

**Summary of Results from the
2004-2005
Martha's Vineyard
Youth Risk Behavior Survey
Grades 6-12**

Submitted to:

The Dukes County Health Council
& The Martha's Vineyard Public Schools
Martha's Vineyard, Massachusetts

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APPENDIX A: Selected Middle School Data Tables

- Alcohol, Tobacco, and Other Drug Use – Middle School
- Violence and Safety – Middle School
- Miscellaneous – Middle School

APPENDIX B: Selected High School Data Tables

- Alcohol, Tobacco, and Other Drug Use – High School
- Violence and Safety – High School
- Vehicle-Related Risk Behavior – High School
- Health and Mental Health – High School
- Available Trend Data (1993, 2000, 2002, 2005) – High School

BACKGROUND

REPORT FORMAT

In April of 2005, the Dukes County Health Council, in collaboration with the Martha's Vineyard Public Schools, administered the 2004-2005 Martha's Vineyard Youth Risk Behavior Survey to students in grades 6 through 12. Largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*, the questionnaire was designed to gather information on some of the important issues facing youth in Martha's Vineyard, such as substance use, violence and safety, and mental and physical health.

This report is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in the Vineyard community?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since previous administrations of similar surveys?; and (4) How do results in Martha's Vineyard compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Alcohol, Tobacco, and Other Drug Use; Issues Related to Alcohol and Marijuana Use; Violence and Safety; Mental Health; and Physical Health. The main results in each section are illustrated using charts that are complemented by supplementary data or information. Appendices containing selected data follow the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by the Dukes County Health Council, in collaboration with the Martha's Vineyard Public Schools and Social Science Research and Evaluation, Inc. (SSRE), a non-profit social science research firm located in Burlington, Massachusetts.

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April of 2005 to all students in the Martha's Vineyard public middle and high schools. The number of respondents in each grade is as follows:

6 th	7 th	8 th	Unknown	9 th	10 th	11 th	12 th	Unknown	TOTAL
143	134	168	2	177	151	177	117	6	1,075
Middle School = 447				High School = 628					

School administrators set aside one period of classroom time for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom.

Student responses to the questionnaire were anonymous. The questionnaire did not ask students for any information that could identify them. The survey was also voluntary; students were instructed that they could skip any items that they would rather not answer.

WHAT DID THE SURVEY ASK ABOUT?

The survey is based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey* (YRBS). It focuses mainly on risky and healthy behaviors. Questions range from demographic

items (e.g., gender, age, grade), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as stress, suicide, violence and safety, sexual behavior, dietary behavior, and vehicle-related risk behavior.

The high school version of the survey (grades 9-12) was adapted for use at the middle school level. While many questions remained unchanged, some questions were either omitted or modified to facilitate completion by younger students. A number of additional questions were also omitted in the 6th grade survey instrument.

VALIDITY

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Martha's Vineyard Youth Risk Behavior Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students *not* to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon the CDC *Youth Risk Behavior Survey*. The YRBS is a standardized instrument developed by the CDC in collaboration with other national and local health and education agencies (see Brener, N., Kann, L., McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342).

NON-RESPONDENTS

It is important to keep in mind that the survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who were absent or truant on the day that the survey was administered, nor from students who have dropped out of school.

TRENDS

Trend comparisons can provide useful information on whether certain behaviors have improved, worsened, or stayed the same over time. It is best to repeat a survey such as this at regular intervals in order to track change over time. Because this is the fourth time that a health behavior survey has been administered in Martha's Vineyard (similar surveys were administered in 1993, 2000, and 2002), trend comparisons can be made comparing data from these surveys when possible. It is important to note that while the 2000, 2002, and 2005 surveys were very similar, there are only limited comparable items in the 1993 survey.

COMPARATIVE DATA

A limitation of the data is that it is difficult to compare results from Martha's Vineyard to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Martha's Vineyard data. The most useful comparisons are made by looking at Martha's Vineyard over time.

In addition to trend data for Martha's Vineyard, limited *high school* comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent administration of this survey occurred in the Spring of 2003. (Note: The Massachusetts *YRBS* was also re-administered in the Spring of 2005; however, results from that survey were not available at the time of this report.) Comparable Massachusetts *middle school* data are not available since Massachusetts does not administer a statewide middle school survey.

WHO HAS THE PROBLEM?

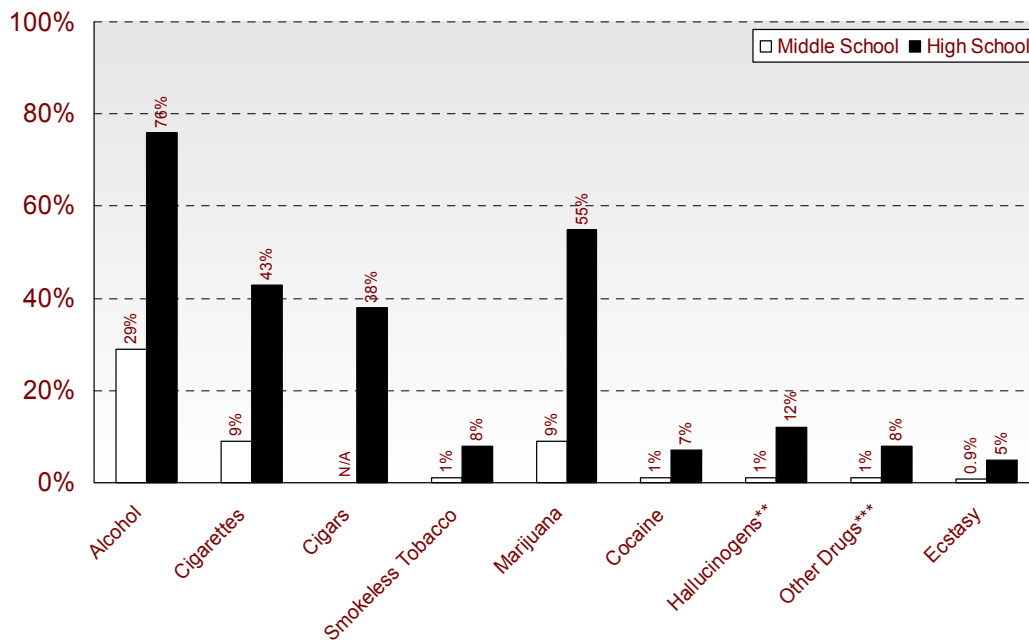
Although this survey was administered to middle and high school students, this does not mean that the problems addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this survey is designed primarily to assess risky behaviors and does not address many of the positive aspects of adolescent life.

WHO IS RESPONSIBLE?

Data on health issues among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the risky behaviors revealed in these surveys. These issues are not school problems; they are community problems that require the attention of all community members and organizations.

Alcohol, Tobacco, & Other Drug Use

Lifetime* Substance Use for Martha's Vineyard Middle and High School Students (2005)



* Lifetime use is any use in one's lifetime.

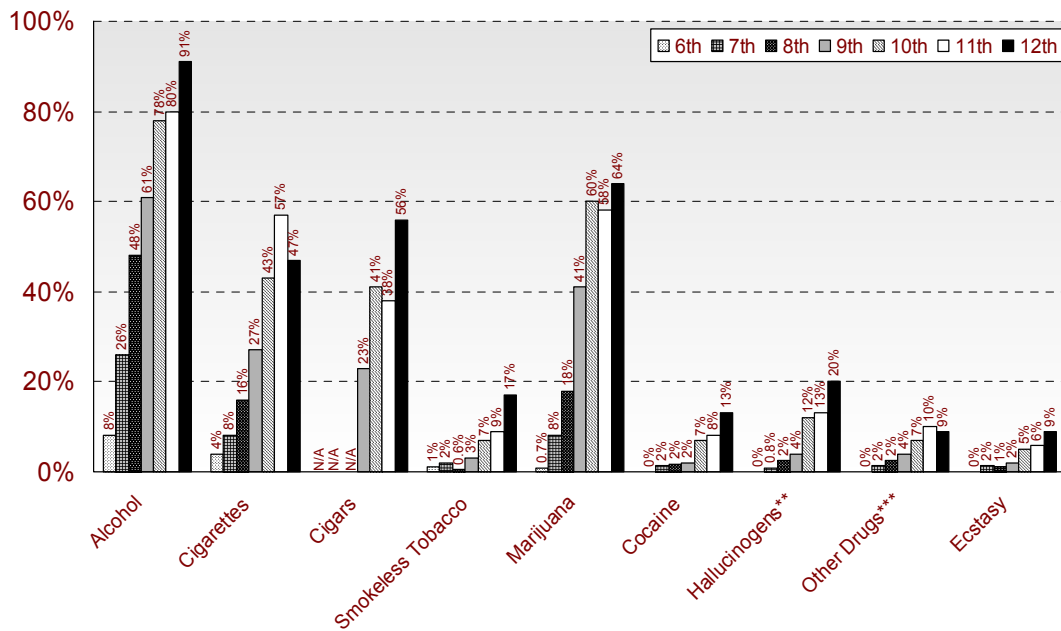
** Respondents were asked about the use of hallucinogenic substances "such as LSD (acid), PCP, or mushrooms."

*** Respondents were asked about "any other type of illegal drug such as ecstasy, speed, ice or heroin."

SELECTED POINTS

- Lifetime use is any use in one's lifetime.
- The questions concerning alcohol use were preceded by the following instruction: "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers and alcohol such as rum, gin, vodka or whiskey. For these questions, drinking alcohol does *not* include drinking sips of wine for religious purposes."
- Alcohol is the substance of choice of both middle and high school students, with 29% of 2005 Martha's Vineyard middle school students and 76% of high school students reporting that they had consumed alcohol in their lifetime.
- Approximately four of every ten high school students reported ever using cigarettes (43%) and cigars (38%), and over half used marijuana (55%).
- Use of substances other than alcohol, cigarettes, and marijuana was comparatively low.

Lifetime* Substance Use for Martha's Vineyard Middle and High School Students (2005), by Grade



* Lifetime use is any use in one's lifetime.

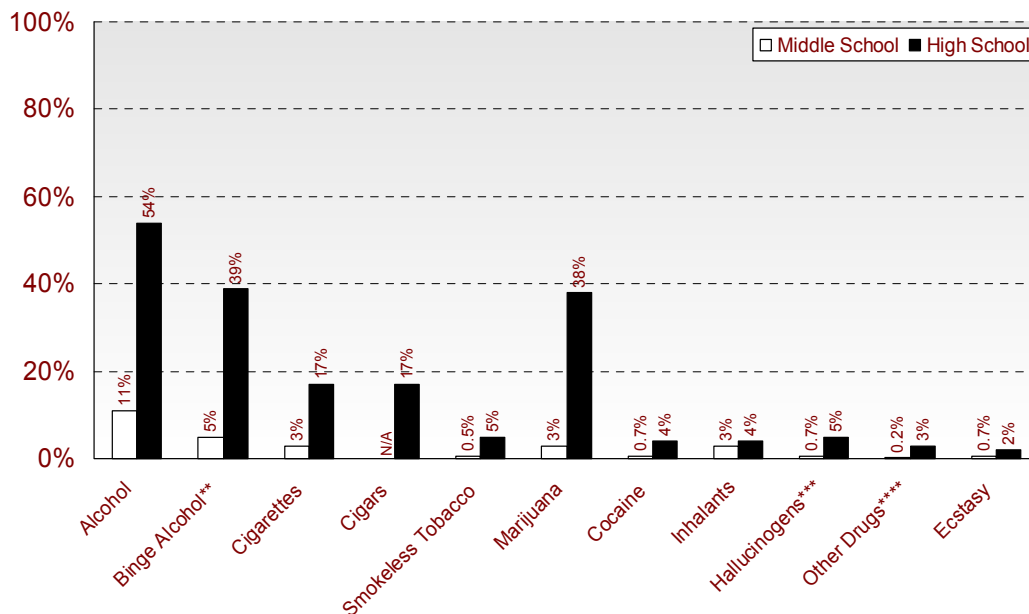
** Respondents were asked about the use of hallucinogenic substances "such as LSD (acid), PCP, or mushrooms."

*** Respondents were asked about "any other type of illegal drug such as ecstasy, speed, ice or heroin."

SELECTED POINTS

- Overall, the percentage of 2005 Martha's Vineyard students who reported ever using each of these substances increased with age/grade. For example, the percentage who reported ever using alcohol in their lifetime increased from 8% in 6th grade to 91% in 12th grade.
- By Spring of their senior year, nine of every ten Vineyard youth have tried alcohol (91%), approximately half have tried cigarettes (47%), cigars (56%), or marijuana (64%), about one in five have tried hallucinogens (20%) and smokeless tobacco (17%), and approximately one in ten have tried other illegal drugs such as cocaine (13%) and ecstasy (9%).

