Data Highlights

Reading Youth Risk Behavior Survey

2015

October 19, 2015
School Committee Meeting
Erica McNamara, MPH
RCASA Director
SUMMARY

01 02 03 04
Overview Process Highlights Questions
Massachusetts

Leads the nation in the lowest rate of teen deaths

Health Insurance
Healthcare Access
Injury Prevention
Alcohol Policy Graduated Licensing
MOST LOCAL TEENS
MADE HEALTHY DECISIONS

MORE LOCAL TEENS
TRUSTED AN ADULT IN SCHOOL

MORE LOCAL TEENS
ACCESS MENTAL HEALTH SUPPORT

MORE LOCAL TEENS
AVOIED HARM
Historical Context

Higher risk of harm during adolescence

Pubertal Changes

Brain Development

Onset of Mental Illness & Substance Misuse

Unsafe Sexual Activity
2014 Stress in America Survey

Respondents from the East Coast reported higher levels of stress.

Millennials reported higher stress levels than other generations.

Teens that got more sleep reported lower stress levels.

Leading Causes of Death (5-yr rank)

10-14 years old

1. Malignant Neoplasms
   8 deaths per year

2. Unintentional Injuries
   5 deaths per year

3. Suicide
   3 deaths per year

15-19 years old

1. Unintentional Injuries
   51 deaths per year

2. Suicide
   24 deaths per year

3. Homicide
   22 deaths per year

“Youth health data is necessary for local, state and federal funding for prevention, education and treatment services. Reading is required as part of its state and federal funding to collect and report this data.”

-CDC and Reading YRBS
The Youth Risk Behavior Survey

CDC National Survey

monitors priority health behaviors of middle and high school Students in U.S./territories on a biannual basis.

2.6 million
From 1991-2013, 1,100 CDC surveys were conducted involving millions of students.

50,000
9,300+ MA students participates biannually.

10,000
Reading conducts the survey every 2 years.

Comparison data in this presentation represents thousands of local surveys from 2005-2015.
The Survey Process

District procured new consultant

Developed Questionnaire & Parent Binder

Survey letter released to parents

Parent Binder Survey Review

H.S. Survey collection conducted in the winter of 2015

Scantrons provided to Rothenbach Consulting

Rothenbach conducted data cleaning, analysis and delivered summary reports.

Preliminary results review

Cross-tabs and additional data requested.
Suicidality Rationale

Excerpt from CDC Item Rationale document:

Suicide is the third leading cause of death among youth aged 15–19 years.\(^1\) The suicide rate for persons aged 15–19 years was 7.5 per 100,000 in 2010.\(^1\) A prior suicide attempt \(^{(2,3)}\) is one of the most significant risk factors for a suicide fatality.

- Among high school students nationwide in 2013, 30% felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing some usual activities.\(^4\)
- Among high school students nationwide in 2013, 17% had seriously considered attempting suicide, 14% had made a plan about how they would attempt suicide, and 8% had attempted suicide one or more times during the 12 months before the survey.\(^4\)
- The percentage of students who seriously considered attempting suicide decreased during 1991–2009 (29%–14%) and then increased during 2009–2013 (14%–17%).\(^4\)
- The prevalence of having made a suicide plan decreased from 1991–2009 (19%-11%) and then increased from 2009–2013 (11%-14%).\(^4\)
High School Survey Sample n=1,057

By Grade

Grade 9: 24%
Grade 10: 31%
Grade 11: 24%
Grade 12: 22%

By Gender

Female: 75%
Male: 22%
Other response: 3%
Reported sexual orientation

Which of the following best describes you?

- **Not sure**:
  - Male: 4%
  - Female: 3%
  - All: 5%

- **Bisexual**:
  - Male: 3%
  - Female: 6%
  - All: 5%

- **Gay or Lesbian**:
  - Male: 4%
  - Female: 3%
  - All: 4%

- **Straight**:
  - Male: 90%
  - Female: 88%
  - All: 87%
Understanding Comparison Samples

State/national data lag typically 1-2 years behind local data

Nicotine Product Comparison

Ever used cigarettes
Recent cigarette use
Recent smokeless tobacco
Recent cigar use
E vapor

Reading 2015  U.S. 2013  MA 2013
Risk taking behavior does not occur in isolation

Many of the surveyed behaviors are co-occurring, clustered, or multiple in form. There is a growing body of research on which behaviors typically align and interventions that address multiple areas. However, this survey is structured by individual topic.
Data was analyzed across risk categories:

On average, 13% of local high school youth reported risky behavior.

