

Communities That Care Youth Survey 2018-19 Mansfield Public Schools Mansfield, MA

Completed by:

PRIDE SURVEYS

Total number of students surveyed: **826**

Grade Levels

- Number of 6th grade students surveyed: **250**
- Number of 8th grade students surveyed: **302**
- Number of 10th grade students surveyed: **274**

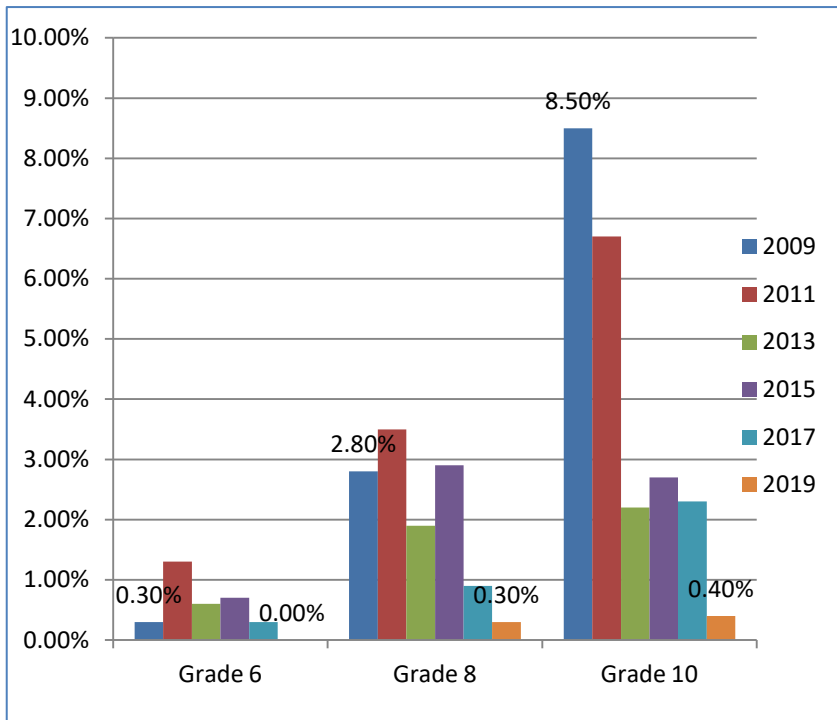
Communities That Care Youth Survey:
MPS has been using CTC for the past ten years to monitor student behavior and support programming decisions.

CTC measures *levels of substance misuse and behaviors* and identifies *risk and protective factors* that may predict behaviors such as substance misuse and other patterns.

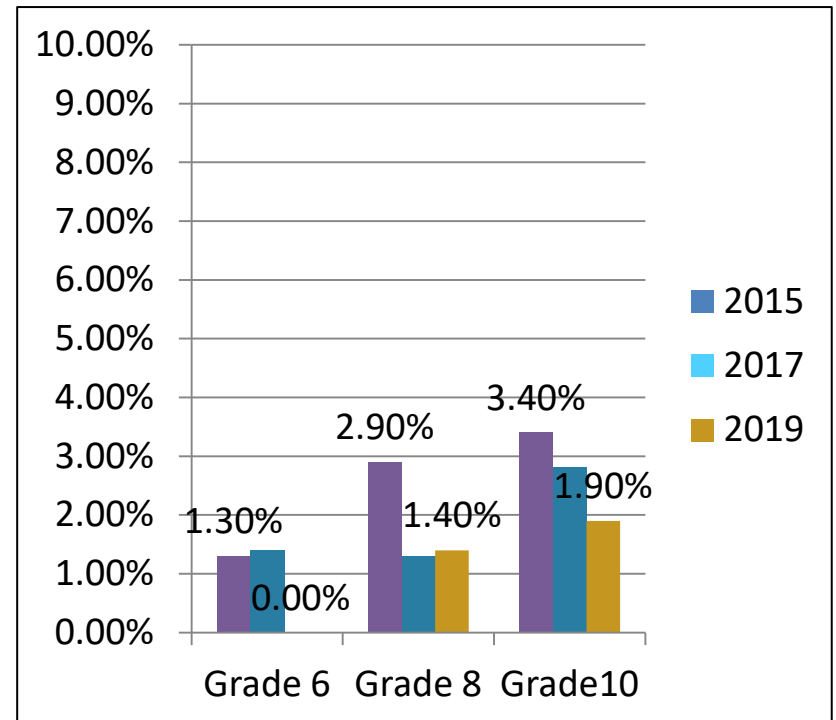
These slides will compare our local data with state data (MYRBS & MYHS) and national data (NIH & NYTS).

