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](http://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
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:
  - Stress: 54%
  - Peer pressure and relationships: 12%
  - Bullying: 8%
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.

Substance Use

- 8% of students have **tried smoking a regular cigarette**.
- 13% of students have **tried a non-flavored e-cigarette**.
- 4% of students have **tried a non-flavored cigar**.
- 16% of students have **tried a flavored e-cigarette**.
- 5% of students have **tried a flavored cigar**.
- 28% of students have tried **chewing tobacco**.
- 5% of students have tried **synthetic marijuana**.
- 44% of students have ever had at least one drink of **alcohol**.
- 31% of students have tried **marijuana**.
- 4% of students have tried **a flavored cigar**.
- 5% of students have tried **a non-flavored e-cigarette**.
- 5% of students have ever **had at least one drink of alcohol**.
- 2% of students have tried **chewing tobacco**.
- 5% of students have tried **synthetic marijuana**.
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 identity.
- 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
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PRC
Promotion Research Center