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# 2011 Vermont Youth Risk Behavior Survey Report

## Report for Essex-Caledonia Supervisory Union

Every other year, since 1993, the Department of Health Division of Alcohol and Drug Abuse Programs and the Department of Education Student Health and Learning team sponsor the Vermont Youth Risk Behavior Survey (YRBS). The YRBS measures the prevalence of behaviors that contribute to the leading causes of death, disease, and injury among youth.

Participation by schools and individual students is voluntary. To protect student privacy, the questionnaire and survey process are anonymous. It is impossible to identify an individual student's responses.

### Survey Changes in 2011

Before 2011, students in grades 8-12 took the Vermont Youth Risk Behavior Survey. In 2011, we conducted two surveys: a **high school survey** of students in grades 9-12, and a **middle school survey** of students in grades 6-8.

**All results in the high school survey report are for grades 9-12 only.** For the questions on the 2011 high school survey, we recalculated results from previous years for grades 9-12 for comparative purposes. Those results are at the end of this report.

### About this Report

The results appear in data tables by gender and grade unless otherwise noted. All results are percentages of students who responded affirmatively. Percentages were suppressed with an asterisk (\*) if five or fewer students reported affirmatively, either overall or by grade or gender.

### Thank You

We thank the principals and superintendents who chose to participate, the teachers and school staff who administered or in other ways supported the survey, and the students who took the time and effort to share a piece of their lives with us. We also thank the Centers for Disease Control and Prevention, Division of Adolescent and School Health for sponsoring the survey through a cooperative agreement with the Vermont Department of Education, and the CDC and Westat for technical assistance.

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## How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we 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.

## A Word of Caution

The YRBS represents the most complete and most recent information available about risk behaviors among Vermont students. However, the YRBS has some limitations that you should keep in mind when interpreting the results.

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. We run over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These precautions can reduce some sources of error, but not all.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** It is natural to want to know how individual supervisory unions or school districts compare to the state overall or to each other. We urge caution in making such comparisons because the statewide results are weighted and the local results are not. As a result, it is possible that apparent differences, especially small differences, are due to demographic characteristics rather than to true differences in prevalence. Furthermore, small differences may not be statistically different and may simply be a function of normal sampling error.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer the most important question: Why are they doing it?

## Personal Safety

Feeling safe – whether at school, in a car, or in a relationship – fosters positive adolescent development. The high school and middle school surveys included questions on fighting, bullying, seat belt use, safety at school, helmet use, and suicidality. The high school survey included additional questions on driving behaviors, dating violence, and self harm.

- Physical fighting is a marker for problem behaviors<sup>1</sup> and is associated with serious injury.<sup>2,3</sup> Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.<sup>4,5,6</sup>
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,<sup>7,8</sup> poor academic achievement,<sup>8</sup> and violent behavior.<sup>9</sup>
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.<sup>10</sup> Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.<sup>11</sup>
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.<sup>12</sup> Despite this, less than one quarter of bicyclists wear helmets.<sup>12</sup>
- In 2009, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.<sup>13</sup> Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.<sup>14</sup>

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## Alcohol, Tobacco, and Other Drugs

Early use of alcohol, tobacco, and other drugs is associated with myriad problems later in life. The high school and middle school surveys asked about tobacco, alcohol, marijuana, inhalant, and prescription drug use. The surveys also asked the age at which students first used alcohol, cigarettes, and marijuana. The high school survey asked additional questions on other drug use, such as heroin, methamphetamines, and hallucinogens. Both surveys asked about ease of availability of alcohol, cigarettes, and marijuana, peer disapproval of use of these substances, perceived parental disapproval of use, and the risk of harm associated with use of these substances.

- Alcohol use is a major contributing factor in about half of all homicides and sexual assaults,<sup>15</sup> and about one-third of all motor vehicle crash fatalities.<sup>16</sup> Heavy drinking among youth has been linked to violence, academic and job problems, suicidal behavior, trouble with law enforcement authorities, risky sexual behavior, and use of cigarettes, marijuana, cocaine, and other illegal drugs.<sup>17,18</sup>
- Tobacco use is the single most preventable cause of death in the United States,<sup>19</sup> contributing to more than one of every five deaths.<sup>20</sup> Cigarette smoking increases the risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.<sup>19</sup>
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.<sup>21</sup> Other reactions include feelings of distrust, anxiety, or depression.<sup>21</sup> In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.<sup>22</sup>
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.<sup>23</sup>
- Multi-year results from the Monitoring the Future survey indicate that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases.<sup>24</sup> As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.<sup>24</sup> Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.<sup>24</sup>

## Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing. The middle school survey did not ask any questions about sex.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,<sup>25</sup> and negative effects on social and psychological development.<sup>26</sup> Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.<sup>27</sup>
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.<sup>28</sup> STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.<sup>26</sup> Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.<sup>29</sup>
- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.<sup>30</sup>

## Body Image

Negative feelings about weight and body image often develop in adolescence. The high school and middle school surveys included questions about weight perception and weight control. The high school survey asked for students' height and weight to calculate body mass index, and about use of artificial tanning devices.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.<sup>31</sup> Obesity in childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.<sup>32</sup> Overweight and obesity acquired during childhood or adolescence may persist into adulthood.<sup>33</sup> Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.<sup>20</sup>
- However, overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.<sup>34,35</sup> Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors such as fasting and self-induced vomiting that can lead to abnormal physical and psychological development.<sup>36,37</sup>
- Indoor tanning increases risk for melanoma and non-melanoma cancers. In the U.S., the incidence of melanoma is increasing more rapidly than that of any other cancer, particularly among girls and women between the ages of 15 and 39. Some evidence suggests that repeated UV irradiation, and the use of indoor tanning beds specifically, may have important behavioral consequences, including mood changes, pain, and physical dependency.<sup>38</sup>



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## Nutrition and Physical Activity

Nutritious eating and physical activity are two cornerstones of healthy adolescent development. The high school and middle school surveys asked about breakfast consumption, physical activity, physical education classes, and television, computer, and video game use. The high school survey also asked about consumption of fruits, vegetables, soda, and sugar-sweetened beverages.

