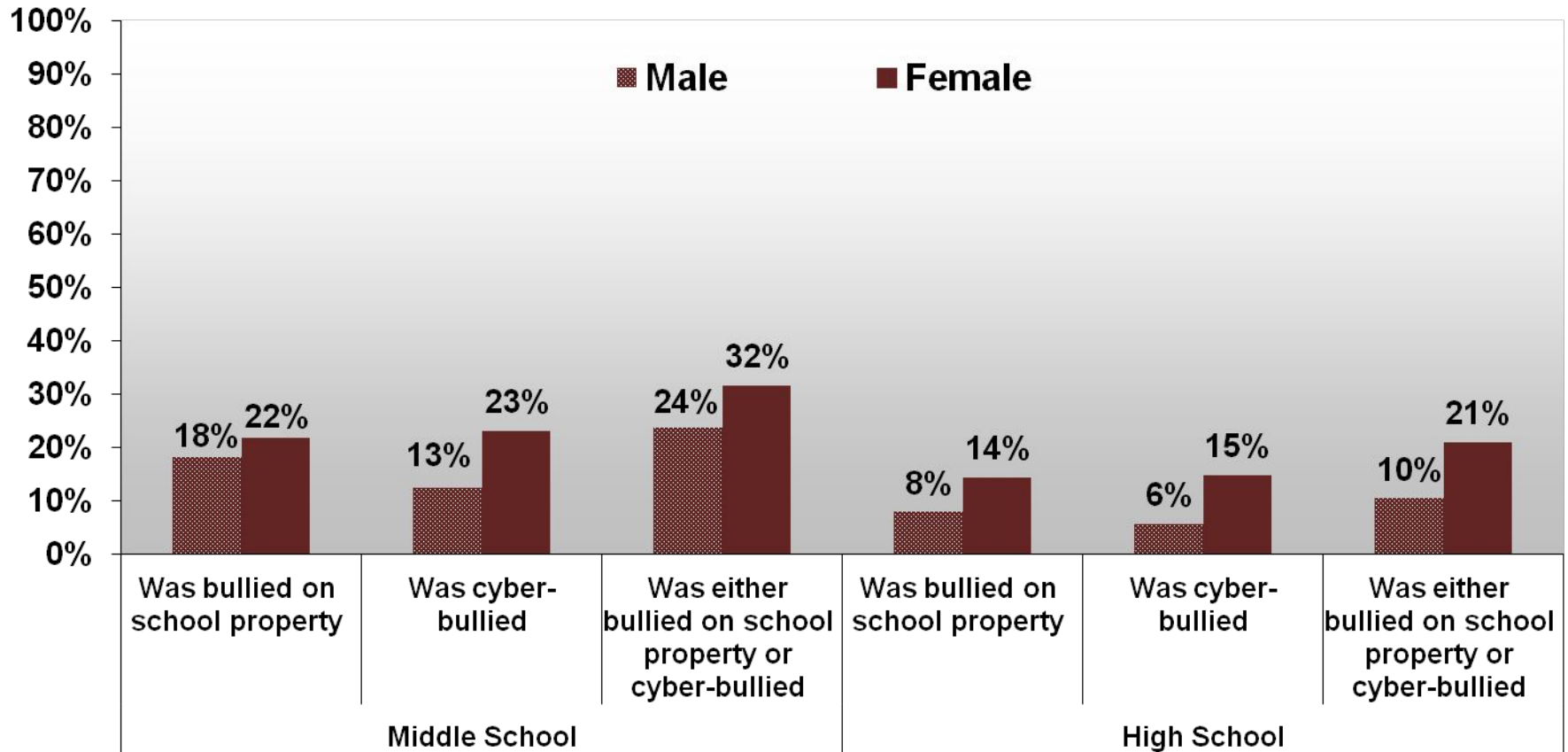
Percent of Norwood Students Who Experienced Bullying in Prior 12 Months by Grade (2015)



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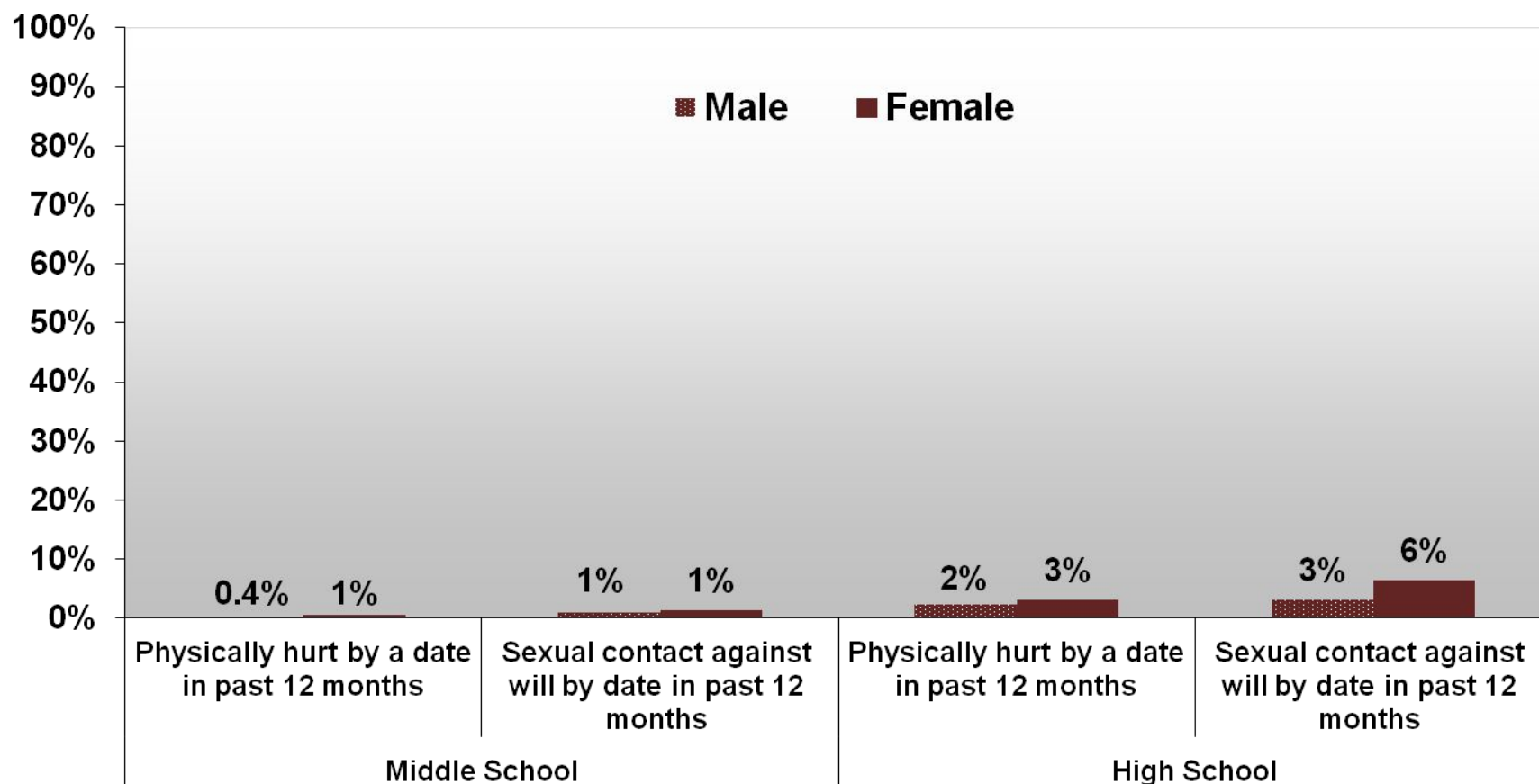
Cyber bullying includes e-mail, instant messaging, texting or social networking sites like Instagram, Snapchat, Facebook, Twitter, etc

Percent of Norwood Students Who Experienced Bullying in Prior 12 Months, by Gender (2015)



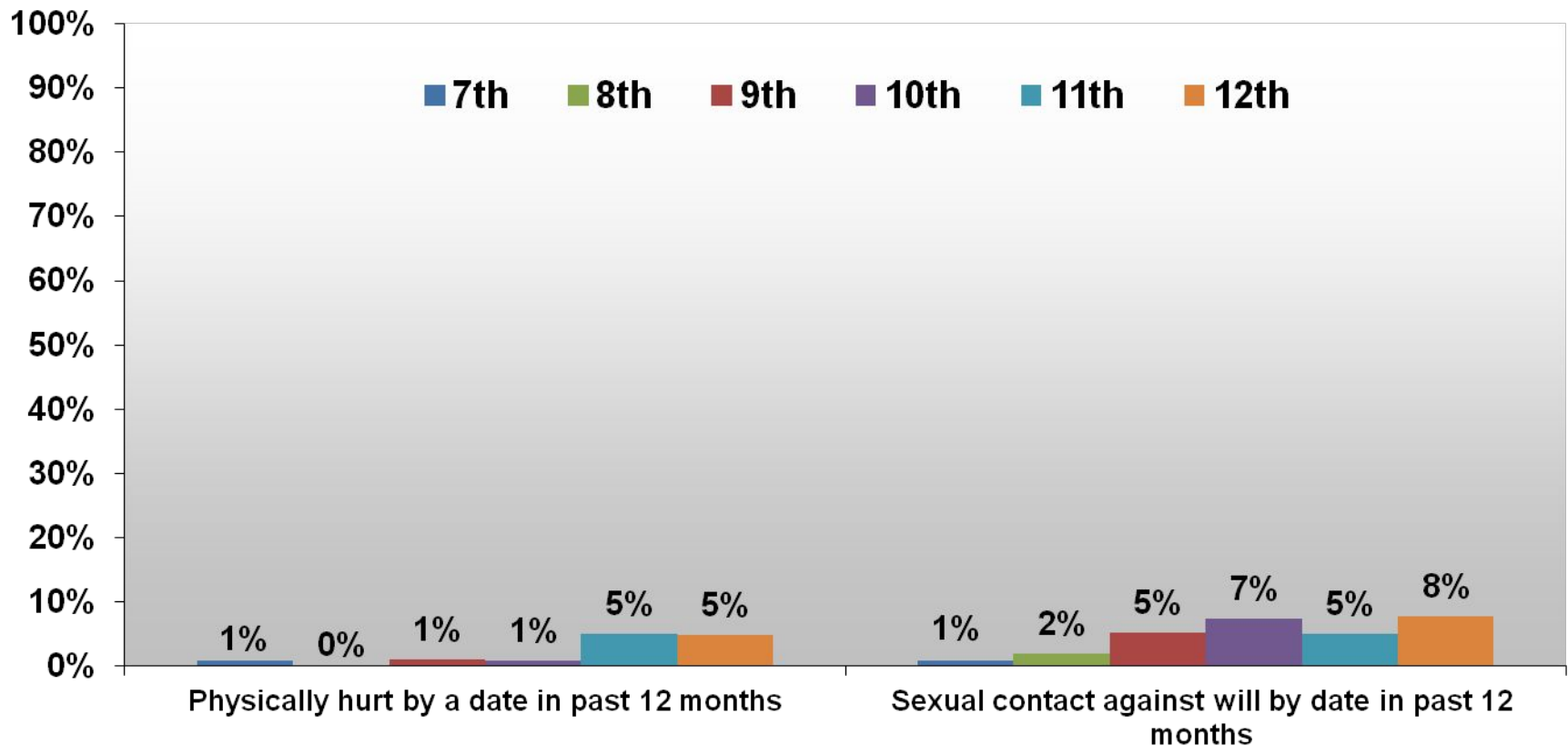
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Indicators or Dating Violence Among Norwood Students by Gender (2015)



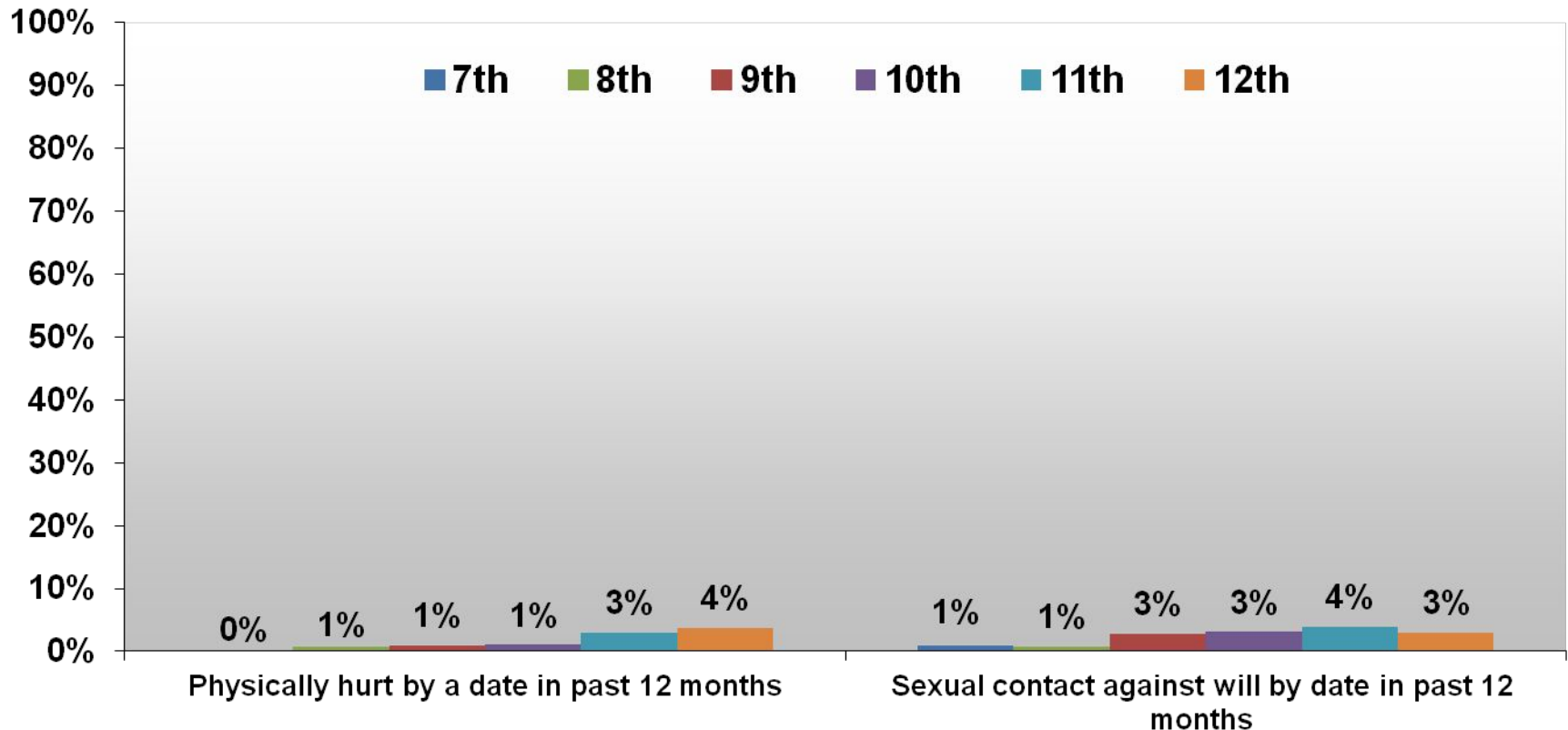
Question wording: "During the past 12 months, did a date or someone you were going out with ever hit, slap, or physically hurt you on purpose?";
 "During the past 12 months, did someone you were dating or going out with force you to do sexual things that you did not want to do (count such things as kissing, touching or being physically forces to have sexual intercourse)?"

Indicators of Dating Violence Among Norwood Students by Grade (2015) ---GIRLS ONLY---



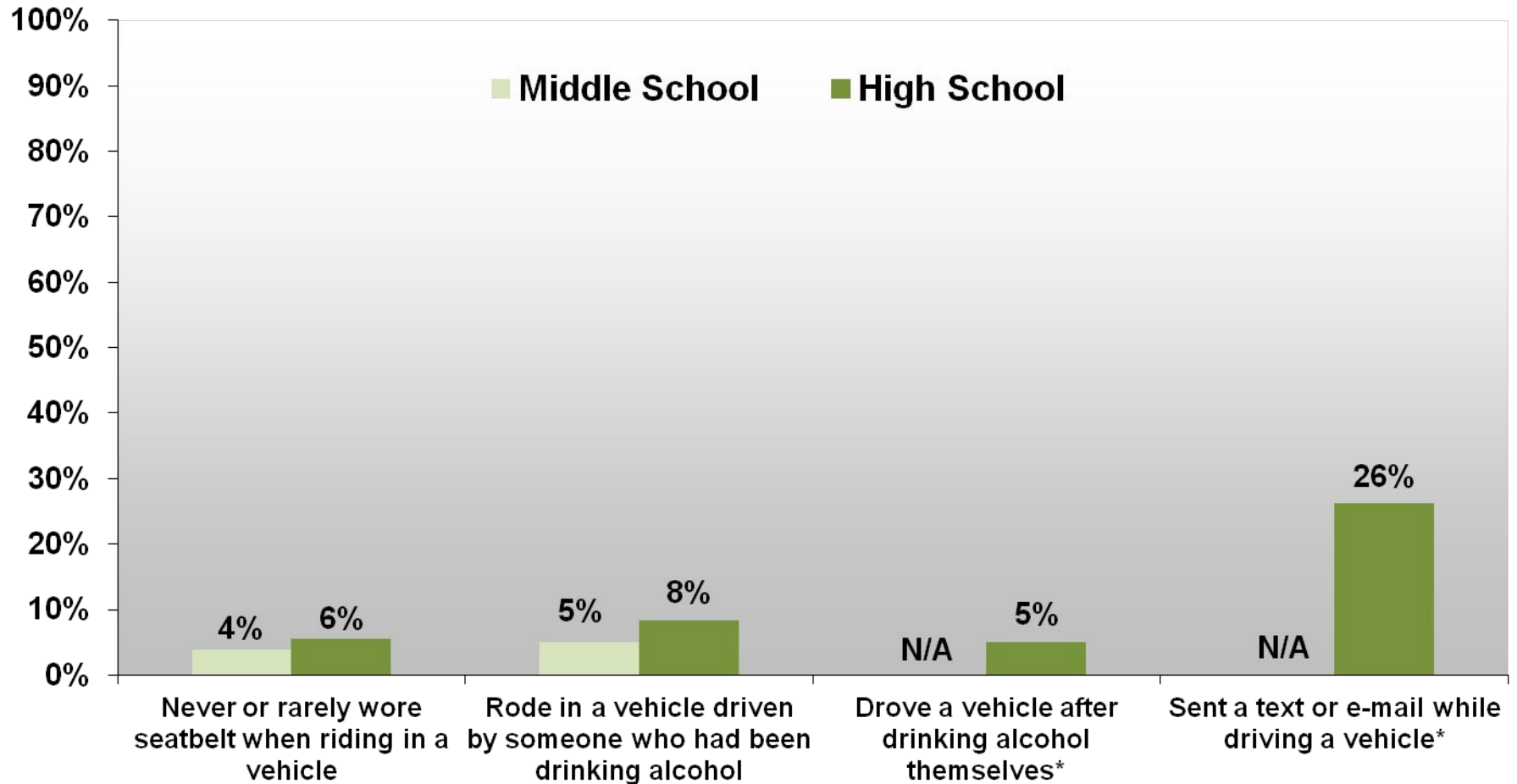
Question wording: "During the past 12 months, did a date or someone you were going out with ever hit, slap, or physically hurt you on purpose?";
 "During the past 12 months, did someone you were dating or going out with force you to do sexual things that you did not want to do (count such things as kissing, touching or being physically forces to have sexual intercourse)?"

