



# **2017 Cohasset Middle/High School Wellness Survey**

**Conducted:**

**April 2017 High School**

**May 2017 Middle School**

# Cohasset Middle School

## Past 30 Day Use Tobacco/ Vaping

%	2015 TOB	2017 TOB	2015 VAP	2017 VAP
6th	0	1	NM	2
7th	0	2	NM	3
8th	0	3	NM	4

Vaping large correlation to later Tobacco use  
Trend concerning



# Middle School Past 30 Day Use Alcohol/Marijuana

%	2015 ALC	2017 ALC	2015 MJ	2017 MJ
6th	0	0	0	1
7th	1	4	0	1
8th	2	4	.8	1

Alcohol Trend Concerning

# Cohasset High School

## Past 30 Day Use Tobacco/ Vaping

### Back to the 50's?

%	2015 TOB	2017 TOB	2015 VAP	2017 VAP
9th	0	2	NM	11
10th	2	13	NM	37
11th	6	19	NM	32
12th	9	33	NM	54

**Huge increase in tobacco use and vaping  
Potentially portends future addiction to nicotine and  
other drugs**

# Monitoring the Future Survey 2016

## National Survey 8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup> Graders

### 30 day use Tobacco/ Vaping

%	TOB COH 2017	TOB NAT'L Average	VAP COH 2017	VAP NAT'L Average
8th	3	2.6	4	6
10th	13	4.9	37	11
12th	33	10.5	54	13

**Use of Tobacco and Vaping by Cohasset Youth is 3-4X the national average**

# High School

## Past 30 Day Use Alcohol/ Marijuana

### Progress!!!

%	2015 ALC	2017 ALC	2015 MJ	2017 MJ
9th	12	13	8	4
10th	43	27	27	31
11th	45	39	23	19
12th	64	66	50	41

**Significant reduction in the use of Alcohol in 10<sup>th</sup> and 11<sup>th</sup> grades and in Marijuana use in 9<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grades**

## 2017 Marijuana Perception of Risk

	2015	2017
<b>Student's Perception of Risk</b>	<b>44%</b>	<b>46%</b>
<b>Friend's Perception of Risk</b>	<b>42%</b>	<b>48%</b>
<b>Parent's Perception of Risk</b>	<b>86%</b>	<b>84%</b>

## New Concerning 2017 Alcohol Access Data

- **My own or a friend's parent provided alcohol to me.**

Middle School	High School
<b>1%</b>	<b>11%</b>

- **I took alcohol from my home.**

Middle School	High School
<b>&lt;1%</b>	<b>11%</b>



# Monitoring the Future Survey 2016

## National Survey 8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup> Graders

### 30 day use Alcohol/ Marijuana Use

%	ALC COH 2017	ALC NAT'L Average	MJ COH 2017	MJ NAT'L Average
8th	4	7	1	
10th	27	20	31	13.7
12th	66	33	41	

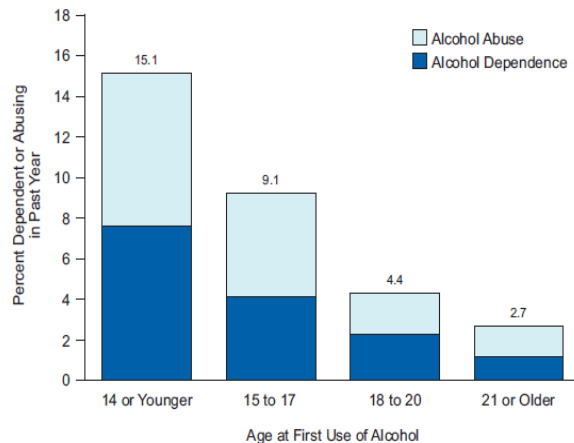
**Usage of Alcohol and Marijuana by Cohasset Youth is off the charts in comparison to the national average**

# Cohasset High 2017 CTC Survey Results

## Alcohol- Age of First Use: Key Indicator of long-term Alcohol Dependence /Abuse

**70% of Cohasset Youth have tried alcohol by 10<sup>th</sup> grade thus dramatically increasing dependence later in life.**

Figure 7.4 Alcohol Dependence or Abuse in the Past Year among Adults Aged 21 or Older, by Age at First Use of Alcohol: 2010



**DELAY**

# 2017 Concerning Data

## Binge Drinking by Grade

- During the past 30 days, on how many days did you have 5 or more drinks?

<b>% Students</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>	<b>12th</b>
<b>1-2 Days</b>	<b>57</b>	<b>44</b>	<b>47</b>	<b>50</b>
<b>3-5 Days</b>	<b>29</b>	<b>50</b>	<b>41</b>	<b>17</b>
<b>6-9 Days</b>				<b>25</b>

# New Concerning 2017 Data

What limits, if any, are typical of other students' parents concerning student drinking in the home?

