2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

WHITE RIVER VALLEY SU

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

We would especially like to thank the students and schools in White River Valley SU who participated in the 2019 YRBS.

This report includes the results for the following schools:

High Schools
WHITE RIVER VALLEY HIGH SCHOOL

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

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Middle Schools

CHELSEA ELEMENTARY MIDDLE SCHOOL

NEWTON SCHOOL

TUNBRIDGE CENTRAL SCHOOL

WHITE RIVER VALLEY MIDDLE SCHOOL

Table of Contents

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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
- 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.

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.

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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 CDCs Healthy Youth-DASH website at: https://www.cdc.gov/healthyyouth/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

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 the statewide report:

- Sex (biological)

- Grade

- Race, Ethnicity

- Sexual Orientation / Gender Identity

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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.

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

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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).

Key Terms and Statistical Differences Used in the Report

Each table includes a note about any statistical differences between the overall Vermont and White River Valley SU prevalence rates.

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

SU or SD = All students in White River Valley SU

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

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Demographics

Sex	VT	SU
Female	48	47
Male	52	53

Grade	VT	SU
9th grade	25	27
10th grade	25	26
11th grade	25	24
12th grade	25	23

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https://www.healthvermont.gov/yrbs

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Demographics

Race	VT	SU
Students of Color	16	10
White, non-Hispanic	84	90

Sexual Orientation / Gender Identity	VT	SU
Lesbian, Gay, Bisexual, or Transgender	14	15
Heterosexual / Cisgender	86	85

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Violence and Unintentional Injuries

Physical Violence	VT	SU	Statistical Differences
Were in a physical fight, past year	18	28	SU/SD is higher than VT
Carried a weapon on school property, past 30 days	5	10	SU/SD is higher than VT
Were threatened or injured with a weapon on school property, past 30 days	7	9	
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	6	6	

Bullying	VT	SU	Statistical Differences
Were electronically bullied	16	22	SU/SD is higher than VT
Were bullied, past 30 days	17	20	
Bullied someone, past 30 days	10	11	

. = Too few students to report

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Violence and Unintentional Injuries

Sexual and Dating Violence	VT	SU	Statistical Differences
Report someone has ever done sexual things to them that they did not want	18	23	SU/SD is higher than VT
Experienced physical dating violence	8	13	SU/SD is higher than VT
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	33	SU/SD is higher than VT
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	31	SU/SD is higher than VT

. = Too few students to report

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Violence and Unintentional Injuries

Motor Vehicle Safety	VT	SU	Statistical Differences
Rode with a driver who had been drinking alcohol, past 30 days	17	17	
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	23	22	

Motor Vehicle Safety, Among Students Who Drive	VT	SU	Statistical Differences
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	33	
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	6	9	SU/SD is higher than VT
Drove a car or other vehicle when they had been using marijuana, past 30 days	15	17	

. = Too few students to report

https://www.healthvermont.gov/yrbs

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention	VT	SU	Statistical Differences
Rarely or never wore a helmet when skiing or snowboarding, past year	11	11	
Had a concussion from playing a sport or being physically active, past year	18	18	
Had a sunburn, past year	73	74	

. = Too few students to report

Mental Health

Mental Health	VT	SU	Statistical Differences
Did something to purposely hurt themselves without wanting to die, past year	19	21	
Felt sad or hopeless, past year	31	38	SU/SD is higher than VT
Made a plan about how they would attempt suicide, past year	13	24	SU/SD is higher than VT
Attempted suicide, past year	7	10	SU/SD is higher than VT

. = Too few students to report

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Lifetime Substance Use

Tobacco, Alcohol, or Marijuana Use Before Age 13	VT	SU	Statistical Differences
First tried cigarette smoking before age 13 years	7	12	SU/SD is higher than VT
Drank alcohol before age 13	13	16	SU/SD is higher than VT
Tried marijuana for the first time before age 13 years	6	10	SU/SD is higher than VT