Indicators of Dating Violence Among Norwood Students by Grade (2015) ---BOYS ONLY---



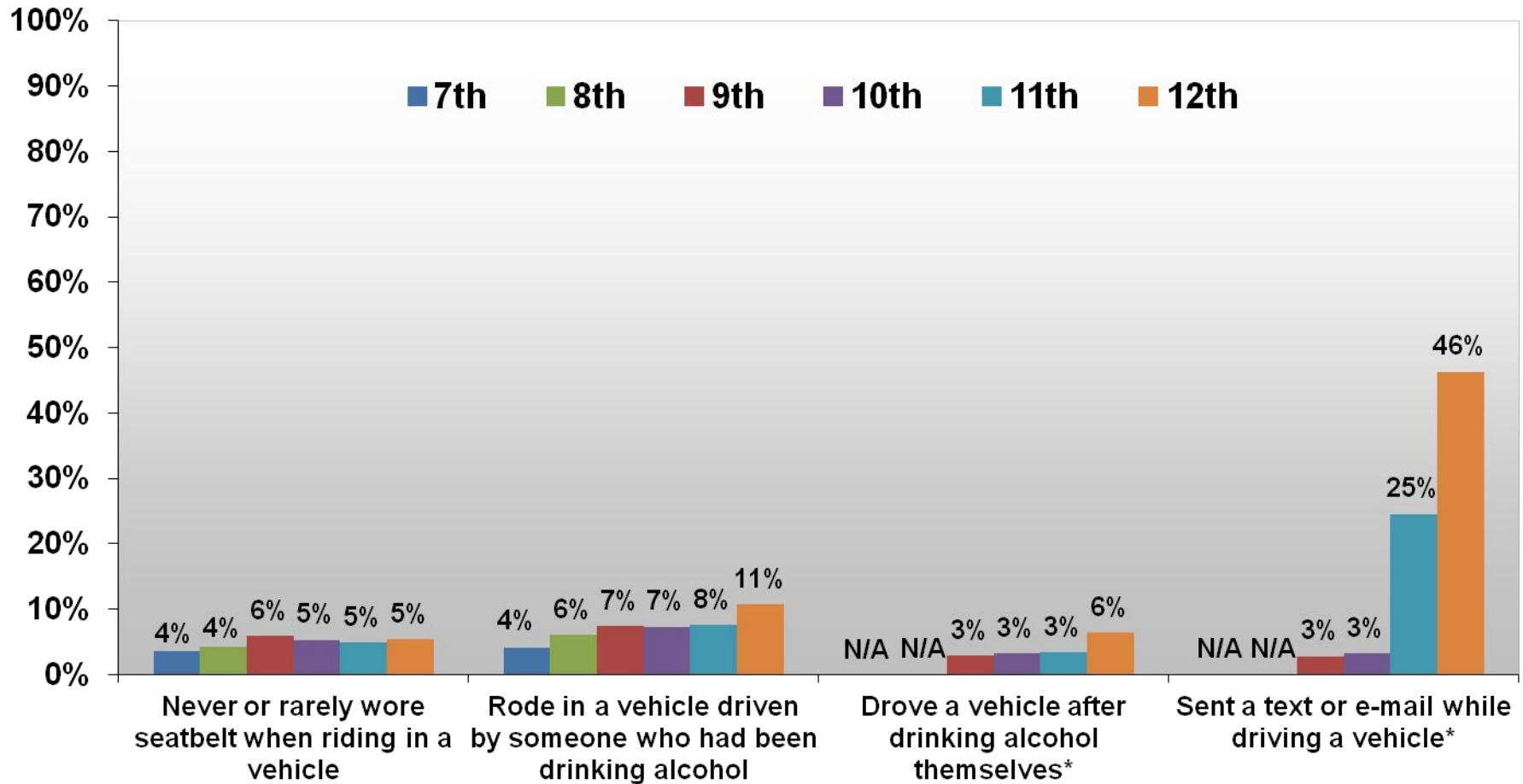
Question wording: "During the past 12 months, did a date or someone you were going out with ever hit, slap, or physically hurt you on purpose?";
 "During the past 12 months, did someone you were dating or going out with force you to do sexual things that you did not want to do (count such things as kissing, touching or being physically forces to have sexual intercourse)?"

Vehicle Safety in Prior 30 Days Among Norwood Students (2015)



*Among students who reported they had driven a vehicle in the prior 30 days (e.g. 535 High School Students)

Vehicle Safety in Prior 30 Days Among Norwood Students by Grade (2015)

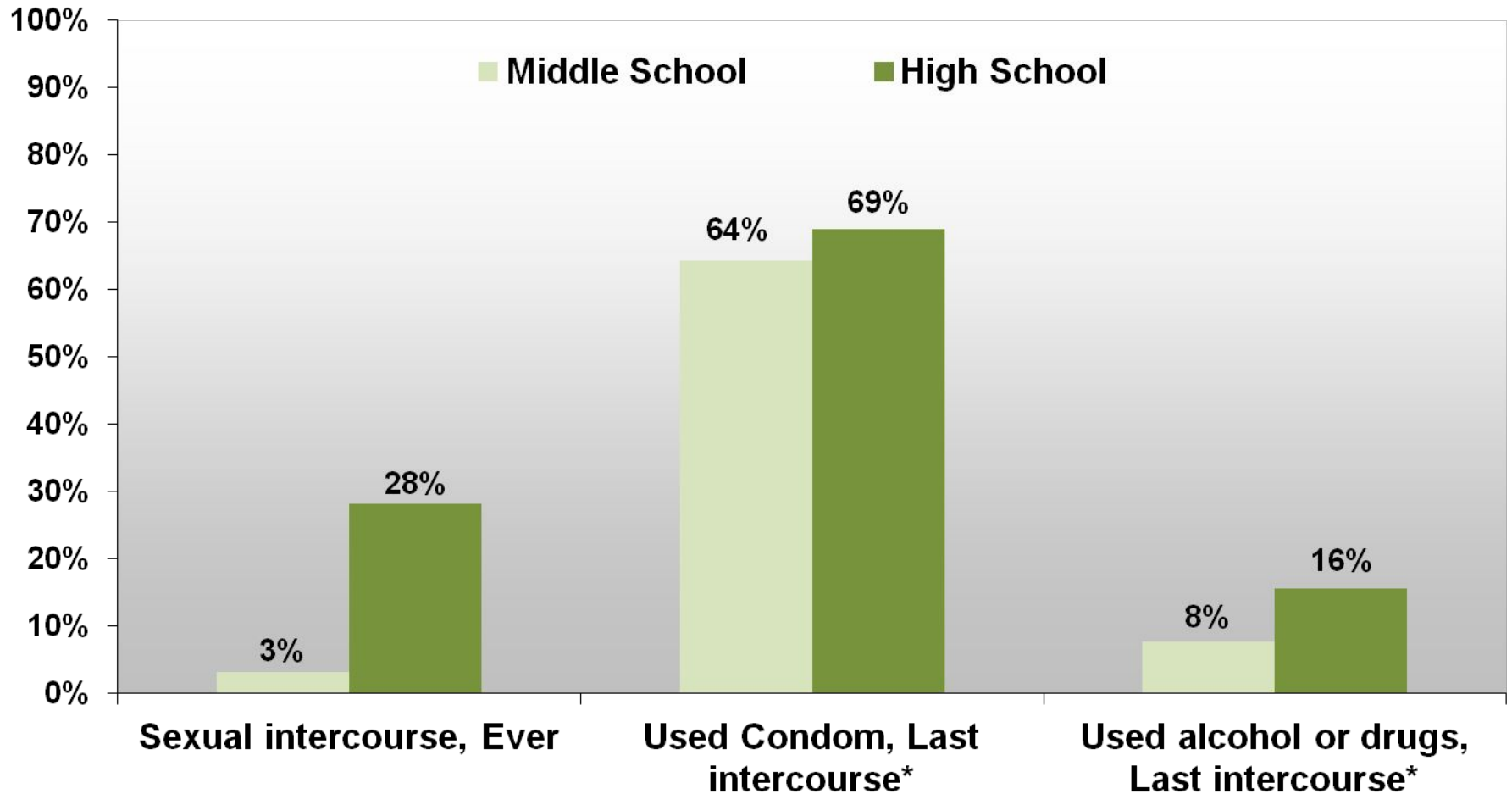


*Among students who reported they had driven a vehicle in the prior 30 days (e.g. 535 High School Students)

Results - Sexual Health

- Sexual Intercourse
- Condom Use
- Alcohol/Drug Use
- MS – Knowledge and Source of Information
- HS – Pregnancy prevention method
- HS – Indicators of sexual risk
- “Sexting”

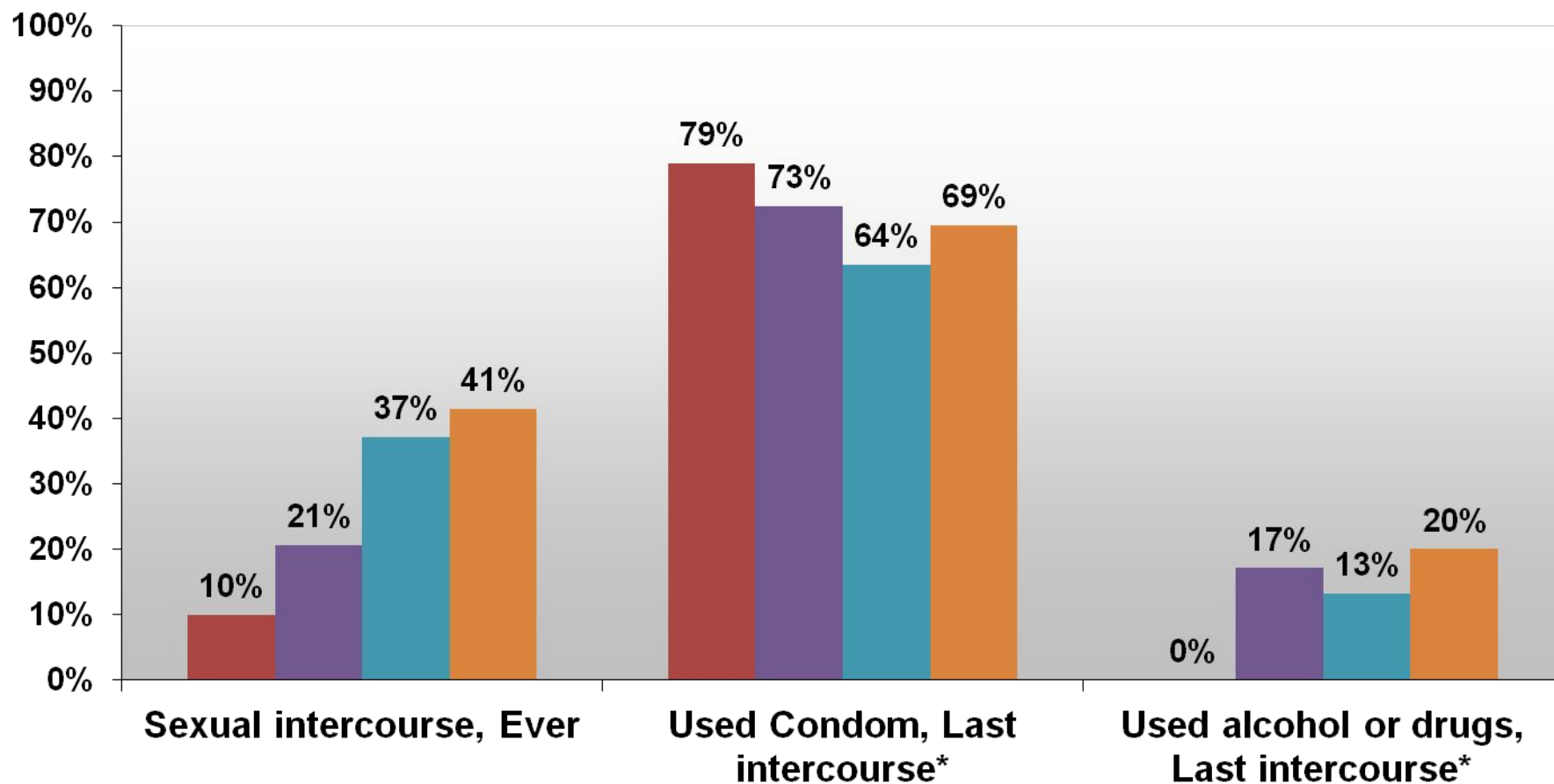
Percent of Norwood Students who have Ever had Sexual Intercourse (2015)



*Results based only upon students that reported they have ever had sexual intercourse (e.g. 14 Middle School and 232 High School students)

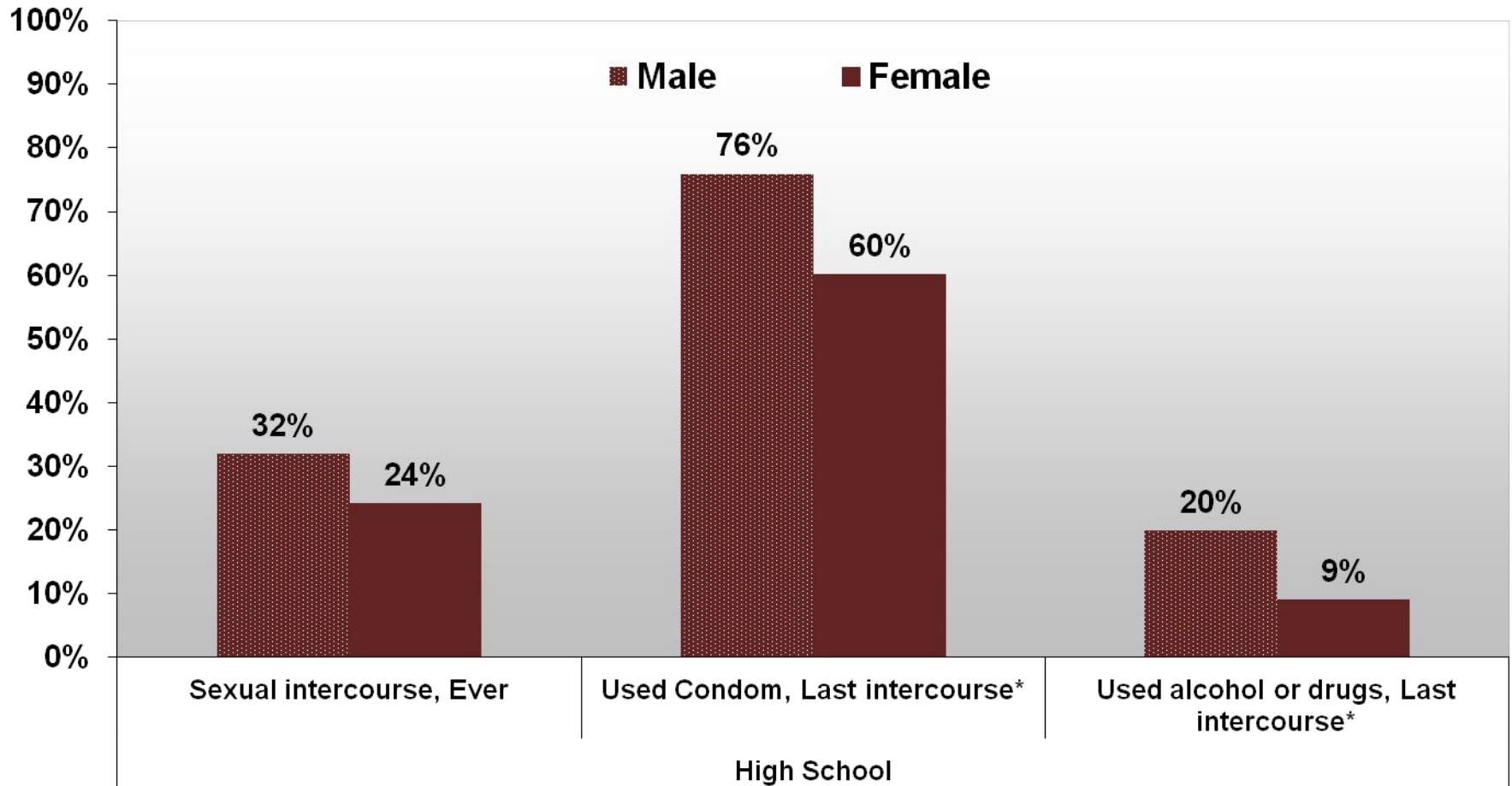
Percent of Norwood Students who have Ever had Sexual Intercourse by Grade (2015)

■ 9th ■ 10th ■ 11th ■ 12th



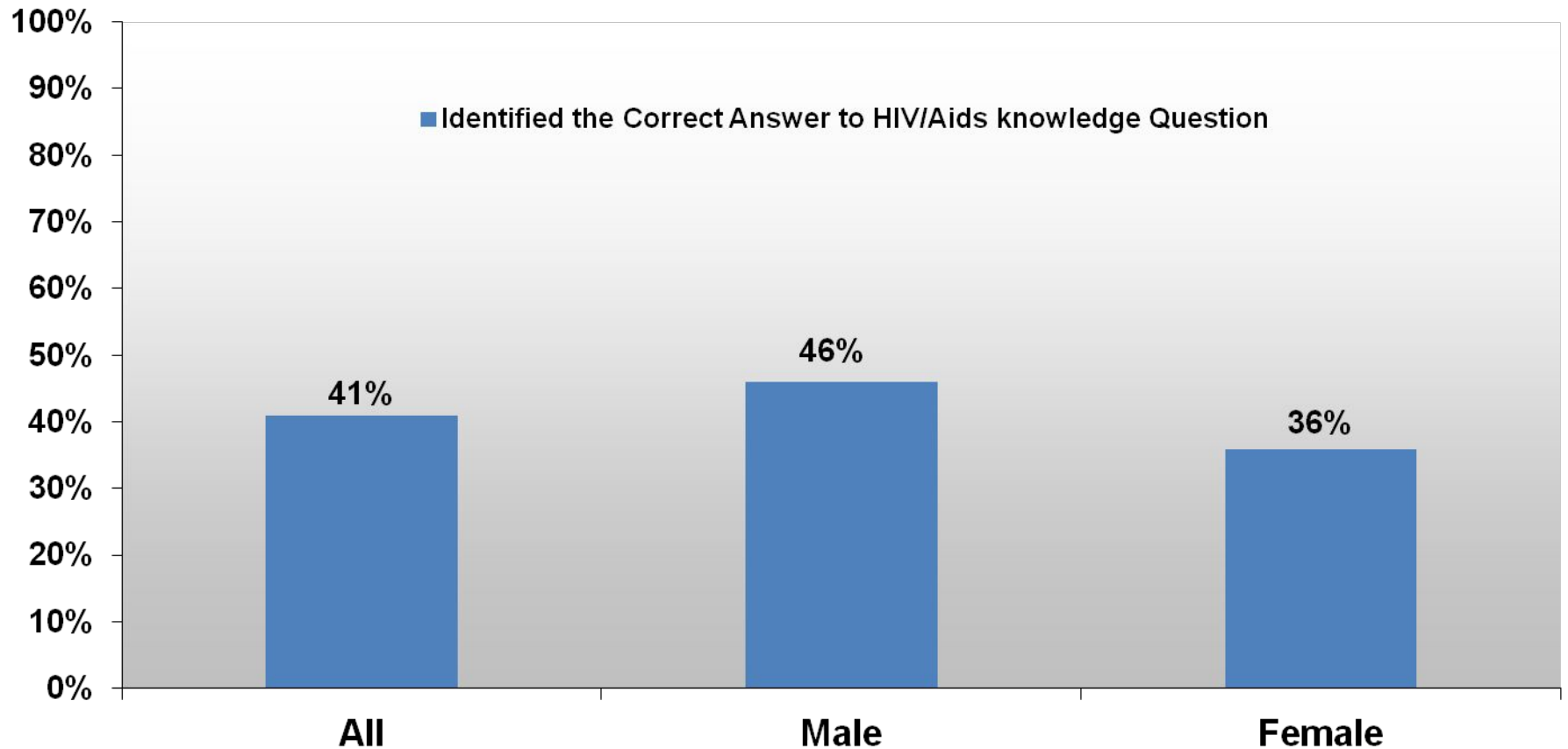
*Results based only upon students that reported they have ever had sexual intercourse (e.g. 232 High School students)
Data not shown by grade for Middle School due to small numbers

Percent of Norwood Students who have Ever had Sexual Intercourse by Gender (2015)