Over the past decade, our numbers remain similar in most survey questions but we are starting to see positive changes. Traditional cigarette use continues to trend downwards as well as misuse of prescription drug use.

Students Who Have Used Cigarettes in the Past 30 Days

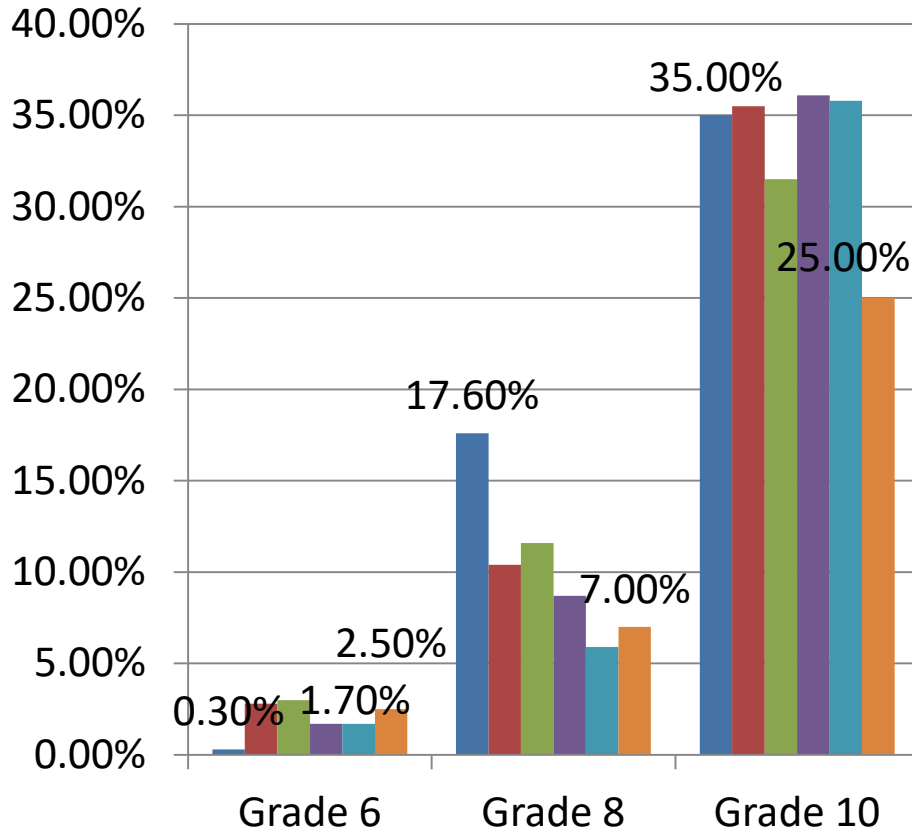


Students Who Have Misused Prescription Drugs in the Past 30 Days

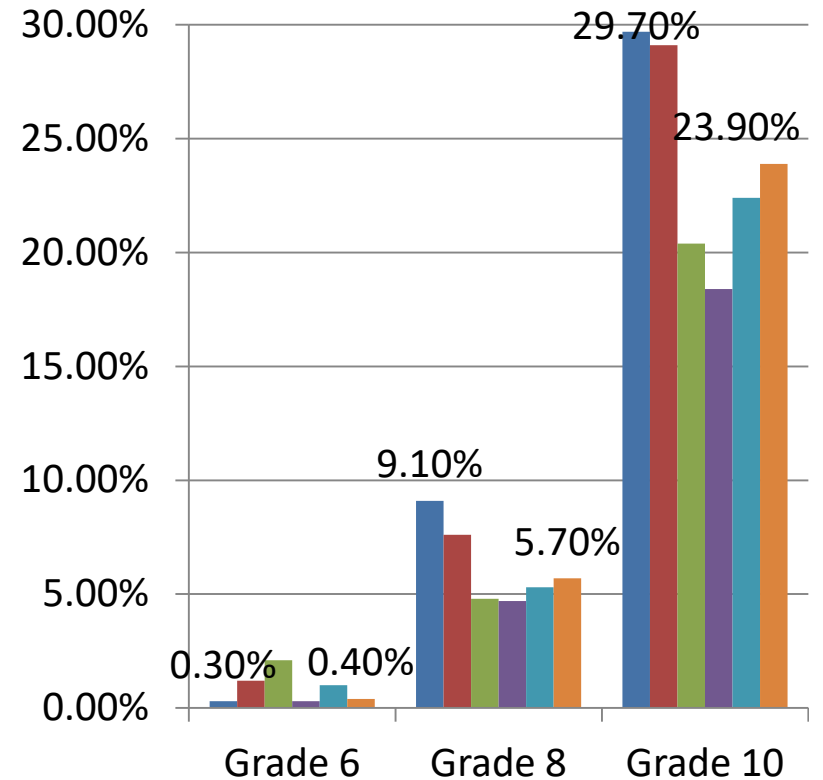


Data has been above 30% for one beverage in 30 days for 10th grade since 2009. 2019 data is much lower but intake is up slightly in 6th and 8th grade. Slight increase in marijuana use which has been slowly increasing since 2015