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	VT	SU	Statistical Differences
Ever tried cigarette smoking	22	28	SU/SD is higher than VT
Ever used an electronic vapor product	50	56	SU/SD is higher than VT
Ever used a flavored tobacco product	27	34	SU/SD is higher than VT
Ever drank alcohol	55	60	SU/SD is higher than VT
Ever used marijuana	40	48	SU/SD is higher than VT

. = Too few students to report

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Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse	VT	SU	Statistical Differences
Ever used a prescription drug	12	12	
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	9	11	
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	9	SU/SD is higher than VT

Lifetime Substance Use - Other Drug Use	VT	SU	Statistical Differences
Ever used cocaine	4	8	SU/SD is higher than VT
Ever used inhalants	7	14	SU/SD is higher than VT
Ever used heroin	2	.	Too few students
Ever used methamphetamines	2	3	SU/SD is higher than VT

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DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	SU	Statistical Differences
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	35	SU/SD is higher than VT
Currently smoked cigarettes or cigars or used smokeless tobacco	10	15	SU/SD is higher than VT
Tried to quit using all tobacco products, past year	44	38	

Past 30 Day Tobacco Use	VT	SU	Statistical Differences
Currently smoked cigarettes	7	11	SU/SD is higher than VT
Currently used an electronic vapor product	26	32	SU/SD is higher than VT
Currently used smokeless tobacco	3	4	
Currently smoked cigars	6	9	SU/SD is higher than VT

. = Too few students to report

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Drug Use	VT	SU	Statistical Differences
Currently drank alcohol	31	34	
Currently were binge drinking	15	17	
Currently used marijuana	27	35	SU/SD is higher than VT
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	5	

. = Too few students to report

VERMONT
DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Other Substance Use Related Topics

Substance Use Exposure and Prevention	VT	SU	Statistical Differences
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	62	
Most of the time or always see ads for cigarettes or other tobacco products	50	55	SU/SD is higher than VT

Substance Use on School Property	VT	SU	Statistical Differences
Attended school under the influence of alcohol or other illegal drugs, past year	15	21	SU/SD is higher than VT
Were offered, sold, or given an illegal drug on school property, past year	19	18	

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DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Peer Use	VT	SU	Statistical Differences
Think it is wrong or very wrong for someone their age to use electronic vapor products	56	53	
Think it is wrong or very wrong for someone their age to drink alcohol	53	49	
Think it is wrong or very wrong for someone their age to use marijuana	51	56	SU/SD is higher than VT

. = Too few students to report

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs	VT	SU	Statistical Differences
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	84	84	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	74	SU/SD is higher than VT
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	76	

. = Too few students to report

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access	VT	SU	Statistical Differences
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	73	75	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	67	64	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	62	

. = Too few students to report

VERMONT
DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Harm	VT	SU	Statistical Differences
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	29	28	
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	28	SU/SD is lower than VT
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	23	20	

. = Too few students to report

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Sexual Health

HIV and STD Testing	VT	SU	Statistical Differences
Were ever tested for human immunodeficiency virus (HIV)	13	15	
Were ever tested for a sexually transmitted disease (STD)	11	16	SU/SD is higher than VT

Sexual Activity	VT	SU	Statistical Differences
Ever had sexual intercourse	40	46	SU/SD is higher than VT
Had sexual intercourse for the first time before age 13 years	3	6	SU/SD is higher than VT
Had sexual intercourse with four or more persons during their life	9	9	
Were currently sexually active	31	37	SU/SD is higher than VT

. = Too few students to report

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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	VT	SU	Statistical Differences
Used birth control pills before last sexual intercourse, among sexually active students	32	18	SU/SD is lower than VT
Used a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing), among sexually active students	4	.	Too few students
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon)	19	32	SU/SD is higher than VT

. = Too few students to report

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DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Sexual Health

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

Condom & Birth Control Use, Among Sexually Active Students	VT	SU	Statistical Differences
Used a condom during last sexual intercourse, among sexually active students	54	61	
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring	56	55	
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	21	28	SU/SD is higher than VT
Did not use any method to prevent pregnancy	6	.	Too few students