The risk behaviors reported with the most frequency in each category included:

- Nicotine use
- Underage drinking/marijuana use
- Depressive symptoms
- Fasting
- Seriously considered suicide
Risk by Age

9th grade

- Lower rate of substance use, sexual activity, indoor tanning use
## Risk by Age (Grade 12)

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lifetime substance use</strong></td>
<td>Higher rate of prevalence compared to 9-11th grades.</td>
</tr>
<tr>
<td><strong>Past 30-day substance use</strong></td>
<td>Higher rate with the exception of e-vaping (11th grade rate slightly higher)</td>
</tr>
<tr>
<td><strong>Auto Safety</strong></td>
<td>Higher rate of driving drug-impaired &amp; texted/emailing while driving</td>
</tr>
<tr>
<td><strong>Body &amp; Dieting</strong></td>
<td>Higher prevalence of trying to lose weight, using diet pills/powders &amp; vomiting/laxative use.</td>
</tr>
<tr>
<td><strong>Physical Activity &amp; Health</strong></td>
<td>Higher rate of difficulty concentrating compared to younger peers &amp; indoor tanning use.</td>
</tr>
</tbody>
</table>
### Protective Factors by Age (Grade 12)

#### Violence & Bullying
- Lowest rate of bullying at school

#### Trusted adult
- Higher rate of school connectedness compared to younger peers

#### Auto Safety
- Higher rate of seatbelt use

#### Physical Activity & Health
- Highest prevalence of being treated for behavioral, mental, or emotional problem.
- Higher rate of 3+ days with physical activity.
Risk by Gender

Males reported higher rates of…

- drug use and binge drinking
- injected drug use including heroin and steroids not prescribed to them
- weapon-carrying and getting into physical fights
- having 2 or more sexual partners in last 3 months and lifetime.
- injury from a suicide attempt
- diet pill/powders use compared to females
- having property stolen or damaged
- getting 8 or more hours of sleep per night

Females reported higher rates of…

- depression, non-suicidal self-injury, eating disorders, current alcohol use
- sexual assault, feeling unsafe at school, and being bullied.
- perceived peer and parental disapproval compared to males
- bike helmet and seatbelt use
- texting/emailing while driving
- trying to lose weight or describing themselves as overweight
- indoor tanning

Survey Sample By Gender

- Female: 52%
- Male: 42%
- Other response: 6%
At least one trusted adult to talk to (in school or community)

2005/School = 66%
2005/Community = 89%
smaller sample surveyed

Reading (School)

<table>
<thead>
<tr>
<th>Year</th>
<th>2007</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>62%</td>
<td>70%</td>
<td>71%</td>
<td>70%</td>
<td>74%</td>
</tr>
</tbody>
</table>

Reading Family/Community

<table>
<thead>
<tr>
<th>Year</th>
<th>2007</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>89%</td>
<td>88%</td>
<td>89%</td>
<td>89%</td>
<td>88%</td>
</tr>
</tbody>
</table>
Reading 2015: Sleep on an Average School Night

- 7 hours: 34%
- 8 hours: 20%
- 9 hours: 3%
- 10+ hours: 1%
- 4 hours or less: 8%

26% of freshman got 8 or more hours of sleep compared to 15% of juniors.