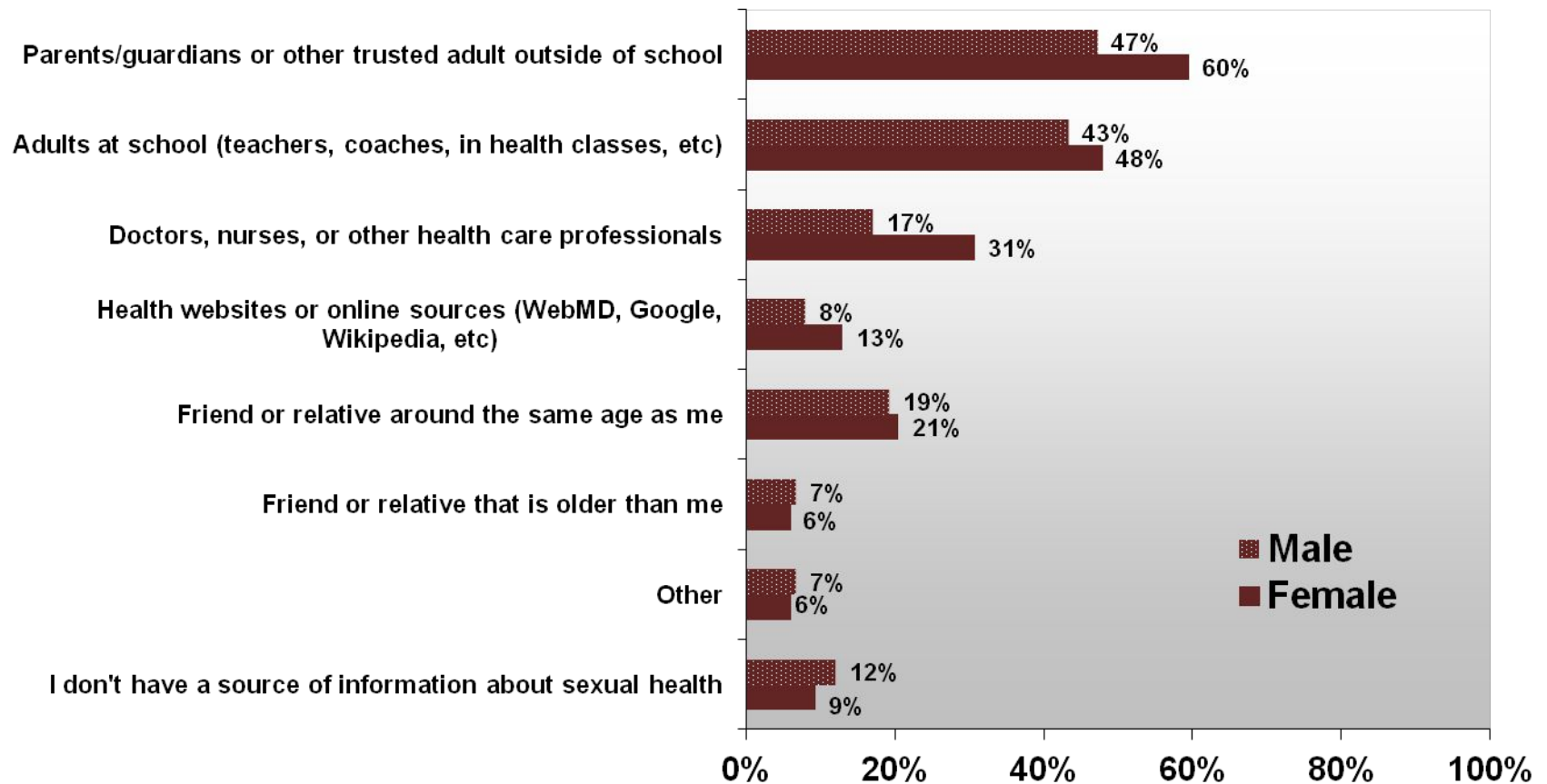
*Results based only upon students that reported they have ever had sexual intercourse (e.g. 232 High School students)
Data not shown by gender for Middle School due to small numbers

HIV Knowledge among Norwood Middle School Students (2015)



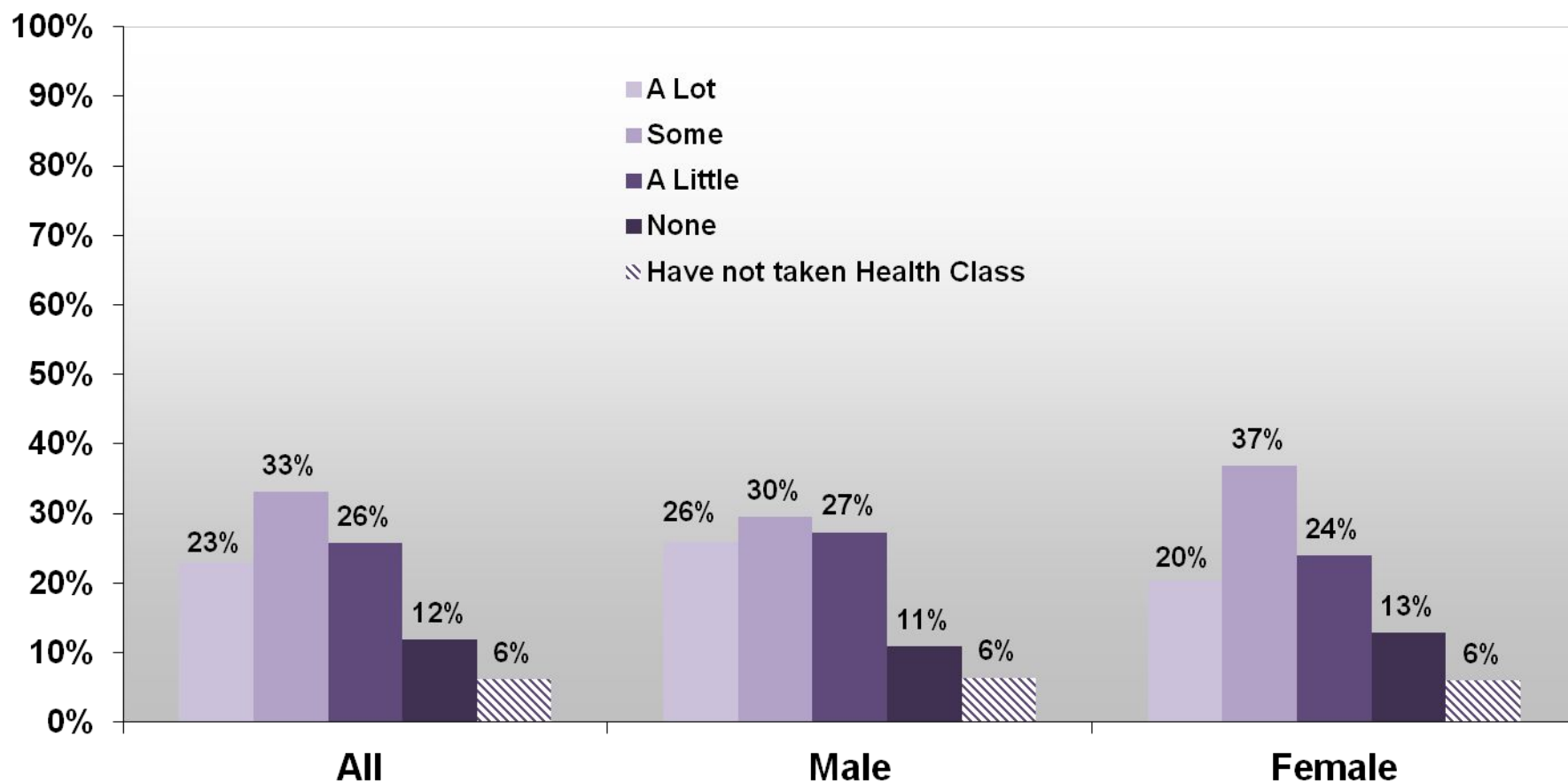
Question Wording: "Which statement below is TRUE about HIV/Aids?" -- Data show reflect the proportion of students who selected the correct answer of "If you choose to have sexual intercourse, using condoms correctly is the best way to prevent getting HIV."

Main Sources of Sexual Health Knowledge among Norwood Middle School Students (2015)

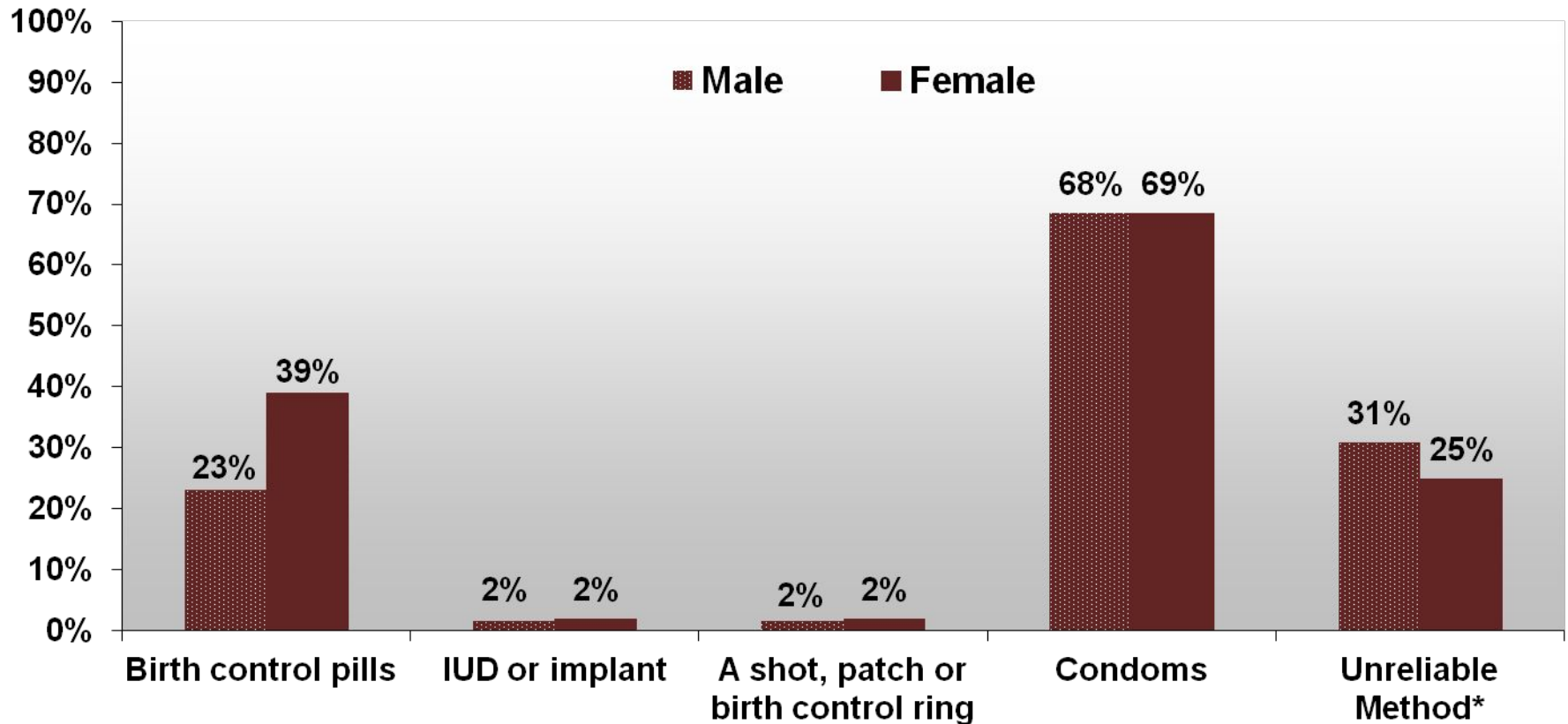


Question Wording: "What have been your main sources of information about sexual health and behavior? (Check all that apply)"

"How much has your health class at Norwood Middle School contributed to your knowledge of sexual health and behavior?"
Norwood Middle School Students (2015)



Type of Birth Control Method Used among Sexually Active Norwood High School Students (2015)

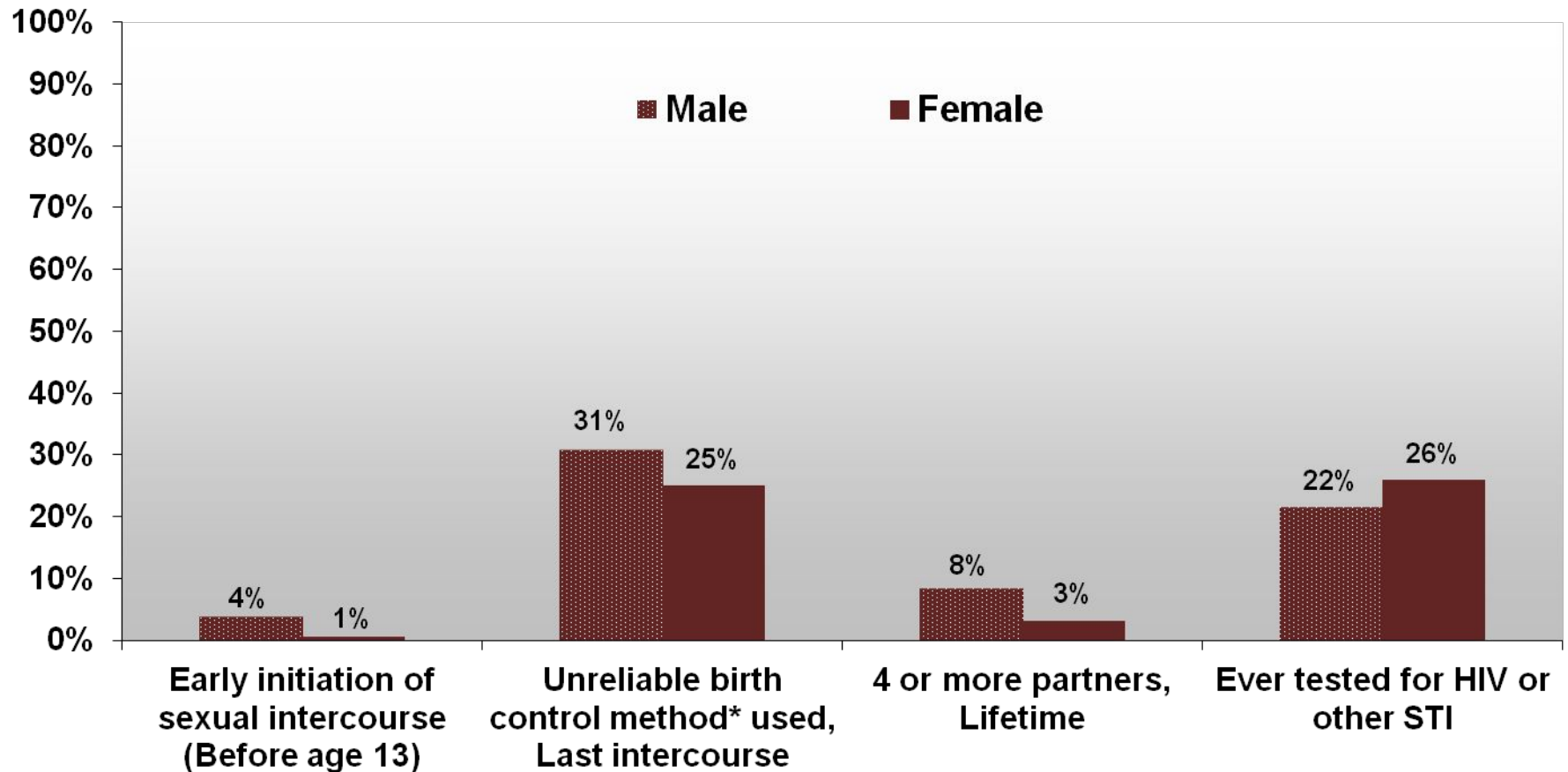


Results based only upon students that reported they have ever had sexual intercourse (e.g. 232 High School students)

Question wording: "The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?"

*Unreliable method defined by response of 'Withdrawal or some other method', 'No method was used', or 'Not sure'

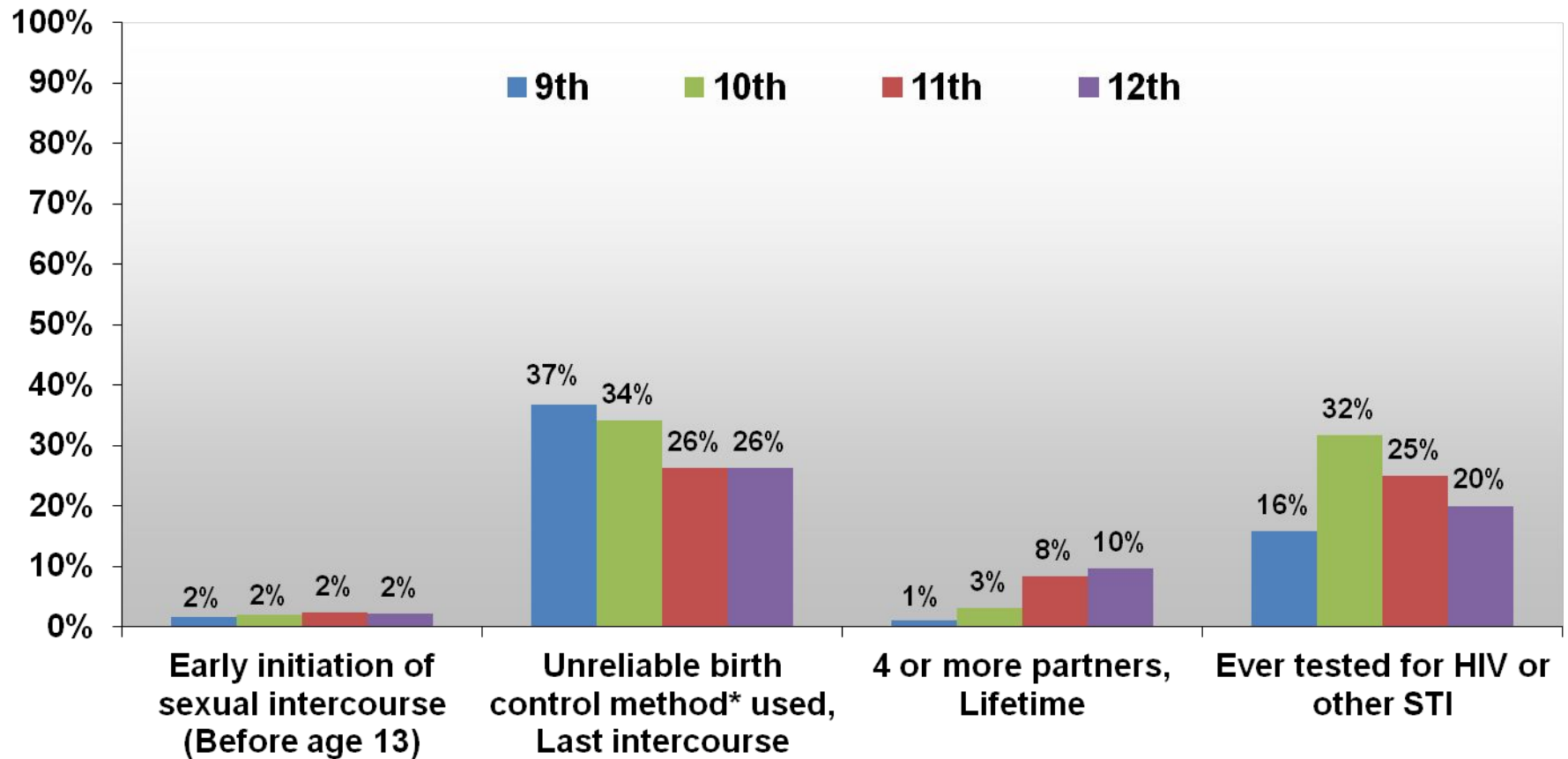
Indicators of Sexual Risk among Norwood High School Students by Gender (2015)