. = Too few students to report

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	VT	SU	Statistical Differences
Were obese	13	14	
Were overweight	14	8	SU/SD is lower than VT
Described themselves as slightly or very overweight	31	30	
Were trying to lose weight	43	47	SU/SD is higher than VT

. = Too few students to report

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DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Weight, Physical Activity, and Nutrition

Physical Activity	VT	SU	Statistical Differences
Did not participate in at least 60 minutes of physical activity on at least 1 day	14	7	SU/SD is lower than VT
Were physically active at least 60 minutes per day on all 7 days	22	32	SU/SD is higher than VT
Were physically active at least 60 minutes per day on 5 or more days, past week	46	56	SU/SD is higher than VT
Played video or computer games or used a computer 3 or more hours per day	48	41	SU/SD is lower than VT

. = Too few students to report

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DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Weight, Physical Activity, and Nutrition

Physical Activity at School	VT	SU	Statistical Differences
Report they participate in physical activity or other short breaks during class at least 1x per week	62	74	SU/SD is higher than VT
Report they participate in physical activity or other short breaks during class, every day	23	31	SU/SD is higher than VT

. = Too few students to report

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DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Weight, Physical Activity, and Nutrition

Soda and Sugar-Sweetened Beverage Consumption	VT	SU	Statistical Differences
Did not drink any soda or sugar-sweetened beverages, past week	23	18	SU/SD is lower than VT
Drank a can, bottle, or glass of a sugar-sweetened beverage, past week	18	19	
Drank soda or sugar-sweetened beverages 2+ times per day, past week	10	9	
Drank soda or sugar-sweetened beverages 3+ times per day, past week	5	6	

. = Too few students to report

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Weight, Physical Activity, and Nutrition

Water Consumption, Past Week	VT	SU	Statistical Differences
Drank one or more glasses per day of water	79	88	SU/SD is higher than VT
Drank two or more glasses per day of water	70	78	SU/SD is higher than VT
Drank three or more glasses per day of water	54	64	SU/SD is higher than VT

Fruit and Vegetable Consumption	VT	SU	Statistical Differences
Ate 5+ fruits/vegetables every day, past week	21	20	

. = Too few students to report

VERMONT
DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Weight, Physical Activity, and Nutrition

Fruit Consumption, Past Week	VT	SU	Statistical Differences
Did not eat fruit or drink 100% fruit juices	6	.	Too few students
Ate fruit or drank 100% fruit juices one or more times per day	62	66	
Ate fruit or drank 100% fruit juices two or more times per day	31	30	

Vegetable Consumption, Past Week	VT	SU	Statistical Differences
Did not eat vegetables	5	.	Too few students
Ate vegetables one or more times per day	72	78	SU/SD is higher than VT
Ate vegetables two or more times per day	37	41	
Ate vegetables three or more times per day	19	20	

. = Too few students to report

VERMONT
DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Weight, Physical Activity, and Nutrition

Breakfast Consumption	VT	SU	Statistical Differences
Did not eat breakfast, past week	11	15	SU/SD is higher than VT
Ate breakfast on at least 5 days, past week	54	50	
Ate breakfast on all 7 days	37	32	SU/SD is lower than VT

. = Too few students to report

Social Determinants of Health

Social Determinants of Health	VT	SU	Statistical Differences
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	4	
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	5	SU/SD is higher than VT
Have a physical disability, emotional problems, or learning disability	30	37	SU/SD is higher than VT

Social Determinants of Health	VT	SU	Statistical Differences
Described their grades in school as mostly A's or B's	78	73	SU/SD is lower than VT
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	69	SU/SD is lower than VT

. = Too few students to report

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DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Youth Assets and Other Protective Factors

Protective Factors - Family	VT	SU	Statistical Differences
Did not eat dinner at home with parents, past week	9	12	SU/SD is higher than VT
Ate dinner at home with parent at least 2x, past week	86	83	SU/SD is lower than VT
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	75	75	

