



# Cambridge Teen Health Survey 2018

1,423 HIGH SCHOOL STUDENTS  
TOOK THE SURVEY IN APRIL 2018

The Cambridge Teen Health Survey has been taken anonymously by 9th, 10th, 11th, and 12th graders at the Cambridge Public Schools every even year since 1992. It is designed to gather information about some of the important issues affecting the health of youth in Cambridge, like substance use, mental health, violence, and safety. It can show whether there are important differences based on characteristics of students (such as grade or gender), how the issues have changed over time, and what kind of programs can be designed to help students address health related concerns. The THS is based on several national and statewide surveys and is conducted by the Cambridge Public Schools and the Cambridge Public Health Department, in collaboration with the Cambridge Department of Human Service Programs and Social Science Research and Evaluation, Inc.

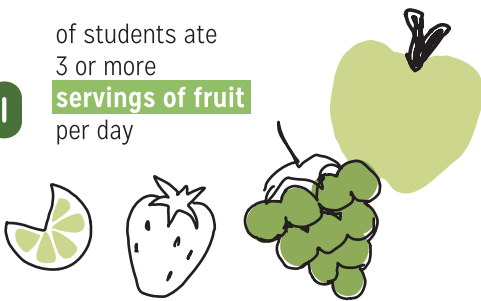


Visit us at [cambridgepublichealth.org](http://cambridgepublichealth.org) for full results and more information about this survey.

## HEALTHY EATING

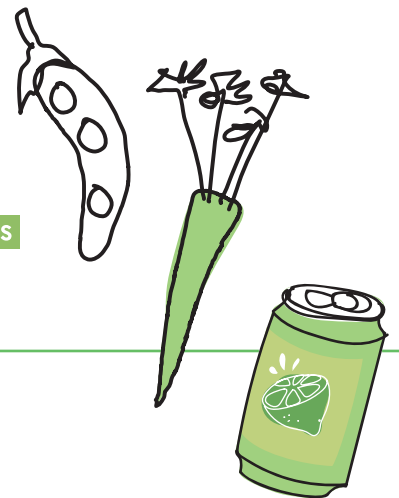
**26%**

of students ate  
3 or more  
**servings of fruit**  
per day



**60%**

of students ate  
2 or more  
**servings of vegetables**  
per day



**45%**

of students  
**ate breakfast**  
6 or 7 days  
per week



**82%**

of students  
**drank tap water**  
every day

**65%**

of students **drink one or fewer**  
**sodas or sugar sweetened**  
**beverages per day**

# ACTIVITIES & EXTRACURRICULARS

**57%**

of students  
read for fun in  
the past week



**81%**

of students spent 2 or more  
hours studying or doing  
homework on an average day



**53%**

of students did  
community  
service



**89%**

of students had family  
responsibilities, like  
chores or babysitting



**29%**

of students  
participated  
regularly in their  
faith community



**37%**

of students participated  
in music, band, choir,  
theater, or dance



**57%**

of students participated  
in an academic group,  
tutoring, club, or  
student government



# SOCIAL HEALTH & RELATIONSHIPS

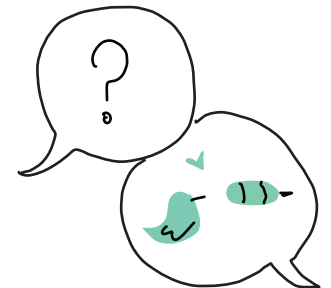
**88%**

of students reported  
feeling they have a  
parent or other adult  
they can talk to  
outside of school



**71%**

of students reported having  
3 or more close friends



**34%**

of students reported  
having talked to their  
parents about sex  
in the past 12 months

**65%**

of students have a teacher  
or adult in school they can  
talk to about a problem

# MENTAL HEALTH

Students reported the **top five things they worried about** fairly often or most of the time during the past year:

**37%**

(1) **Poor Grades**

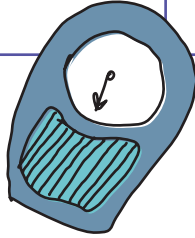


**36%**

(2) **Standardized tests**

**28%**

(3) **Weight**



**19%**

(4) **Arguing at home**

**16%**

(5) **Physical Health Problems**

**26%**

of students reported **feeling sad or hopeless** almost every day for at least two weeks in the past year



**16%**

of students have **physically hurt themselves on purpose**, thought about attempting suicide, or attempted suicide in the past year

# SUBSTANCE USE

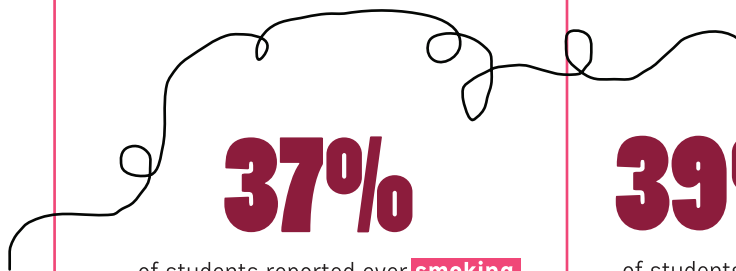
**50%**

of students reported ever **drinking alcohol**



**37%**

of students reported ever **smoking cigarettes or e-cigarettes**



**39%**

of students reported ever **trying marijuana**



**38%**

of students said their friends would think it was **wrong for them to drink alcohol**



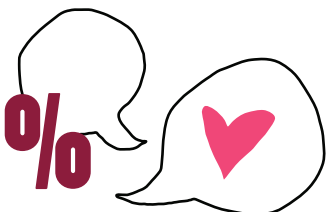
**81%**

of students said that their **parents' opinion is important** to them when deciding whether to try alcohol or other drugs



**42%**

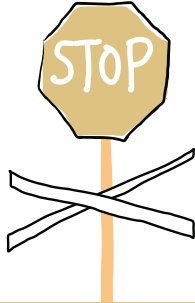
of students talked to their parents about drugs and alcohol and said **it was helpful**



# VIOLENCE & SAFETY

9%

of students reported **witnessing violence** in their neighborhoods

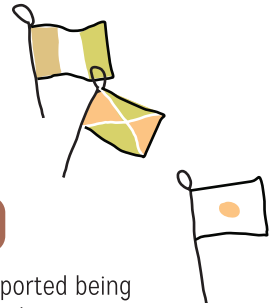


14%

of students reported being **bullied** while in school

11%

of students reported being treated unfairly because of **race or ethnicity**



21%

of students reported being **sexually harassed** (verbally or physically) at school



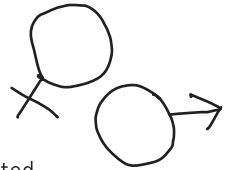
8%

of students reported being **bullied electronically**



7%

of students reported being treated unfairly because of **gender**



# ACTIVE LIVING

43%

of students **exercised** to strengthen or tone their muscles at least 3 days per week



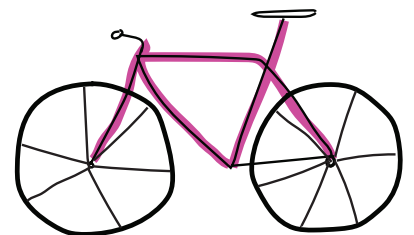
60%

of students **participated in a physical activity** for a total of at least 60 minutes a day on at least 3 days per week



41%

of students got to school by **walking or biking**



57%

of students participated in **sports**