12% of seniors reported 4hrs or less of sleep compared to 5% of freshman.
Reading 2015: Negative Stressors

- Social: 2%
- Non-school activity: 4%
- Lack of sleep: 5%
- Family or personal: 8%
- School Expectations: 10%
- Worry about future: 12%
- Too busy: 22%
- School work: 36%
Sources of Stress

- Pressure of study: 19%
- Going to school: 6%
- Long day: 8%
- Lack of interest: 14%
- Getting up in AM: 15%
- Teacher expectations: 15%
- Study hard things: 16%
- Workload: 19%
2015-2015: Depression-Related

Felt sad/hopeless daily 2+ weeks in a row (past year)

- **Reading 2005**: 22%
- **Reading 2007**: 18%
- **Reading 2009**: 20%
- **Reading 2011**: 24%
- **Reading 2013**: 25%
- **Reading 2015**: 29%
Big Picture: Depression-Related

Felt sad/hopeless daily 2+ weeks in a row (past year)

- Reading 2015
- Reading 10 yr average
- U.S. 10 yr average
- U.S. 2013
- MA 2013
Adolescent Depression

• “National prevalence of depression from available surveys indicates a 3% increase across the board.”
• “On average 38% of adolescents experiencing depression access treatment.”
• “Youth who have had a Major Depressive Episode (MDE) in the past year are at greater risk for and are more likely than other youth to initiate alcohol and other drug use, experience concurrent substance use disorders, and smoke daily.”

http://www.childstats.gov/americaschildren/health4.asp
2005-2015: Non-Suicidal Self-Injury

Injured themselves on purpose (without the intention of killing themselves, past 12 mo)

- **Reading 2005**: 17%
- **Reading 2007**: 15%
- **Reading 2009**: 17%
- **Reading 2011**: 20%
- **Reading 2013**: 21%
- **Reading 2015**: 22%
Suicidality

- Actually attempted suicide (past 12 mo):
  - 2005*: 7%
  - 2007: 11%
  - 2009: 12%
  - 2011: 8%
  - 2013: 13%
  - 2015: 10%

- Ever made a plan to commit suicide:
  - 2005*: 9%
  - 2007: 11%
  - 2009: 8%
  - 2011: 11%
  - 2013: 13%
  - 2015: 13%

- Ever seriously considered suicide:
  - 2005*: 11%
  - 2007: 10%
  - 2009: 11%
  - 2011: 14%
  - 2013: 14%
  - 2015: 17%

Of those that reported attempted suicide, less than half required medical tx
Ever seriously considered suicide | Ever made a plan to commit suicide | Actually attempted suicide (past 12 mo)
---|---|---
MA 2013 | U.S. 2013 | U.S. 10 yr average | Reading 10 yr average | Reading 2015
12% | 17% | 16% | 13% | 17%
11% | 14% | 12% | 11% | 13%
6% | 8% | 7% | 10% | 10%

Of those that reported attempted suicide, less than half required medical tx
Data Context for Suicide: Long-term Analysis

Suicide Deaths

<table>
<thead>
<tr>
<th>Age Group</th>
<th>1950</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24 y/o</td>
<td>5%</td>
<td>11%</td>
</tr>
<tr>
<td>25-44 y/o</td>
<td>12%</td>
<td>16%</td>
</tr>
<tr>
<td>45-64 y/o</td>
<td>24%</td>
<td>19%</td>
</tr>
<tr>
<td>65 and over</td>
<td>30%</td>
<td>16%</td>
</tr>
</tbody>
</table>

Suicide has multiple contributing factors

**Biological Factors**
- Familial Risk
- Serotonergic Function
- Neurochemical Regulators
- Demographics
- Pathophysiology

**Predisposing Factors**
- Major Mental Disorders
- Substance Use/Abuse
- Personality Profile
- Abuse Syndromes
- Severe Medical/Neurological Illness

**Proximal Factors**
- Hopelessness
- Intoxication
- Impulsiveness Aggressiveness
- Negative Expectancy
- Severe Chronic Pain

**Immediate Triggers**
- Public Humiliation Shame
- Access To Weapons
- Severe Defeat
- Major Loss
- Worsening Prognosis
Children’s Safety Network

“The CSN’s Youth Suicide Prevention Community of Practice (CoP) is focused on sharing “Better Practices” and reminding communities there are no easy answers. Strategies for preventing youth suicides may include:

- enhancing protective factors,
- reducing risk factors,
- strengthening norms that support help-seeking behaviors,
- implementing screening and prevention activities for high-risk groups, and
- primary prevention of conditions such as depression, impulsive behavior, and drug or alcohol abuse.”
Reading 2013 vs 2015: Mental Health

Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of behavioral health, mental health condition or emotional problem?
New Mental Health Question

Difficulty concentrating, remembering or making decisions due to physical, mental or emotional problem