Answer Choices	Responses
No drinking is allowed (other than a few sips at a family gathering)	44.29% 163
Some drinking is allowed with a parent when only family members are present	23.64% 87
Some drinking with friends is allowed if a parent is present	14.67% 54
Drinking is allowed without a parent present as long as the student does not drive afterwards	15.49% 57
No limits	1.90% 7
<b>Total</b>	<b>368</b>

**56% stated that some form of underage drinking allowed**

# New Concerning 2017 High School Alcohol Access Data by Grade

Grade	Accessed from:
9th	<b>35% report taking alcohol from their homes</b> <b>23% report receiving it from friends</b> <b>18% report their parents provided it</b> 
10th	<b>17% report taking alcohol from their homes</b> <b>40% report receiving it from friends</b> <b>11% report their parents provided it</b> 
11th	<b>16% report parents provided it</b> 
12th	<b>41% report receiving it from friends</b>

## Key messages to Parents

- ❖ **Lock up your liquor**
- ❖ **Check friend's backpacks**
- ❖ **Stop providing alcohol**

# YOY Past 30 Day Use of Prescription Drugs

<b>% Students</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>	<b>12th</b>
<b>2015</b>	<b>0</b>	<b>1.1</b>	<b>4.8</b>	<b>6.5</b>
<b>2017</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>8*</b>

**\* Only 3 Students**

## Stress Level Measurement

Which descriptor below describes your typical stress level?

### Rarely or Never Stressed

Middle School	HS outside of school	HS at school
27%	36%	11%

### Sometimes Stressed

Middle School	HS outside of school	HS at school
32%	35%	35%

### Fairly Often or Very Often Stressed

Middle School	HS outside of school	HS at school
42%	29%	54%

## Sad and Suicidal Feelings

# of Students	High School	Middle School
<b>Felt so badly or hopeless that you stopped doing your usual activities</b>	<b>72</b>	<b>48</b>
<b>Physically injured yourself to feel better emotionally</b>	<b>55</b>	<b>35</b>
<b>Considered suicide (more than just a passing thought)</b>	<b>35</b>	<b>41</b>
<b>Told anyone you were considering suicide</b>	<b>23</b>	<b>23</b>
<b>Planned a suicide attempt</b>	<b>14</b>	<b>18</b>
<b>Attempted suicide</b>	<b>7</b>	<b>12</b>



# Drivers of Increased Stress Levels

	Never Significant	Rarely significant	Sometimes significant	Always Significant	Total	Weighted Average
Grades	1.63% 6	10.03% 37	34.96% 129	53.39% 197	369	2.35
Balancing school work and activities outside of school	3.79% 14	15.18% 56	40.65% 150	40.38% 149	369	1.96
Amount of School	6.23% 23	13.01% 48	41.46% 153	39.30% 145	369	1.89
not meeting your own expectations	11.68% 43	25.54% 94	31.52% 116	31.25% 115	368	1.88
Life after high school (job, college, tech school, etc.)	15.45% 57	24.39% 90	30.62% 113	29.54% 109	369	1.82
Not meeting the expectations of other (family, teachers, etc)	17.07% 63	26.56% 98	29.54% 109	26.83% 99	369	1.78
How others view you	28.73% 106	38.48% 142	22.76% 84	10.03% 37	369	1.46
Family life	33.33% 123	37.13% 137	19.78% 73	9.76% 36	369	1.47
Friends	28.18% 104	40.38% 149	22.49% 83	8.94% 33	369	1.45
How you are treated by peers online	66.40% 245	22.49% 83	5.69% 21	5.42% 20	369	1.33

# High School Metrics

## YOY Crisis Center Referral as a % of HS Population

2012-2013	2013-2014	2014-2015	2015-2016	2016-2017
<b>.25%</b>	<b>.77%</b>	<b>1.1%</b>	<b>1.4%</b>	<b>2.1%</b>

## YOY ATOD Discipline Related Incidents

#	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017
<b>Incidents</b>	<b>3</b>	<b>2</b>	<b>14</b>	<b>4</b>	<b>2</b>
<b>Students</b>	<b>4</b>	<b>3</b>	<b>43</b>	<b>9</b>	<b>2</b>

**Positive news-ATOD Incidents way down**

# Safety Data

## During the past 30 days.....

**21% of CHS students (79) and 3% CMS report riding in a car with someone who had used marijuana.**

### High School Breakdown

**58%-Female**

**42%-Male**

10th	11th	12th
35%	20%	45%

**33% of students who answered affirmatively report having been in the car on **6+ occasions.****

**3% of HS students reported *driving* a car after having consumed alcohol.**

**50/50 Male/Female**

**90% were 17-18YO**

# Cohasset Police Statistics

# Infractions	2015	2016	2017*
<b>Total Arrests</b>	<b>46</b>	<b>37</b>	<b>33</b>
<b>Protective Custody</b>	<b>7</b>	<b>11</b>	<b>8</b>
<b>Arrests-Drugs and/ or Alcohol</b>	<b>39</b> <b>85%</b>	<b>35</b> <b>95%</b>	<b>26</b> <b>79%</b>
<b>Overdoses</b>	<b>10</b>	<b>13</b>	<b>10</b>
<b>OUI Arrests</b>	<b>11</b>	<b>12</b>	<b>14</b>

**\*Data to date 11/10/17**