



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

WINDHAM COUNTY



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who participate in the Youth Risk Behavior Survey each year.

Copies of the questionnaires, state-wide reports, data briefs, and additional sub-state reports are available online.

Visit the Vermont Department of Health YRBS website at:
<https://www.healthvermont.gov/yrbs>

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Table of Contents

About the YRBS	3
Methodology	4
How Accurate are the Results?	4
Populations in Focus	5
Using the YRBS Results	5
Understanding and Interpreting the Results	6
Key Terms and Statistical Differences Used in the Report	7
High School Results	8
Demographics	9
Violence and Unintentional Injuries	11
Mental Health	17
Lifetime Substance Use	18
Past 30 Day Substance Use	22
Tobacco, Alcohol, and Marijuana Use Among Current Users	25
Other Substance Use Related Topics	30
Perceptions of Substance Use	32
Sexual Health	36
Weight, Physical Activity, and Nutrition	41
Social Determinants of Health	50
Youth Assets and Other Protective Factors	52
Middle School Results	55
Demographics	56
Violence and Unintentional Injuries	58
Mental Health	62
Lifetime Substance Use	63
Past 30 Day Substance Use	65
Tobacco, Alcohol, and Marijuana Use Among Current Users	67
Other Substance Use Related Topics	71
Perceptions of Substance Use	72
Sexual Health	76
Physical Activity, and Nutrition	77
Social Determinants of Health	84
Youth Assets and Other Protective Factors	85

About the YRBS

The Youth Risk Behavior Survey (YRBS) is a national school-based survey that monitors the health-risk behaviors that contribute to the leading causes of death and disability among youth and young adults. These include:

- Behaviors that contribute to unintentional injuries and violence
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Sexual health behaviors related to pregnancy and STDs

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement
- Sexual Orientation and gender identity

In Vermont, the YRBS has been conducted during the spring semester of odd years since 1993.

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Methodology

The Department of Health works with the Agency of Education and the CDC to conduct two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of middle school students in grades 6 through 8. These surveys are conducted as a census at all public schools and select independent schools across the state.

The middle school and high school surveys differ slightly. The shorter middle school survey focuses more on lifetime behaviors and includes questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, sexual activity, nutrition, physical activity, youth assets, and other factors related to health equity. The high school survey includes questions on these topics as well as more in-depth questions on current behaviors as well as self-reported height and weight, driving behaviors, and other drugs used.

Student participation in the YRBS is anonymous and voluntary.

In addition, to protect students anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

How Accurate are the Results?

Numerous precautions are taken to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers. These precautions can reduce some sources of error, but not all.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn. Only states with an overall response rate of at least 60% are weighted based on gender, grade, and race/ethnicity.

Information about the methodology of the national, state, and large urban school district YRBS has been described elsewhere and can be found online from the CDC's Healthy Youth-DASH website at: <https://www.cdc.gov/healthyouth/data/yrbs/methods>

Other information including "Do students tell the truth" is available on the Vermont Department of Health YRBS webpage at: <https://www.healthvermont.gov/yrbs>

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Populations in Focus

Adverse health outcomes and behaviors experienced by specific populations are not intrinsic to youth themselves and are often instead due to social, economic and environmental inequities. The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. To identify disparities and help tell the complex story of youth across Vermont, health-related factors and behaviors experienced by the following specific populations are noted throughout this report:

- Sex (biological)
- Grade
- Race, Ethnicity
- Sexual Orientation / Gender Identity

Please note: Due to the small sample size, all students of color were grouped into a “SOC” category to compare to white, non-Hispanic students. For similar reasons, lesbian, gay, bisexual, and transgender students were grouped into a “LGBT” category to compare to heterosexual/cisgender students.

Using the YRBS Results

Engaging students, schools, and communities

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, school and community organizations can focus prevention efforts and determine whether school policies and community programs are having the intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, for planning and evaluating programs, and for comparing Vermont students with other students nationwide.

Start the Conversation: Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?

Increase Awareness: The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.

Plan and Evaluate Programs: The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities and can inform strategies to address those weaknesses.

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Remember to Look at the Positive Side: In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

Participate in Getting to 'Y': Getting to Y provides an opportunity for students to take a lead in bringing meaning to their own Youth Risk Behavior Survey data and taking steps to strengthen their school and community based on their findings. Schools and districts across the state form teams to analyze local level data, identify areas of strength and concern, and create a preliminary action plan. Through the Getting to 'Y' program, students attend a training day where they learn tools and strategies to examine data, explore root causes, and create next action steps. In addition, teams plan and host a community dialogue event to share their executive summary with the school and community.