- Yes 21%
- No 79%

Perception Differences Amongst Parents

“In 2013, about 5% of children ages 4–17 were reported by a parent to have serious difficulties with emotions, concentration, behavior, or being able to get along with other people.”

http://www.childstats.gov/americaschildren/health3.asp
Big Picture: Tobacco/Nicotine

2005-2015, 10 year average - Ever used cigarettes
- Massachusetts: 47%
- United States: 42%
- Reading: 28%

2005-2015 10 year average - Recent smokeless tobacco use
- Massachusetts: 6%
- United States: 8%
- Reading: 8%

Reading 2 year comparison
- Recent cigarette use:
  - Reading 2013: □
  - Reading 2015: □

Reading-2015
- Recent cigarette use, 10%
- E-vapor, 24%
- Recent cigar use, 7%
- Recent use of non-prescribed Rx to get high, 10%
Big Picture: Marijuana

10 year average

- Ever used marijuana: 36%, 39%, 43%
- Recent marijuana use: 24%, 21%, 26%

Local Trend Use Change

- Recent marijuana use: 24% (Reading 2015), 24% (Reading 2013)
- Ever used marijuana: 24% (Reading 2015), 30% (Reading 2013)
- Synthetic marijuana use: 8%
Lifetime Substance Use

Reading 2015

- Illegal Drug Injection: 4%
- Non-prescribed Steroids: 4%
- Meth: 4%
- Heroin: 5%
- Hallucinogens: 6%
- Cocaine: 7%
- Inhalants: 9%
- Non-prescribed Rx: 12%
- Cigarettes: 18%
- E-vapor products: 24%
- Marijuana: 30%
- Alcohol: 30%
- Marijuana: 55%
Past 30-day Substance Use

Reading 2015

- Cocaine: 5%
- Smokeless tobacco: 7%
- Non-prescribed Rx: 10%
- Cigarette: 10%
- Cigar: 11%
- Binge Drinking: 22%
- Marijuana: 24%
- Alcohol: 38%
Big Picture: Substance Use

- Ever used Ecstasy
- Ever used Heroin
- Ever used meth
- Ever used non-prescribed Steroids
- Ever used cocaine
- Were offered, sold, or given an illegal drug on school property (past 12 mo)

Reading 2015
Reading 2013
MA 2013
U.S. 2013
Big Picture: Substance Use

From 2005-2015, the following areas decreased:

- **1%**: Recent marijuana use, Recent Rx use
- **3%**: Recent cigar use**
- **7%**: Recent Alcohol Use, Recent Binge Drinking
- **10%**: Ever used marijuana*
- **12%**: Ever used alcohol
- **20%**: Ever used cigarettes**

*Synthetic marijuana question added (8% baseline)
**E-vape question added (24% baseline)
Big Picture: Substance Use

From 2005*-2015, the following areas slightly increased negatively:

- Ever used Ecstasy by 1%
- Rx, Cocaine, Smokeless Tobacco recent use by 2%
- Ever used Heroin, Meth, Steroids by 2%
- Ever used Hallucinogens by 3%
- Ever used Inhalants by 6%

*2005 represents a smaller sample (9-11).
Underage Drinking

<table>
<thead>
<tr>
<th></th>
<th>Used alcohol</th>
<th>Recent alcohol use</th>
<th>Recent binge drinking</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>65%</td>
<td>48%</td>
<td>30%</td>
</tr>
<tr>
<td>2013</td>
<td>60%</td>
<td>41%</td>
<td>27%</td>
</tr>
<tr>
<td>2015</td>
<td>55%</td>
<td>38%</td>
<td>22%</td>
</tr>
</tbody>
</table>

**Recent alcohol use & binge drinking**

- **2011**
  - MA 2013: 63%
  - U.S. 2013: 66%

- **2013**
  - MA 2013: 36%
  - U.S. 2013: 35%

- **2015**
  - MA 2013: 19%
  - U.S. 2013: 21%
Underage Drinking

Overall Local Decrease
- Lifetime: Down 12%
- Recent: Down 7%
- Binge: Down 7%

- Ever used alcohol
  - Reading 2015: 55%
  - Reading 10 yr average: 63%
  - U.S. 10 yr average: 68%