Students Who Have Used Alcohol in the Past 30 Days

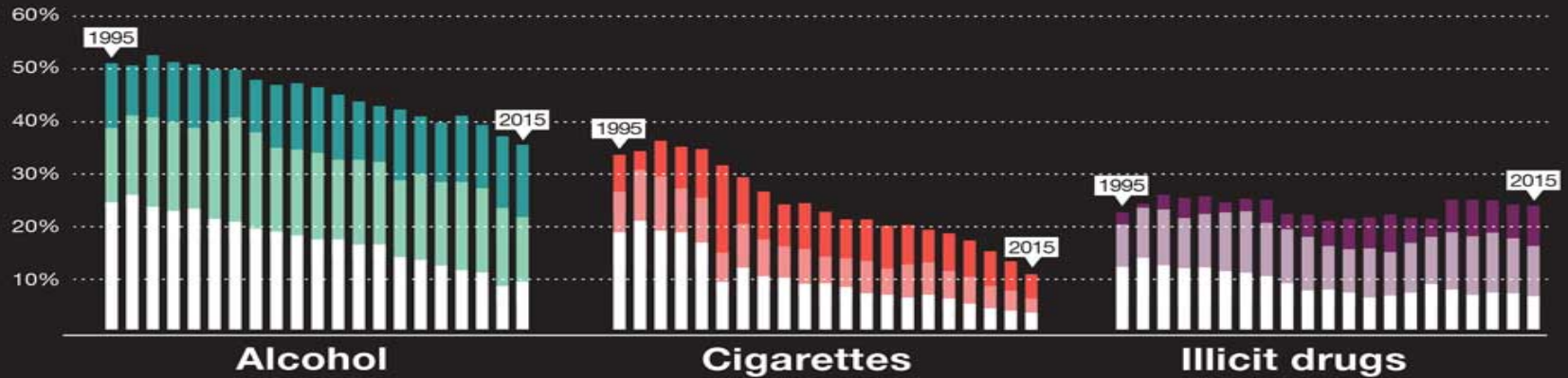


Students Who Have Used Marijuana in the Past 30 Days



LAST TWO DECADES OF ALCOHOL, CIGARETTE, AND ILLICIT DRUG USE*

*Past-month use



2015

- 35.3% OF 12TH GRADERS
- 21.5% OF 10TH GRADERS
- 9.7% OF 8TH GRADERS

- 11.4% OF 12TH GRADERS
- 6.3% OF 10TH GRADERS
- 3.6% OF 8TH GRADERS

- 23.6% OF 12TH GRADERS