For more information on upcoming Getting to Y trainings, newsletters, and resources visit Getting to Y at <http://www.upforlearning.org/initiatives/getting-to-y>

<https://www.healthvermont.gov/yrbs>

Understanding and Interpreting the Results

The results in this report are weighted by gender, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of middle school students in grades six through eight (middle school survey) and high school students grades nine through twelve (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

Throughout this report, statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups.

A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently students responded to an item. Sometimes, when comparing the responses of two or more groups, the difference between the overall percentages may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically.

While this report notes statistical differences, we encourage you to consider meaningful difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

This report includes the overall results or prevalence for all students in Vermont as well as the overall results and results by demographics for students in Windham County

Key Terms and Statistical Differences Used in the Report

Each table includes a note about any statistical differences between the overall VT and Windham County prevalence rates.

When subpopulations are included, statistical comparisons between subpopulations of students within Windham County are also noted.

Throughout this report you will see the following key terms and statistical notations.

Key Terms

- . = Too few students to report
- VT = All students in Vermont
- County = All students in Windham County
- M = Male students in Windham County
- F = Female students in Windham County
- Older = Students in grades 11 and 12
- Younger = Students in grades 9 and 10
- WnH = White, non-Hispanic students in Windham County
- SOC = Students of color in Windham County
- Het = Heterosexual or cisgender students in Windham County
- LGBT = Lesbian, gay, bisexual, or transgender students in Windham County

Statistical Differences

Some subgroups of students defined by where they live, sex, race/ethnicity, grade in school, and sexual orientation / gender identity status have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity, and social problems. Statistical differences, including differences between VT and Windham County students as well as differences within Windham County by sex, grade, race, and sexual orientation / gender identity are noted by the following notations:

α = Students across VT are statistically different than students in Windham

β = Male students are statistically different from female students

ε = 11th and 12th grade students are statistically different from 9th and 10th grade students; 6th grade students are significantly different from 7th and 8th grade students

ι = 8th grade students are significantly different from 6th and 7th grade students

δ = Results statistically increase or decrease with each grade

ζ = Students of color (SOC) are statistically different from white, non-Hispanic (WnH) students

θ = Lesbian, gay, bisexual and transgender (LGBT) students are statistically different from heterosexual and cisgender (HET) students

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HIGH SCHOOL RESULTS

Demographics

Sex	VT	Windham
Female	48	48
Male	52	52

Grade	VT	Windham
9th grade	25	25
10th grade	25	25
11th grade	25	25
12th grade	25	25

Demographics

Race	VT	Windham
Students of Color	16	15
White, non-Hispanic	84	85

Sexual Orientation / Gender Identity	VT	Windham
Lesbian, Gay, Bisexual, or Transgender	14	16
Heterosexual / Cisgender	86	84

Violence and Unintentional Injuries

Physical Violence	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences			
													β	ε	α	θ
Were in a physical fight, past year	18	17	22	13	22	20	17	9	16	23	16	20	β	ε		
Carried a weapon on school property, past 30 days	5	4	6	3	3	5	3	5	4	8	3	7				
Were threatened or injured with a weapon on school property, past 30 days	7	12	11	13	12	12	13	12	12	15	10	21	α		θ	
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	6	9	6	11	7	14	9	5	7	19	6	15	α	β	ζ	θ

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Violence and Unintentional Injuries

Bullying	VT	Windham	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences	
			M	F	9th	10th	11th	12th					β	θ
Were electronically bullied, past year	16	16	10	22	17	17	14	16	15	21	12	32	β	θ
Were bullied, past 30 days	17	19	13	25	24	20	18	14	18	25	15	39	β	θ
Bullied someone, past 30 days	10	11	12	10	9	15	11	9	10	18	9	17	ζ	θ

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Violence and Unintentional Injuries

Sexual and Dating Violence													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Report someone has ever done sexual things to them that they did not want	18	18	6	31	13	20	21	17	17	21	14	36	β	θ
Experienced physical dating violence, past year	8	8	5	11	7	11	8	6	7	13	6	17	β	θ
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times, past year	28	28	21	36	30	31	27	26	26	41	26	41	β	ζ θ
Have sent or received a revealing or sexual photo of someone using social media, email, or texting on their smartphone, computer, iPad or other tablet, past 30 days	27	28	31	26	21	31	31	30	27	36	27	34		ζ

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Violence and Unintentional Injuries