- Recent alcohol use
  - Reading 2015: 38%
  - Reading 10 yr average: 43%
  - U.S. 10 yr average: 40%

- Recent binge drinking
  - Reading 2015: 22%
  - Reading 10 yr average: 28%
  - U.S. 10 yr average: 22%
Underage Drinking Rates & Policy Implementation

Ever Used Alcohol
Recent Alcohol Use
Recent Binge Drinking

2005: 29%
2007: 31%
2009: 31%
2011: 30%
2013: 27%
2015: 22%

2005: 45%
2007: 45%
2009: 43%
2011: 48%
2013: 41%
2015: 38%

2005: 67%
2007: 66%
2009: 62%
2011: 65%
2013: 60%
2015: 55%

2009-2010 Town Liquor Policy Implemented & HSD Compliance Checks
2011-2012 School Chemical Health Policy & Police Zero Tolerance Policy Implemented
Big Picture: Violence-Related

Weapon Carrying & Physical Fight Injury

- Carried a weapon other than for hunting, camping, fishing (past 30 days)
- Injured in a physical fight requiring medical tx (past 12 mo)

<table>
<thead>
<tr>
<th></th>
<th>Reading 2005*</th>
<th>Reading 2007</th>
<th>Reading 2009</th>
<th>Reading 2011</th>
<th>Reading 2013</th>
<th>Reading 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carried a weapon</td>
<td>10%</td>
<td>10%</td>
<td>8%</td>
<td>12%</td>
<td>10%</td>
<td>14%</td>
</tr>
<tr>
<td>Physical Fight Injury</td>
<td>2%</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
<td>6%</td>
<td>3%</td>
</tr>
</tbody>
</table>
## Big Picture: Violence-Related

<table>
<thead>
<tr>
<th></th>
<th>Reading 2015</th>
<th>Reading 10 yr average</th>
<th>U.S. 10 yr average</th>
<th>U.S. 2013</th>
<th>MA 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carried a weapon other than for</td>
<td>10%</td>
<td>11%</td>
<td>18%</td>
<td>18%</td>
<td>12%</td>
</tr>
<tr>
<td>hunting, camping, fishing (past</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 days)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carried a gun (past 30 days)</td>
<td>5%</td>
<td>5%</td>
<td>6%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>Recently carried a weapon on</td>
<td>4%</td>
<td>5%</td>
<td>6%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>school property</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Threatened or injured with a</td>
<td>6%</td>
<td>6%</td>
<td>8%</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>weapon on school property (past</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 mo)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical fight (past 12 mo)</td>
<td>15%</td>
<td>21%</td>
<td>32%</td>
<td>25%</td>
<td>20%</td>
</tr>
</tbody>
</table>
## Big Picture: Violence-Related

<table>
<thead>
<tr>
<th>Event</th>
<th>Reading 2015</th>
<th>Reading 10 yr average</th>
<th>U.S. 10 yr average</th>
<th>U.S. 2013</th>
<th>MA 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carried a weapon other than for hunting, camping, fishing (past 30 days)</td>
<td>10%</td>
<td>11%</td>
<td>18%</td>
<td>18%</td>
<td>12%</td>
</tr>
<tr>
<td>Carried a gun (past 30 days)</td>
<td>5%</td>
<td>5%</td>
<td>6%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>Recently carried a weapon on school property</td>
<td>4%</td>
<td>5%</td>
<td>6%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>Threatened or injured with a weapon on school property (past 12 mo)</td>
<td>6%</td>
<td>6%</td>
<td>8%</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>Physical fight (past 12 mo)</td>
<td>15%</td>
<td>21%</td>
<td>32%</td>
<td>25%</td>
<td>20%</td>
</tr>
</tbody>
</table>
Big Picture: Bullying

Electronically bullied (past 12 mo) | Bullied at school (past 12 mo)
--- | ---
Reading 2011 | 23% | 27%
Reading 2013 | 19% | 26%
Reading 2015 | 19% | 24%
Reading 10 yr average | 20% | 26%
U.S. 10 yr average | 16% | 20%
U.S. 2013 | 15% | 20%
MA 2013 | 14% | 17%
Big Picture: Perceived Safety