Current* Substance Use for Martha's Vineyard Middle and High School Students (2005)



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

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

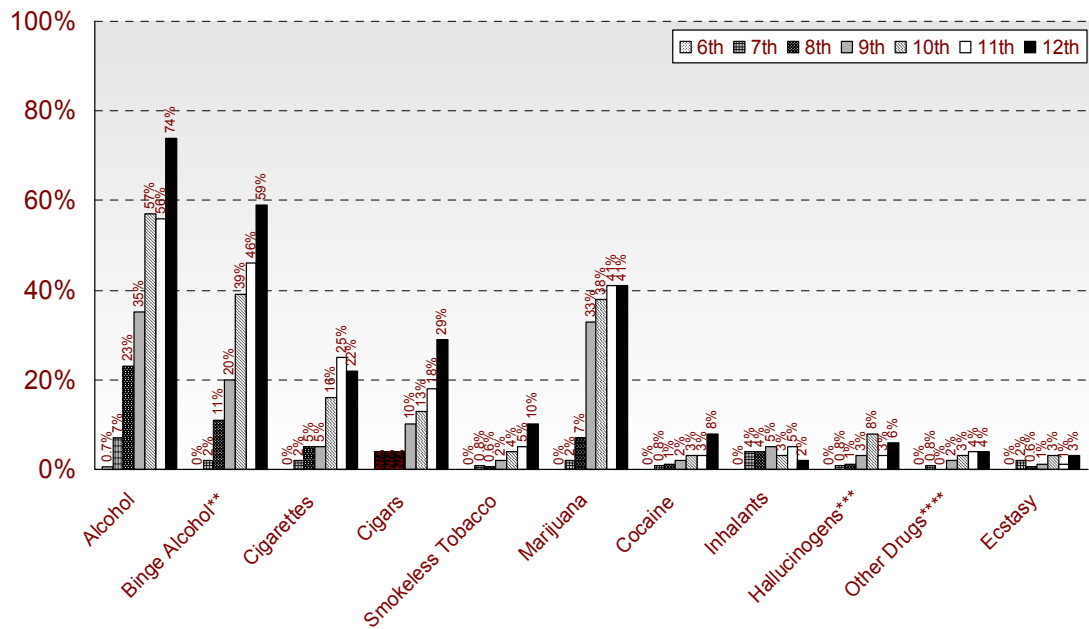
*** Respondents were asked about the use of hallucinogenic substances "such as LSD (acid), PCP, or mushrooms."

**** Respondents were asked about "any other type of illegal drug such as ecstasy, speed, ice or heroin."

SELECTED POINTS

- Current use is any use in the 30 days prior to the survey.
- Binge alcohol use was defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."
- Alcohol is the most commonly used substance, with 11% of Vineyard middle school students and 54% of high school students reporting that they had consumed it in the 30 days prior to the survey.
- Thirty-nine percent (39%) of high school students reported binge drinking in the same time period. This means that almost three-quarters of those who drank in the past 30 days engaged in binge drinking.
- The high school rate of current marijuana use (38%) was over twice the rate of current cigarette use (17%) and much higher than that for any other illegal substance.
- Current cigar use (17%) was as common as cigarette use (17%) among Vineyard high school students.

Current* Substance Use for Martha's Vineyard Middle and High School Students (2005), by Grade

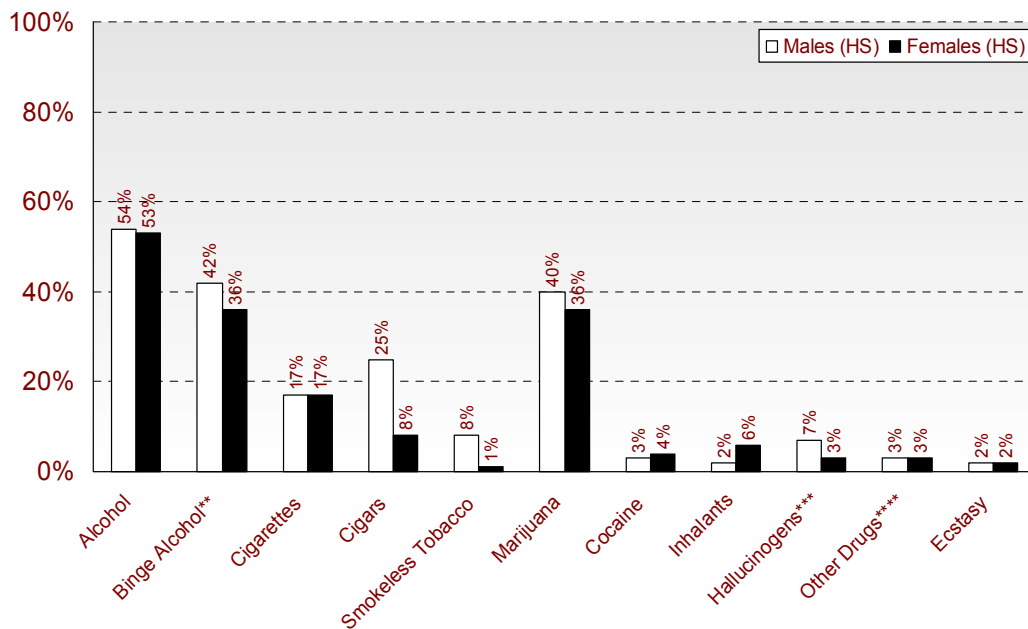


* Current use is any use in the 30 days prior to the survey.
 ** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."
 *** Respondents were asked about the use of hallucinogenic substances "such as LSD (acid), PCP, or mushrooms."
 **** Respondents were asked about "any other type of illegal drug such as ecstasy, speed, ice or heroin."

SELECTED POINTS

- Overall, current substance use increased with age/grade. For example, 0.7% of Vineyard 6th graders reported using alcohol in the 30 days prior to the survey, compared with 74% of 12th graders. A notable exception was current use of inhalants which decreased through the high school years.
- Note the large increases that generally occurred between grades six and seven, and seven and eight. For example, the percentage of students who reported current marijuana use increased from 7% in 8th grade to 33% in 9th grade.

Current* Substance Use for Martha's Vineyard High School Students (2005), by Gender



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

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

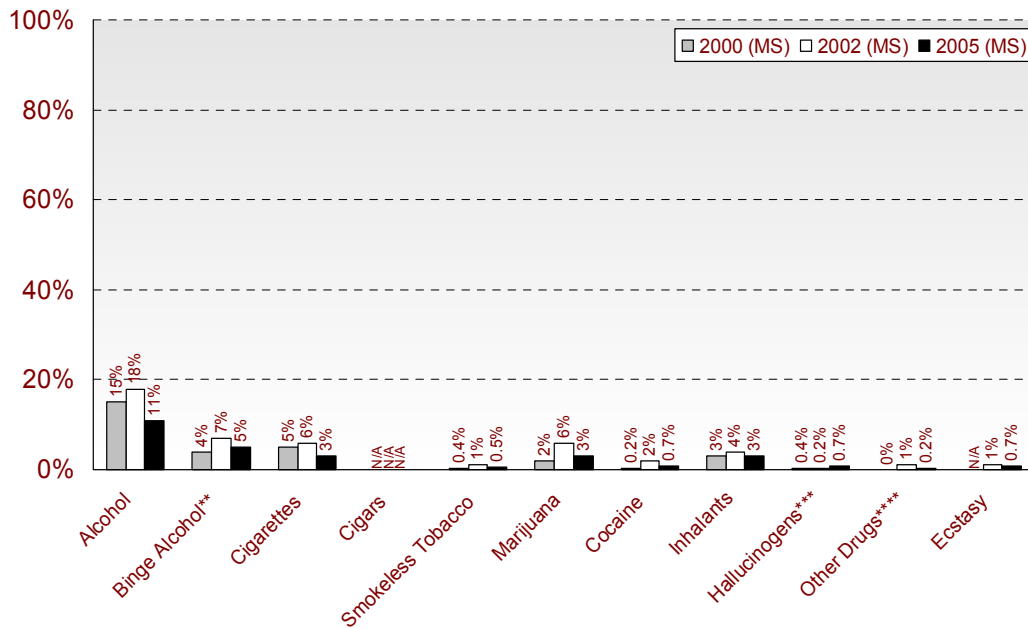
*** Respondents were asked about the use of hallucinogenic substances "such as LSD (acid), PCP, or mushrooms."

**** Respondents were asked about "any other type of illegal drug such as ecstasy, speed, ice or heroin."

SELECTED POINTS

- Overall, rates of current substance use among Martha's Vineyard high school students were quite similar for males and females. For example, males and females were equally likely to report current use of alcohol (54% males, 53% females) and cigarettes (17% males, 17% females).
- Males were, however, somewhat more likely to report current use of cigars (25% males, 8% females), smokeless tobacco (8% males, 1% females), marijuana (40% males, 36% females), hallucinogens (7% males, 3% females), and binge alcohol use (42% males, 36% females). Females were more likely to report current cocaine use (3% males, 4% females) and inhalant use (2% males, 6% females).
- Middle school data by gender were as follows:
 - Alcohol (11% males, 11% females)
 - Binge Alcohol (5% males, 4% females)
 - Cigarettes (3% males, 2% females)
 - Cigars (N/A)
 - Smokeless Tobacco (0.9% males, 0% females)
 - Marijuana (3% males, 4% females)
 - Cocaine (0.9% males, 0.4% females)
 - Inhalants (2% males, 3% females)
 - Hallucinogens (0.9% males, 0.4% females)
 - Other Drugs (0.5% males, 0% females)
 - Ecstasy (1% males, 0% females)

Trends in Current* Substance Use for Martha's Vineyard Middle School Students (2000, 2002, 2005)



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

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

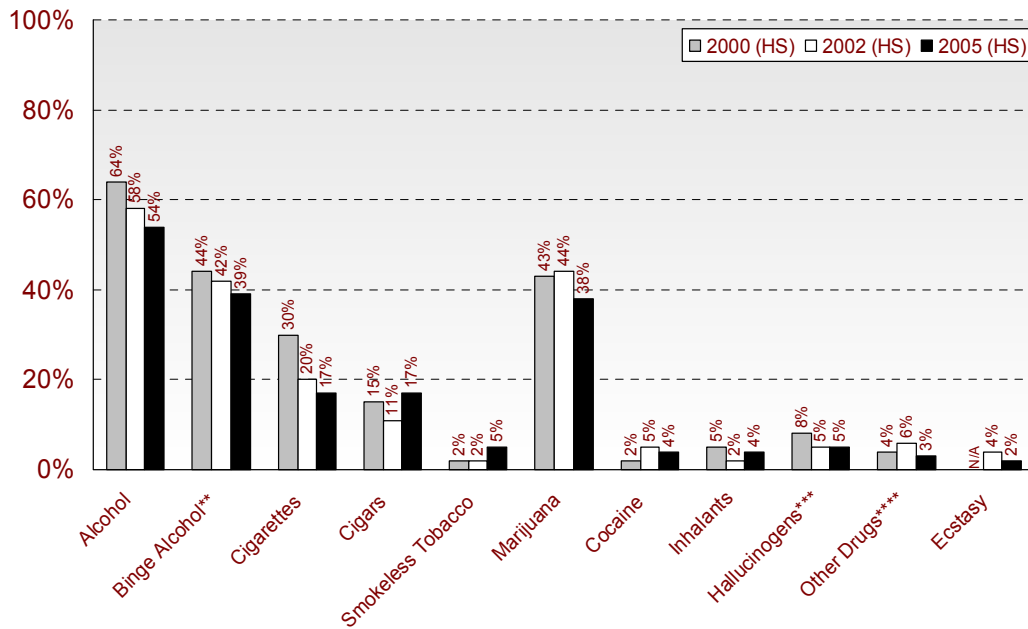
*** Respondents were asked about the use of hallucinogenic substances "such as LSD (acid), PCP, or mushrooms."

**** Respondents were asked about "any other type of illegal drug such as ecstasy, speed, ice or heroin."

SELECTED POINTS

- Current use of almost all substances among Martha's Vineyard middle school students decreased between 2002 and 2005, with 2005 rates approaching original 2000 levels. For example, between 2002 and 2005 the rate of current alcohol use decreased from 18% to 11%, binge alcohol use fell from 7% to 5%, cigarette use from 6% to 3%, and marijuana use from 6% to 3%.

