

Stress Among MetroWest Region Youth (Grades 7-12)

Highlights from the 2016 MetroWest Adolescent Health Survey

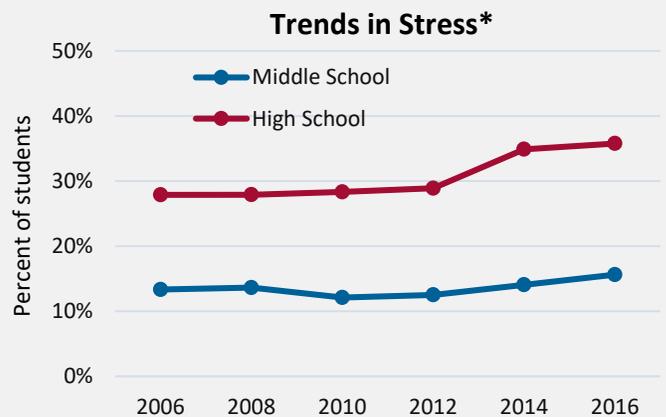
36% of high school youth and 16% of middle school youth report life is very stressful.*

Reports are twice as high among females as males. Stress is reported by:



Stress has increased among youth since 2012, particularly in high school.

The rise in stress in recent surveys is driven largely by an increase among females. For example, reports of stress among females increased from 39% in 2012 to 49% in high school, and from 17% to 20% in middle school. Among males, recent reports of stress in middle and high school in 2016 are similar to 2006 levels.

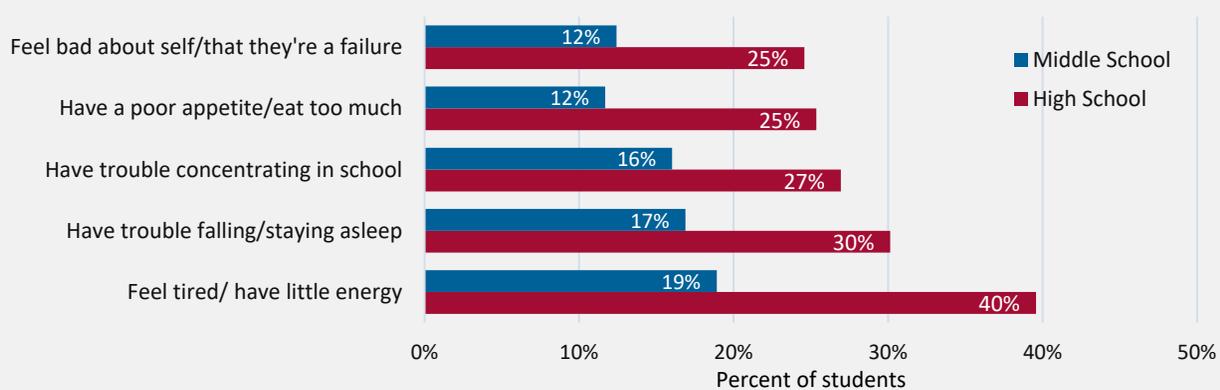


44% of middle school students and 66% of high school students worry or feel stressed about school issues.†

Among high school youth, the top sources of school stress are:

- Getting good grades (68%)
- Finishing work/studying enough (62%)
- College/plans after high school (49%)
- Pressure from parent(s)/guardian(s) to do well (36%)

Youth experience symptoms of stress and anxiety that impact their health and wellness.‡



Stress is lower among youth who report the following protective factors§:

- ✓ Having a supportive adult outside of school
- ✓ Getting more sleep
- ✓ Experiencing higher school attachment
- ✓ Exercising more



* Life "very" stressful during the past 30 days † Reports are often/very often; past 30 days ‡ Reports are often/very often; past 2 weeks § Based on regional data; the MWAHS data is cross-sectional, therefore, we cannot attribute causality to these associations.