Did not go to school because they felt unsafe at school or on their way to or from school (past 30 days)

- Reading 2011
- Reading 2013
- Reading 2015
- Reading 10 yr average
- U.S. 10 yr average
- U.S. 2013
- MA 2013
Dating Violence & Sexual Assault

Ever experienced violence in a dating relationship

- Reading 2011: 8%
- Reading 2013: 9%
- Reading 2015: 11%

Ever physically forced to have sexual intercourse

- Reading 2011: 10%
- Reading 2013: 10%
- Reading 2015: 9%
Big Picture: Violence-Related

Ever experienced violence in a dating relationship
- Reading 2011: 8%
- Reading 2013: 9%
- Reading 2015: 11%
- Reading 10 yr average: 10%

Ever physically forced to have sexual intercourse
- Reading 2011: 10%
- Reading 2013: 10%
- Reading 2015: 9%
- Reading 10 yr average: 9%
- U.S. 10 yr average: 8%
- U.S. 2013: 7%
Sexual Behavior (Reading)

Of those that reported “ever had sexual intercourse”

<table>
<thead>
<tr>
<th>Year</th>
<th>Ever had sexual intercourse</th>
<th>Used condom during last sexual intercourse (of those who had sexual intercourse)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>28%</td>
<td>60%</td>
</tr>
<tr>
<td>2007</td>
<td>33%</td>
<td>53%</td>
</tr>
<tr>
<td>2009</td>
<td>35%</td>
<td>58%</td>
</tr>
<tr>
<td>2011</td>
<td>31%</td>
<td>62%</td>
</tr>
<tr>
<td>2013</td>
<td>35%</td>
<td>62%</td>
</tr>
<tr>
<td>2015</td>
<td>26%</td>
<td>68%</td>
</tr>
</tbody>
</table>
Sexual Assault (Reading)

Ever had sexual contact against your will

Yes 9%
No 91%

Of those that reported sexual contact against their will, 5% of females reported it occurred in past 12 months, possible unintended pregnancy risk.
Pregnancy & Impairment (Reading)

Females That Used Drugs/Alcohol before last time had sex

- Yes: 75%
- No: 25%

 Been pregnant/gotten someone pregnant

- Yes: 5%
- No: 95%
Sexual Behavior

<table>
<thead>
<tr>
<th></th>
<th>Ever had sexual intercourse</th>
<th>Used condom during last sexual intercourse (of those who had sexual intercourse)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading 2015</td>
<td>26%</td>
<td>68%</td>
</tr>
<tr>
<td>Reading 10 yr average</td>
<td>31%</td>
<td>61%</td>
</tr>
<tr>
<td>U.S. 10 yr average</td>
<td>47%</td>
<td>39%</td>
</tr>
<tr>
<td>U.S. 2013</td>
<td>47%</td>
<td>41%</td>
</tr>
<tr>
<td>MA 2013</td>
<td>38%</td>
<td>58%</td>
</tr>
</tbody>
</table>
Health Education*

- HIV/STIs
  - 2013: 74%
  - 2015: 79%

- Nutrition
  - 2013: 70%
  - 2015: 78%

- Substance Abuse
  - 2013: 88%
  - 2015: 88%

- Bullying
  - 2013: 81%
  - 2015: 82%

*Questions on Nutrition, Substance and Bullying Prevention added in 2013
## RCASA Support

<table>
<thead>
<tr>
<th>RCASA Assistance</th>
<th>Alcohol Use</th>
<th>Illegal Drug Use</th>
<th>Mental Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developed, revised, or assisted in developing model policies, policy guidance, or other materials</td>
<td>2007-present</td>
<td>2007-present</td>
<td>2011-present</td>
</tr>
<tr>
<td>Coordinated projects or program improvement initiatives</td>
<td>2007-present</td>
<td>2007-present</td>
<td>2011-present</td>
</tr>
<tr>
<td>Provided technical assistance to support staff and initiate professional development</td>
<td>2007-present</td>
<td>2007-present</td>
<td>2014-present</td>
</tr>
</tbody>
</table>
Get in Touch

Erica McNamara
emcnamara@ci.reading.ma.us
781.942.6793