Motor Vehicle Safety	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
Rode with a driver who had been drinking alcohol, past 30 days	17	18	16	19	17	19	18	16	18	17	17	20		
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	23	26	26	26	18	27	29	31	27	24	26	29	α	ε

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Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	35	36	33	8	14	40	59	34	36	34	40	ε
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	6	6	8	4	.	.	7	9	6	10	5	9	
Drove a car or other vehicle when they had been using marijuana, past 30 days	15	17	21	12	4	11	21	23	17	19	17	20	β ε

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention													Statistical Differences		
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Rarely or never wore a helmet when skiing or snowboarding, past year	11	12	17	7	9	10	8	24	10	26	10	.		β	ζ
Had a concussion from playing a sport or being physically active, past year	18	17	19	15	20	19	15	13	17	18	18	7			θ
Had a sunburn, past year	73	77	72	82	74	76	78	79	81	54	78	75	α	β	ζ

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Mental Health

Mental Health	VT	Windham											Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Did something to purposely hurt themselves without wanting to die, past year	19	18	12	25	21	17	20	15	17	26	11	52	β	ζ	θ
Felt sad or hopeless, past year	31	31	23	39	30	32	33	30	31	34	25	62	β		θ
Made a plan about how they would attempt suicide, past year	13	13	10	17	17	12	14	11	12	19	8	36	β	ζ	θ
Attempted suicide, past year	7	6	4	8	8	5	7	4	5	11	3	20	β	ζ	θ

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Lifetime Substance Use

Tobacco, Alcohol, or Marijuana Use Before Age 13													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
First tried cigarette smoking before age 13 years	7	8	8	7	7	8	10	4	6	20	6	15		ζ θ
Drank alcohol before age 13	13	11	12	11	13	11	15	7	11	16	11	13		
Tried marijuana for the first time before age 13 years	6	8	9	7	8	7	12	5	7	16	7	14	α	ζ θ

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Lifetime Substance Use

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	VT	Windham											Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Ever tried cigarette smoking	22	23	24	21	13	18	30	29	21	33	21	35	ε	ζ	θ
Ever used an electronic vapor product	50	52	51	53	34	48	63	62	51	59	52	53	ε		
Ever used a flavored tobacco product	27	27	26	29	17	25	31	35	27	31	27	30	ε		
Ever drank alcohol	55	56	52	60	39	52	64	68	55	60	56	60	ε		
Ever used marijuana	40	45	45	45	25	40	55	60	43	54	44	52	α	ε	ζ

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Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse													Statistical Differences		
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Ever used a prescription drug	12	14	11	17	13	14	13	14	12	22	12	22	β	ζ	θ
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	9	11	9	14	11	11	10	11	10	16	10	18	β		θ
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	7	8	7	8	5	8	8	8	6	14	6	13		ζ	θ

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Lifetime Substance Use

Lifetime Substance Use - Other Drug Use													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Ever used cocaine	4	4	5	4	2	5	6	4	4	10	3	8	ζ	θ
Ever used inhalants	7	8	8	8	6	8	11	6	8	10	6	17		θ
Ever used heroin	2	2	3	1	.	3	3	.	2	6	1	4	ζ	
Ever used methamphetamines	2	2	3	1	.	2	3	.	1	5	1	.		

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	29	27	31	15	27	36	38	29	30	30	27	ε
Currently smoked cigarettes or cigars or used smokeless tobacco	10	10	13	6	5	9	9	16	10	10	9	14	β ε
Tried to quit using all tobacco products, past year	44	51	47	55	46	56	45	55	52	.	49	.	α

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Past 30 Day Substance Use

Past 30 Day Tobacco Use													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Currently smoked cigarettes	7	7	9	5	4	5	7	11	7	10	6	13	ϵ	θ
Currently used an electronic vapor product	26	27	25	29	14	26	34	35	27	25	28	24	ϵ	
Currently used smokeless tobacco	3	3	5	1	.	5	2	4	3	4	3	.	β	
Currently smoked cigars	6	5	7	3	2	6	2	10	5	7	5	5	β	

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Drug Use													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Currently drank alcohol	31	32	28	36	20	25	41	42	31	37	31	40	β	ε
Binge drank, past 30 days	15	16	15	18	7	10	23	25	16	18	16	18		ε
Currently used marijuana	27	32	31	32	17	27	42	41	30	38	31	36	α	ε
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	6	6	6	4	6	7	5	5	8	5	10		θ

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Windham
1 or 2 days	37
3 to 5 days	19
6 to 9 days	12
10 to 19 days	.
20 to 29 days	.
All 30 days	25

