

Greater Worcester 2017 High School Regional Youth Health Survey - Summary

The purpose of the Greater Worcester RYHS is to learn about youth health by surveying youth about safety, violence, substance use, nutrition, physical activity, mental health, and other health related topics. Every two years, the Greater Worcester RYHS is administered to middle and high school students in the City of Worcester, Massachusetts and surrounding towns by the Worcester Division of Public Health and the UMass Worcester Prevention Research Center.

The 2017 High School Regional Youth Health Survey was conducted with 8,401 youth from the following towns of the Central Massachusetts Regional Public Health Alliance (CMRPHA):

- Grafton
- Millbury
- Leicester
- Shrewsbury
- Worcester

For more information and additional reports, visit www.umassmed.edu/prc/youth-data

Healthy Eating and Food Security

In the past week...

33%

of students ate **breakfast** everyday



24%

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



22%

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



20%

Drank **sugar-sweetened beverages** at least once per day



10%

of students **were hungry and didn't eat** because there wasn't enough money for food in the house



Violence and Safety

During the past year...

2%

of students carried a **weapon** on school property



5%

of students were **threatened or injured** with a weapon on school property



16%

of students were in a **physical fight**

12%

of students were **electronically bullied**



5%

of students were **physically hurt** by someone in the family

5%

of students **witnessed violence** in the home

13%

of students were **bullied** on school property



Mental Health

In the past year...

28%

of students felt **sad or hopeless** almost every day for at least two weeks



15%

of students **seriously considered attempting suicide**



2%

of students **attempted suicide** and had to be treated by a doctor or a nurse

13%

of students **hurt or injured themselves on purpose**, but without wanting to die

Top three reported issues among youth were:

54%

Stress



12%

Peer pressure and relationships



8%

Bullying



Substance Use

8%

of students have tried smoking a **regular cigarette**

4%

of students have tried a **non-flavored cigar**

5%

of students have tried a **flavored cigar**

13%

of students have tried a **non-flavored e-cigarette**

16%

of students have tried a **flavored e-cigarette**

2%

of students have tried **chewing tobacco**

44%

of students have ever had at least **one drink of alcohol**

31%

of students have tried **marijuana**

5%

of students have tried **synthetic marijuana**



Physical Activity and Sedentary Behavior

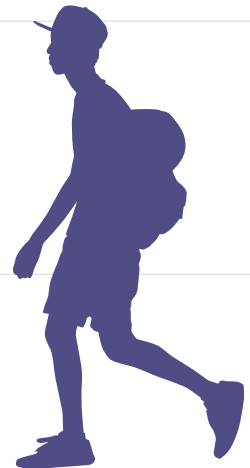
64%

of students were **physically active** for a total of 60 minutes a day on at least 3 days



28%

of students **walked or rode a bike to school** one or more times in an average week



80%

of students spent **two hours or more in front of a screen** for activities other than school on an average school day



Discrimination

In the past 30 days...

7%

of students were **treated unfairly** in a negative way, were prevented from doing something or were made to feel bad about themselves because of their **sexual orientation or gender identify**

12%

of students were **treated unfairly** in a negative way, were prevented from doing something or were made to feel bad about themselves because of their **race, ethnicity or color**

Access to Care

85%

of students **visited a primary care doctor** for a routine check-up in the past 12 months



healthycentralma.com
[@WorcesterDPH](https://twitter.com/WorcesterDPH)



umassmed.edu/prc/
[@umwprc](https://twitter.com/umwprc)