Trends in Current* Substance Use for Martha's Vineyard High School Students (2000, 2002, 2005)



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

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

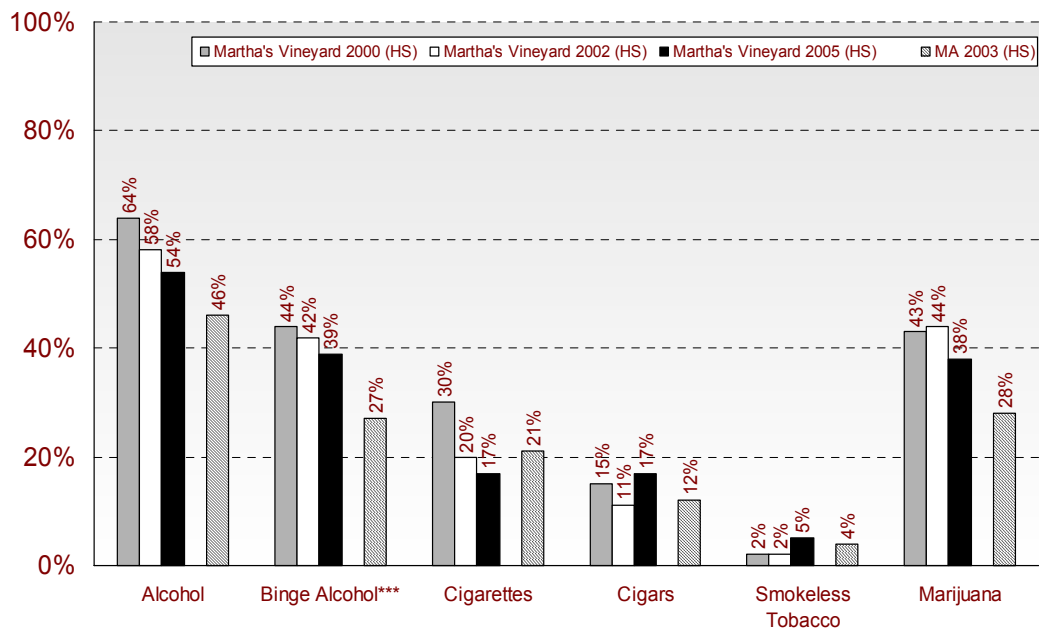
*** Respondents were asked about the use of hallucinogenic substances "such as LSD (acid), PCP, or mushrooms."

**** Respondents were asked about "any other type of illegal drug such as ecstasy, speed, ice or heroin."

SELECTED POINTS

- Overall, current substance use among Martha's Vineyard high school students decreased between 2002 and 2005, continuing the trend of overall decreases since 2000. For example, between 2002 and 2005 the rate of current alcohol use decreased from 58% to 54%, binge alcohol use fell from 42% to 39%, cigarette use from 20% to 17%, and marijuana use from 44% to 38%.
- Exceptions to these trends can be seen in use of alternative tobacco products and inhalants. Current cigar use increased from 11% in 2002 to 17% in 2005, smokeless tobacco use from 2% to 5%, and inhalant use from 2% to 4%.

Current* Substance Use for Martha's Vineyard (2000, 2002, 2005) and Massachusetts (2003)** High School Students



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

** Massachusetts high school data are from the 2003 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2003.

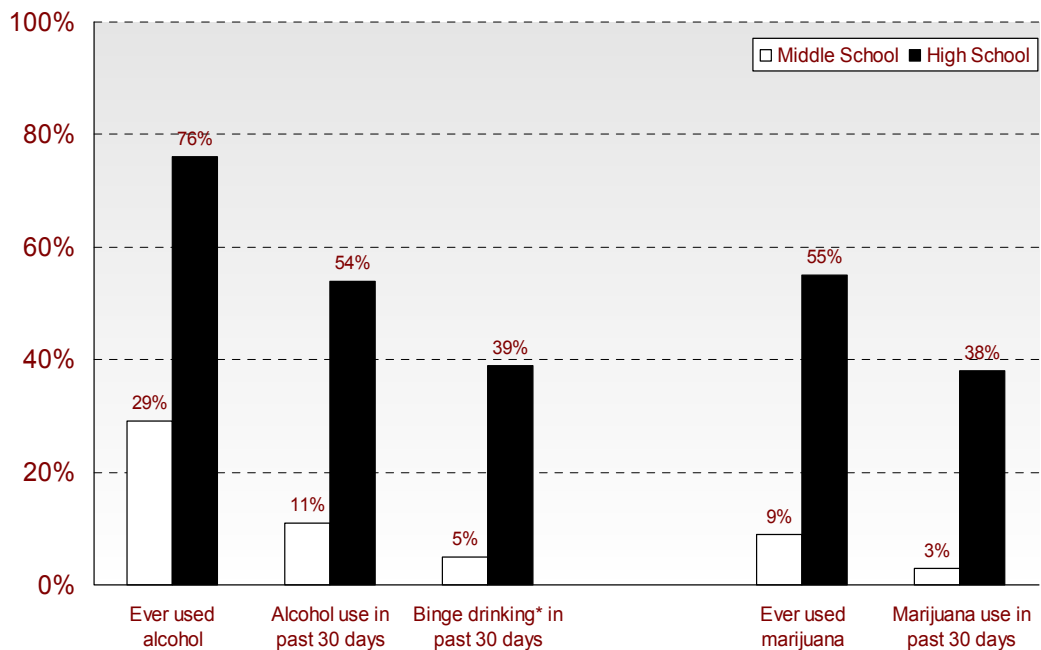
*** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- Massachusetts data displayed here and elsewhere in this summary are from the 2003 *Massachusetts Youth Risk Behavior Survey* (MYRBS), which was administered during the Spring of the 2003 school year. Comparisons are only available for high school students as Massachusetts does not administer the MYRBS to middle school students.
- Current use rates were generally higher among Martha's Vineyard high school students than in Massachusetts as a whole: alcohol (54% Vineyard 2005, 46% MA 2003), binge alcohol (39% Vineyard 2005, 27% MA 2003), cigars (17% Vineyard 2005, 12% MA 2003), smokeless tobacco (5% Vineyard 2005, 4% MA 2003), and marijuana (38% Vineyard 2005, 28% MA 2003). By exception, the rate of current cigarette use was lower in Martha's Vineyard than Massachusetts (17% Vineyard 2005, 21% MA 2003).

Issues Related to Alcohol & Marijuana Use

Alcohol and Marijuana Use by Martha's Vineyard Middle and High School Students (2005)

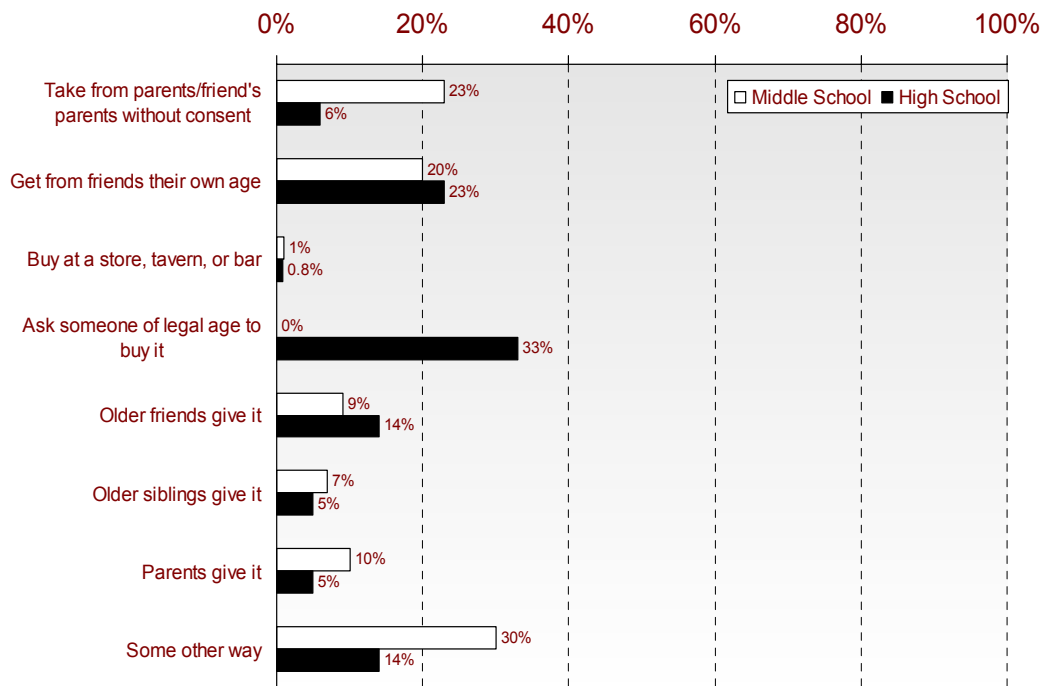


* Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- Alcohol and marijuana are the most commonly used substances among Martha's Vineyard youth.
- Twenty-nine percent (29%) of Vineyard middle school students and 76% of high school students reported ever using alcohol in their lifetime, 11% of middle school students and 54% of high school students used it in 30 days prior to the survey, and 5% of middle school students and 39% of high school students engaged in binge drinking in the 30 days prior to the survey.
- Nine percent (9%) of Vineyard middle school students and 55% of high school students reported ever using marijuana, while 3% of middle school students and 38% of high school students used it in the 30 days prior to the survey.

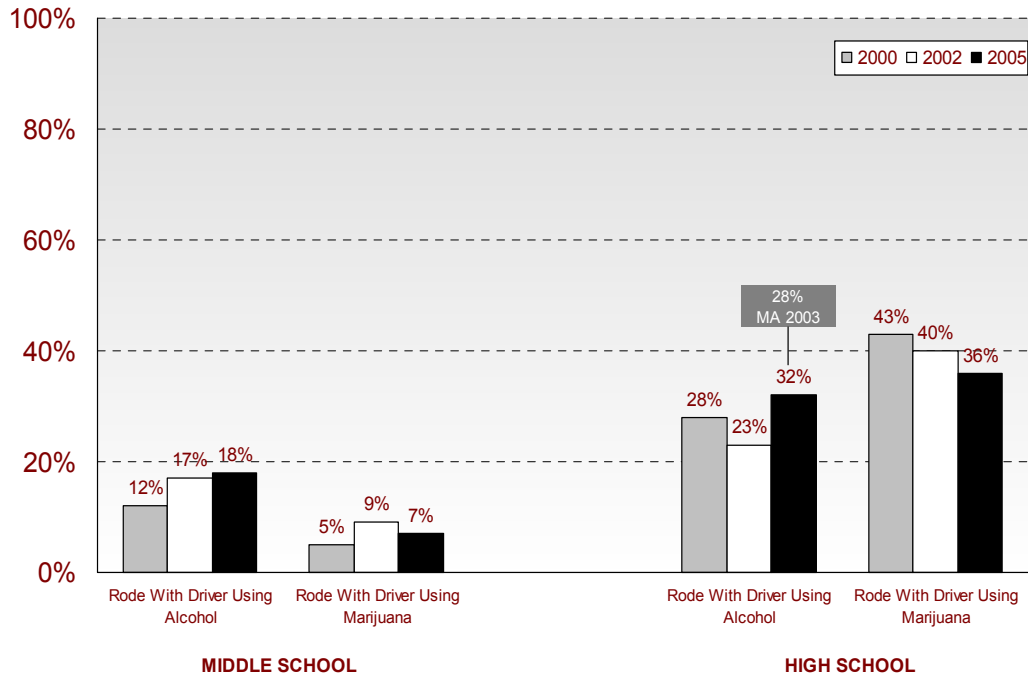
Of Those Martha's Vineyard Middle and High School Students Who Reported Drinking Alcohol, Usual Alcohol Source (2005)



SELECTED POINTS

- Of those Vineyard students who reported drinking alcohol, the most commonly identified source of that alcohol for middle school students was taking it from their parents or a friend's parents without consent (23%) or getting it from friends their own age (20%).
- Among high school students, the most common alcohol source was asking someone of legal age to buy it for them (33%). The percentage of respondents who reported asking someone of legal age to buy for them increased from 0% in 6th grade, to 20% in 9th grade, to 40% in 12th grade.