Number of Cigarettes Smoked, Among Current Users	Windham
Less than 1 cigarette	35
1 cigarette	23
2 to 5 cigarettes	22
6 to 10 cigarettes	.
11 to 20 cigarettes	.
More than 20 cigarettes	13

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Windham
1 or 2 days	22
3 to 5 days	11
6 to 9 days	10
10 to 19 days	20
20 to 29 days	9
All 30 days	28

Primary Reason for EVP Use, Among Current Users	Windham
Friend/family used them	19
To try to quit other tobacco	5
Cost less than other tobacco	.
Easier to get than other	2
Less harmful than other	7
Available in flavors	11
Used for some other reason	55

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Source of EVP, Among Current Users	Windham
Bought them in a store	13
I got them on the Internet	.
Someone else bought them	22
Borrowed them	38
Someone gave them to me	11
Took them from a store	3
Some other way	11

Type of EVP Used, Among Current Users	Windham
JUUL /rechargeable w pods	85
Vape Pen/recharge e-cig	3
Disposable e-cig/vaping	.
Mods with refillable tanki	7
Other e-vapor product	3
Not sure	.

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Alcohol Use, Among Current Users	Windham
1 or 2 days	52
3 to 5 days	25
6 to 9 days	12
10 to 19 days	6
20 to 29 days	.
All 30 days	3

Largest Amount of Alcohol Consumed in One Sitting, Among Current Users	Windham
1 or 2 drinks	36
3 drinks	5
4 drinks	7
5 drinks	17
6 or 7 drinks	16
8 or 9 drinks	6
10 or more drinks	14

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Windham
1 or 2 times	34
3 to 9 times	25
10 to 19 times	12
20 to 39 times	11
40 or more times	19

Primary Way Marijuana was Used, Among Current Users	Windham
Smoked it	75
Ate in food	8
Drank in tea or other drink	.
Vaporized	9
Dabbed it	5
Some other way	2

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Other Substance Use Related Topics

Substance Use Exposure and Prevention													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	65	64	67	60	62	68	71	65	69	66	64	α	ε
Most of the time or always see ads for cigarettes or other tobacco products	50	58	54	62	59	56	60	56	59	55	58	63	α	β

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Other Substance Use Related Topics

Substance Use on School Property													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Attended school under the influence of alcohol or other illegal drugs, past year	15	15	17	14	10	16	18	18	15	16	15	18	
Were offered, sold, or given an illegal drug on school property, past year	19	22	25	19	18	26	24	20	22	22	23	20	α

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Perceptions of Substance Use

Perceptions of Substance Use - Peer Use													Statistical Differences		
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Think it is wrong or very wrong for someone their age to use electronic vapor products	56	58	57	59	72	60	49	52	57	63	58	55			ϵ
Think it is wrong or very wrong for someone their age to drink alcohol	53	53	54	52	70	55	43	44	51	62	53	52			ϵ ζ
Think it is wrong or very wrong for someone their age to use marijuana	51	44	45	44	62	49	32	34	44	46	46	35	α	ϵ	θ

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs													Statistical Differences			
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT				
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	84	83	81	85	88	86	84	76	84	80	85	79				ε
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	70	70	71	81	73	68	59	70	71	71	69				ε
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	67	65	69	79	69	61	59	68	62	69	55	α	ε	θ	

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	73	76	75	76	64	72	79	87	77	70	78	71		ε
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	67	70	66	74	63	69	72	75	71	69	72	64	β	ε
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	69	69	70	55	70	77	75	70	69	70	70	α	ε

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Perceptions of Substance Use

Perceptions of Substance Use - Harm													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	29	24	21	28	25	27	24	21	24	25	24	27	α	β
Think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	39	38	33	42	39	38	38	35	37	40	35	46	β	θ
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	23	20	18	22	27	25	11	16	19	26	20	17	α	ε

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Sexual Health

HIV and STD Testing	VT	Windham	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Were ever tested for human immunodeficiency virus (HIV)	13	14	12	16	8	10	15	22	12	20	13	16	ε ζ
Were ever tested for a sexually transmitted disease (STD)	11	13	9	16	5	7	16	21	12	19	12	16	β ε ζ

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Sexual Health

Sexual Activity													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Ever had sexual intercourse	40	42	42	42	17	35	56	59	42	42	41	47	ε
Had sexual intercourse for the first time before age 13 years	3	3	3	3	2	3	3	3	3	5	2	6	θ
Had sexual intercourse with four or more persons during their life	9	8	8	7	.	6	10	13	7	12	7	12	ε
Were currently sexually active	31	32	31	34	12	27	44	46	33	30	32	37	ε

