

## Individual Behavior Choices

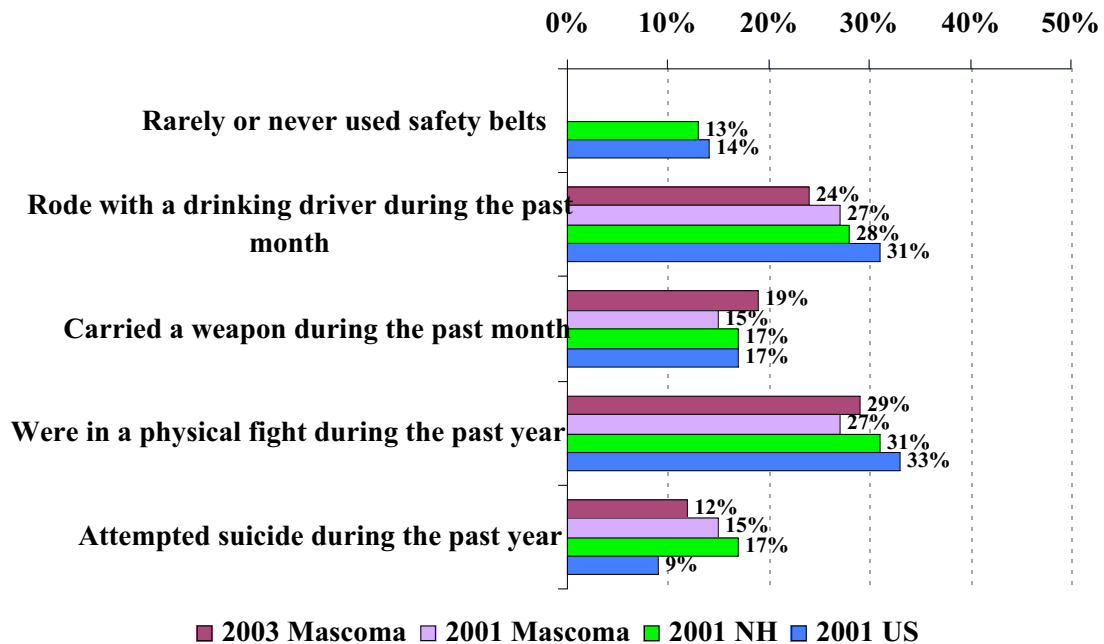
Parents who are interested in the educational success of their children will make the effort to attend meetings or events at school, yet of our 6<sup>th</sup> through 12<sup>th</sup> graders only 31 % said their parents attend meetings often or very often.<sup>vii</sup>

53 % of Mascoma's 6<sup>th</sup> through 12<sup>th</sup> graders are involved in structured activities after school for 3 or more hours a week, but 54 % go home and stay there three or more days a week.<sup>vii</sup>

24 % of the 6<sup>th</sup> through 12<sup>th</sup> graders say they're given lots of chances to help make their town a better place to live, but 55 % say that no one has asked them to help on service or volunteer projects in the last year.<sup>vii</sup>

The Youth Risk Behavior Survey (YRBS) was administered to youth in the 9<sup>th</sup> through 12<sup>th</sup> grade during March of 2003. It showed patterns of your health and risk behaviors that should be of concern, but that are not generally different from Mascoma, New Hampshire, and U.S. rates in 2001.<sup>viii</sup>

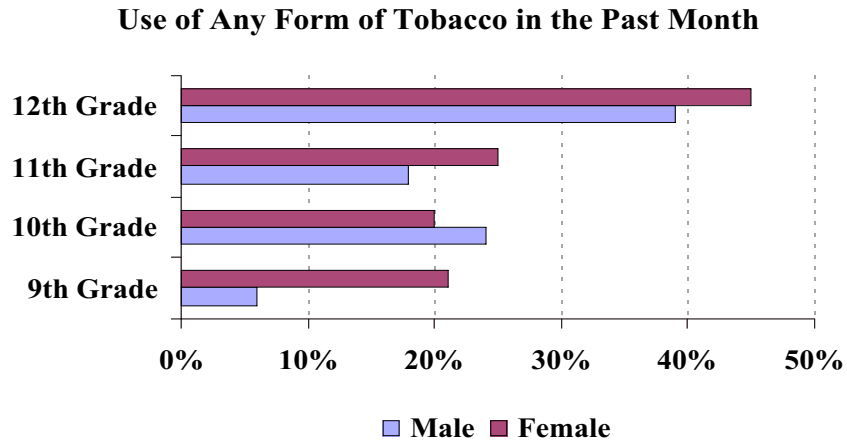
### Risks of Violence and Injury



81 % of 9<sup>th</sup> through 12<sup>th</sup> graders report use of tobacco, marijuana, or other drugs at some point in their lifetime. 51 % report use in the last month.<sup>viii</sup>