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU High School Results

Youth Assets and Other Protective Factors

Protective Factors - School Connectedness	VT	SU	Statistical Differences
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	78	83	SU/SD is higher than VT
Strongly agree or agree that their school has clear rules and consequences for behavior	56	49	SU/SD is lower than VT
Do not participate in any afterschool activities	34	34	
Spend 10 or more hours participating in afterschool activities	24	23	

Protective Factors - Community	VT	SU	Statistical Differences
Strongly agree or agree that in their community they feel like they matter to people	58	56	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Demographics

Sex	VT	SU
Female	49	50
Male	51	50

Grade	VT	SU
6th grade	24	30
7th grade	38	36
8th grade	38	34

Demographics

Race	VT	SU
Students of Color	19	13
White, non-Hispanic	81	87

Sexual Orientation / Gender Identity	VT	SU
Lesbian, Gay, Bisexual, or Transgender	11	10
Heterosexual / Cisgender	89	90

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Violence and Unintentional Injuries

Violence	VT	SU	Statistical Differences
Were ever in a physical fight	41	47	SU/SD is higher than VT
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	8	
Report someone has ever done sexual things to them that they did not want	10	11	

Bullying	VT	SU	Statistical Differences
Were ever bullied on school property	45	52	SU/SD is higher than VT
Were ever electronically bullied	24	29	SU/SD is higher than VT
Were bullied, past 30 days	24	23	
Bullied someone, past 30 days	9	8	

. = Too few students to report

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention	VT	SU	Statistical Differences
Rarely or never wear a bicycle helmet	68	69	
Had a concussion from playing a sport or being physically active, past year	19	17	
Rarely or never wear a helmet when skiing or snowboarding	6	6	
Had a sunburn, past year	66	68	

Motor Vehicle Safety	VT	SU	Statistical Differences
Rarely or never wear a seat belt	49	54	SU/SD is higher than VT
Ever rode with a driver who had been drinking alcohol	20	15	SU/SD is lower than VT
Have ever ridden in a car driven by someone who had been using marijuana	10	8	SU/SD is lower than VT

. = Too few students to report

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Mental Health

Mental Health	VT	SU	Statistical Differences
Ever seriously thought about killing themselves	18	11	SU/SD is lower than VT
Ever made a plan about how they would kill themselves	12	10	
Ever tried to kill themselves	6	3	SU/SD is lower than VT
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	18	15	SU/SD is lower than VT
Felt sad or hopeless, past year	23	18	SU/SD is lower than VT

. = Too few students to report

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DEPARTMENT OF HEALTH

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Lifetime Substance Use

Lifetime Substance Use	VT	SU	Statistical Differences
Ever tried a cigarette	7	5	SU/SD is lower than VT
Ever tried a flavored tobacco product	8	4	SU/SD is lower than VT
Ever used an electronic vapor product	16	10	SU/SD is lower than VT
Ever drank alcohol	20	18	
Ever used marijuana	7	5	SU/SD is lower than VT
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	6	6	
Ever used inhalants	5	3	SU/SD is lower than VT

. = Too few students to report

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Lifetime Substance Use

Substance Use Before Age 11	VT	SU	Statistical Differences
Tried cigarette smoking for the first time before age 11 years	3	1	SU/SD is lower than VT
Drank alcohol for the first time before age 11 years	9	8	
Tried marijuana for the first time before age 11 years	1	.	Too few students

. = Too few students to report

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	SU	Statistical Differences
Currently smoked cigarettes or cigars or used smokeless tobacco	2	1	SU/SD is lower than VT
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	9	4	SU/SD is lower than VT
Currently smoked cigarettes	2	1	
Currently used an electronic vapor product	8	4	SU/SD is lower than VT
Currently used smokeless tobacco	1	0	
Currently smoked cigars	1	1	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Past 30 Day Substance Use

Past 30 Day Alcohol and Other Substance Use	VT	SU	Statistical Differences
Currently drank alcohol	7	5	SU/SD is lower than VT
Binge drank, past 30 days	2	1	
Currently used marijuana	5	4	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Other Substance Use Related Topics