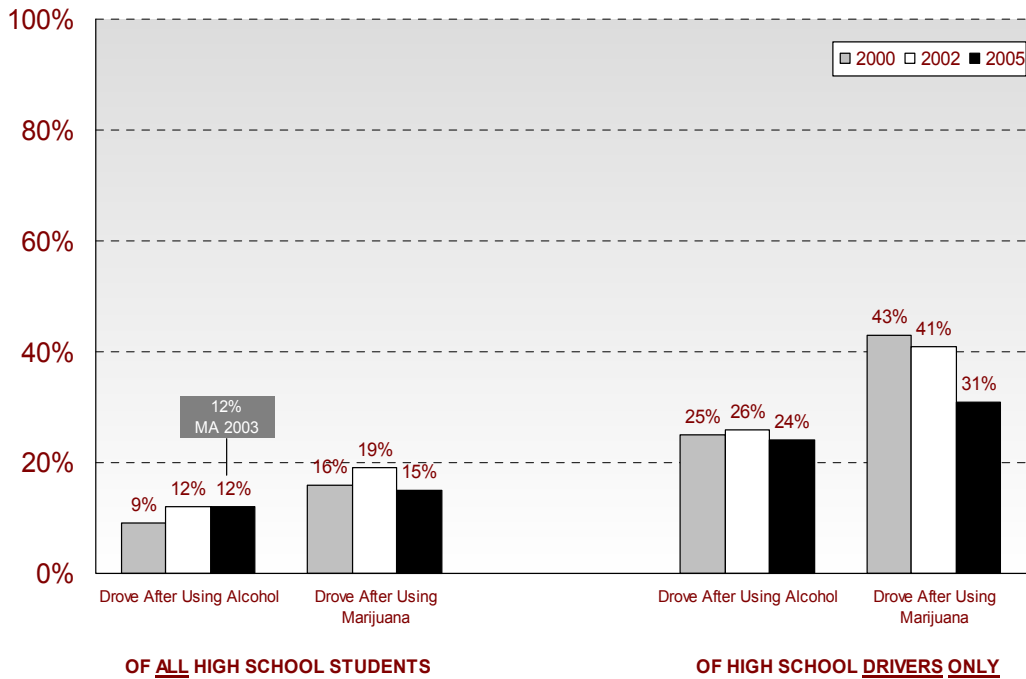
Trends in the Percent of Martha's Vineyard Middle and High School Students Who Rode With a Driver Who Was Using Alcohol or Marijuana in the Past 30 Days (2000, 2002, 2005)



SELECTED POINTS

- Eighteen percent (18%) of 2005 Martha's Vineyard middle school students and 32% of high school students reported riding with a driver who was using alcohol in the 30 days prior to the survey. Seven percent (7%) of middle school students and 36% of high school students reported riding with a driver who was using marijuana.
- **Trends:** Overall, there was an increase between 2002 and 2005 in the percentage of students who rode with drinking drivers, and a decrease in the percentage who rode with drivers using marijuana: *rode with driver using alcohol* (MS – 12%, 17%, 18%; HS – 28%, 23%, 32%), *rode with driver using marijuana* (MS – 5%, 9%, 7%; HS – 43%, 40%, 36%).
- **Comparisons:** 2005 Martha's Vineyard high school students (32%) were more likely than 2003 Massachusetts students (28%) to report riding with a driver who was using alcohol. The Massachusetts survey did not ask about riding with a driver who had been using marijuana. *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** In 2005, Vineyard females were generally more likely than males to report riding with impaired drivers: *rode with driver using alcohol* (MS – 17% males, 19% females; HS – 30%, 35%), *rode with driver using marijuana* (MS – 6% males, 8% females; HS – 36%, 35%).
- **Grade:** The percentage of respondents who reported each of these behaviors increased with age/grade between grades 6 and 12: *rode with driver using alcohol* (11%, 22%, 21%, 28%, 33%, 32%, 36%), *rode with driver using marijuana* (0.7%, 7%, 13%, 30%, 34%, 40%, 39%).

Trends in the Percent of Martha's Vineyard High School Students Who, in the Past 30 Days, Drove After Using Alcohol or Marijuana (2000, 2002, 2005)

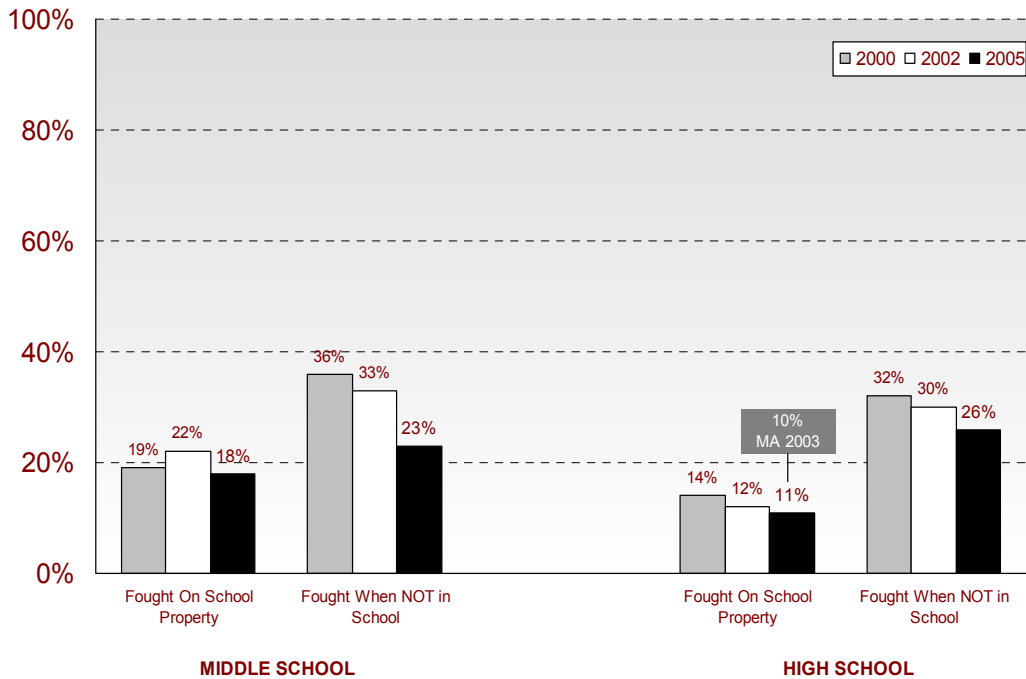


SELECTED POINTS

- Middle school students, a non-driving population, were not asked these questions.
- Twelve percent (12%) of all 2005 Martha's Vineyard high school students, or 24% of drivers, reported driving after using alcohol in the 30 days prior to the survey. Fifteen percent (15%) of all students (31% of drivers) reported driving after using marijuana.
- **Trends:** Overall, there was little change in driving after using alcohol between 2003 and 2005. There was, however, a decrease in driving after using marijuana. Between 2003 and 2005, the percentage of Vineyard high school students who reported driving after using marijuana decreased from 19% to 15% among all students and 41% to 31% among drivers only.
- **Comparisons:** 2005 Martha's Vineyard high school students (12%) were equally likely as 2003 Massachusetts students (12%) to report driving after using alcohol. The Massachusetts survey did not ask about driving after using marijuana, nor did that survey distinguish between drivers and non-drivers. *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** In 2005, there was little difference by gender in the percentage of Vineyard high school students who reported driving after drinking (All Students – 12% males, 12% females; Drivers Only – 24%, 25%). Males were more likely to report driving after using marijuana (All Students – 17% males, 13% females; Drivers Only – 33%, 29%).
- **Grade:** The percentage of respondents who reported each of these behaviors increased with age/grade between grades 9 and 12: *drove after using alcohol* (All Students – 2%, 3%, 20%, 25%; Drivers Only – N/A, 9%, 27%, 28%), *drove after using marijuana* (All Students – 3%, 7%, 26%, 27%; Drivers Only – N/A, 19%, 34%, 33%).

Violence and Safety

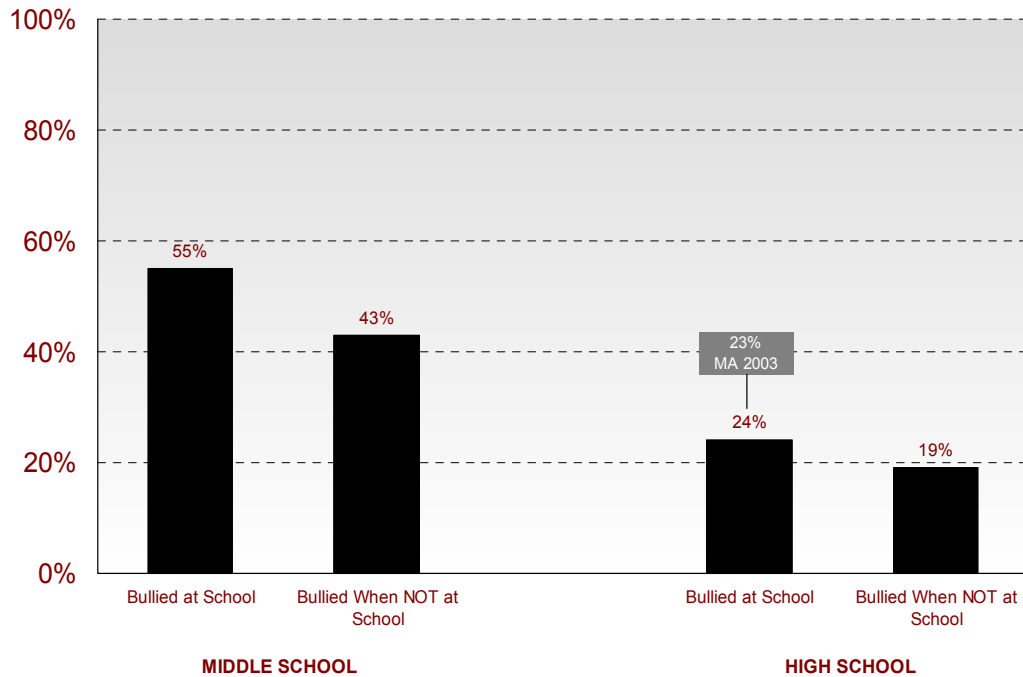
Trends in the Percent of Martha's Vineyard Middle and High School Students Who Were in a Physical Fight in the Past 12 Months (2000, 2002, 2005)



SELECTED POINTS

- Eighteen percent (18%) of 2005 Martha's Vineyard middle school students and 11% of high school students reported being in a physical fight *on school property* in the 12 months prior to the survey, compared to 23% of middle school students and 26% of high school students who reported fighting *when not in school*.
- **Trends:** The percentage of Vineyard students who reported physical fighting decreased between 2002 and 2005, continuing a general downward trend since 2000: *on school property* (MS – 19%, 22%, 18%; HS – 14%, 12%, 11%), *when not in school* (MS – 36%, 33%, 23%; HS – 32%, 30%, 26%).
- **Comparisons:** 2005 Martha's Vineyard and 2003 Massachusetts high school students reported similar rates of physical fighting *on school property* (11% Vineyard, 10% MA). The Massachusetts survey did not ask about fighting *when not in school*. MA data from the 2003 MA Youth Risk Behavior Survey
- **Gender:** In 2005, Vineyard males were much more likely than females to report physical fighting in any location: *on school property* (MS – 29% males, 7% females; HS – 17%, 4%), *when not in school* (MS – 35% males, 13% females; HS – 36%, 16%).
- **Grade:** The percentage of respondents who reported fighting *on school property* increased between grades 6 and 8 and then decreased (16%, 19%, 19%, 14%, 14%, 9%, 4%). Physical fighting *when not in school* increased between grades 6 and 10 and then decreased (21%, 25%, 25%, 25%, 30%, 24%, 27%).