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Prescription Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used birth control pills before last sexual intercourse, among sexually active students	32	35	29	40	.	34	33	38	37	.	37	30	
Used a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing), among sexually active students	4	4	4	5	.	.	.	6	4	.	3	.	
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon), among sexually active students	19	14	10	18	.	15	15	11	13	.	12	20	α

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used a condom during last sexual intercourse, among sexually active students	54	55	58	51	.	54	56	52	56	.	58	40	θ
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	56	53	43	63	.	51	52	55	54	.	53	57	β
Used both a condom during last sexual intercourse and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse, among sexually active students	21	18	14	22	.	16	16	19	19	.	19	16	

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not use any method to prevent pregnancy, among sexually active students	6	7	9	5	.	9	.	9	6	.	5	19	θ

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Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													β	θ
Were obese	13	13	17	9	13	14	14	12	13	15	11	25	β	θ
Were overweight	14	15	14	16	14	17	14	14	15	16	14	19		
Described themselves as slightly or very overweight	31	32	28	37	29	35	32	32	32	36	28	53	β	θ
Were trying to lose weight	43	43	31	56	42	46	44	42	44	38	40	63	β	θ

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Weight, Physical Activity, and Nutrition

Physical Activity													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Did not participate in at least 60 minutes of physical activity on at least one day, past week	14	15	11	19	13	14	15	18	14	19	13	24	β	θ
Were physically active at least 60 minutes per day every day, past week	22	20	26	15	23	20	19	19	21	18	23	5	β	θ
Were physically active at least 60 minutes per day on 5 or more days, past week	46	44	50	38	48	44	39	44	45	36	49	17	β	θ
Play video or computer games or used a computer 3 or more hours per day	48	48	49	47	50	42	49	52	47	54	45	64		θ

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Weight, Physical Activity, and Nutrition

Physical Activity at School													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Report they participate in physical activity or other short breaks during class at least 1x per week	62	59	62	56	68	56	58	54	59	62	60	52	
Report they participate in physical activity or other short breaks during class, every day	23	24	27	22	29	23	21	23	25	21	26	17	θ

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Weight, Physical Activity, and Nutrition

Soda and Sugar-Sweetened Beverage Consumption													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not drink any soda or sugar-sweetened beverages, past week	23	21	20	22	20	20	22	22	20	28	21	20	
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	18	19	23	15	16	23	18	19	19	22	18	22	β
Drank soda or sugar-sweetened beverages 2+ times per day, past week	10	10	12	7	10	11	8	9	10	9	9	13	β
Drank soda or sugar-sweetened beverages 3+ times per day, past week	5	5	6	4	6	5	5	5	5	5	5	8	

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Weight, Physical Activity, and Nutrition

Water Consumption													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Drank one or more glasses per day of water, past week	79	81	76	85	78	82	81	81	81	77	81	80	β
Drank two or more glasses per day of water, past week	70	69	65	73	69	71	70	67	70	63	70	73	β
Drank three or more glasses per day of water, past week	54	51	49	54	51	55	51	49	51	51	51	55	

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Weight, Physical Activity, and Nutrition

Fruit and Vegetable Consumption													Statistical Differences		
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	α	β	γ
Ate 5+ fruits/vegetables every day, past week	21	19	19	20	22	22	19	13	18	27	20	12	ϵ	ζ	θ

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Weight, Physical Activity, and Nutrition

Fruit Consumption													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat fruit or drink 100% fruit juices, past week	6	6	8	3	7	5	4	7	6	4	6	6	β
Ate fruit or drank 100% fruit juices one or more times per day, past week	62	61	60	63	61	61	64	60	60	67	63	54	
Ate fruit or drank 100% fruit juices two or more times per day, past week	31	29	26	31	29	30	35	21	27	39	30	25	ζ

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Weight, Physical Activity, and Nutrition

Vegetable Consumption													Statistical Differences
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat vegetables, past week	5	5	6	3	6	5	4	4	4	7	4	5	
Ate vegetables one or more times per day, past week	72	74	71	76	71	77	72	74	73	76	74	73	
Ate vegetables two or more times per day, past week	37	35	35	35	35	41	31	32	34	40	35	33	
Ate vegetables three or more times per day, past week	19	16	15	17	18	19	13	15	16	20	16	16	

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Weight, Physical Activity, and Nutrition