Results based only upon students that reported they have ever had sexual intercourse (e.g. 232 High School students)

*Unreliable birth control defined by answers of 'withdrawal or some other method', 'no method was used to prevent pregnancy', or 'not sure'

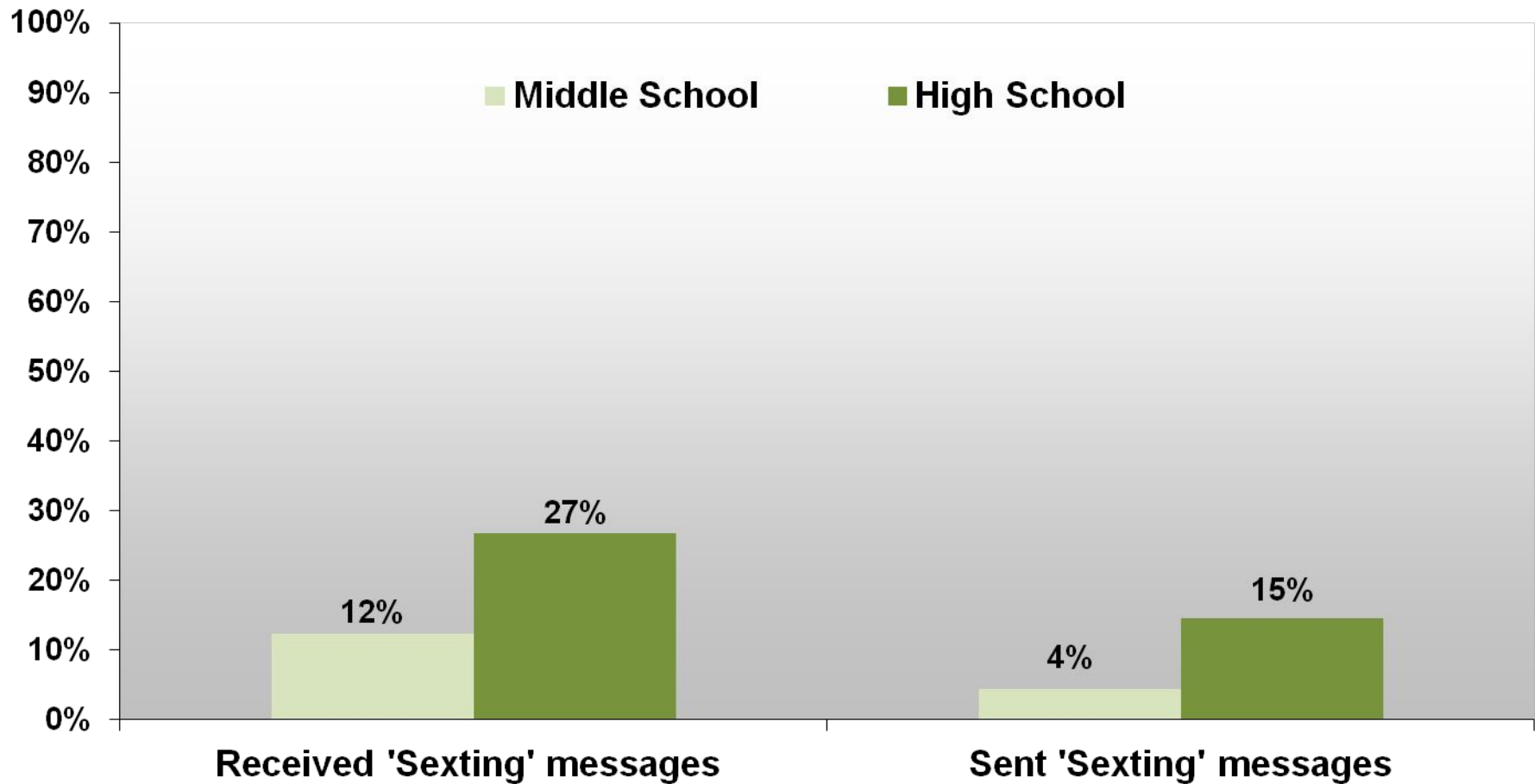
Indicators of Sexual Risk among Norwood High School Students by Grade (2015)



Results based only upon students that reported they have ever had sexual intercourse (e.g. 232 High School students)

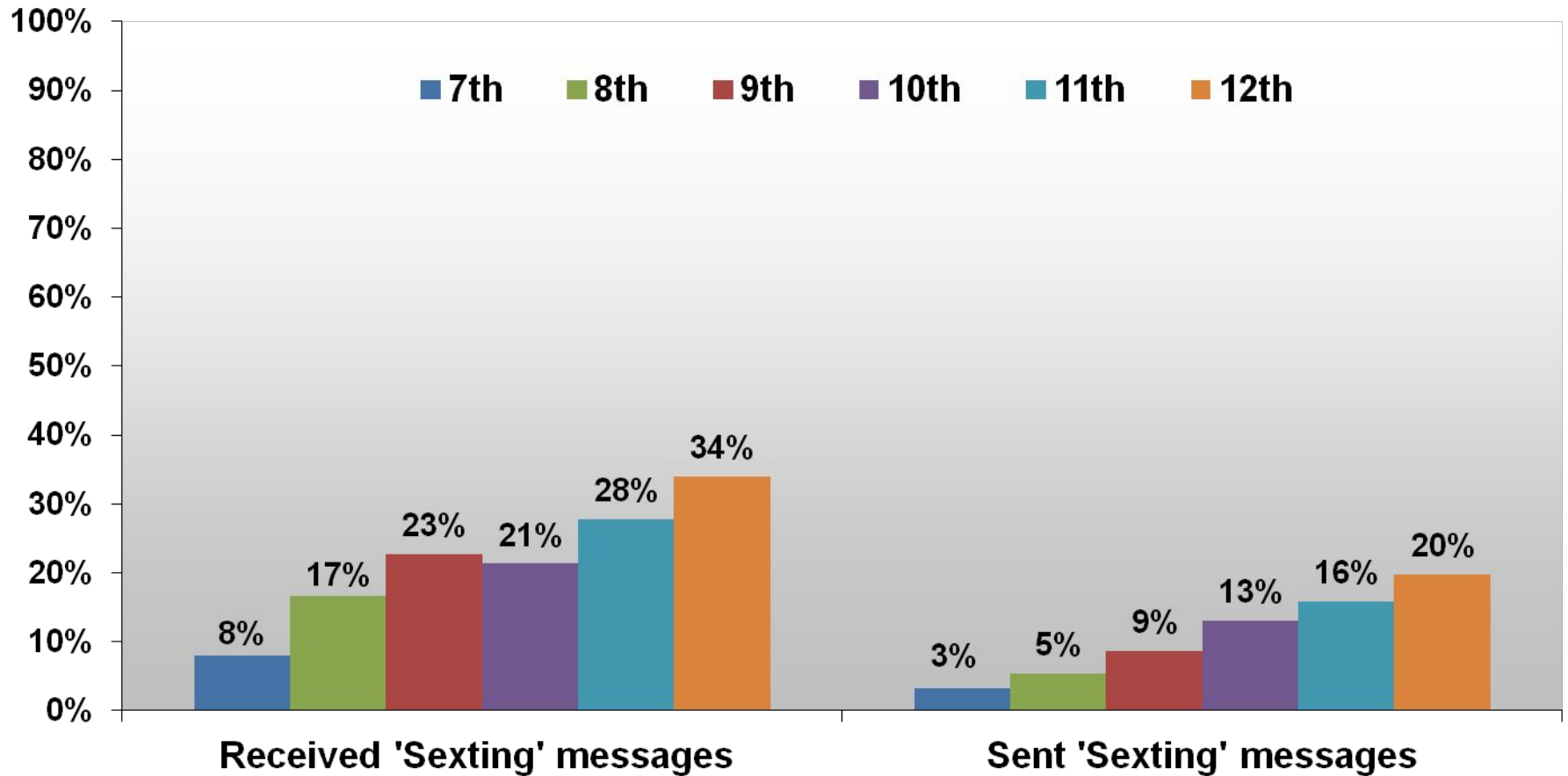
*Unreliable birth control defined by answers of 'withdrawal or some other method', 'no method was used to prevent pregnancy', or 'not sure'

'Sexting' Activity in the Past 12 Months among Norwood Students (2015)



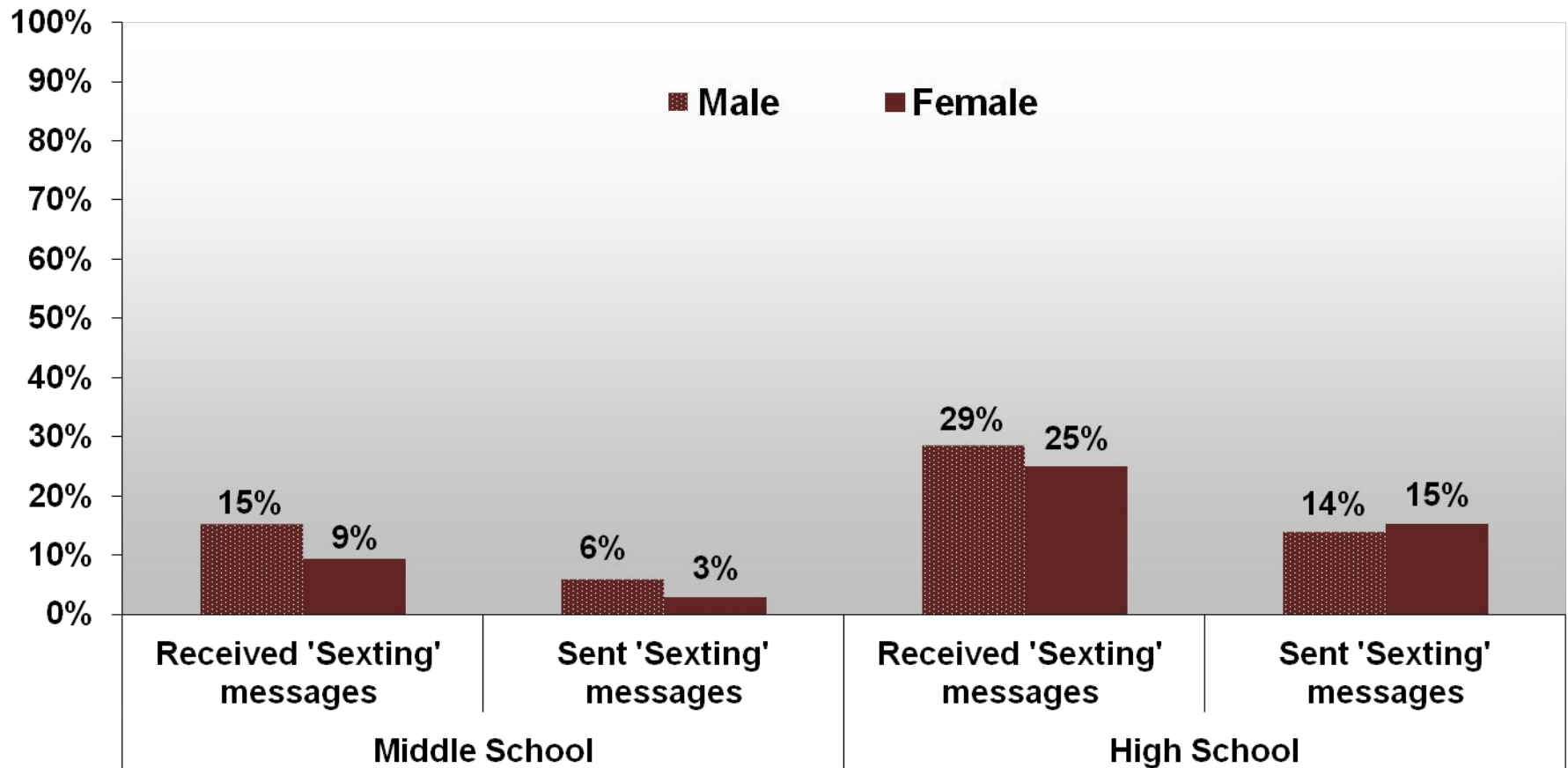
Sexting is defined as sending or receiving "nude, sexually suggestive, or explicit photos or videos of yourself or someone you know using the internet, cell phones or other electronic communications"

'Sexting' Activity in the Past 12 Months among Norwood Students by Grade (2015)



Sexting is defined as sending or receiving "nude, sexually suggestive, or explicit photos or videos of yourself or someone you know using the internet, cell phones or other electronic communications"

'Sexting' Activity in the Past 12 Months among Norwood Students by Gender (2015)



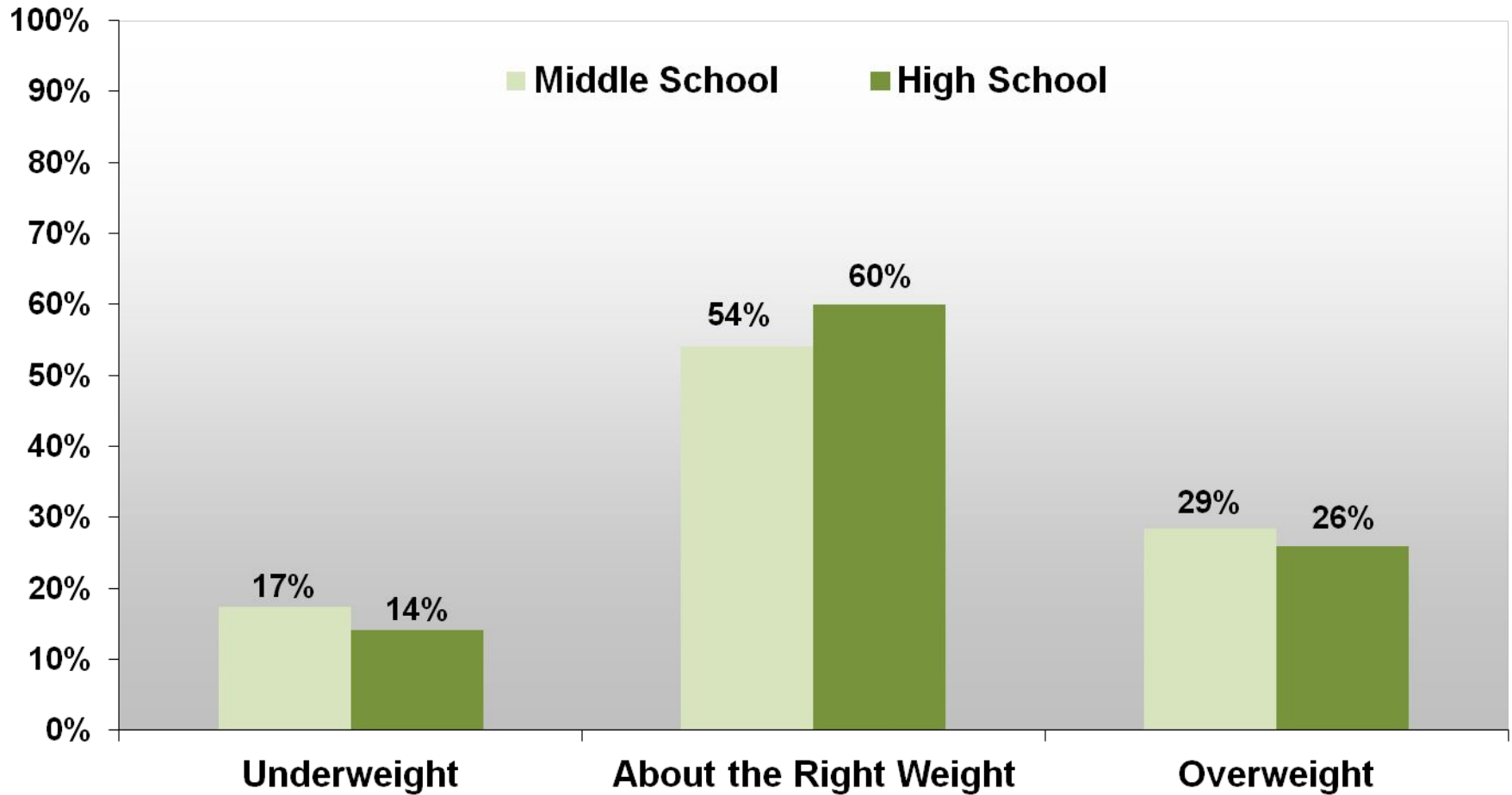
Sexting is defined as sending or receiving "nude, sexually suggestive, or explicit photos or videos of yourself or someone you know using the internet, cell phones or other electronic communications"



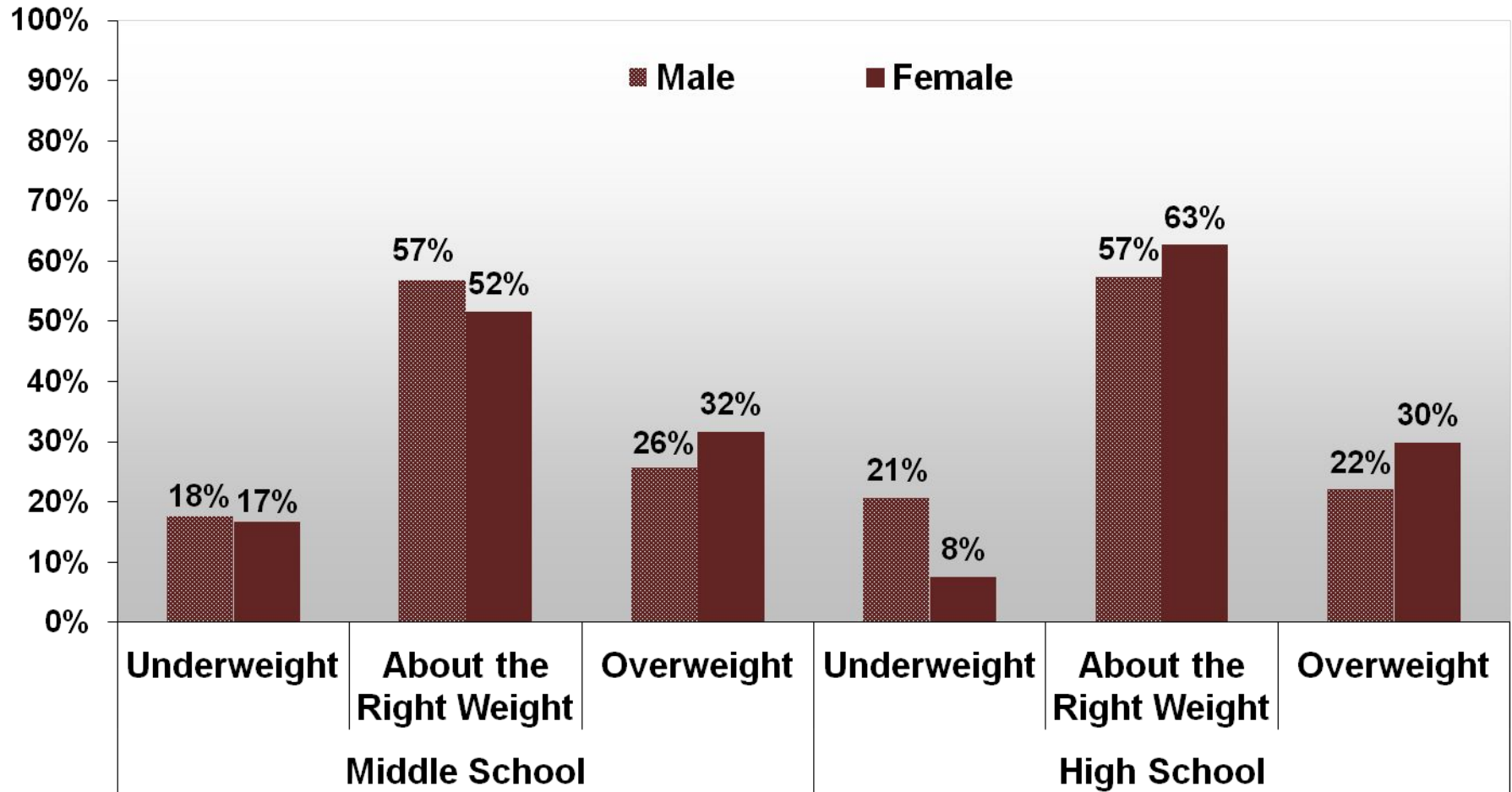
Results - Physical Health

- Perceived Weight Status
- Physical Activity
- Current Weight Control Goal
- Weight Loss Methods
- Dietary Intake
- Breakfast Consumption
- Sleep
- Screen Time

