



## **Minutes: A Healthy Lynnfield Meeting**

Monday, March 14, 2021

Virtual Meeting, 9 to 10:30 am

**Participants:** Julie Greene, Peg Sallade, Chief Nick Secatore, Chief Glenn Davis, Lisa Costa, Scott Formica, Stacy Dahlstedt, Dr. Natasha Shah, Dave Thompson, Linda Nacarra, Ron Block, Rob Lowell, Rob Dolan, Heather Day, Olga Sanchez, Mike Beirwirth, Reverend Rottman, Brian Holihan, Vasundhra Ganju, Ruth Clay **Guest: Tom Sallee, Brian Bates**

### **I: Introductions & Welcome Guests/New Members**

- Welcoming LMS Vice Principal Tom Sallee and LHS Vice Principal Brian Bates joining us to present the Youth Risk Behavior Survey (YRBS) Results

### **II: Special Topics:**

- Presentation of YRBS Survey Results by Tom Sallee, Brian Bates, Peg Sallade: The summary is posted on the LPS District Website under Important Links and can be [accessed here](#).
  - Key Takeaways:

#### Coronavirus Pandemic

- Over one-third of HS students and one-fourth of MS students reported that they struggled with their mental health most of the time or always during the coronavirus pandemic.
- While the majority of students did not experience any adverse financial or health-related effects of the coronavirus pandemic, 26% of HS students and 22% of MS students had a family member or close friend who died.

#### Mental Health

- School-related issues were the most common cause of stress for HS and MS students. The greatest reported source of stress in school was keeping up with schoolwork.
- Student reports of experiencing depression and suicidal ideations varied by race. Genderqueer students were more likely to report experiencing depression or suicidal ideations compared to male and female students.
- Students most often identified a parent or adult family member or as their support network.

## Substance Use

- Alcohol was most commonly used by HS and MS students. Over half of HS students report having drunk alcohol in their lifetime.
- HS and MS students perceived using non-prescribed medication as the most risky and marijuana as the least risky.
- Alcohol was perceived as the easiest substance to access.
- Students were most likely to report that it is very easy to refuse substances offered to them.

## Unintentional Injury & Violence

- Overall, 11% of HS reported experiencing sexual violence in the past 12 months.
- Multi-Racial and genderqueer HS students were more likely to report experiencing bullying on school property in the past 12 months. Similarly, Multi-Racial MS students were more likely to report experiencing bullying on school property ever.
- White and genderqueer HS students were more likely to report electronic bullying in the past 12 months. Multi-Racial and genderqueer MS students were more likely to report electronic bullying ever.

## Sexual Behavior

- Overall, 23% of HS students and 1% of MS students reported that they had ever had sexual intercourse.
- Black and male HS students who reported ever having had sexual intercourse were more likely to report that they or their partner used a condom the last time they had sexual intercourse.

## Nutrition & Physical Activity

- 57% of HS students and 61% of MS students reported that they are about the right weight.
- Reported rates of physical activity were consistent across grades.

## Organized Activities

- Over half of HS and MS students reported that in a typical week they participated in organized activities on five days or more.

**Coalition discussion of results** centered around social access. Working with parents and social host liability was mentioned. The Teen Resource Guide will include a piece on social host liability. Coalition will host a discussion on alcohol policy strategies in the future.

## III: Coalition Business

- A. Approval of February Minutes -a motion was made and February Minutes were approved.
- B. Youth Program Updates

- a. Youth Council presented to the School Committee on their projects and initiatives so far this school year
- b. Respond Inc and NAGLY both tabled during lunch and passed out resources and information for students
- c. LMS AHL held a successful Wellness Week - themed spirit week. AHL funded speaker Sammy Davis on mental wellness/self care. Students hosted a contest for a theme to repaint the LMS mural
- C. Subcommittee Updates / Programs In-Progress
  - a. AD Book Subcommittee-
    - i. Update on status of AD Book
      - 1. Articles are all in
      - 2. Still collecting ADs and AD art work
      - 3. Looking to send to print by the end of the week and **Friday 3/11 is absolute last day to get anything in**
      - 4. ADBook will be inserted into the Villager and Weekly for **April 21, 2022**
  - b. Health Expo Subcommittee-
    - i. Health Expo Date has been booked for May 14th and rain date May 15th
    - ii. Asked group if they have any connections with companies the promote wellness that may be interested in exhibiting
    - iii. Update on sponsors- Asked group to ask sponsors who may be interested
    - iv. Forms can be found for vendor and sponsors on AHL Health Expo Event webpage [here](#)
  - c. Fiscal/Grant Updates:
    - i. Annual Performance Report due with an updated action plan for DFC, Year 4 of Funding
    - ii. Discussion on what to include in action plan and any new strategies after YRBS data
      - 1. Look at Social Host

**Next Meeting: In Person Monday, April 11, 2022, 9-10:00 am Market Street**

May 9, 2022

June 13, 2022