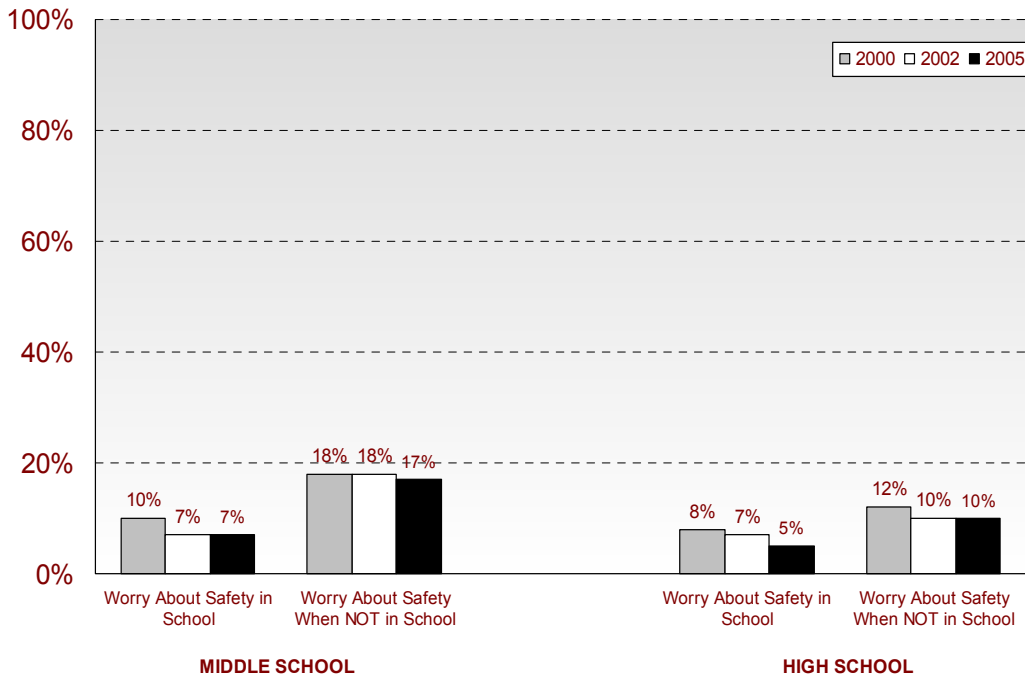
Percent of Martha's Vineyard Middle and High School Students Who Were Bullied in the Past 12 Months (2005)



SELECTED POINTS

- More 2005 Martha's Vineyard respondents reported being bullied or harassed *at school* (55% middle school, 24% high school) than *when not at school* (43% middle school, 19% high school) in the 12 months prior to the survey.
- **Trends:** Trend data are not available.
- **Comparisons:** 2005 Martha's Vineyard and 2003 Massachusetts high school students reported similar rates of being bullied *at school* (24% Vineyard, 23% MA). The Massachusetts survey did not ask about being bullied *when not at school*. *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** In 2005, Vineyard females were generally more likely than males to report being bullied: *at school* (MS – 49% males, 61% females; HS – 24%, 23%), *when not at school* (MS – 40% males, 45% females; HS – 16%, 21%).
- **Grade:** The percentage of respondents who reported being bullied in any location decreased with age/grade between grades 6 and 12: *at school* (62%, 55%, 49%, 29%, 27%, 22%, 13%), *when not at school* (44%, 39%, 44%, 18%, 24%, 18%, 12%).

Trends in the Percent of Martha's Vineyard Middle and High School Students Who Worry About Their Safety* (2000, 2002, 2005)



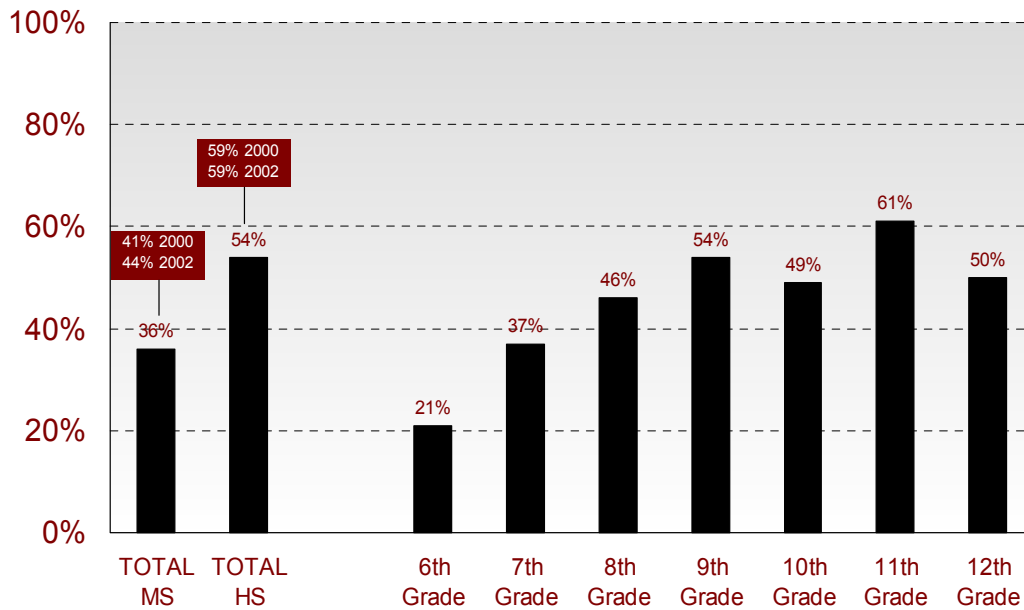
* Represents a combination of "somewhat worried" and "very worried" responses.

SELECTED POINTS

- 2005 Martha's Vineyard students in both middle and high school were less likely to report worrying about their safety *in school* (7% middle school, 5% high school) than *when not in school* (17% middle school, 10% high school).
- **Trends:** The percentage of Vineyard students who reported worrying about their safety showed little change between 2002 and 2005, with levels remaining below those for 2000: *in school* (MS – 10%, 7%, 7%; HS – 18%, 18%, 17%), *when not in school* (MS – 8%, 7%, 5%; HS – 12%, 10%, 10%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** In 2005, Vineyard females were generally more likely than males to report worrying about their safety, with the exception of high school males worrying more about their safety *in school*: *in school* (MS – 7% males, 8% females; HS – 7%, 4%), *when not in school* (MS – 12% males, 21% females; HS – 7%, 14%).
- **Grade:** With the exception of a jump between grades 6 and 7, the percentage of respondents who reported worrying about their safety decreased overall with age/grade between grades 6 and 12: *in school* (7%, 9%, 6%, 6%, 5%, 6%, 3%), *when not in school* (14%, 23%, 14%, 14%, 12%, 8%, 7%).

Mental Health

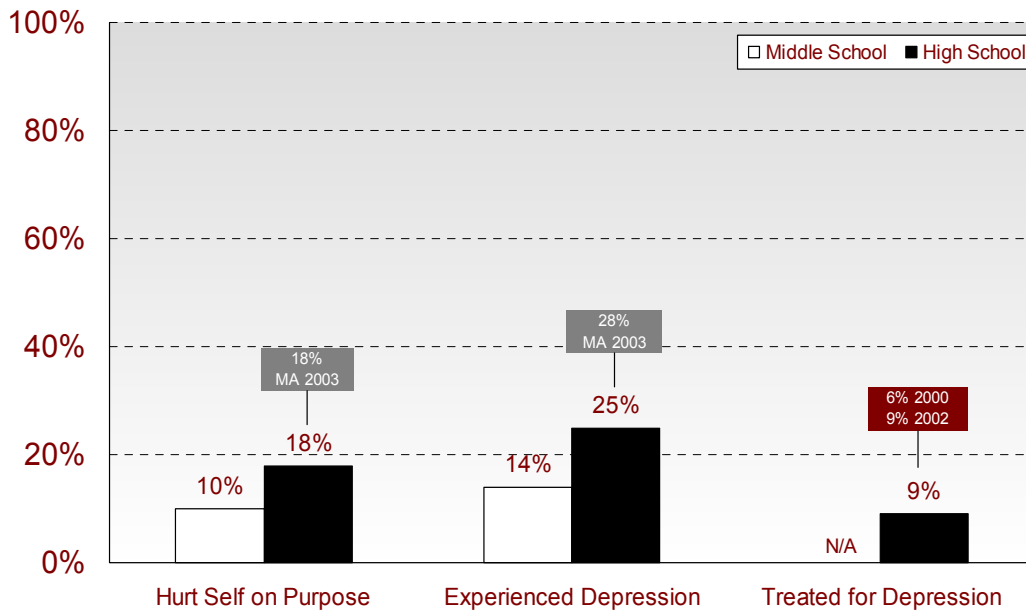
Percent of Martha's Vineyard Middle and High School Students Who Describe Their Lives as Stressful, Total and by Grade (2005)



SELECTED POINTS

- In 2005, 36% of Martha's Vineyard middle school students and 54% of high school students reported that they thought their life was stressful.
- **Trends:** Rates of perceived stress decreased between 2002 and 2005, with levels below those for 2000 (MS – 41%, 44%, 36%; HS – 59%, 59%, 54%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female 2005 Vineyard students were much more likely than males to report that their life was stressful (MS – 29% males, 42% females; HS – 42%, 66%).
- **Grade:** As displayed in the chart, the percentage of 2005 Vineyard respondents who reported that their life was stressful increased overall from the 6th to the 12th grade (21%, 37%, 46%, 54%, 49%, 61%, 50%). Students in grade 11 reported the highest rate of perceived stress.

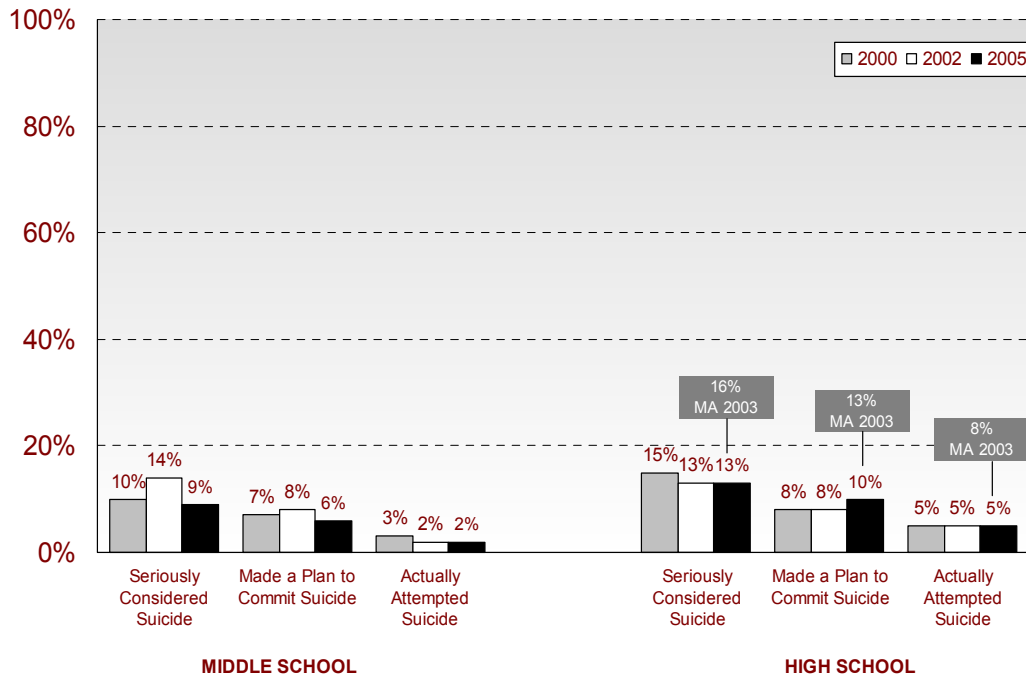
Self-Harm and Depression in the Past 12 Months Among Martha's Vineyard Middle and High School Students (2005)



SELECTED POINTS

- Ten percent (10%) of 2005 Martha's Vineyard middle school students and 18% of high school students reported *hurting themselves on purpose* in the 12 months prior to the survey. Fourteen percent (14%) of middle school students and 25% of high school students reported *experiencing depression* during the same period, while 9% of high school students reported being *treated for depression*.
- **Trends:** The rate of *treated depression* among Vineyard high school students showed no change between 2002 (9%) and 2005 (9%), with levels remaining above the 2000 rate of 6%. Trend data for other items are not available.
- **Comparisons:** 2005 Martha's Vineyard and 2003 Massachusetts high school students reported similar rates of *self-harm* (18% Vineyard, 18% MA) and *depression* (25% Vineyard, 28% MA). The Massachusetts survey did not ask about being *treated for depression*. *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** 2005 Vineyard female respondents were much more likely than males to report each of these issues: *hurt self on purpose* (MS – 4% males, 17% females; HS – 14%, 22%), *experienced depression* (MS – 9% males, 19% females; HS – 19%, 32%), *treated for depression* (MS – N/A; HS – 5% males, 12% females).
- **Grade:** The percentage of respondents who reported each of these mental health concerns tended to increase in the middle school years through grade 9 and then decrease slightly: *hurt self on purpose* (5%, 10%, 16%, 19%, 20%, 17%, 14%), *experienced depression* (11%, 15%, 16%, 27%, 24%, 27%, 22%), *treated for depression* (N/A, N/A, N/A, 10%, 6%, 10%, 7%).