Tobacco Use Exposure & Prevention	VT	SU	Statistical Differences
Were asked by a doctor, dentist, or nurse if they smoked	33	25	SU/SD is lower than VT
Most of the time or always see ads for cigarettes or other tobacco products	46	48	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Perceptions of Substance Use

Believe People Greatly Risk Harm from Substance Use	VT	SU	Statistical Differences
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	45	43	
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	47	
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	46	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Perceptions of Substance Use

Think it is Easy or Very Easy to Access	VT	SU	Statistical Differences
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	29	25	SU/SD is lower than VT
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	38	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	17	

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01:04 Tuesday, November 24, 2020

52

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Sexual Health

Sexual Activity & Condom Use	VT	SU	Statistical Differences
Ever had sexual intercourse	5	3	SU/SD is lower than VT
Used a condom during last sexual intercourse, among those who have has sexual intercourse	58	69	

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https://www.healthvermont.gov/yrbs

Physical Activity, and Nutrition

Physical Activity: 60 min per day	VT	SU	Statistical Differences
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	9	7	
Were physically active at least 60 minutes per day on 5 or more days, past week	56	58	
Were physically active at least 60 minutes per day on all 7 days, past week	30	33	SU/SD is higher than VT

Physical Inactivity, Average School Day	VT	SU	Statistical Differences
Watch television 1 hour or less per day	58	59	
Watch television 3 or more hours per day	22	23	

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Physical Activity, and Nutrition

Physical Inactivity, Average School Day	VT	SU	Statistical Differences
Play video or computer games or used a computer 1 hour or less per day	42	45	
Play video or computer games or used a computer 3 or more hours per day	41	40	

Physical Activity at School	VT	SU	Statistical Differences
Participate in physical activity or other short breaks during class at least once a week	80	85	SU/SD is higher than VT
Participate in physical activity or other short breaks during class everyday	36	41	SU/SD is higher than VT

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Physical Activity, and Nutrition

Walk or Bike To/From School	VT	SU	Statistical Differences
Walk or ride a bike to school at least once a week when weather permits	26	28	
Walk or ride their bike to school every day when weather permits	11	9	SU/SD is lower than VT

Sport Team Participation	VT	SU	Statistical Differences
Play on at least one sports team, past year	72	73	

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Physical Activity, and Nutrition

Water Consumption, Past Week	VT	SU	Statistical Differences
Drank one or more glasses per day of water, past week	78	77	
Drank two or more glasses per day of water, past week	71	73	
Drank three or more glasses per day of water, past week	56	59	

Breakfast Consumption	VT	SU	Statistical Differences
Did not eat breakfast, past week	9	6	SU/SD is lower than VT
Ate breakfast on 5 or more days, past week	64	69	SU/SD is higher than VT
Ate breakfast on all 7 days, past week	46	53	SU/SD is higher than VT

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Social Determinants of Health

Social Determinants of Health	VT	SU	Statistical Differences
Described their grades in school as mostly A's or B's	66	74	SU/SD is higher than VT
Reported in their home people most of the time or always speak a language other than English	6	3	SU/SD is lower than VT
Most of the time or always went hungry because there was not enough food in their home, past 30 days	3	3	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Youth Assets and Other Protective Factors

Family Engagement	VT	SU	Statistical Differences
Did not eat dinner at home with at least one of their parents or other adult family member, past week	6	4	SU/SD is lower than VT
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	85	88	SU/SD is higher than VT
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	92	94	SU/SD is higher than VT
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	72	SU/SD is higher than VT

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

White River Valley SU Middle School Results

Youth Assets and Other Protective Factors

School Connectedness	VT	SU	Statistical Differences
Have at least one teacher or other adult in their school that they can talk to if they have a problem	72	77	SU/SD is higher than VT
Strongly agree or agree that their school has clear rules and consequences for behavior	64	59	SU/SD is lower than VT

Community Connectedness	VT	SU	Statistical Differences
Strongly agree or agree that in their community they feel like they matter to people	59	60	

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