

Wellness Committee
Wednesday, May 16, 2012 at 3:00pm
Middle School Conference Room

In attendance: R. Suprenant, J. Burk, J. Letarte, G. Puzas, L. Pitsas, K. Bradshaw, K. Chambers

1. Review of Minutes:

The minutes for the March 28th meeting were reviewed and approved.

2. Building Level Reports:

Sage - they received the grant back in January and used those funds to pay for a freezer in which they stock treats, like frozen popsicles, for the students. They also purchased a free standing punching bag and gloves, and had a MMA expert come in to show them proper techniques on using the bag. They are currently holding a recipe contest for the students – the staff will choose 3 which the students will prepare and the winner will receive a gift card for Subway.

JMS – Lori noted that there seemed to be a lot of waste from the lunches. She has also observed more activity between classes – running in the gym for example. They are holding their School Safety Day on June 8th.

MMS – they are planning to send in their grant application tomorrow. They would like to purchase a refrigerator to hold sandwiches, hummus & vegetables. They would still like to get the climbing wall and will hold a fundraiser. They raised \$300 for Share in a recent fundraising walk. Some students were able to go on a trip to UNH for the “Top 100”.

MHS – Fuel Up program is going strong. Spark Group & the Wellness Committee had some pre-NECAP exercises from 6:30-7am, and a number of students attended. The Wellness Committee is working with the Advisory Committee in setting up activities to do during advisories. There will be a staff hockey game next Thursday. The weight room is starting to get more use too.

3. NH Youth Risk Behavior Survey Trends – Jean Guy Letarte:

Jean Guy distributed the results of this analysis in comparison to the 2003 survey.

4. 2012-2013 Wellness Committee Chair Nomination:

The Committee approved Bob’s chair nomination of Jean Guy Letarte for the 2012-2013 Wellness Committee. Bob is planning to have a secretary from the SAU office take over the meeting notes preparation for the fall.

The meeting was adjourned at 4pm

2011 Milford High School Behavior Risk Survey

A summary of the statistical data from the **2011** Milford Behavior Risk Survey and a comparison to the data from **2003** Milford Behavior Risk Survey.

As presented: **757** students took part in the survey

382 Males	171 12 th graders	174 10 th graders
372 females	187 11 th graders	219 9 th graders
Total 754	Total= 751	

None of these numbers match up.

Highlighted in this summary will be the questions that showed a significant deviation + or -3% from the State Average (SA). The differences between **2011-2003**.

Of Interest:

28% of the students are considered obese or over weight.

12% in 2003

68.7% of the students feel they are A and B students.

76% females **59.7%** males **+16.5%**

- 1. Concerning safety:** **19%** - in a car with the driver drinking **23%** in 2003 **+4%**

18.7% 12th SA 23.7% **-5%**

6.9% - drove after drinking **11%** in 2003 **+4.1%**

10.5% 12th SA 14.7% **-4.2%**
- 2. Concerning violence:** **16.3%**- have brought a weapon to school **17.3%** in 2003 **-1%**

19.7% 10th SA 15.5% **+4.2%**

- have hit their partner

12.3% 10th SA 8.7% **+3.6%**

6.7%- forced sexual inter course **7%** in 2003 **-0.3%**

2.9% 10th SA 6.0% **-3.1%**
- 3. About bullying:**

- have been bullied on school grounds

12.9% 12th SA 16.9% **-4.0%**

- have been electronically bullied

25% females..... **13.7%** males..... **+11%**
- 4. About Depression:** **25.6%** - have felt depressed, hopeless **28%** in 2003 **-2.4%**

32.1% (1/3 of the female population)

29.2% 9th SA 24.2% **+5%**

16.2% - have considered an attempt to suicide **19%** in 2003 **-2.8%**

10.3% 10th have attempted suicide **+3.3%**

5. Concerning tobacco:	8.7%	- smoked before the age of 13	36%	in 2003	-27.3%
	29.8%	12 th - in the past 30 days	38%	in 2003	+8.2%
	4.4%	11 th chew snuff.....			+4.4%
		Males smoke more than females with 24.3%..... SA 8.1%....	No difference	in 2003	+16.2%
6. About alcohol:	64.5%	- report having a drink	76%	in 2003	-11.5%
	12.7%	- before the age of 13	31%	in 2003	-17.3%
	38.2%	- have drunk in the past 30 days	51%	in 2003	+12.8%
	21.7%	- have binged (+5 drinks in a sitting)	32%	in 2003	-10.3%
7. Concerning Marijuana:	37.1%	- have used pot..... SA 42.1%	76%	in 2003	-38.9%
	21.8%	10 th SA 38.2%			-16.4%
	5.6%	- have smoked before the age of 13	31%	in 2003	-25.4%
	23.7%	- have smoked in the past 30 days	21%	in 2003	+2.7%
	14.9%	10 th SA 25.1%			-10%
8. About other drugs:		- prescription drugs without an order			
	31%	11 th SA 21.7%			+9.9%
	19.7%	9 th SA 14.5%			+5.2%
	17.9%	- offered on school grounds.. SA 23.3%	27%	in 2003	-9.1%
					-5.4%
9. About sexual behavior:	43.5%	- have had sexual intercourse	40%	in 2003	+3.5%
	4.6%	9 th - before age 13	11%	in 2003	+6.4%
	11.5%	- plus 4 partners	2%	in 2003	+9.5%
	32%	- have had 1 or more partners past 30 days			
	13.2%	10 th SA 20%			-6.8%
	61.7%	- used condom	44%	in 2003	+17.7%
	71.2%	12 th SA 58.6%			+12.6%
	26.6%	- have used birth control pills	29%	in 2003	-2.4%
	54.2%	9 th SA 67.4%			-13.2%
	5.2%	- have had both Male and Female contact			
10. Concerning nutrition:		Our students are doing well.			
	69.9%	- ate a green salad in the past 7 days			
	70.5%	9 th SA 64.9%			+5.6%
	23.5%	- (1/4) drank a sugar beverage in the past 7 days			
	4.9%	- claim to go hungry daily			
11. HIV-AIDS Education:	95.7%	- have knowledge of			
	97.7%	9 th SA 78.7%	.91%	in 2003	+19%
12. Health related topics:	68.9%	- have had a doctor's visit			
	79.1%	- have had a dentist's visit			

- 13. Family-community:** 80.1% - have clear rules
 48.3% - have talked with their parents about drugs and alcohol
 45.5% - think they matter to someone in the community

14. Perceive harm from drug use:

- a pack of cigarette a day will harm
 79.1% 9th SA 67.5% +11.6%
- marijuana regularly will harm
 48.6% 10th SA 35% +13.6%
- 5 drinks each weekend will harm
 40.8% 10th SA 32.2% +8.6%

15. Think it is wrong to:

- smoke cigarettes
 81.6% 10th SA 71.7% +9.8%
- to drink alcohol regularly
 71.3% 10th SA 63.7% +7.6%

16. How easy is it to get:

- cigarettes
 83.4% 12th SA 74.3% +9.1%
- marijuana
 50.9% 12th
- alcohol
 41.4% 12th

17. Either parent in the military: 14.1%