Self-Perception of Weight Status Among Norwood Students (2015)

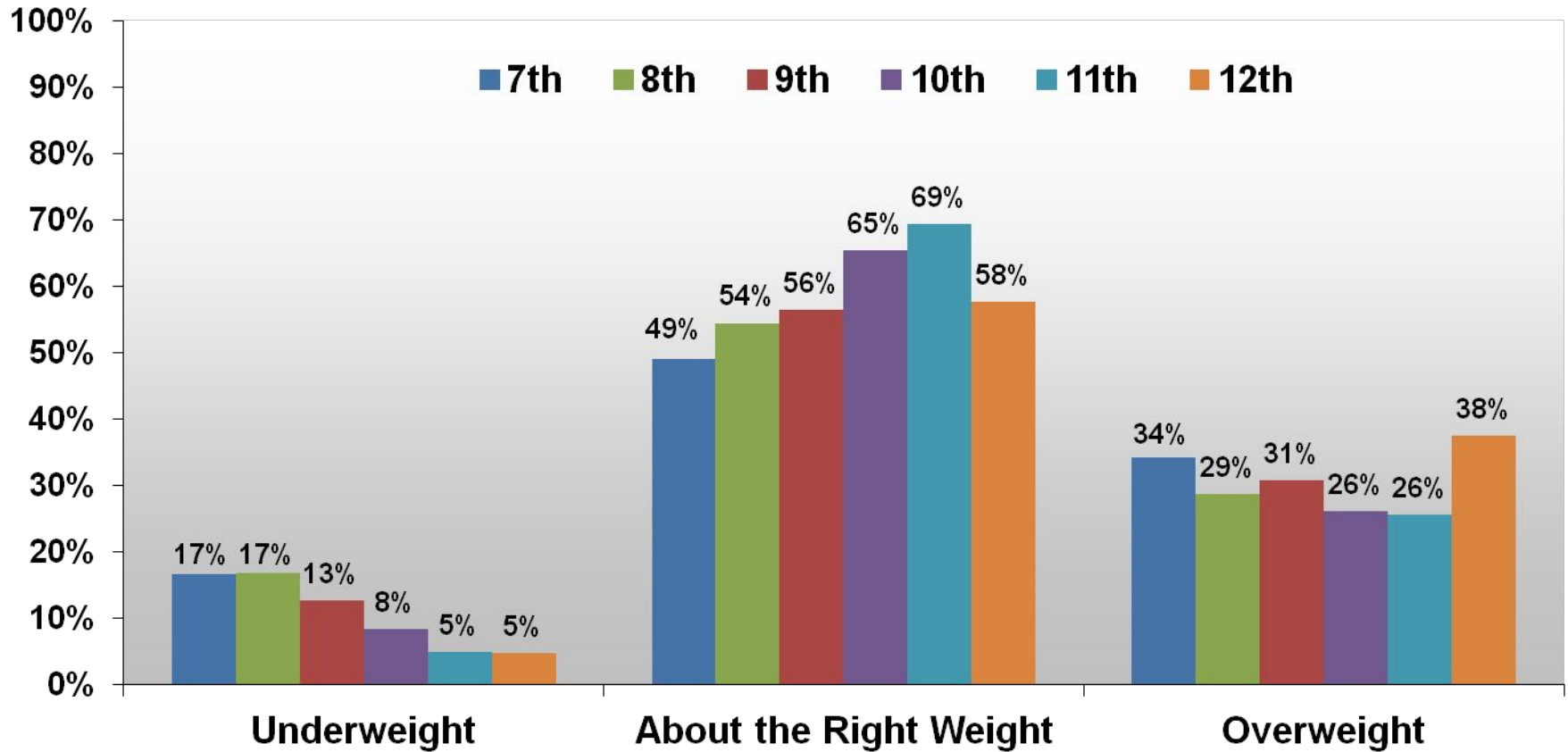


Self-Perception of Weight Status Among Norwood Students by Gender (2015)



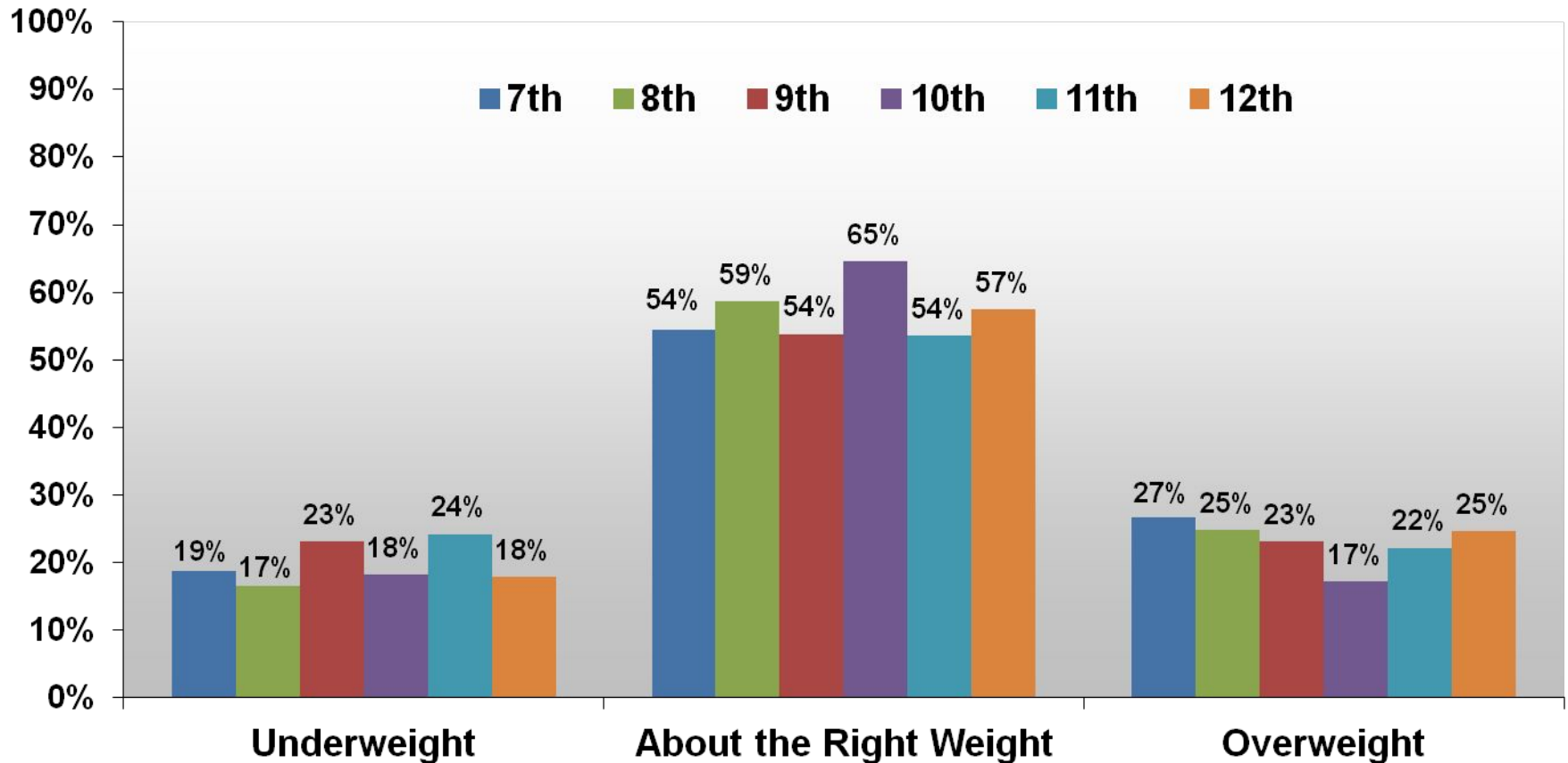
Self-Perception of Weight Status Among Norwood Students, by Grade (2015)

--GIRLS ONLY--

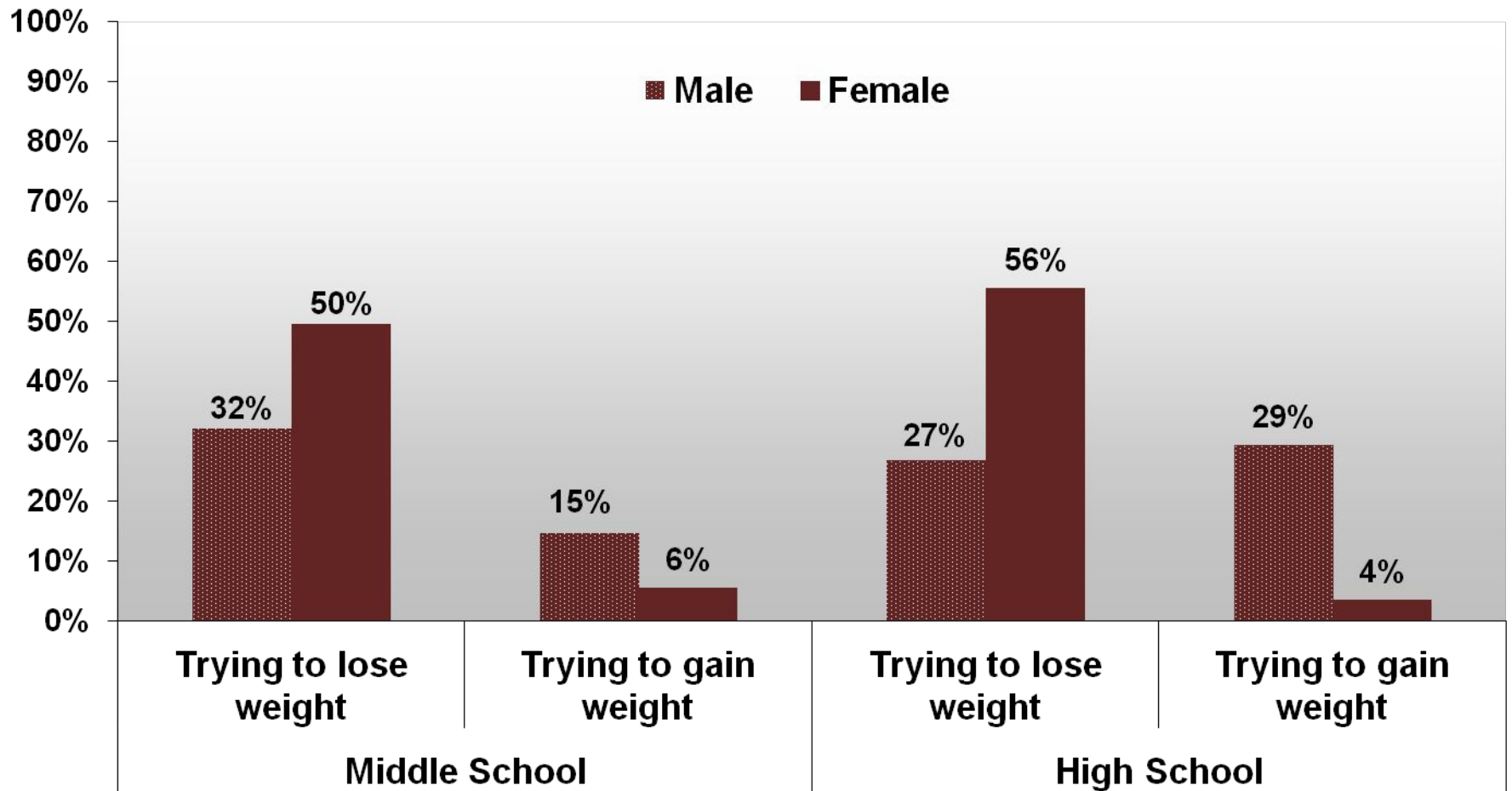


Self-Perception of Weight Status Among Norwood Students, by Grade (2015)

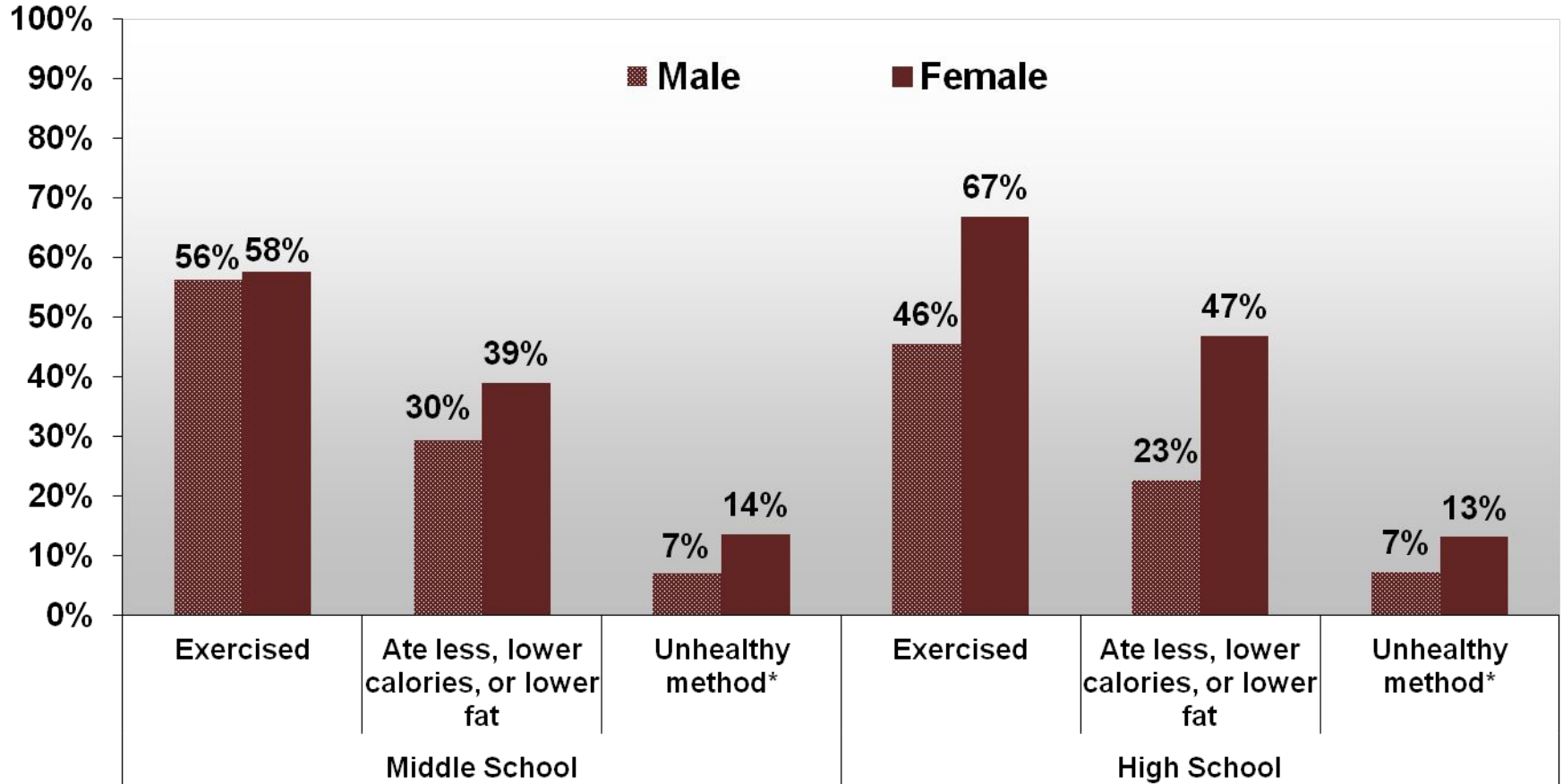
--BOYS ONLY--



Current Weight Control Goal among Norwood Students by Gender (2015)



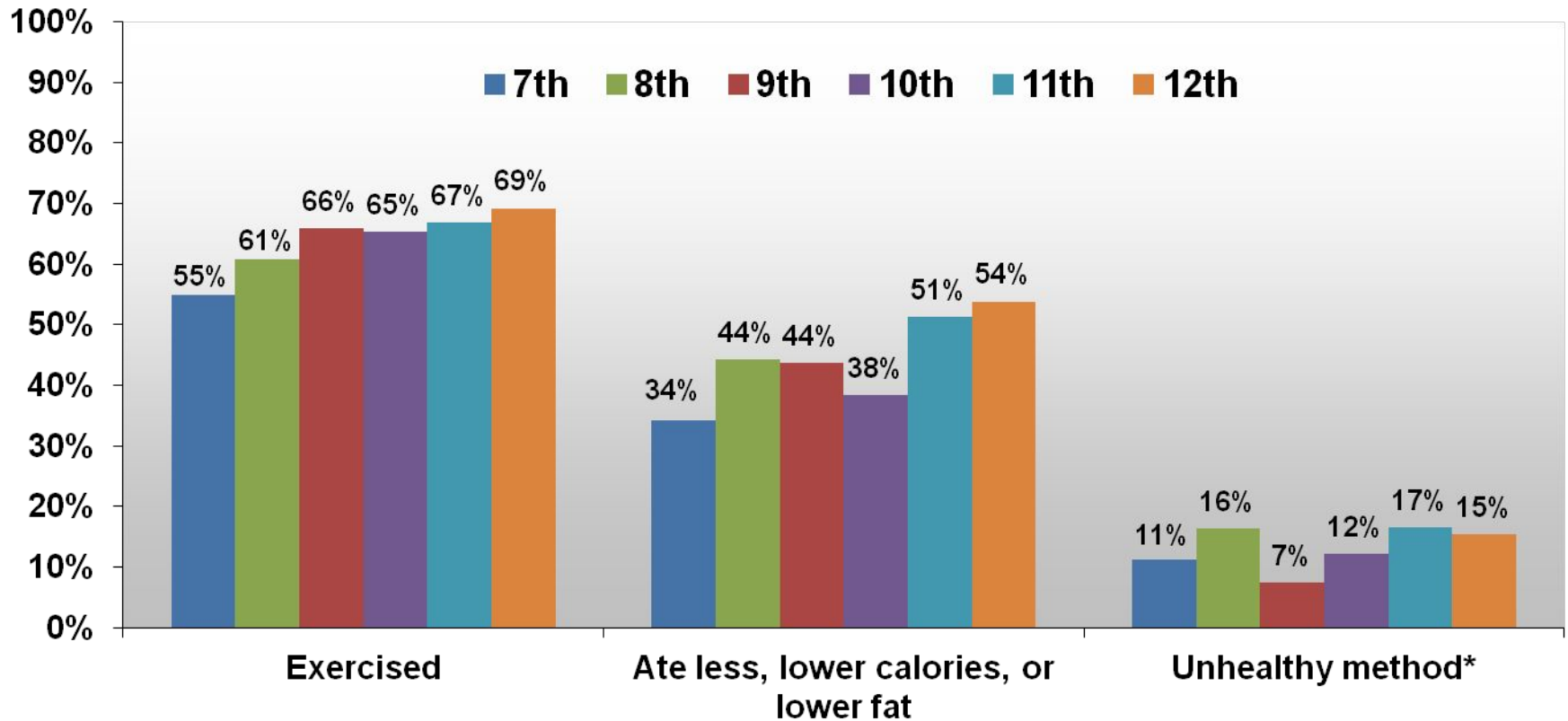
Weight Loss/Maintenance Methods Used by Norwood Students in the Past 30 Days by Gender (2014)



*Unhealthy method included: fasting, use of diet pills/powders/liquids without a doctor's advice, or vomiting/use of laxatives

Weight Loss/Maintenance Methods Used by Norwood Students in the Past 30 Days by Grade (2015)