Breakfast Consumption	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													β	θ
Did not eat breakfast, past week	11	11	9	13	11	10	11	14	11	13	11	15		
Ate breakfast on at least 5 days, past week	54	51	58	44	53	52	54	44	51	50	53	35	β	θ
Ate breakfast on all 7 days, past week	37	35	39	30	37	37	37	28	35	35	36	24	β	θ

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Social Determinants of Health

Social Determinants of Health	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences			
													α	β	ζ	θ
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	5	5	4	5	5	3	4	5	5	4	8				
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	2	2	3	2	4	.	.	2	.	1	3				
Have a physical disability, emotional problems, or learning disability	30	37	31	42	36	35	36	39	35	46	30	67	α	β	ζ	θ

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Social Determinants of Health

Social Determinants of Health	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	β	θ
Described their grades in school as mostly A's or B's	78	82	78	86	78	82	84	83	82	80	85	70	α	β	θ
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	74	66	82	67	74	76	79	74	74	75	74	β	ε	

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Youth Assets and Other Protective Factors

Protective Factors - Family													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Did not eat dinner at home with parents, past week	9	9	10	8	7	7	11	12	9	10	8	14	ε	θ
Ate dinner at home with parent at least 2x, past week	86	87	87	87	87	90	85	85	87	87	89	79		θ
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	75	75	75	74	78	78	74	69	75	73	77	68		θ

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Youth Assets and Other Protective Factors

Protective Factors - School Connectedness													Statistical Differences	
	VT	Windham	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	78	73	69	76	67	67	76	80	74	66	74	68	α	ε
Strongly agree or agree that their school has clear rules and consequences for behavior	56	50	54	46	58	47	46	48	50	47	52	39	α	θ
Do not participate in any afterschool activities	34	36	38	34	37	35	40	33	34	47	34	46		ζ θ
Spend 10 or more hours participating in afterschool activities	24	23	21	25	21	22	21	26	24	15	25	12		ζ θ

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Youth Assets and Other Protective Factors

Protective Factors - Community	VT	Windham											Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	β	θ
Strongly agree or agree that in their community they feel like they matter to people	58	56	60	51	58	52	57	57	57	49	60	34	β	θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

Sex	VT	Windham
Female	49	47
Male	51	53

Grade	VT	Windham
6th grade	24	17
7th grade	38	43
8th grade	38	39

Demographics

Race	VT	Windham
Students of Color	19	18
White, non-Hispanic	81	82

Sexual Orientation / Gender Identity	VT	Windham
Lesbian, Gay, Bisexual, or Transgender	11	12
Heterosexual / Cisgender	89	88

Violence and Unintentional Injuries

Violence	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences		
												α	β	θ
Were ever in a physical fight	41	46	58	32	39	44	51	45	57	45	59	α	β	θ
Did not go to school because they felt they would be unsafe at school or on their way to or from school, past 30 days	9	9	6	12	7	9	9	9	8	8	15			
Report someone has ever done sexual things to them that they did not want	10	13	8	20	6	13	16	13	18	12	34	α	β	θ

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Violence and Unintentional Injuries

Bullying	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences		
												α	β	θ
Were ever bullied on school property	45	50	42	58	43	51	51	51	47	48	69	α	β	θ
Were ever electronically bullied	24	34	24	44	20	36	37	33	41	33	54	α	β	ϵ
Were bullied, past 30 days	24	30	21	38	24	31	30	30	31	27	51	α	β	θ
Bullied someone, past 30 days	9	10	8	12	8	8	13	10	9	10	16			

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention												Statistical Differences	
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Rarely or never wear a bicycle helmet	6	8	28	31	18	27	37	28	43	31	38		ζ
Rarely or never wear a helmet when skiing or snowboarding	6	5	5	6	.	6	5	5	9	5	.		
Had a concussion from playing a sport or being physically active, past year	19	19	21	17	15	15	25	19	21	20	23		
Had a sunburn, past year	66	65	61	70	65	64	67	70	44	67	62	β	ζ

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Violence and Unintentional Injuries

Motor Vehicle Safety												Statistical Differences		
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Rarely or never wear a seat belt	45	38	3	2	.	2	3	2	6	3	.	α		
Ever rode with a driver who had been drinking alcohol	20	22	17	26	11	20	28	23	24	22	29	β		
Have ever ridden in a car driven by someone who had been using marijuana	10	14	12	17	9	11	20	14	17	13	29	α	i	θ