Trends in Suicidal Ideation and Behavior in the Past 12 Months Among Martha's Vineyard Middle and High School Students (2000, 2002, 2005)

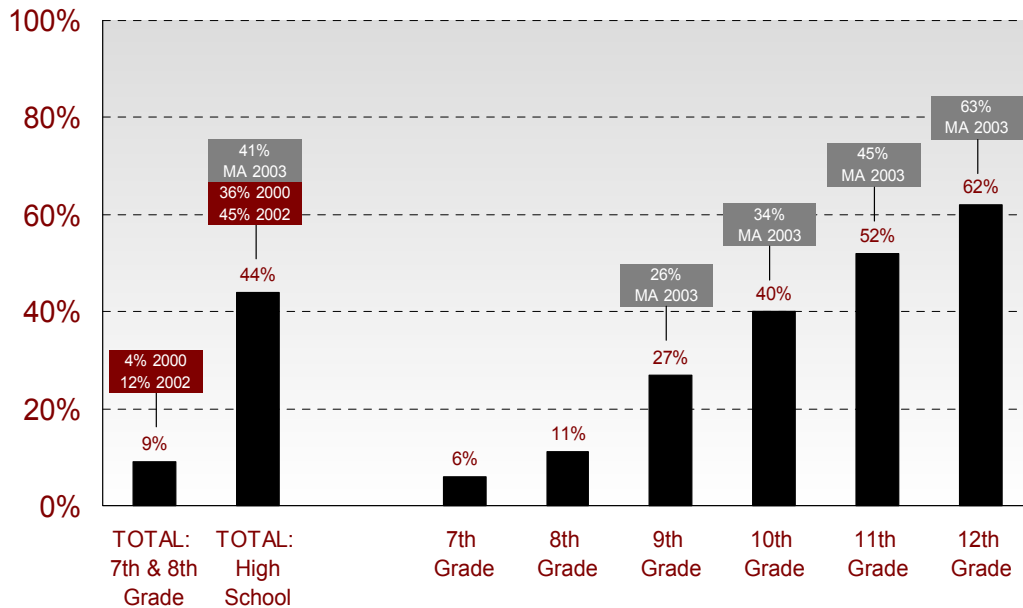


SELECTED POINTS

- Nine percent (9%) of 2005 Martha's Vineyard middle school students reported *seriously considering* suicide in the 12 months prior to the survey, while 6% *made a plan* to commit suicide, and 2% *actually attempted* suicide. High school rates were 13%, 10%, and 5% respectively.
- **Trends:** As displayed in the chart, 2005 rates of suicidal ideation and behavior among Vineyard middle and high school students remained at or below previous 2000 and 2002 levels, with the exception of an increase in the 2005 rate of *planning* among high school students (up to 10% in 2005 from 8% in both 2000 and 2002).
- **Comparisons:** Smaller percentages of 2005 Vineyard than 2003 Massachusetts high school students *seriously considered* suicide (13% Vineyard, 16% MA), *planning* suicide (10% Vineyard, 13% MA), and *attempting* suicide (5% Vineyard, 8% MA). *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** Vineyard females in both middle and high school were more likely than males to report suicidal ideation and behavior: *seriously considered* suicide (MS – 4% males, 13% females; HS – 9% males, 18% females), *made a plan* to commit suicide (MS – 1% males, 10% females; HS – 8% males, 14% females), *actually attempted* suicide (MS – 0% males, 3% females; HS – 3% males, 7% females).
- **Grade:** The percentage of respondents who reported these suicidal ideations/behaviors increased in the middle school years and then remained fairly consistent in the high school years: *seriously considered* suicide (4%, 10%, 12%, 14%, 14%, 12%, 10%), *made a plan* to commit suicide (4%, 5%, 8%, 11%, 11%, 11%, 8%), *actually attempted* suicide (0%, 2%, 2%, 3%, 5%, 6%, 5%).

Physical Health

Percent of Martha's Vineyard 7-8th Grade* and High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2005)

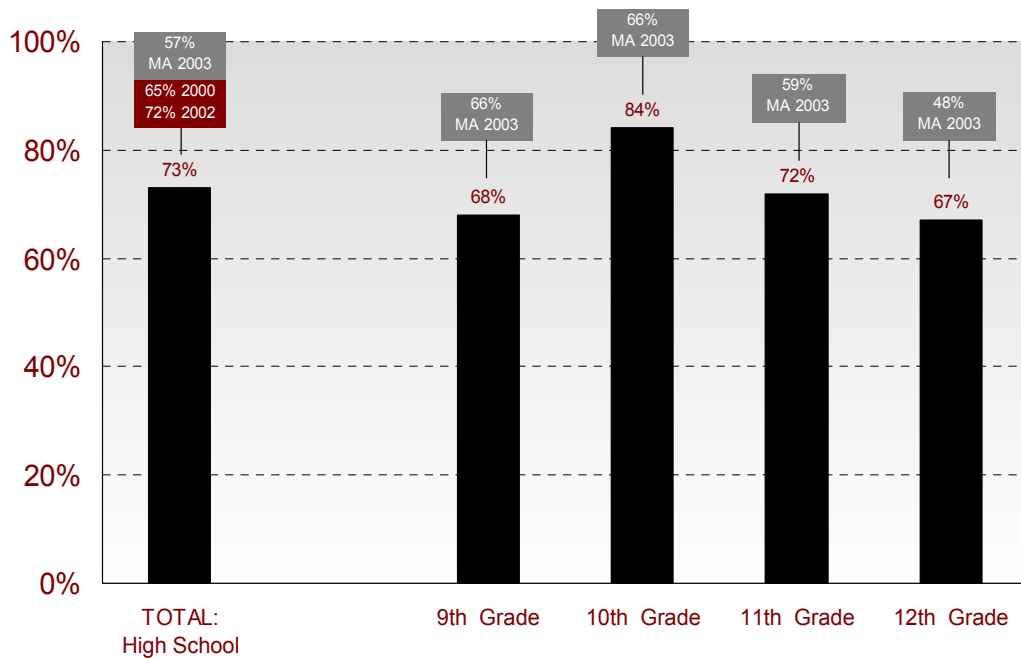


* 6th grade students were not asked questions concerning sexual behavior.

SELECTED POINTS

- In 2005, 9% of Martha's Vineyard 7th and 8th grade students and 44% of high school students reported ever having sexual intercourse. Sixth grade students were not asked questions concerning sexual behavior.
- **Trends:** There was a decrease between 2002 and 2005 in the percentage of both Martha's Vineyard 7th and 8th grade students and high school students who reported ever having sexual intercourse, although levels remain above initial 2000 averages (MS – 4%, 12%, 9%; HS – 36%, 45%, 44%).
- **Comparisons:** A larger percentage of 2005 Martha's Vineyard (44%) than 2003 Massachusetts (41%) high school students reported ever having sexual intercourse. This difference is consistent across virtually all grades (9th – 27% Vineyard, 26% MA; 10th – 40% Vineyard, 34% MA; 11th – 52% Vineyard, 45% MA; 12th – 62% Vineyard, 63% MA). *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** 2005 Martha's Vineyard male respondents were slightly more likely than females to report ever having sexual intercourse (7-8th Grade – 10% males, 9% females; HS – 45%, 42%).
- **Grade:** As displayed in the chart, the percentage of 2005 Vineyard students who reported ever having sexual intercourse increased from 6% in 7th grade to 62% in 12th grade.

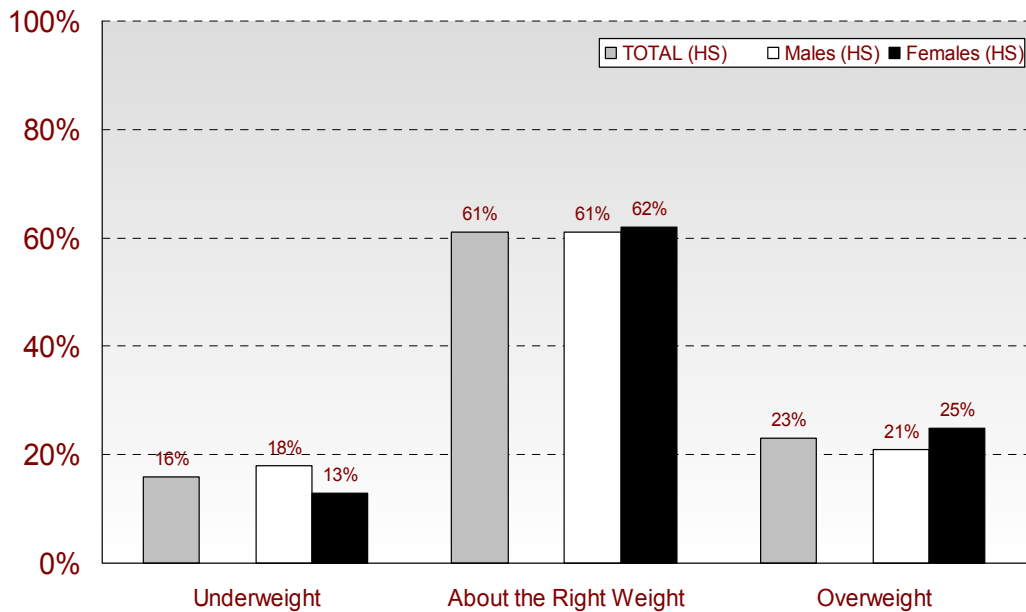
Percent of Sexually Active Martha's Vineyard High School Students Who Used a Condom The Last Time They Had Intercourse, Total and by Grade (2005)



SELECTED POINTS

- In 2005, 73% of sexually active Martha's Vineyard high school students reported that they or their partner used a condom the last time they had sexual intercourse.
- **Trends:** Reported use of condoms at last intercourse among Vineyard high school students increased from a rate of 65% in 2000 to 72% in 2002 and 73% in 2005.
- **Comparisons:** The reported use of condoms at last intercourse among 2005 Martha's Vineyard high school students was above the 2003 Massachusetts rate (73% Vineyard, 57% MA). This was true at every grade level: 9th (68% Vineyard, 66% MA), 10th (84% Vineyard, 66% MA), 11th (72% Vineyard, 59% MA), 12th (67% Vineyard, 48% MA). *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** 2005 Martha's Vineyard male high school students (79%) were more likely than females (67%) to report that they or their partner used a condom they last time they had sexual intercourse.
- **Grade:** Among 2005 Vineyard high school students, condom use increased from grade 9 to 10 and then decreased through the 12th grade (68%, 84%, 72%, 67%).

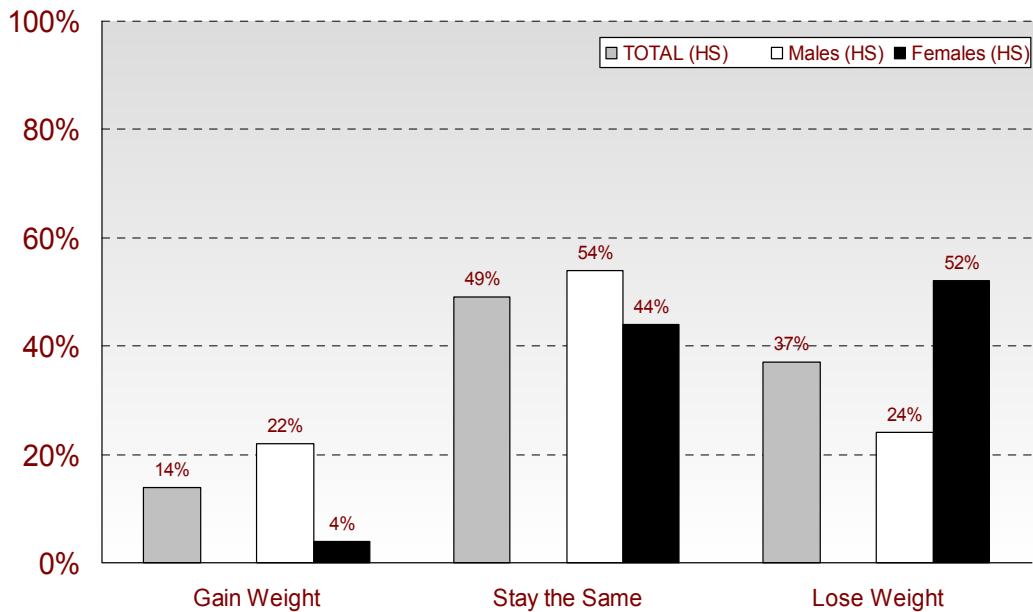
Perception of Body Weight Among Martha's Vineyard High School Students, Total and by Gender (2005)



SELECTED POINTS

- Sixteen percent (16%) of 2005 Martha's Vineyard high school students described themselves as *underweight*, 61% as *about the right weight*, and 23% as *overweight*.
- Eighteen percent (18%) of males and 13% of females described themselves as *underweight*, 61% of males and 62% of females as *about the right weight*, and 21% of males and 25% of females as *overweight*.
- **Trends:** There was no change between 2002 and 2005 in the percentage of Martha's Vineyard high school students who described themselves as *overweight* (23%), and this level remains below the 2000 rate of 26%.
- **Comparisons:** A smaller percentage of 2005 Vineyard (23%) than 2003 Massachusetts (31%) high school students described themselves as *overweight*. *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** As displayed in the chart, 2005 female Vineyard high school students were slightly more likely to describe themselves as *overweight* (21% males, 25% females), males were more likely to describe themselves as *underweight* (18% males, 13% females), and both were equally likely to describe themselves as *about the right weight* (61% males, 62% females).
- **Grade:** There was little difference in weight perception by age/grade, although 12th graders were more likely to describe themselves as *overweight* than their counterparts in other grades: *underweight* (17%, 14%, 16%, 15%), *about the right weight* (61%, 63% 64%, 57%), *overweight* (23%, 23%, 20%, 27%).