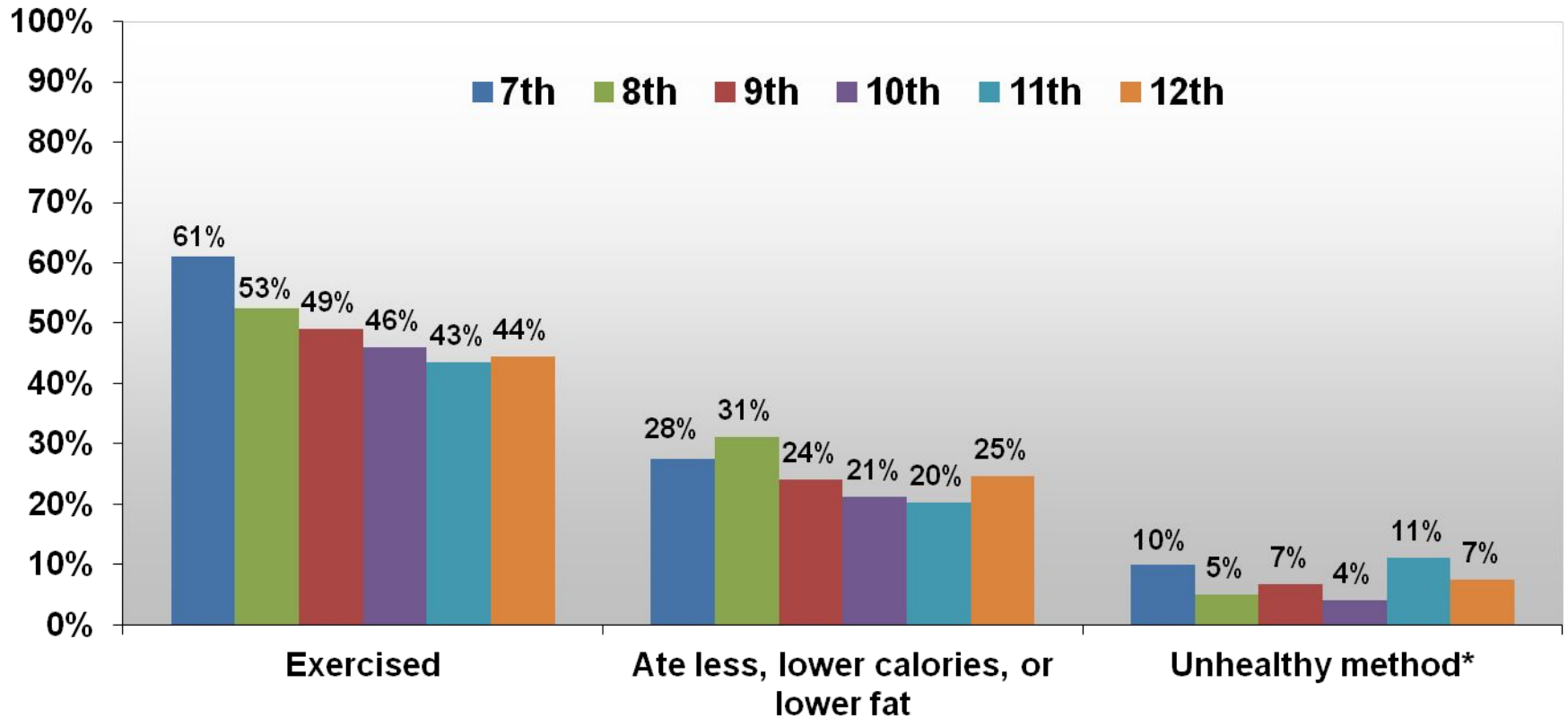
--GIRLS ONLY--



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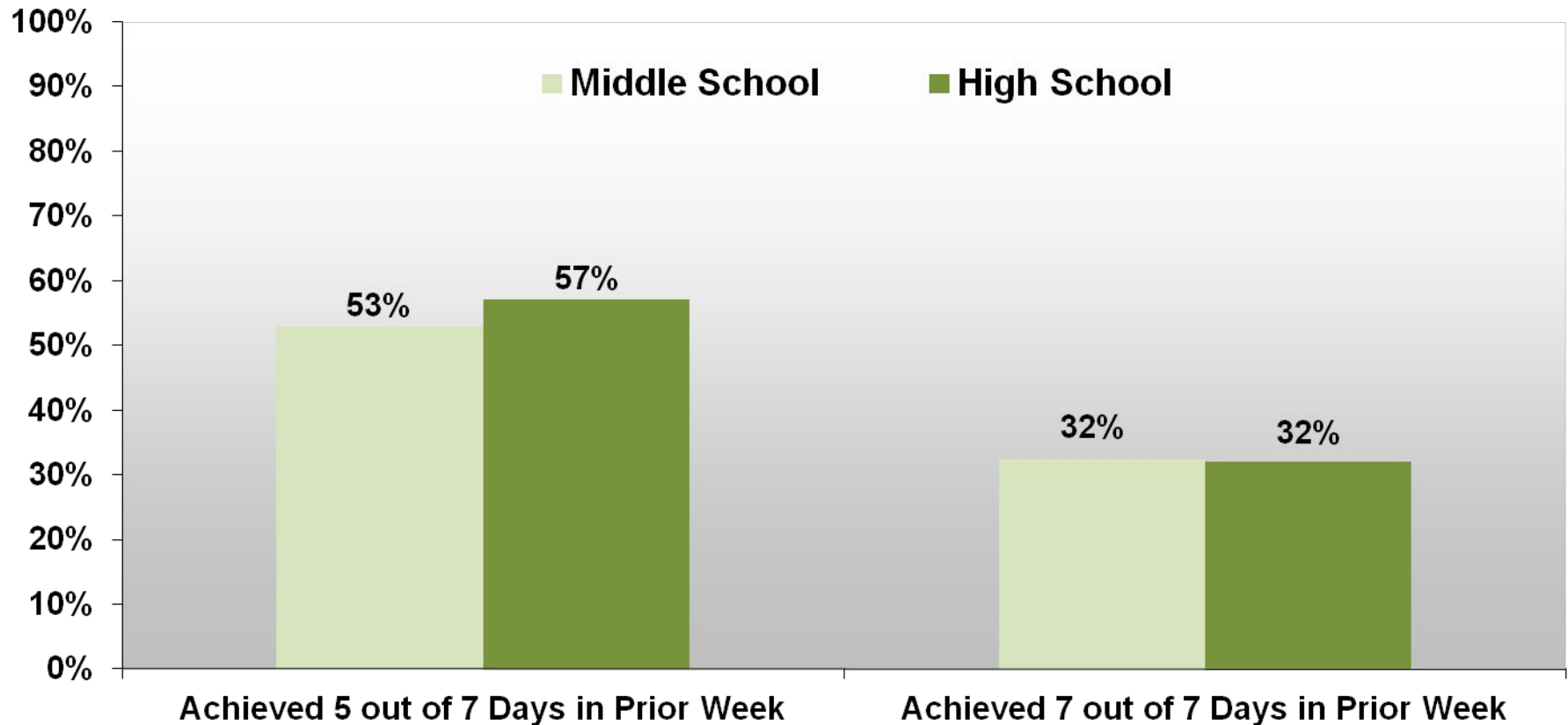
Weight Loss/Maintenance Methods Used by Norwood Students in the Past 30 Days by Grade (2015)

--BOYS ONLY--



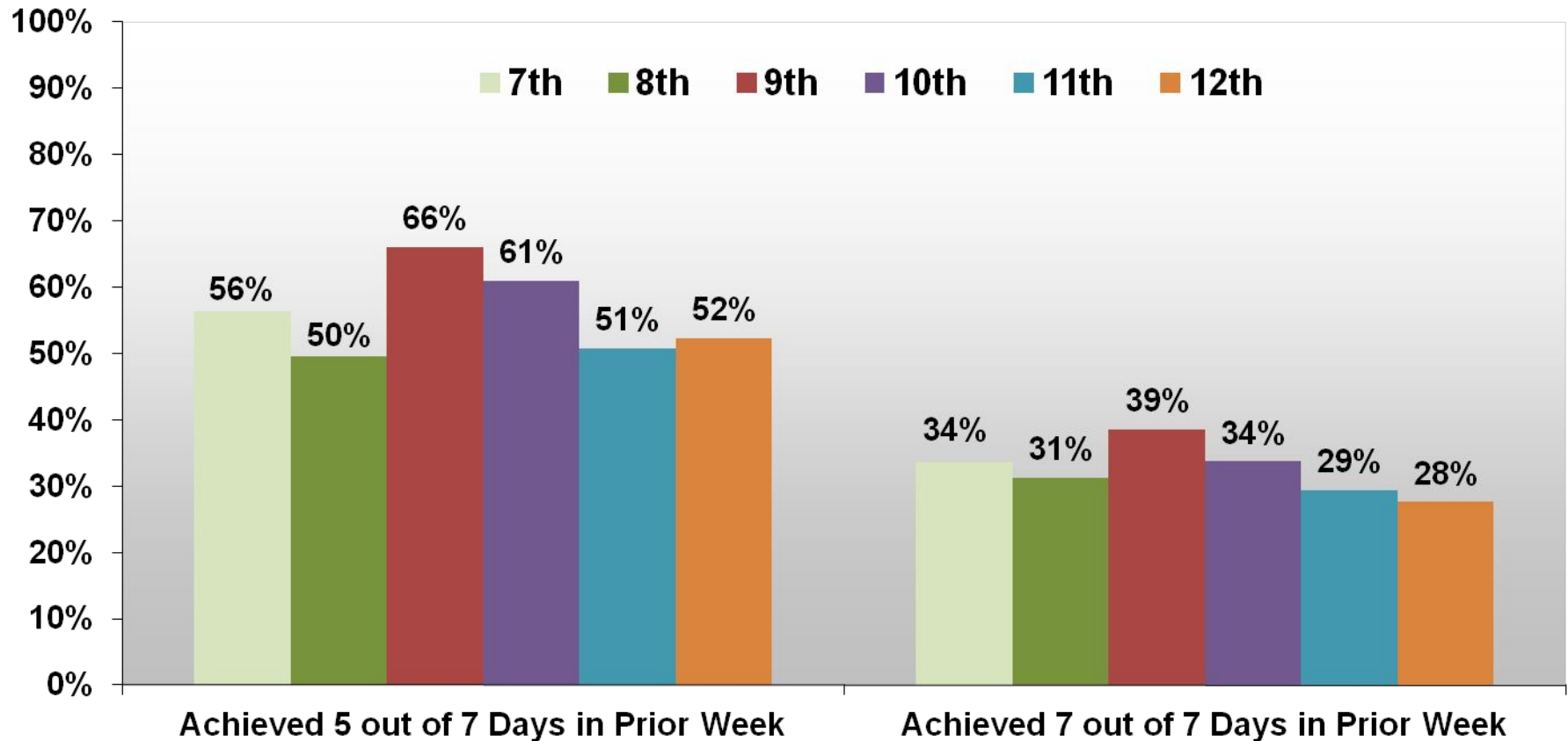
*Unhealthy method included: fasting, use of diet pills/powders/liquids without a doctor's advice, or vomiting/use of laxatives

Percent of Norwood Students Achieving 60+ Minutes of Physical Activity* (2015)



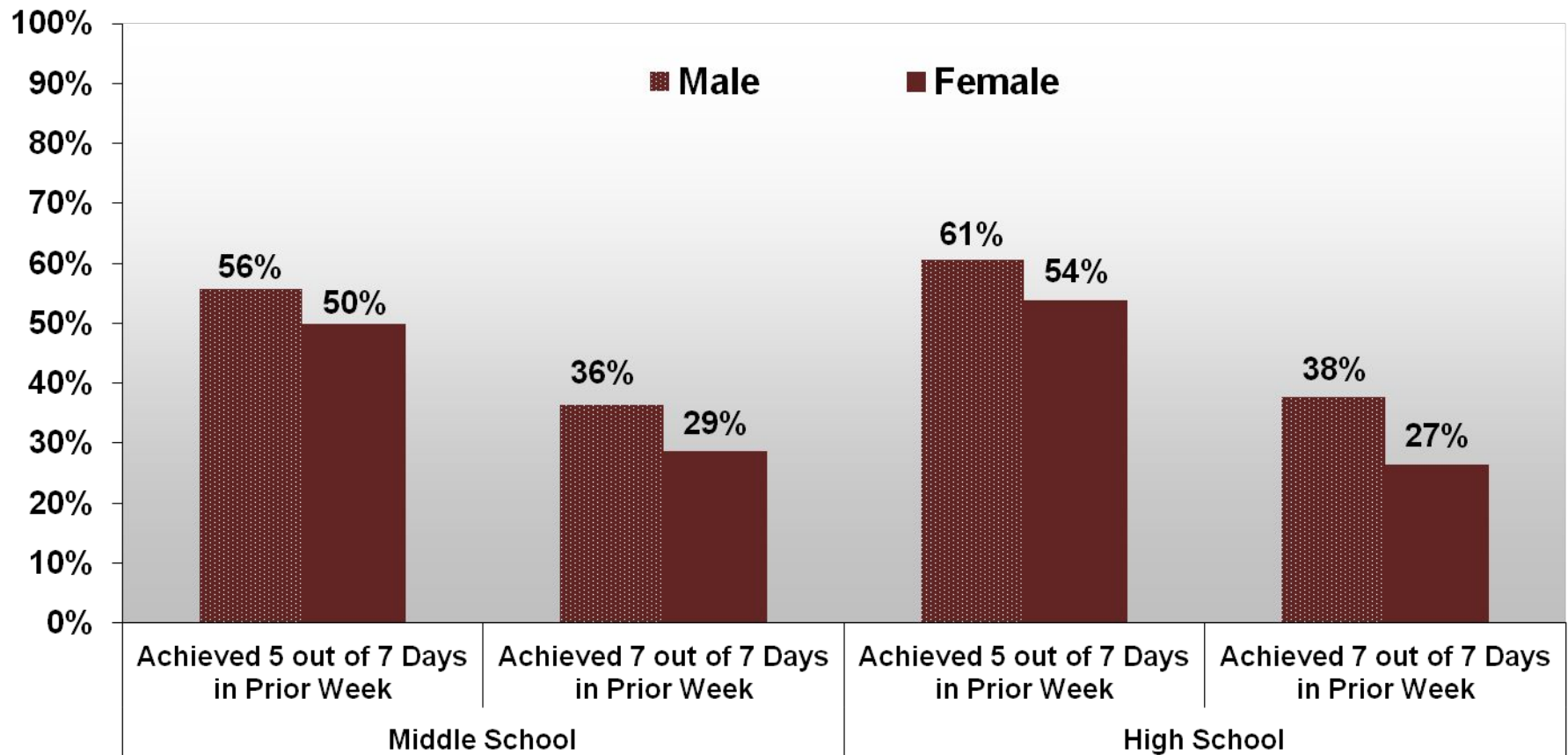
*Respondents were instructed to include "any kind of physical activity that increased your heart rate and made you breath hard some of the time"
The US Dept of Health and Human Services recommends children/adolescents should do 60 minutes (1 hour) or more of physical activity daily

Percent of Norwood Students Achieving 60+ Minutes of Physical Activity* by Grade (2015)



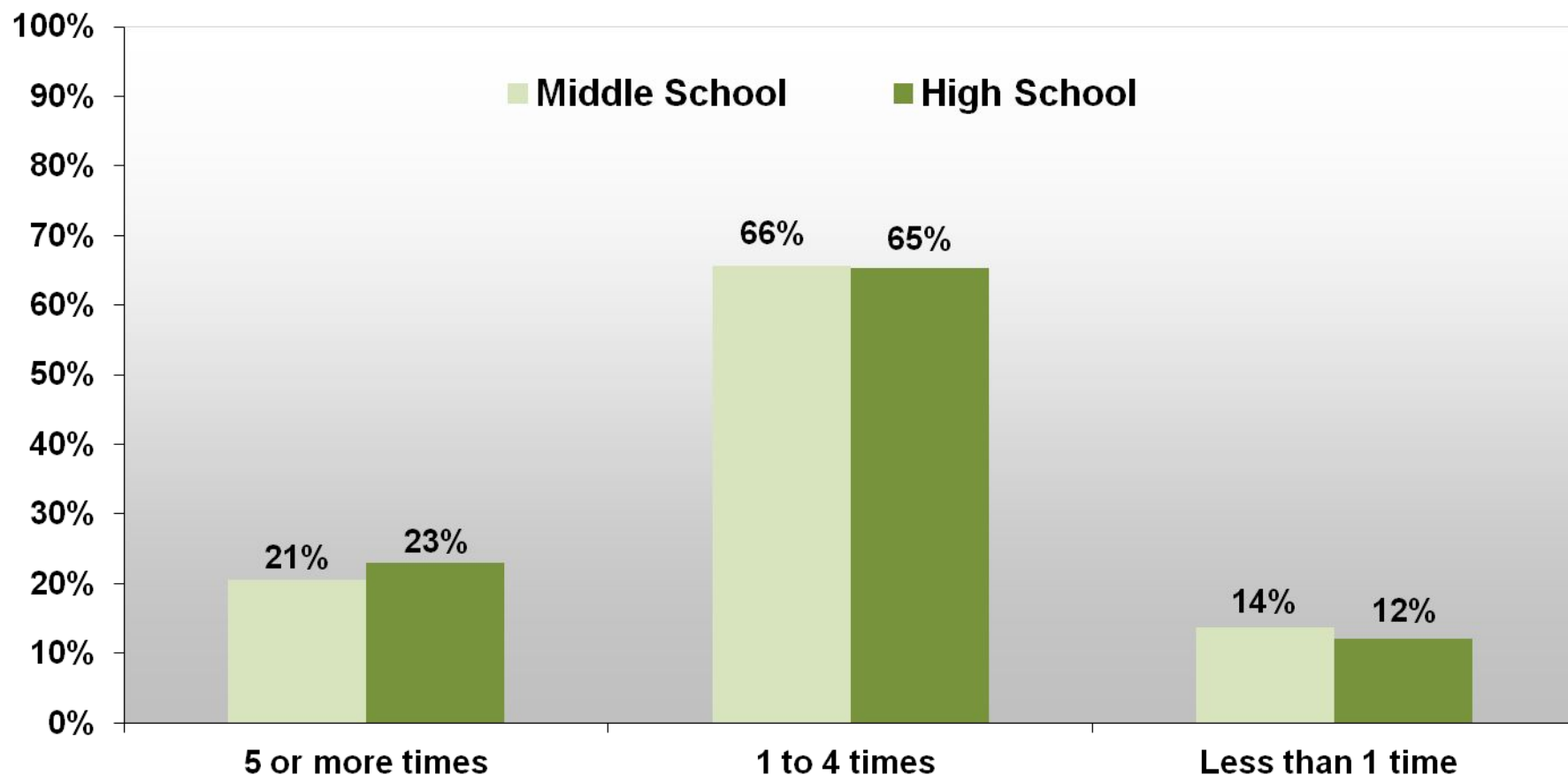
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Percent of Norwood Students Achieving 60+ Minutes of Physical Activity* by Gender (2015)