- 16.5% OF 10TH GRADERS
- 8.1% OF 8TH GRADERS



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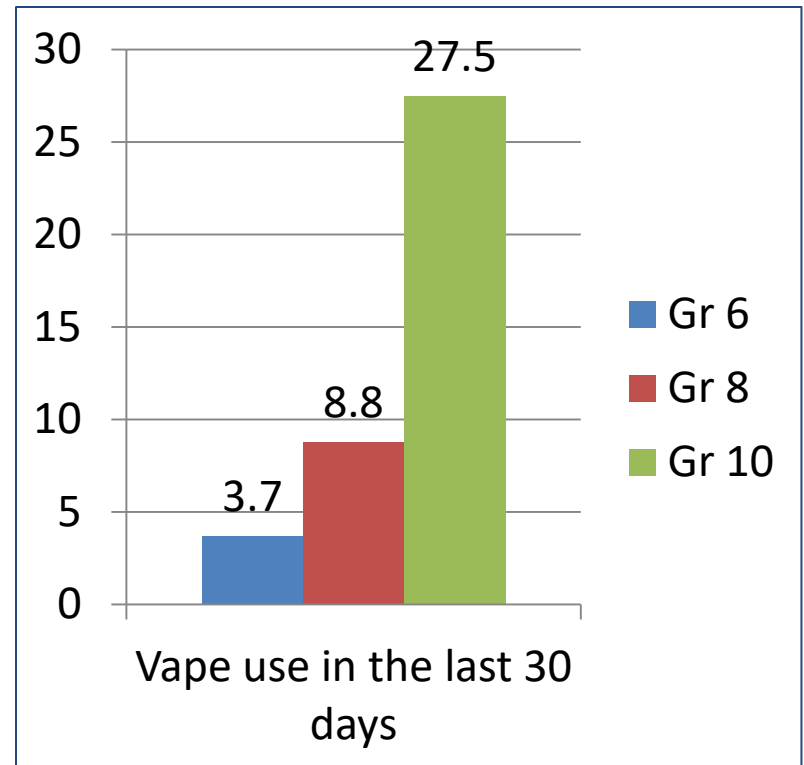
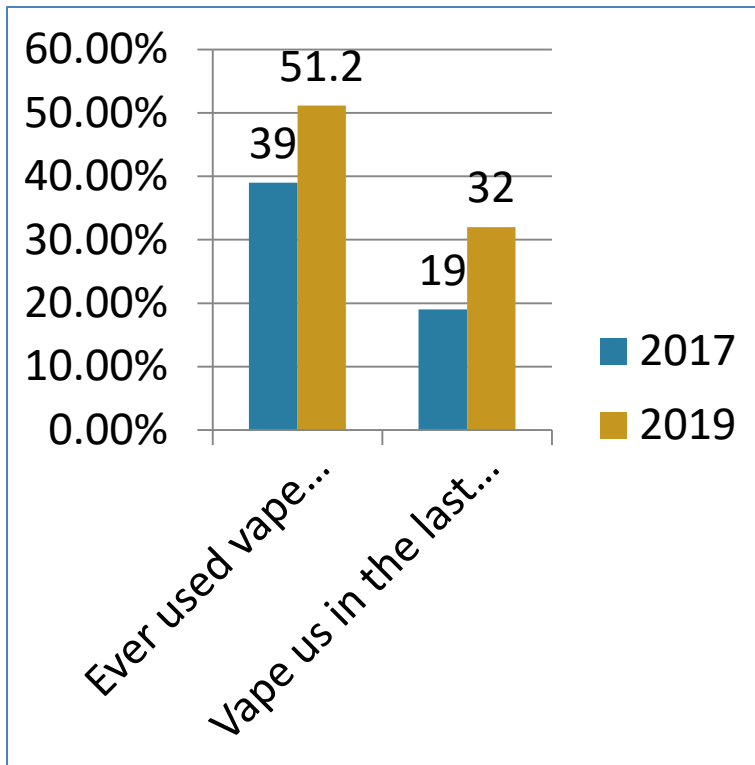
In 2017, Massachusetts YRBS (Youth Risk Behavior Survey), showed 29% of surveyed 10th graders had at least one drink of alcohol in the last 30 days. 2019 data regarding alcohol intake not yet available.