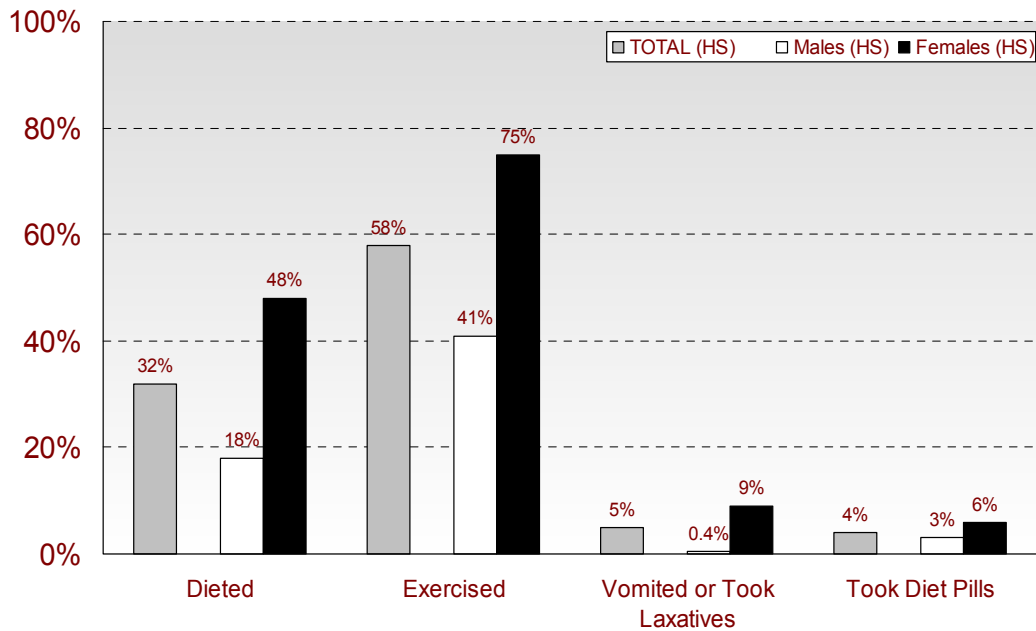
Current Weight Control Goal Among Martha's Vineyard High School Students, Total and by Gender (2005)



SELECTED POINTS

- Fourteen percent (14%) of 2005 Martha's Vineyard high school students reported that they were trying to *gain weight*, 49% that they were trying to *stay the same weight*, and 37% that they were trying to *lose weight*.
- **Trends:** There was no change between 2002 and 2005 in the percentage of Martha's Vineyard high school students who reported that they were trying to *lose weight* (37%), with levels remaining below the 2000 rate of 42%.
- **Comparisons:** A smaller percentage of 2005 Vineyard (37%) than 2003 Massachusetts (46%) high school students reported that they were currently trying to *lose weight*. MA data from the 2003 MA Youth Risk Behavior Survey
- **Gender:** Female students were much more likely to report trying to *lose weight* (24% males, 52% females) while males were much more likely to report trying to *gain weight* (22% males, 4% females) or *stay the same weight* (54% males, 44% females).
- **Grade:** With the exception of a slightly higher 9th grade rate, the percentage of 2005 Vineyard high school students reporting trying to *lose weight* remained fairly constant (41%, 36%, 36%, 35%).

Weight Loss/Maintenance Methods Used by Martha's Vineyard High School Students in the Past 12 Months, Total and by Gender (2005)



SELECTED POINTS

- Thirty-two percent (32%) of 2005 Martha's Vineyard high school students reported that they had *dieted* in the 12 months prior to the survey in order to lose or maintain their weight. Fifty-eight percent (58%) had *exercised* to do so, 5% had *vomited or taken laxatives*, and 4% had *taken diet pills*.
- **Trends:** The percentage of Vineyard high school students who reported *dieting* and *exercising* to control weight increased between 2002 and 2005, while the percentage who *took diet pills* decreased slightly and the percentage who *vomited or took laxatives* remained unchanged. Rates for 2000, 2002, and 2005 are as follows: *dieted* (29%, 30%, 32%), *exercised* (55%, 48%, 58%), *vomited or took laxatives* (3%, 5%, 5%), *took diet pills* (2%, 6%, 4%).
- **Comparisons:** Smaller percentages of 2005 Vineyard than 2003 Massachusetts high school students reported *vomiting or taking laxatives* (5% Vineyard, 6% MA) and *taking diet pills* (4%, 7%) to control their weight. Comparable MA data about *dieting* and *exercising* are not available due to reporting differences. *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** As displayed in the chart, female 2005 Vineyard high school students were much more likely than males to report using each of these weight loss methods.
- **Grade:** Differences in methods used by age/grade among 2005 Vineyard high school students were inconsistent: *dieted* (33%, 29%, 37%, 29%), *exercised* (59%, 53%, 62%, 54%), *vomited or took laxatives* (3%, 2%, 7%, 8%), *took diet pills* (4%, 2%, 5%, 6%).

Appendix A:

Selected Middle School Data Tables

2004-2005 MARTHA'S VINEYARD YOUTH RISK BEHAVIOR SURVEY
Alcohol, Tobacco, and Other Drug Use – Middle School (N≈447)

	TOTAL			GENDER		GRADE		
	2000 (542)	2002 (502)	2005 (447)	Females (230)	Males (215)	6 th (143)	7 th (134)	8 th (168)
LIFETIME (any use in lifetime)								
Cigarettes	25.4%	22.0%	9.3%	9.3%	9.3%	3.5%	7.5%	15.6%
Cigars	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smokeless Tobacco	2.2%	5.1%	1.4%	0.9%	1.9%	1.4%	2.3%	0.6%
Alcohol	36.9%	37.2%	29.1%	24.4%	33.8%	7.8%	26.0%	48.1%
Binge Alcohol Use (5 or more drinks in a row)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Marijuana	9.4%	16.1%	9.3%	5.7%	13.3%	0.7%	7.6%	17.9%
Cocaine	0.6%	2.8%	1.1%	0.9%	1.4%	0.0%	1.5%	1.8%
Inhalants	10.6%	11.7%	9.8%	9.6%	10.0%	5.0%	11.4%	12.5%
Hallucinogens ¹	1.5%	1.0%	1.1%	1.3%	0.9%	0.0%	0.8%	2.4%
Other Illegal Drugs ²	0.4%	3.0%	1.4%	1.3%	1.4%	0.0%	1.5%	2.4%
Ecstasy	N/A	2.2%	0.9%	0.4%	1.4%	0.0%	1.5%	1.2%
CURRENT (any use in past 30 days)								
Cigarettes	5.0%	6.4%	2.5%	2.2%	2.8%	0.0%	1.5%	5.4%
Cigars	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smokeless Tobacco	0.4%	1.4%	0.5%	0.0%	0.9%	0.0%	0.8%	0.6%
Alcohol	14.7%	18.3%	10.8%	10.7%	11.1%	0.7%	6.8%	22.7%
Binge Alcohol Use (5 or more drinks in a row)	3.9%	6.5%	4.7%	4.4%	5.2%	0.0%	1.5%	11.3%
Marijuana	1.7%	5.6%	3.4%	3.9%	2.8%	0.0%	2.3%	7.1%
Cocaine	0.2%	1.6%	0.7%	0.4%	0.9%	0.0%	0.8%	1.2%
Inhalants	2.8%	4.0%	2.5%	2.6%	2.4%	0.0%	3.8%	3.6%
Hallucinogens ¹	0.4%	0.2%	0.7%	0.4%	0.9%	0.0%	0.8%	1.2%
Other Illegal Drugs ²	0.0%	1.4%	0.2%	0.0%	0.5%	0.0%	0.8%	0.0%
Ecstasy	N/A	1.2%	0.7%	0.0%	1.4%	0.0%	1.5%	0.6%

¹ Respondents were asked about the use of hallucinogenic substances "such as LSD (acid), PCP, or mushrooms."

² Respondents were asked about "any other type of illegal drug such as ecstasy, speed, ice, or heroin."

2004-2005 MARTHA'S VINEYARD YOUTH RISK BEHAVIOR SURVEY
Violence and Safety – Middle School (N≈447)

	TOTAL			GENDER		GRADE		
	2000 (542)	2002 (502)	2005 (447)	Females (230)	Males (215)	6 th (143)	7 th (134)	8 th (168)
CARRIED A WEAPON¹ (30 days)								
On school property	4.4%	3.8%	2.5%	1.7%	3.3%	1.4%	1.5%	4.2%
When NOT in school	23.9%	22.8%	18.3%	8.7%	28.6%	14.2%	17.9%	22.2%
IN A PHYSICAL FIGHT (12 months)								
On school property	18.5%	21.6%	18.1%	7.0%	29.4%	15.7%	18.7%	18.8%
When NOT in school	35.8%	32.6%	23.4%	12.7%	34.7%	20.6%	24.6%	24.6%
BULLIED (12 months)								
At school	N/A	N/A	54.9%	60.8%	48.6%	61.7%	54.9%	49.1%
When NOT at school	N/A	N/A	42.9%	45.4%	39.6%	44.0%	39.1%	44.3%
SOMEWHAT/VERY WORRIED ABOUT SAFETY²								
In school	10.4%	6.8%	7.3%	8.0%	6.6%	7.2%	9.0%	6.0%
When NOT in school	17.5%	17.7%	16.5%	20.8%	12.1%	13.6%	23.1%	13.7%
SCHOOL ISSUES								
Stayed home in fear (30 days)	2.4%	1.8%	2.7%	2.6%	2.8%	3.5%	2.2%	2.4%

¹ Respondents were asked about "a weapon such as a knife, gun, or club".
² Represents a combination of "somewhat worried" and "very worried" responses.

2004-2005 MARTHA'S VINEYARD YOUTH RISK BEHAVIOR SURVEY
Miscellaneous – Middle School (N≈447)

	TOTAL			GENDER		GRADE		
	2000 (542)	2002 (502)	2005 (447)	Females (230)	Males (215)	6 th (143)	7 th (134)	8 th (168)
RIDING WITH A DRIVER WHO HAD BEEN DRINKING OR USING MARIJUANA								
Rode with drinking driver (30 days) - All students	12.2%	17.1%	18.2%	19.3%	16.7%	10.9%	21.5%	21.3%
Rode with driver using marijuana (30 days) - All students	5.0%	8.7%	7.1%	8.4%	5.7%	0.7%	6.9%	12.7%
USE OF SAFETY EQUIPMENT								
Never wear seatbelt as passenger	5.8%	4.0%	3.8%	1.7%	6.1%	0.7%	6.8%	4.2%
Never wore a bike helmet ¹	22.3%	25.2%	24.5%	21.9%	27.1%	14.4%	18.9%	38.0%
Never wore a skateboard helmet ¹	27.7%	24.0%	22.7%	23.7%	21.8%	5.6%	20.5%	40.6%
SELF-HARM, DEPRESSION, AND SUICIDE								
Hurt self on purpose (12 months)	N/A	N/A	10.4%	16.7%	3.7%	5.0%	9.7%	15.7%
Experienced depression (12 months)	N/A	N/A	14.0%	18.5%	9.3%	11.3%	15.0%	15.6%
Seriously considered suicide (12 months)	10.3%	13.9%	8.8%	12.9%	4.2%	3.5%	9.9%	12.0%
Made a plan suicide (12 months)	6.7%	8.2%	5.9%	9.7%	1.4%	3.6%	5.3%	7.8%
Attempted suicide (12 months)	2.6%	2.2%	1.6%	3.1%	0.0%	0.0%	2.3%	2.4%
SEXUAL BEHAVIOR (Grades 7 & 8 only)								
Ever had sexual intercourse	3.9%	12.1%	9.1%	8.6%	9.6%	N/A	6.2%	11.4%
Used a condom at last intercourse ²	50.0%	81.6%	65.2%	54.5%	75.0%	N/A	83.3%	58.8%
Ever forced to have intercourse	3.1%	2.7%	3.0%	4.0%	2.1%	N/A	1.5%	4.2%

¹ Of those who rode a bicycle/skateboard in the 12 months prior to the survey.
² Of those who ever had sexual intercourse.