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Mental Health

Mental Health												Statistical Differences	
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	β	θ
Ever seriously thought about killing themselves	18	17	10	25	11	19	18	17	20	14	52	β	θ
Ever made a plan about how they would kill themselves	12	12	8	16	8	13	13	12	16	9	37	β	θ
Ever tried to kill themselves	6	7	4	10	5	7	7	6	11	5	23	β	θ
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	18	21	13	29	13	20	25	20	29	16	61	β	θ
Felt sad or hopeless, past year	23	26	18	35	17	25	31	26	33	22	62	β	θ

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Lifetime Substance Use

Lifetime Substance Use													Statistical Differences				
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT						
Ever tried a cigarette	7	9	9	8	5	8	11	8	12	8	21					θ	
Ever tried a flavored tobacco product	8	12	12	12	.	11	17	12	15	11	20	α					
Ever used an electronic vapor product	16	23	23	23	5	20	33	22	31	23	36	α	δ	ε	ι	θ	
Ever drank alcohol	20	25	24	27	11	24	32	24	39	24	41	α		ε	ζ	θ	
Ever used marijuana	7	12	12	12	.	9	18	11	19	11	27	α			ζ	θ	
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	6	7	8	6	5	5	10	6	11	7	10						
Ever used inhalants	5	6	6	6	.	7	8	7	6	6	14					θ	

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Lifetime Substance Use

Substance Use Before Age 11	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences		
Tried cigarette smoking for the first time before age 11 years	3	4	4	4	.	4	5	4	6	4	10			
Drank alcohol for the first time before age 11 years	9	13	12	14	8	17	11	11	24	12	25	α	ζ	θ
Tried marijuana for the first time before age 11 years	1	1	2	.	.	.	2	1	4	2	.			θ

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Past 30 Day Substance Use

Past 30 Day Tobacco Use												Statistical Differences	
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Currently smoked cigarettes or cigars or used smokeless tobacco	2	3	3	2	.	2	4	2	4	2	7		
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	9	13	12	15	.	13	19	13	19	13	25	α	θ
Currently smoked cigarettes	2	1	2	.	.	.	2	1	.	1	.		
Currently used an electronic vapor product	8	13	12	14	.	12	18	12	19	13	25	α	θ
Currently used smokeless tobacco	1	1	2	1	.	1	.		
Currently smoked cigars	1	1	1	1	.	1	.		

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Substance Use												Statistical Differences	
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Currently drank alcohol	7	8	7	10	.	7	12	8	11	8	18		θ
Binge drank, past 30 days	2	2	1	2	.	.	3	2	.	1	7		θ
Currently used marijuana	5	8	7	8	.	6	11	7	12	7	19	α	θ

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Windham
1 or 2 days	66
3 to 9 days	23
10 to 29 days	12

Number of Cigarettes Smoked, Among Current Users	Windham
1 or Less	56
2 to 5 cigarettes	44

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Windham
1 or 2 days	44
3 to 9 days	34
10 to 29 days	14
Every day	9

Access to EVP, Among Current Users	Windham
Bought them in a store or online	5
Borrowed them	54
Someone else bought them or someone gave them to me	22
Took them from a store	2
Some other way	16

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Reason for EVP Use, Among Current Users	Windham
Friend/family used them	31
To try to quit other tobacco	1
Cost less than other tobacco	1
Available in flavors	16
Used for some other reason	51

Type of EVP Used, Among Current Users	Windham
JUUL / pod-type device	74
Vape Pen / rechargeable e-cigarette	11
Mods with refillable tank	8
Other electronic vapor product	4
Not sure	3

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Windham
1 or 2 times	43
3 to 9 times	29
10 to 19 times	9
20+ times	18

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Other Substance Use Related Topics

Tobacco Use Exposure & Prevention												Statistical Differences			
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT				
Were asked by a doctor, dentist, or nurse if they smoked	33	34	35	34	16	29	47	35	36	34	48		δ	ε	ι
Most of the time or always see ads for cigarettes or other tobacco products	46	58	55	61	42	56	66	59	59	60	70	α	δ	ε	ι

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Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong												Statistical Differences		
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Think it is wrong or very wrong for someone their age to use electronic vapor products	84	79	77	81	87	85	68	79	72	79	63	α	ι	θ

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs												Statistical Differences	
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	92	90	89	91	90	91	90	91	86	92	76		θ
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	87	86	85	88	84	88	85	87	84	87	79		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	88	87	89	88	91	84	89	81	89	79	α	θ

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access												Statistical Differences				
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT					
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	29	38	40	36	13	37	49	39	38	40	41	α	δ	ε	ι	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	43	41	45	21	37	58	44	46	43	54		δ	ε	ι	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	30	29	31	12	24	43	30	36	29	45	α	δ	ε	ι	θ

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Perceptions of Substance Use