E-Cigarettes & Vape Products

During the past 30 days have you used vape products excluding marijuana?

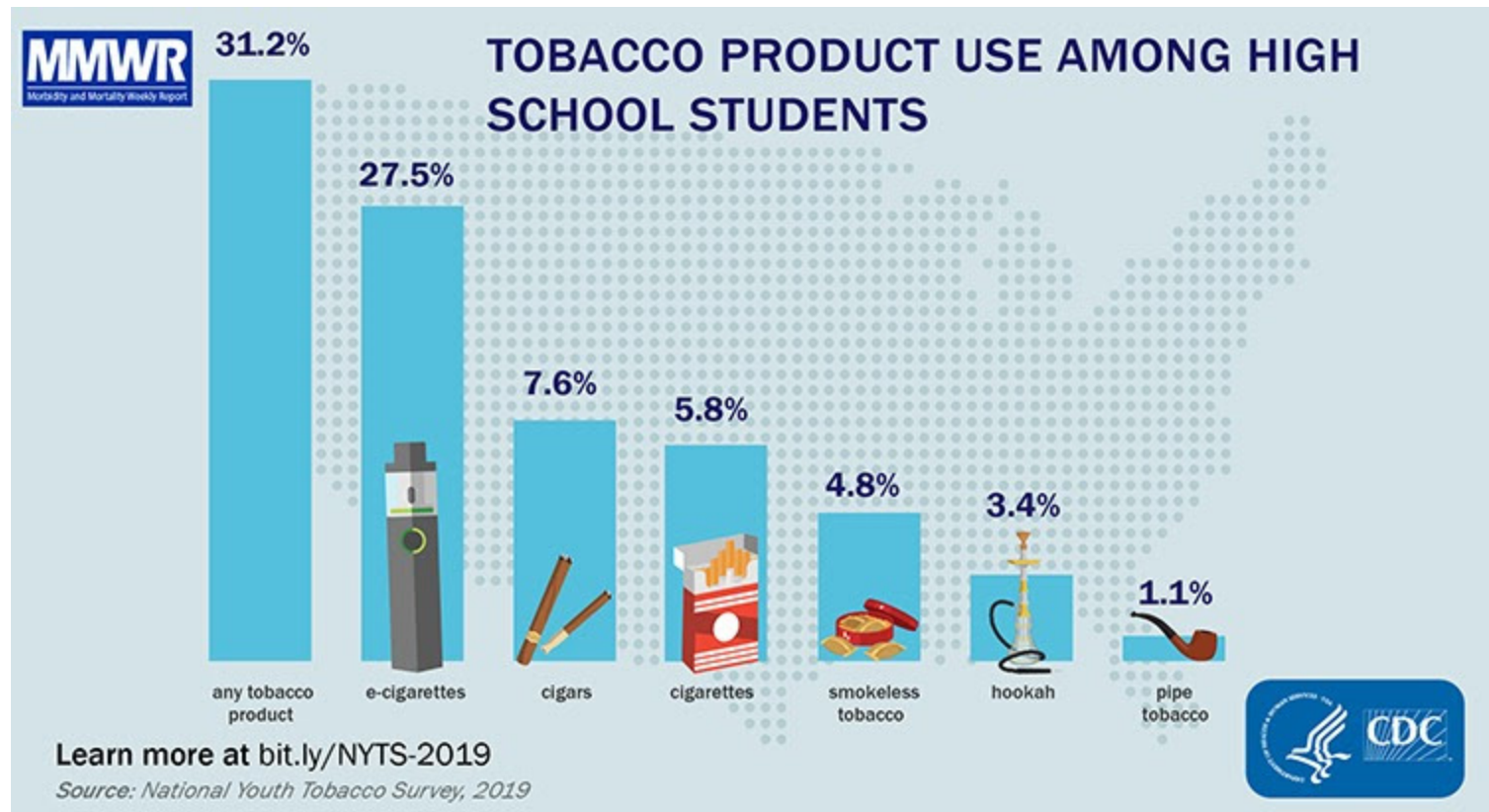
Data from the **2019 Massachusetts Youth Health Survey (MYHS)**, the percent of ALL high school students using vape products was at an all-time high.