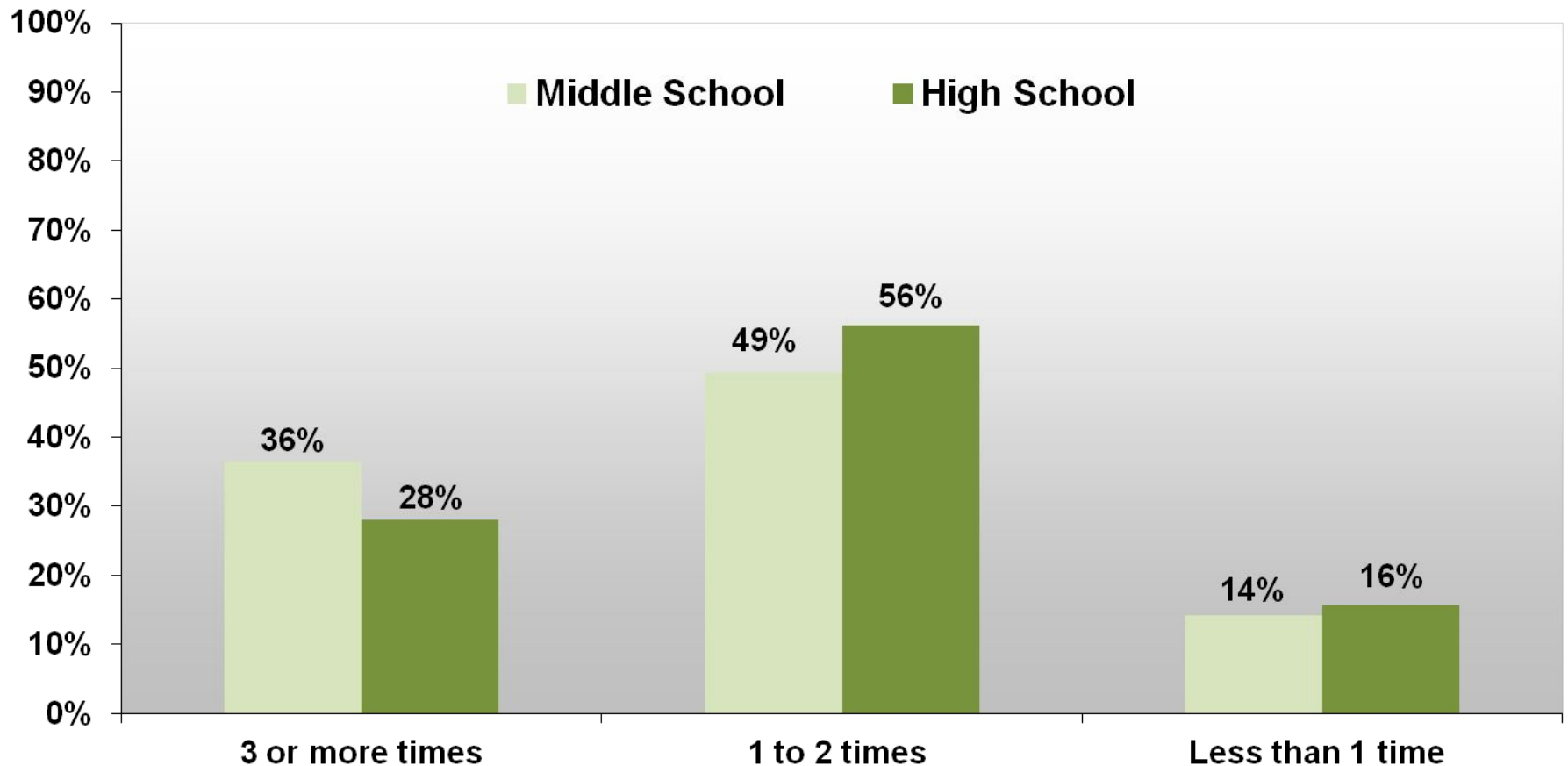
*Respondents were instructed to include "any kind of physical activity that increased your heart rate and made you breath hard some of the time"
The US Dept of Health and Human Services recommends children/adolescents should do 60 minutes (1 hour) or more of physical activity daily

Fruit and Vegetable Consumption in the Prior Day Among Norwood Students (2015)



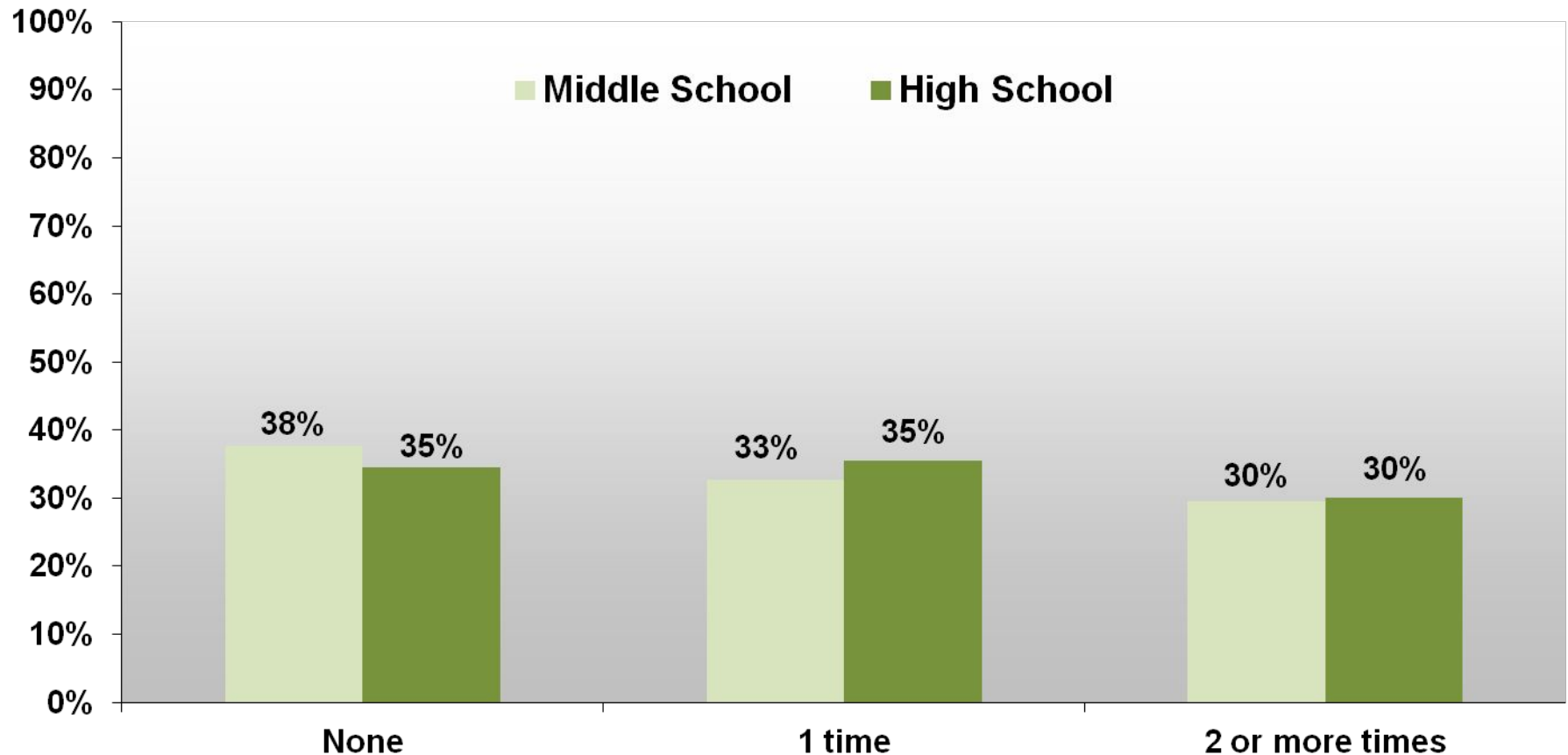
Based upon aggregated response to individual questions: "Yesterday, how many times did you drink 100% fruit juice (such as orange, apple, grape)?"; "Yesterday, how many times did you eat fruit?"; "Yesterday, how many times did you eat green salad, raw vegetables or cooked vegetables (do NOT count potatoes, French fries or chips)?"

Dairy Consumption in the Prior Day Among Norwood Students (2015)



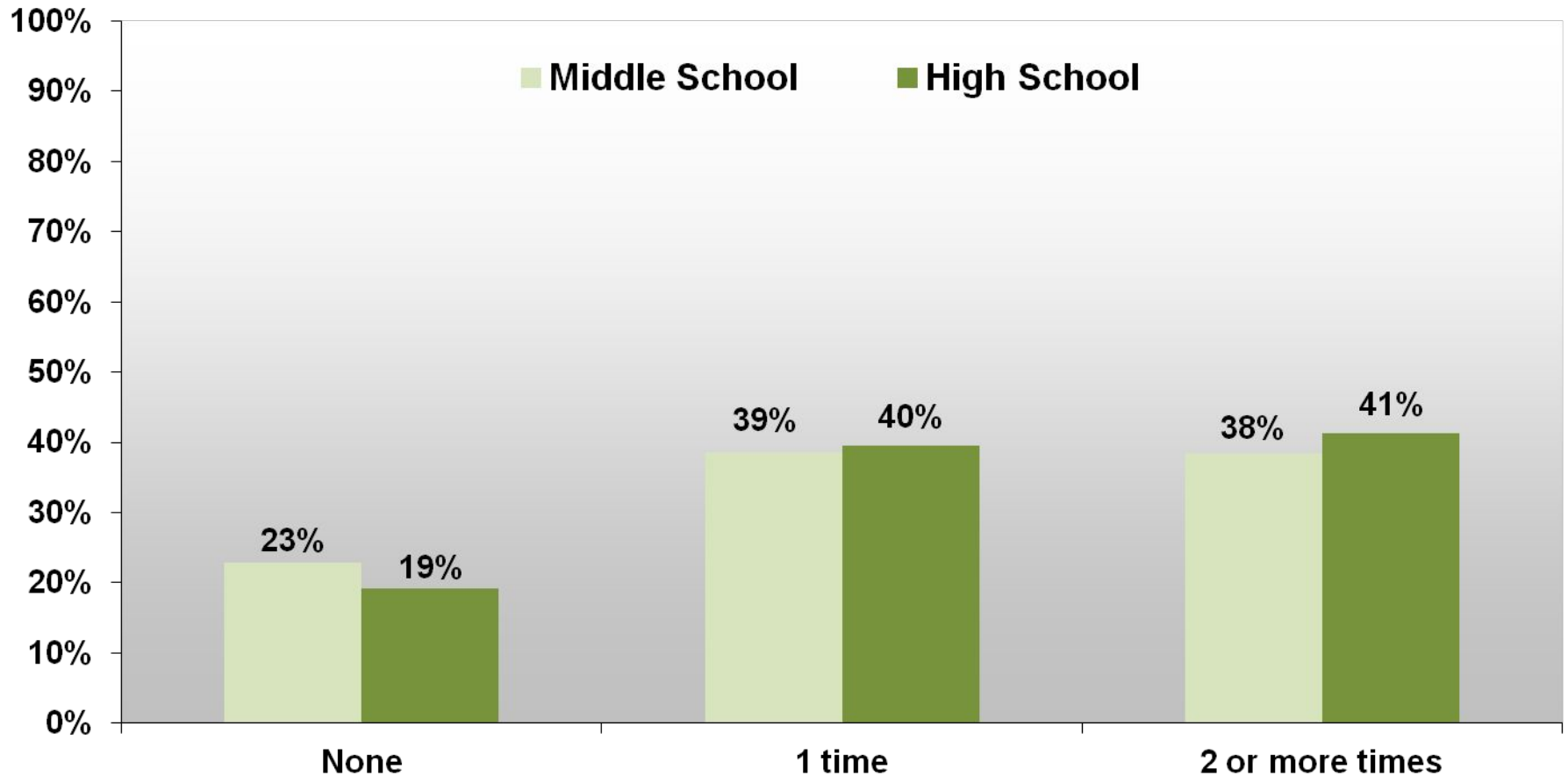
Question Wording: "Yesterday, how many times did you drink or eat dairy products (milk, cheese, yogurt)?"

Sugar Sweetened Beverage Consumption in the Prior Day Among Norwood Students (2015)



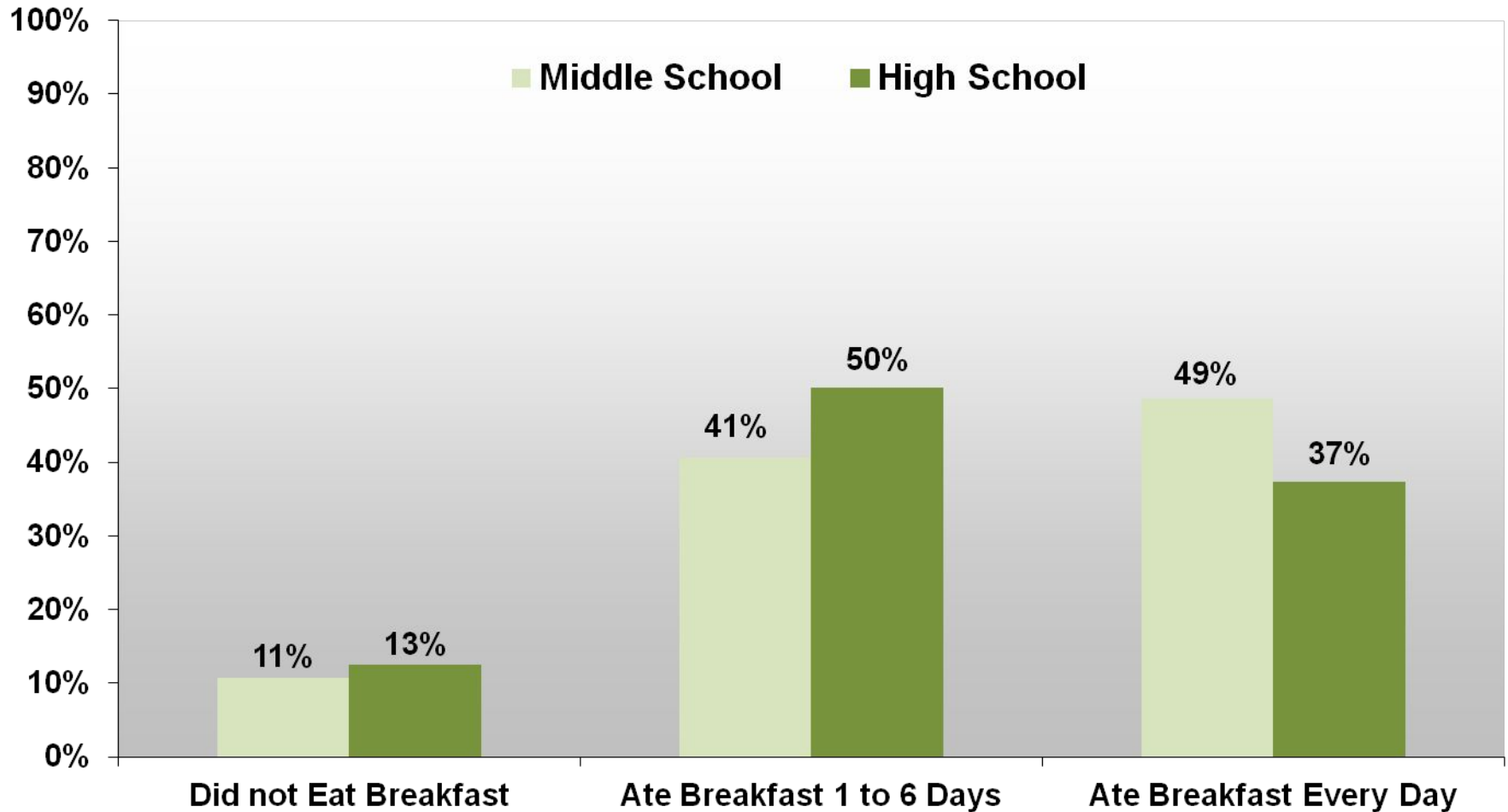
Question wording: "Yesterday, how many times did you drink sugar-sweetened drinks like soda (Coke, Sprite, Pepsi), fruit drinks (Kool-Aid, punch, lemonade), sports drinks (Gatorade, PowerAde), sweet tea or coffee drinks (Snapple, Frappucino), or energy drinks (Red Bull, Full Throttle)?"

Sweets and Junk Food Consumption in Prior Day Among Norwood Students (2015)

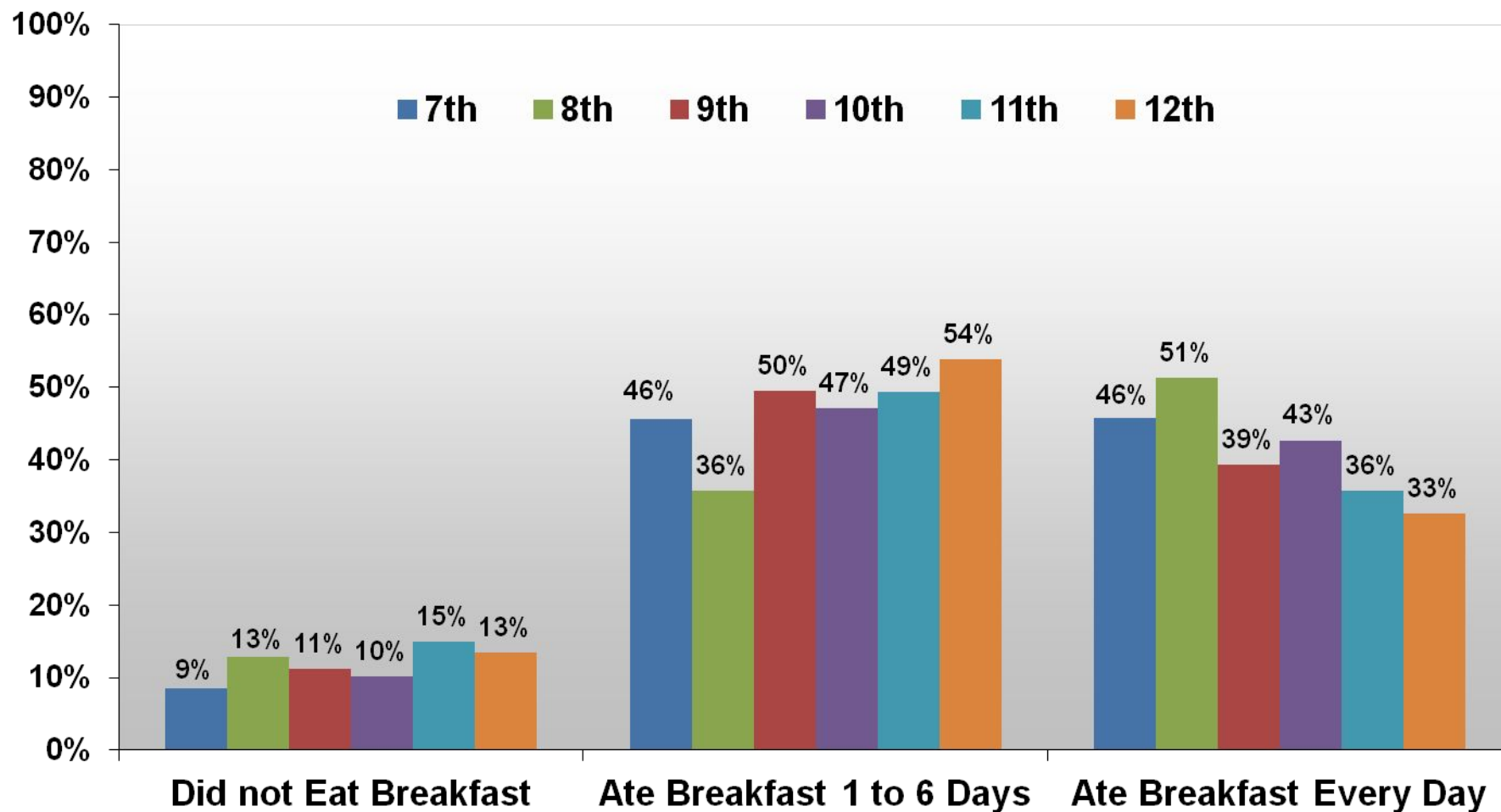


Question Wording: "Yesterday, how many times did you eat food like cookies, doughnuts, cake, candy, French fries, or potato/corn chips?"