Appendix B:

Selected High School Data Tables

2004-2005 MARTHA'S VINEYARD YOUTH RISK BEHAVIOR SURVEY
Alcohol, Tobacco, and Other Drug Use – High School (N≈628)

	TOTAL			2003 MA YRBS	GENDER		GRADE			
	2000 (515)	2002 (645)	2005 (628)		Females (305)	Males (321)	9 th (177)	10 th (151)	11 th (177)	12 th (117)
LIFETIME (any use in lifetime)										
Cigarettes	61.1%	53.7%	43.3%	53%	44.1%	42.6%	27.4%	43.0%	56.8%	47.0%
Cigars	44.4%	37.0%	37.9%	N/A	24.0%	50.9%	22.9%	40.9%	38.3%	55.6%
Smokeless Tobacco	10.7%	10.1%	8.0%	N/A	2.6%	13.1%	2.8%	6.6%	8.5%	17.1%
Alcohol	83.4%	80.1%	75.8%	75%	75.6%	75.9%	60.6%	77.7%	79.5%	90.5%
Binge Alcohol Use (5 or more drinks in a row)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Marijuana	60.9%	60.8%	54.7%	47%	49.5%	59.4%	40.9%	60.3%	58.0%	63.8%
Cocaine	7.0%	10.6%	6.9%	8%	6.9%	6.9%	2.3%	6.6%	8.0%	12.8%
Inhalants	12.1%	8.7%	8.3%	N/A	9.2%	7.6%	9.2%	10.0%	8.0%	6.0%
Hallucinogens ¹	23.3%	18.5%	11.7%	N/A	7.2%	15.4%	4.0%	12.0%	13.1%	19.7%
Other Illegal Drugs (including ecstasy) ²	15.0%	16.8%	7.5%	N/A	6.6%	8.4%	4.0%	7.3%	10.2%	9.4%
Ecstasy	N/A	13.7%	4.8%	9%	5.2%	4.4%	1.7%	4.7%	5.6%	8.6%
CURRENT (any use in past 30 days)										
Cigarettes	29.9%	19.6%	16.6%	21%	16.7%	16.5%	5.1%	15.9%	25.4%	22.2%
Cigars	14.6%	10.7%	16.7%	12%	7.6%	24.8%	9.7%	12.7%	18.3%	29.1%
Smokeless Tobacco	2.3%	2.3%	4.6%	4%	1.3%	7.8%	1.7%	4.0%	4.5%	10.3%
Alcohol	63.6%	57.7%	53.9%	46%	53.3%	54.1%	34.7%	57.3%	56.3%	74.1%
Binge Alcohol Use (5 or more drinks in a row)	44.2%	41.9%	39.4%	27%	36.2%	42.1%	19.9%	39.3%	45.7%	59.0%
Marijuana	43.2%	43.5%	37.9%	28%	35.5%	39.8%	33.0%	38.4%	40.9%	40.5%
Cocaine	2.1%	5.4%	3.7%	N/A	4.3%	3.1%	2.3%	3.3%	2.8%	7.7%
Inhalants	5.2%	2.2%	3.8%	N/A	5.6%	2.2%	5.1%	3.3%	4.5%	1.7%
Hallucinogens ¹	7.8%	5.3%	4.8%	N/A	3.0%	6.6%	2.8%	8.0%	3.4%	6.0%
Other Illegal Drugs (including ecstasy) ²	4.3%	6.2%	3.2%	N/A	3.0%	3.4%	1.7%	3.3%	4.0%	4.3%
Ecstasy	N/A	4.2%	1.8%	N/A	1.6%	1.9%	1.1%	2.7%	1.1%	2.6%

¹ Respondents were asked about the use of hallucinogenic substances "such as LSD (acid), PCP, or mushrooms."
² Respondents were asked about "any other type of illegal drug such as ecstasy, speed, ice, or heroin."

2004-2005 MARTHA'S VINEYARD YOUTH RISK BEHAVIOR SURVEY
Violence and Safety – High School (N≈628)

	TOTAL			2003 MA YRBS	GENDER		GRADE			
	2000 (515)	2002 (645)	2005 (628)		Females (305)	Males (321)	9 th (177)	10 th (151)	11 th (177)	12 th (117)
CARRIED A WEAPON¹ (30 days)										
On school property	8.8%	4.4%	3.6%	5%	2.3%	4.8%	3.5%	2.6%	2.3%	6.9%
When NOT in school	19.9%	16.1%	13.6%	N/A	4.3%	22.6%	15.6%	13.3%	11.4%	13.8%
IN A PHYSICAL FIGHT (12 months)										
On school property	14.4%	12.3%	10.6%	10%	3.9%	16.9%	13.6%	13.9%	9.1%	4.3%
When NOT in school	31.6%	29.7%	26.3%	N/A	15.8%	36.4%	25.1%	30.0%	24.3%	27.4%
BULLIED (12 months)										
At school	N/A	N/A	23.5%	23%	23.4%	23.6%	28.6%	27.3%	22.0%	13.0%
When NOT at school	N/A	N/A	18.5%	N/A	21.1%	16.0%	18.4%	24.0%	18.1%	12.0%
SOMEWHAT/VERY WORRIED ABOUT SAFETY²										
In school	7.6%	7.4%	5.4%	N/A	3.9%	6.9%	6.3%	5.3%	6.3%	3.4%
When NOT in school	12.1%	10.0%	10.3%	N/A	13.5%	7.3%	14.1%	11.9%	8.0%	6.8%
STAYED HOME FROM SCHOOL OUT OF FEAR FOR SAFETY (30 days)										
Stayed home from school because felt unsafe at or on way to/from school	4.3%	3.7%	2.8%	5%	3.0%	2.5%	2.3%	2.6%	2.8%	3.4%
DATING VIOLENCE										
Ever hurt physically and/or sexually by a date	N/A	N/A	6.8%	11%	11.2%	2.5%	5.9%	6.0%	8.6%	6.9%
Hurt <i>physically</i> only	N/A	N/A	2.9%	5%	4.6%	1.3%	2.9%	4.7%	2.3%	1.7%
Hurt <i>sexually</i> only	N/A	N/A	1.8%	3%	3.0%	0.6%	1.8%	0.0%	4.0%	0.9%
Hurt both <i>physically</i> and <i>sexually</i>	N/A	N/A	2.1%	3%	3.6%	0.6%	1.2%	1.3%	2.3%	4.3%

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

² Represents a combination of "somewhat worried" and "very worried" responses.

2004-2005 MARTHA'S VINEYARD YOUTH RISK BEHAVIOR SURVEY
Vehicle-Related Risk Behavior – High School (N≈628)

	TOTAL			2003 MA YRBS	GENDER		GRADE			
	2000 (515)	2002 (645)	2005 (628)		Females (305)	Males (321)	9 th (177)	10 th (151)	11 th (177)	12 th (117)
ALCOHOL-RELATED										
Rode with drinking driver (30 days) - All students	28.2%	23.3%	31.6%	28%	34.5%	28.9%	27.8%	33.3%	32.0%	35.9%
Drove after drinking (30 days) - All students	8.5%	11.9%	12.0%	12%	11.9%	11.7%	2.3%	3.3%	20.1%	25.0%
Drove after drinking (30 days) - Of those who drive	25.0%	26.3%	24.4%	N/A	24.5%	24.0%	- ¹	9.4%	26.9%	27.6%
MARIJUANA-RELATED										
Rode with driver using marijuana (30 days) - All students	42.6%	40.3%	35.5%	N/A	34.7%	36.2%	29.9%	34.4%	40.0%	38.5%
Drove after using marijuana (30 days) - All students	15.8%	19.2%	15.1%	N/A	13.3%	16.5%	2.9%	6.8%	26.1%	26.8%
Drove after using marijuana (30 days) - Of those who drive	43.1%	40.8%	31.0%	N/A	28.6%	32.9%	- ¹	18.5%	33.6%	33.3%
USE OF SEATBELTS										
Passenger - Never wear	7.0%	5.9%	2.1%	N/A	1.3%	2.8%	4.0%	2.0%	0.6%	1.7%

¹ Number of respondents too small to calculate percentage.

2004-2005 MARTHA'S VINEYARD YOUTH RISK BEHAVIOR SURVEY
Health and Mental Health – High School (N≈628)

	TOTAL			2003 MA YRBS	GENDER		GRADE			
	2000 (515)	2002 (645)	2005 (628)		Females (305)	Males (321)	9 th (177)	10 th (151)	11 th (177)	12 th (117)
SELF-HARM, DEPRESSION, AND SUICIDE										
Hurt self on purpose (12 months)	N/A	N/A	17.7%	18%	22.1%	13.5%	18.7%	20.1%	16.9%	13.8%
Experienced depression (12 months)	N/A	N/A	25.2%	28%	31.7%	19.1%	27.0%	24.0%	26.6%	22.2%
Seriously considered suicide (12 months)	15.0%	12.6%	12.9%	16%	17.5%	8.5%	14.3%	14.0%	12.4%	9.5%
Made a plan suicide (12 months)	8.4%	8.3%	10.4%	13%	13.5%	7.5%	11.4%	10.7%	10.7%	7.7%
Attempted suicide (12 months)	4.9%	5.1%	4.8%	8%	6.9%	2.8%	3.4%	4.7%	6.2%	5.1%
SEXUAL BEHAVIOR										
Ever had sexual intercourse	36.0%	44.9%	43.8%	41%	42.0%	45.2%	26.7%	39.9%	52.0%	61.7%
Had intercourse in past 3 months	26.0%	31.6%	32.4%	30%	33.0%	31.7%	16.3%	30.4%	39.5%	48.2%
Condom use at last intercourse ¹	65.4%	71.5%	73.2%	57%	66.7%	78.7%	68.2%	84.2%	72.4%	67.1%
Alcohol/drugs at last intercourse ¹	26.6%	33.8%	29.1%	25%	25.6%	32.6%	22.2%	22.8%	31.5%	36.6%
Ever been/gotten someone pregnant	2.9%	4.6%	2.3%	4%	3.3%	1.3%	1.2%	1.4%	2.3%	5.3%
Ever forced to have intercourse	3.1%	6.3%	4.1%	N/A	6.6%	1.6%	2.9%	1.4%	4.6%	7.7%
DIETARY BEHAVIOR TO LOSE OR MAINTAIN WEIGHT (30 days)										
Dieted	29.0%	29.6%	32.2%	N/A	47.5%	17.7%	33.1%	28.7%	36.5%	29.4%
Exercised	55.4%	47.6%	57.9%	N/A	75.3%	40.8%	59.3%	53.2%	62.0%	54.0%
Vomited or took laxatives	2.7%	5.3%	4.6%	6%	9.1%	0.4%	2.7%	2.2%	6.5%	7.6%
Took diet pills	2.3%	5.6%	4.2%	7%	6.0%	2.5%	4.0%	1.5%	5.2%	5.7%

¹ Of those who had sexual intercourse.

2004-2005 MARTHA'S VINEYARD YOUTH RISK BEHAVIOR SURVEY
Available Trend Data (1993, 2000, 2002, 2005) – High School

	TOTAL			
	1993 (415)	2000 (515)	2002 (645)	2005 (628)
SUBSTANCE USE				
Alcohol - lifetime	82.1%	83.4%	80.1%	75.8%
Marijuana - lifetime	43.1%	60.9%	60.8%	54.7%
Cocaine - lifetime	7.0%	7.0%	10.6%	6.9%
Hallucinogens - lifetime	19.3%	23.3%	18.5%	11.7%
SUICIDE				
Attempted suicide in the past 12 months	7.3%	4.9%	5.1%	4.8%
SEXUAL INTERCOURSE				
Ever had sexual intercourse	52.9%	36.0%	44.9%	43.8%