45 % of 9<sup>th</sup> through 12<sup>th</sup> graders at Mascoma report drinking alcohol at least once in the last month. 26 % report binge drinking.<sup>viii</sup>

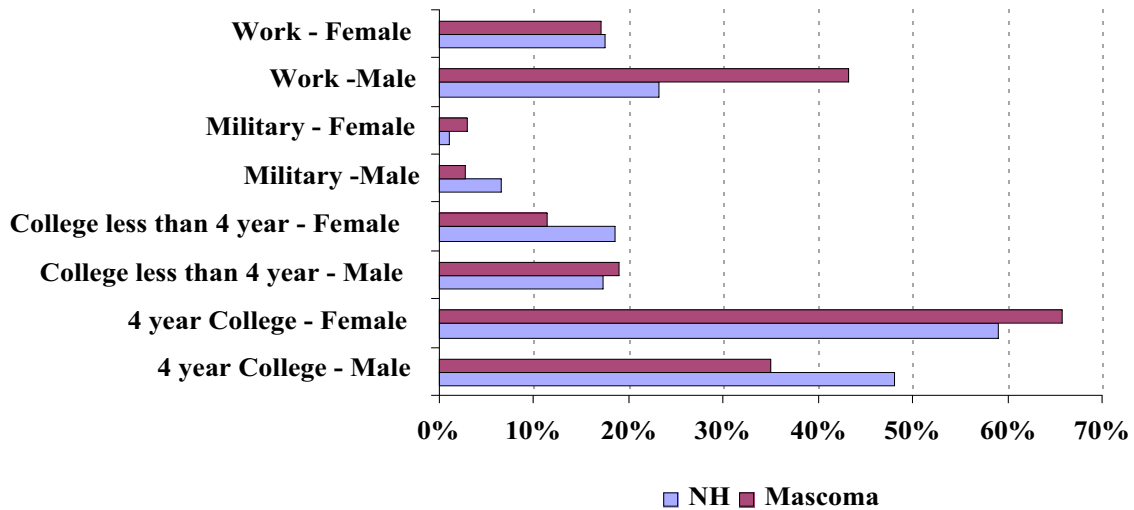
23 % report smoking cigarettes or cigars, or chewing tobacco at least once in the last month.<sup>viii</sup>



The attendance rate at Mascoma High School was 90 % during the 2001-2002 school year [93 % in NH].<sup>vi</sup>

49% of graduating boys take SAT exams [66 % in NH]. 74 % of graduating girls take the SATs [76% in NH]. The average Verbal and Math scores of Mascoma graduates were 498 and 498 for the 2002 school year, about 10 points lower than the NH scores.<sup>vi</sup>

### Mascoma High School Graduate Plans, Graduates in 2002



- *While many girls have college plans, they are likely not to return to Canaan after college. It is the boys, who go to work instead of college, who are more likely to stay and raise a family, which in turn runs the risk of low educational expectations in the future.*

We had 26 hospital births to teen-aged girls from the Mascoma towns between October 1998 and September 2001. That is 9 more than we would have if our teen birth rate were the same as the Vt/NH average. <sup>x</sup>

Many of our teenagers marry directly after high school. Only 21.8% of the Mascoma Valley population 15 years or over has never married [24.9 % in NH]. <sup>i</sup>

Of the working population, 12 % travel to work by carpool [10 % in NH] and 0.7% use public transportation [0.7 % in NH]. The average travel time to work, 27.1 minutes, suggests that most working people spend an hour every day isolated in their automobile. <sup>i</sup>

We are like the rest of New Hampshire, in that we don't get enough exercise. 56 % of our residents are at risk for health problems related to being overweight, 45 % of women and 67 % of men. Like so many other indicators, there is an education correlation with this risk. 58 % of residents with a high school education are at risk for health problems related to being overweight, but that drops to 53 % among college graduates.<sup>ix</sup>

In prevention choices, 64 % of us always wear a seatbelt, but the level is only 55 % in the 18 to 24 age range. 75 % of adults answered 'No' when asked "Were there times during the past month that you had 5 or more drinks on an occasion" but only 55 % of 18 to 24 year olds were only able to answer 'No'. 23 % of adults "Smoke cigarettes now", but 33 % of 18 to 24 year olds do.<sup>ix</sup>

77 % of adults had their teeth cleaned by the dentist or dental hygienist within the past year, but the percentage is only 68 % for those with a high school degree or less.<sup>ix</sup>

41 % of NH residents aged 55 to 64 get a flu shot, as do 72% of residents 65 or older. 64 % of residents over 65 have had pneumonia vaccination. About 87 % of women 50 or older have had a mammogram in the last two years.<sup>ix</sup>