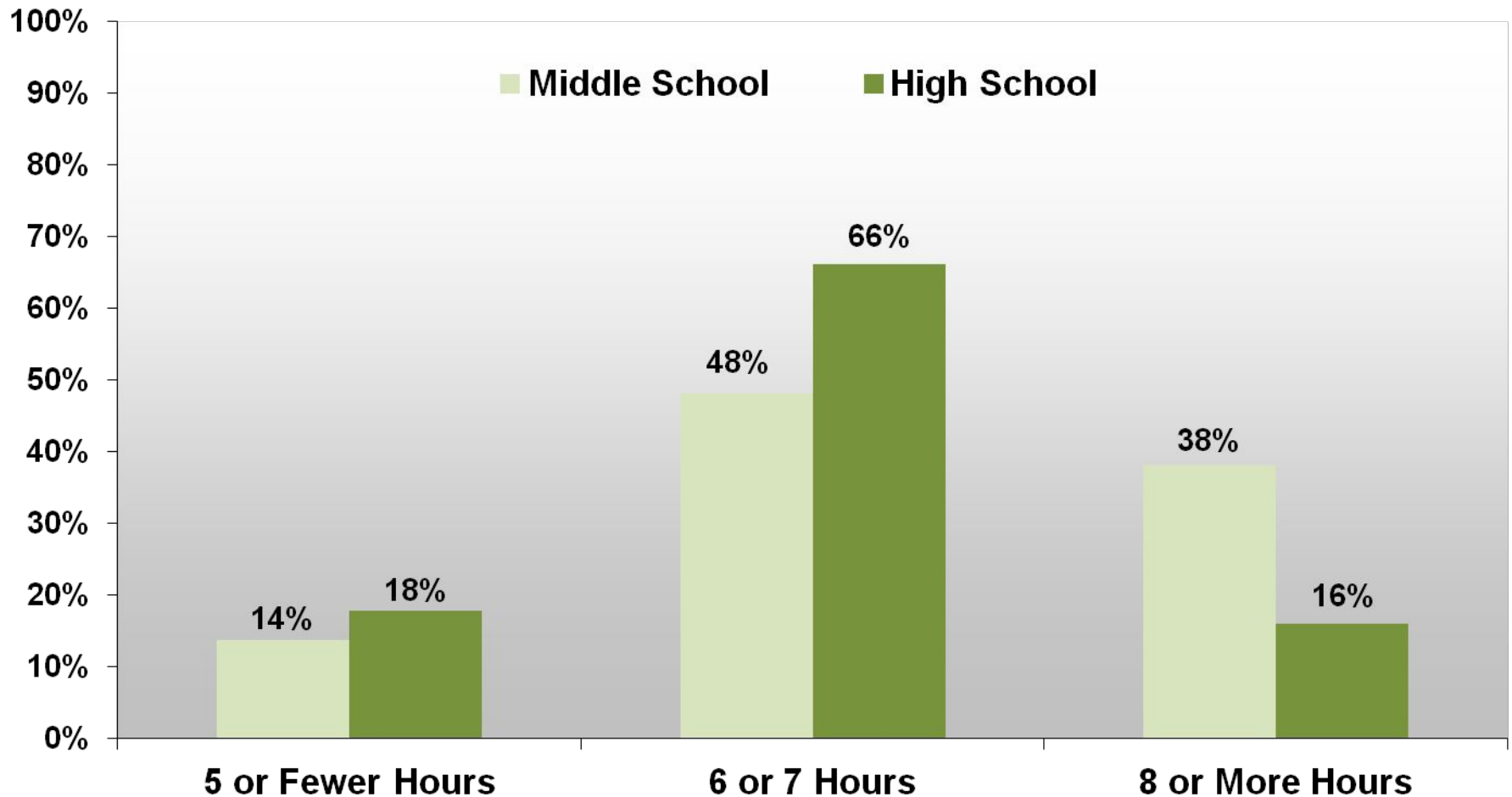
Breakfast Consumption in the Prior Week Among Norwood Students (2015)



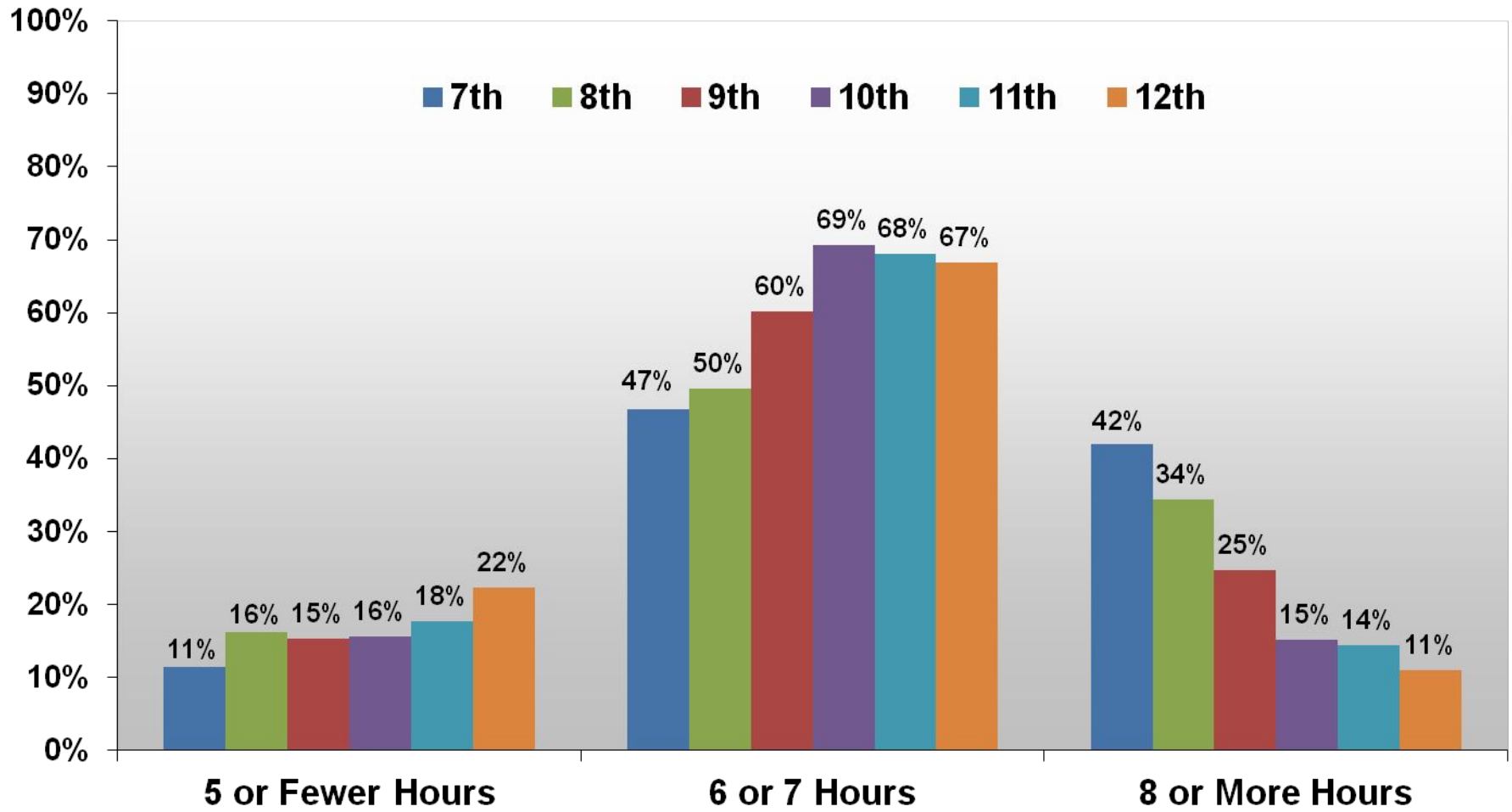
Breakfast Consumption in the Prior Week Among Norwood Students by Grade (2015)



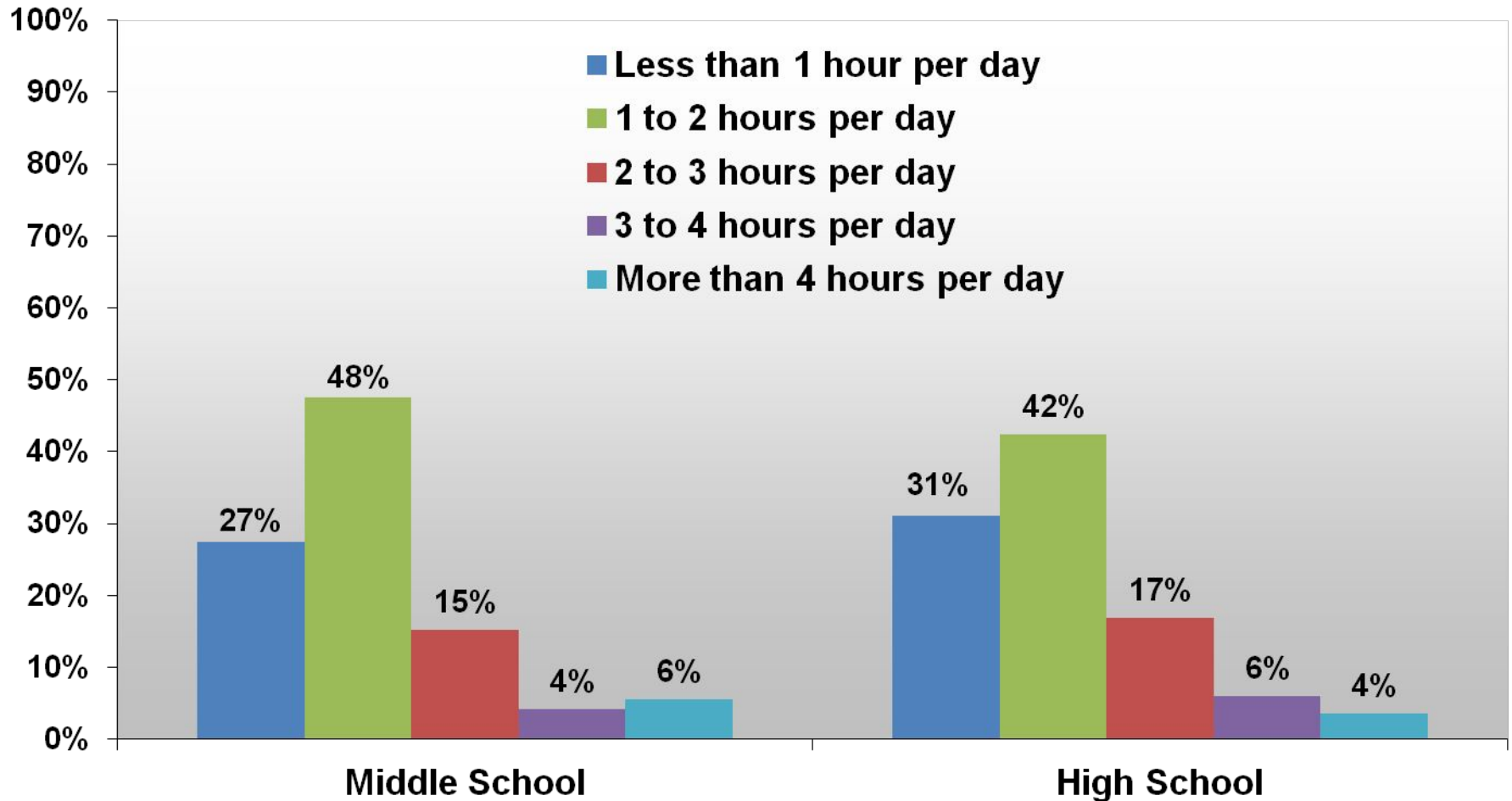
Sleep Duration on Average School Night Among Norwood Students (2015)



Sleep Duration on Average School Night Among Norwood Students by Grade (2015)

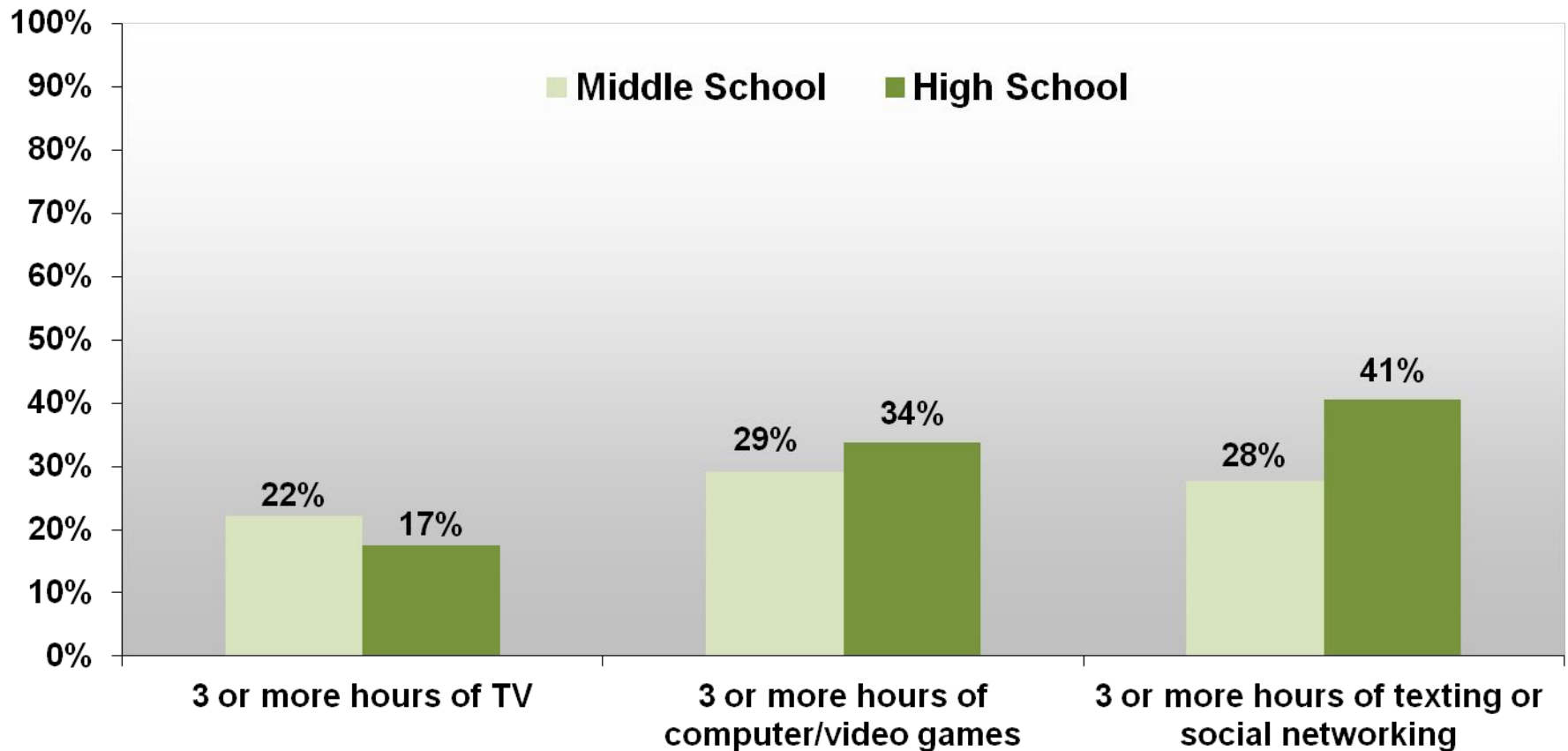


Average Time Spent on Homework per day Among Norwood Students (2015)



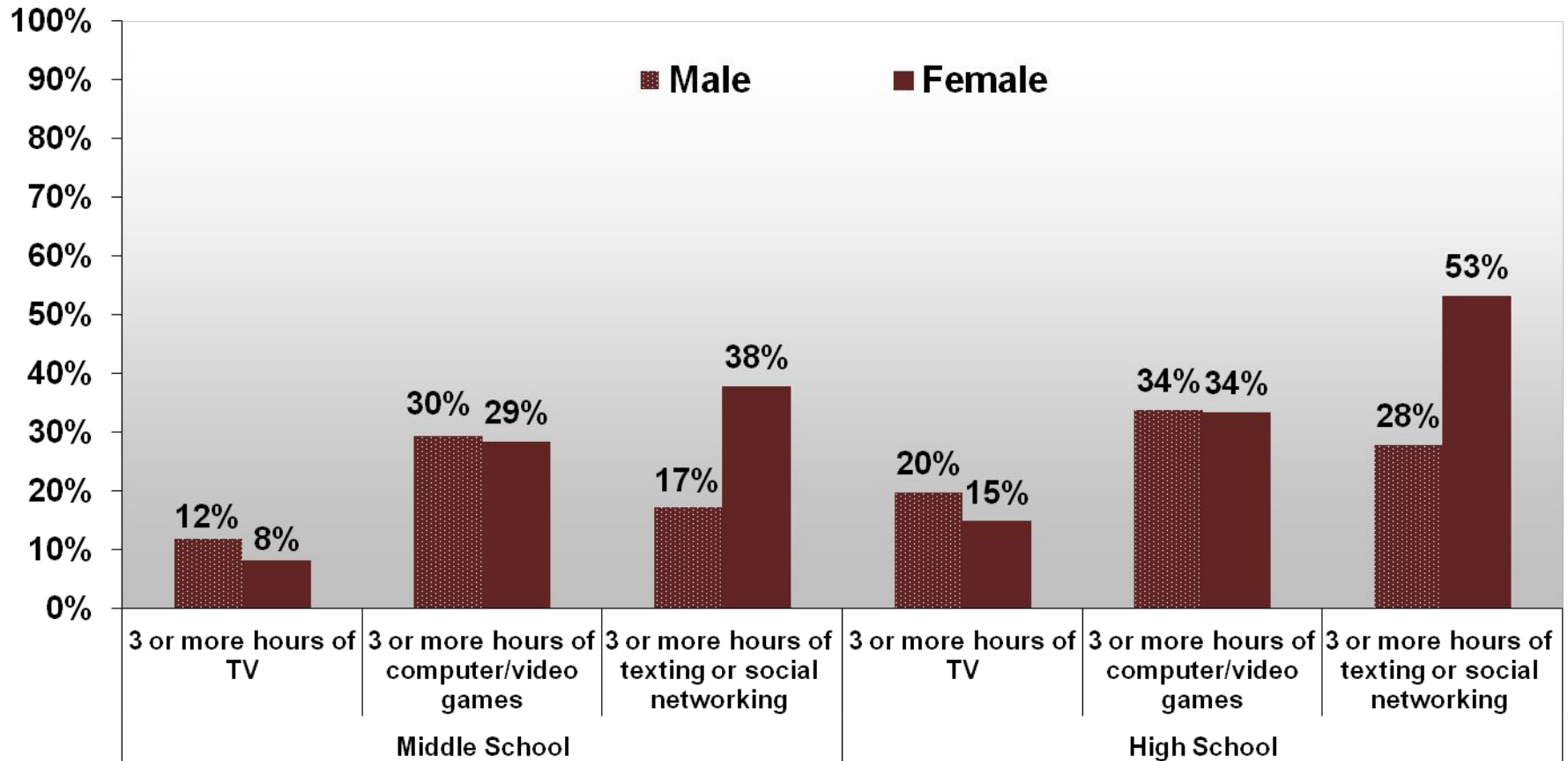
Question Wording: "On average, how much time do you usually spend on homework per day?"

High Screen Time on an Average School Day Among Norwood Students (2015)



Question Wording: **TV** "On an average school day, how many hours do you watch TV?" **Computers** "On an average school day, how many hours do you play video or computer games or use a computer or device for something that is not schoolwork? (count time spent on things such as Xbox, PlayStation, and iPod, an iPad, other tablets or smart phones)" **Texting** "On an average school day, how many hours do you spend texting or using social networking apps or websites? (count time spent texting or instant messaging and time using apps like Snapchat, Instagram, Tumblr, Facebook, Twitter, etc)"

High Screen Time on an Average School Day Among Norwood Students by Gender (2015)



Question Wording: **TV** "On an average school day, how many hours do you watch TV?" **Computers** "On an average school day, how many hours do you play video or computer games or use a computer or device for something that is not schoolwork? (count time spent on things such as Xbox, PlayStation, and iPod, an iPad, other tablets or smart phones)" **Texting** "On an average school day, how many hours do you spend texting or using social networking apps or websites? (count time spent texting or instant messaging and time using apps like Snapchat, Instagram, Tumblr, Facebook, Twitter, etc)"



For Technical Questions or Support Please Contact:

The Institute for Community Health

350 Main St.

Malden, MA 02148

PH: 781-338-0300

FAX: 781-338-0349