Perceptions of Substance Use - Harm												Statistical Differences	
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	45	40	36	44	49	43	32	40	35	38	33	α	i
Think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	45	46	46	47	37	52	44	46	48	45	46		
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	43	42	46	52	52	31	43	38	44	32	α	i

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Sexual Health

Sexual Activity & Condom Use												Statistical Differences
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Ever had sexual intercourse	5	5	7	4	.	4	8	5	7	4	18	θ
Used a condom during last sexual intercourse, among those who have has sexual intercourse	58	61	

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Physical Activity, and Nutrition

Physical Activity: 60 min per day												Statistical Differences	
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	9	8	7	9	8	8	9	8	6	6	15		θ
Were physically active at least 60 minutes per day on 5 or more days, past week	56	56	61	51	57	55	57	58	50	61	40	β	θ
Were physically active at least 60 minutes per day on all 7 days, past week	30	29	32	27	28	31	29	30	28	31	24		

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Physical Activity, and Nutrition

Physical Inactivity												Statistical Differences	
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Watch television 1 hour or less per day	42	46	46	46	48	44	47	46	48	45	59		
Watch television 3 or more hours per day	22	24	24	25	27	23	25	24	27	23	44		θ

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Physical Activity, and Nutrition

Physical Inactivity	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences		
												α	β	ε
Play video or computer games or used a computer 1 hour or less per day	58	63	68	57	48	62	69	63	66	62	72	α	β	ε
Play video or computer games or used a computer 3 or more hours per day	41	46	50	41	37	45	51	45	52	44	60	α		θ

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Physical Activity, and Nutrition

Physical Activity at School	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Participate in physical activity or other short breaks during class at least once a week	80	82	83	81	85	81	82	82	81	84	74	
Participate in physical activity or other short breaks during class everyday	64	57	52	63	51	58	58	56	58	55	63	α β

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Physical Activity, and Nutrition

Walk or Bike To/From School												Statistical Differences
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Walk or ride a bike to school at least once a week when weather permits	74	76	74	77	75	77	75	79	61	75	75	ζ
Walk or ride their bike to school every day when weather permits	11	12	13	11	13	10	14	10	21	12	13	ζ

Sport Team Participation												Statistical Differences
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Play on at least one sports team, past year	72	71	71	71	73	69	73	72	69	76	52	θ

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Physical Activity, and Nutrition

Water Consumption												Statistical Differences
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Drank one or more glasses per day of water, past week	78	76	76	77	71	76	79	77	78	77	74	
Drank two or more glasses per day of water, past week	71	70	72	69	65	72	71	70	75	71	68	
Drank three or more glasses per day of water, past week	56	56	57	55	49	56	58	54	67	57	51	ζ

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Physical Activity, and Nutrition

Breakfast Consumption	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences			
Did not eat breakfast, past week	9	10	9	11	5	10	11	9	13	9	18				θ
Ate breakfast on 5 or more days, past week	36	39	32	46	25	38	46	38	46	38	56	β	ε		θ
Ate breakfast on all 7 days, past week	46	42	49	34	55	44	34	41	39	42	23	α	β		θ

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Social Determinants of Health

Social Determinants of Health	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
Described their grades in school as mostly A's or B's	66	74	68	81	67	76	75	77	67	76	72	α	β
Reported in their home people most of the time or always speak a language other than English	6	3	3	3	4	2	4	1	12	3	.	α	ζ
Most of the time or always went hungry because there was not enough food in their home, past 30 days	3	3	3	4	4	2	3	2	5	3	8		

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Youth Assets and Other Protective Factors

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Youth Assets and Other Protective Factors

Family Engagement												Statistical Differences
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Did not eat dinner at home with at least one of their parents or other adult family member, past week	6	6	6	6	.	5	7	6	7	6	8	
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	92	91	91	92	96	91	90	92	91	92	88	
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	85	85	84	87	91	85	83	86	80	86	77	
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	60	59	62	72	61	54	61	57	60	58	

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Youth Assets and Other Protective Factors

School Connectedness												Statistical Differences
	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Have at least one teacher or other adult in their school that they can talk to if they have a problem	72	68	68	68	68	67	69	67	71	69	65	
Strongly agree or agree that their school has clear rules and consequences for behavior	64	64	69	58	66	72	55	64	62	65	57	β

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Youth Assets and Other Protective Factors

Community Connectedness	VT	Windham	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
												α	θ
Strongly agree or agree that in their community they feel like they matter to people	59	57	65	49	56	55	60	59	50	61	33	β	θ

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