Mansfield's CTC 2019 Data



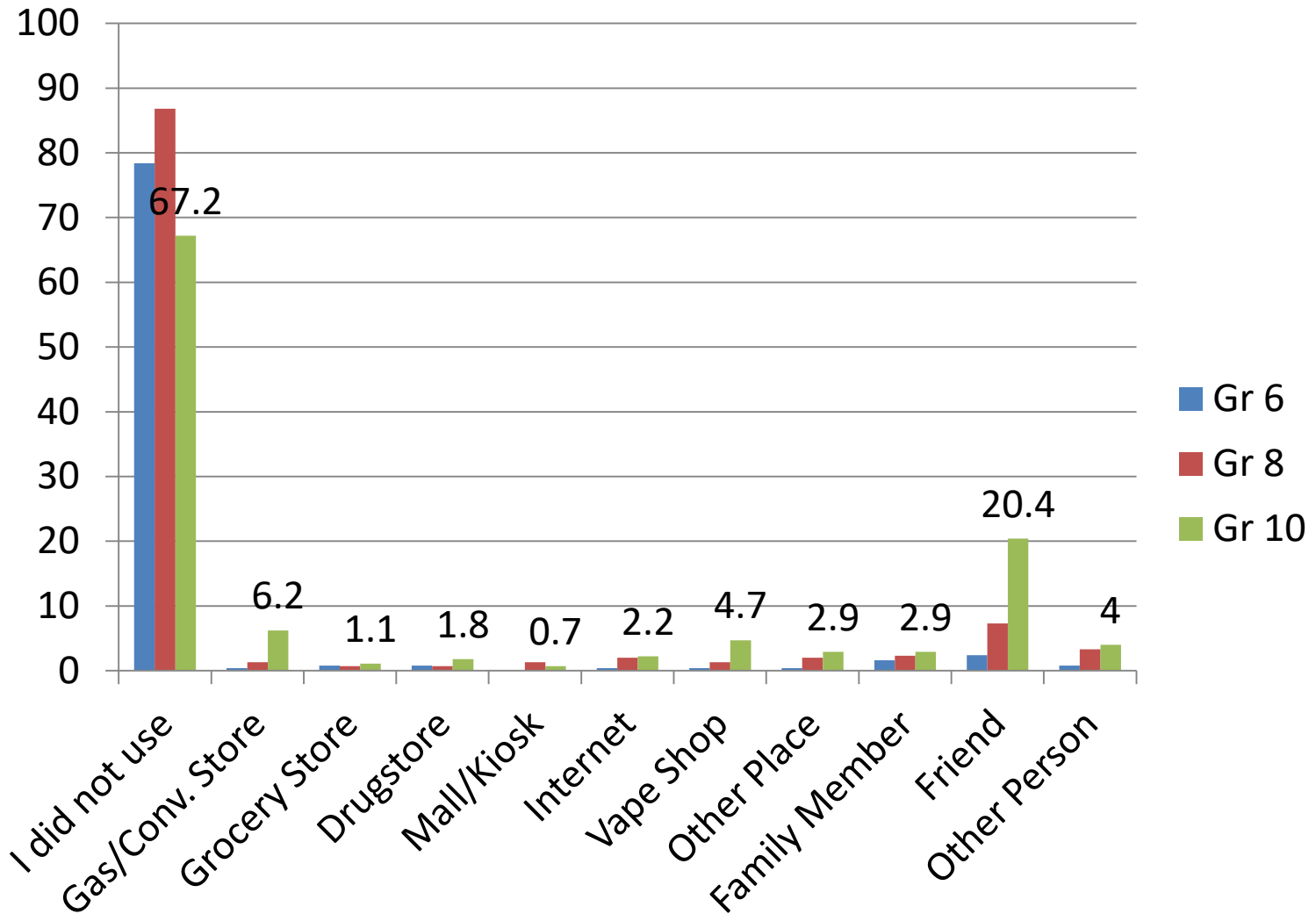
2019

National Youth Tobacco Survey (NYTS)

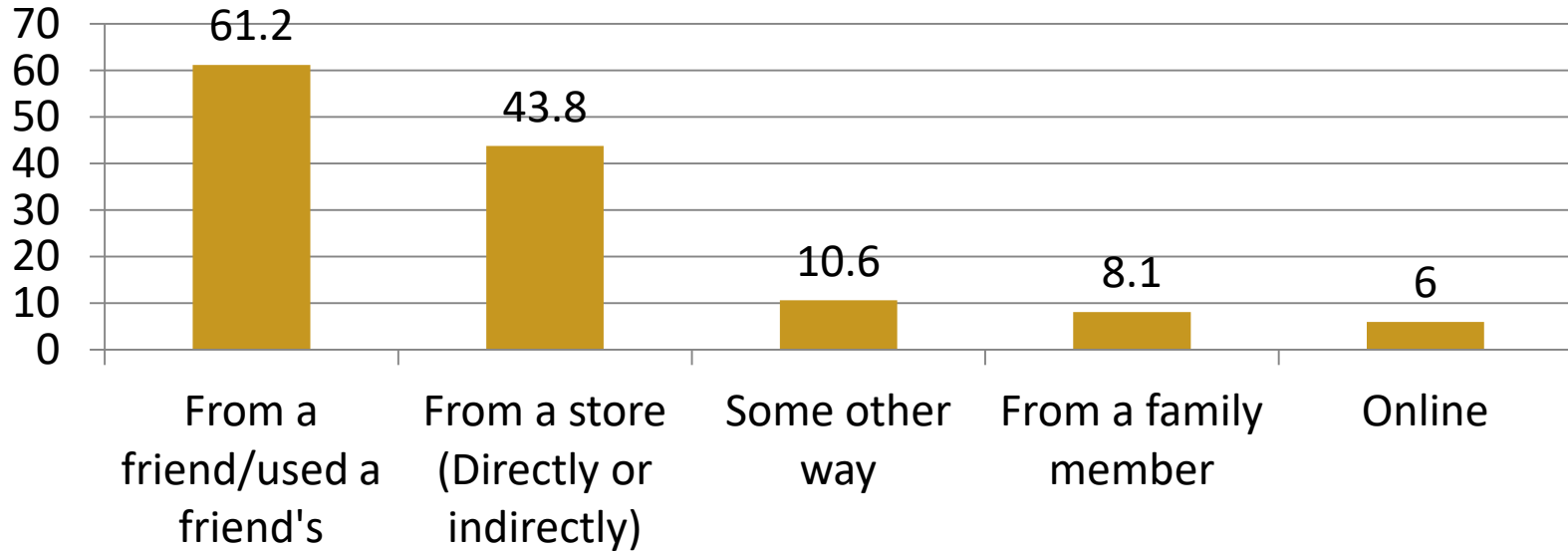


NYTS is the only nationally representative survey of U.S. middle and high school students that focuses exclusively on tobacco use patterns and associated factors.

During the past 30 days where did you get or buy vape products? (CTC)



Data from the 2019 Massachusetts Youth Health Survey (MYHS)



MYHS: 61.2% from friend/used friend’s. If purchased, nearly 44% of HS students reported obtaining their tobacco through their local retail outlet, either directly (from a store/vape shop) or indirectly (gave someone money to buy for them).

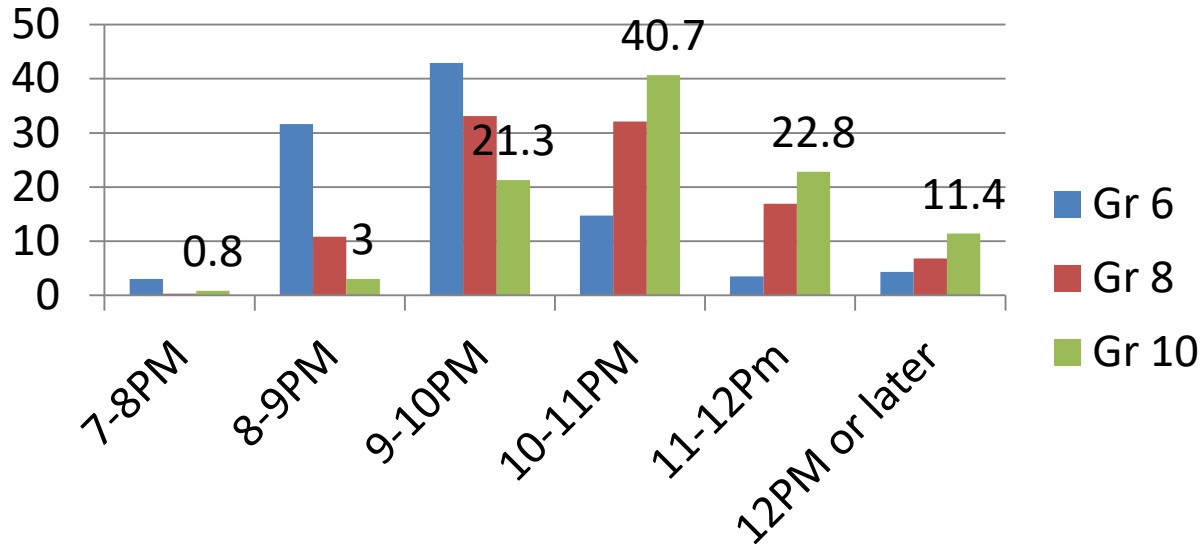
Mansfield CTC: (Grade 10) 20.4% from friend and 20.4% purchased from a store/vape shop (directly or indirectly)

According to the new State law, November 2019, flavored vaping materials not allowed to be sold at convenience stores. Disposable are exempt from federal law so could be attainable online.

Lifestyle Questions

Time To Sleep

On average school night, what time do you typically go to bed?



Amount of Sleep

- Grade 6: 64.6% get 8-10 hrs sleep
- Grade 8: 37.4% get 8-10 hrs sleep
- Grade 10: 20.1% get 8-10 hrs sleep

American Academy of Pediatrics recommends teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health.

Eating Breakfast

- Grade 6: **49.1%** eat breakfast every day, 9.1% do not eat breakfast
- Grade 8: **41.6%** eat breakfast every day, 13.4% do not eat breakfast
- Grade 10: **36.3%** eat breakfast every day, 16.4% do not eat breakfast

Hours of Homework