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.<sup>39-43</sup>
- In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.<sup>44-45</sup>
- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.<sup>46</sup> The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.<sup>46</sup>
- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.<sup>47-50</sup>
- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity<sup>51</sup> and violent or aggressive behavior.<sup>52-54</sup> Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

## Measures of Youth Assets

Adolescent achievement requires sources of positive influence. The high school and middle school surveys asked about school and community connectivity as well as parental conversations about school. The high school survey asked additional questions about volunteerism and grades earned in school.

- Above-average school performance is one of many developmental assets, or factors promoting positive development. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.<sup>55</sup>
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.<sup>56</sup> A national study of adolescent health found that youth who reported a "connectedness" to their parents/family and school were the least likely to engage in risky behaviors.<sup>57</sup> Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.<sup>57</sup>
- Research shows that involvement in constructive, supervised extracurricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and delinquency.<sup>58</sup> In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.<sup>59</sup>
- Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.

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## 2011 Vermont High School Youth Risk Behavior Survey

### Results for Essex-Caledonia SU

#### Participation Rates

	Grade				Gender		All
	9	10	11	12	F	M	
Participated	11	9	10	8	23	15	38
Enrolled	13	11	13	14	29	22	51
Participation Rate	85%	82%	77%	57%	79%	68%	75%

Based on October 1, 2010 enrollment.

Due to low sample sizes for the high school survey (fewer than 20 participants in one or more grades), we report overall percentages and percentages by sex only.

## Demographics

### Age

	<b>2011</b>
<b>15 or younger</b>	37%
<b>16</b>	29%
<b>17</b>	26%
<b>18 or older</b>	8%

### Race and Ethnicity

	<b>2011</b>
<b>White non-Hispanic</b>	86%
<b>Racial or ethnic minority</b>	14%

### Mother's Education

	<b>2011</b>
<b>High school or less</b>	42%
<b>Some college</b>	18%
<b>College graduate</b>	24%
<b>Graduate or professional degree after college</b>	0%
<b>Not sure</b>	16%



**Personal Safety**

Percent of students who:

	All	Sex	
	2011	Female	Male
<b>Ride bicycles</b>	50%	43%	60%

Of students who ride bicycles, percent who wear helmets:

	All	Sex	
	2011	Female	Male
<b>Rarely or never</b>	74%	80%	67%

### Personal Safety

Percent of students who wear seatbelts when riding in a car:

	All	Sex	
	2011	Female	Male
<b>Always</b>	45%	57%	27%
<b>Most of the time</b>	34%	22%	53%
<b>Sometimes, Rarely or Never</b>	22%	22%	20%

Percent of students who, in the past 30 days:

	All	Sex	
	2011	Female	Male
<b>Rode in a car or other vehicle driven by someone who had been drinking alcohol</b>	32%	35%	27%
<b>Drove a car or other vehicle after drinking</b>	*	*	*
<b>Rode in a car or other vehicle driven by someone who had been smoking marijuana</b>	37%	43%	27%
<b>Drove a car or other vehicle after smoking marijuana</b>	*	*	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

## Personal Safety

Percent of students who:

	All	Sex	
	2011	Female	Male
<b>Carried a weapon such as a gun, knife or club on school property, past 30 days</b>	18%	*	*
<b>Did not go to school because they felt unsafe, past 30 days</b>	*	*	*
<b>Were threatened or injured with a weapon at school, past 12 months</b>	16%	22%	7%
<b>Were in a physical fight, past 12 months</b>	42%	30%	60%
<b>Were in a physical fight on school property, past 12 months</b>	22%	*	*
<b>Were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend, past 12 months</b>	*	*	*
<b>Were physically forced to have sexual intercourse, ever</b>	*	*	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

## Personal Safety

Percent of students who:

	All	Sex	
	2011	Female	Male
<b>Were bullied, past 30 days</b>	29%	26%	*
<b>Bullied someone else, past 30 days</b>	29%	*	47%
<b>Were electronically bullied, past 12 months</b>	34%	43%	*
<b>Caused purposeful harm to themselves such as by cutting or burning, past 12 months</b>	34%	39%	*
<b>Felt sad or hopeless almost every day for two weeks or more in a row, past 12 months</b>	35%	32%	40%
<b>Made a suicide plan, past 12 months</b>	21%	*	*
<b>Made a suicide attempt, past 12 months</b>	*	*	*

For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight, or when teasing is done in a friendly way. Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

\* Suppressed due to small cell sizes ( $\leq 5$  students)

### Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Sex	
	2011	Female	Male
<b>Ever drank alcohol other than a few sips</b>	82%	87%	73%
<b>Had first drink other than a few sips before age 13</b>	39%	43%	*
<b>Drank alcohol, past 30 days</b>	46%	48%	43%
<b>Had five or more drinks of alcohol in a row, past 30 days</b>	33%	35%	*
<b>Drank alcohol on 3 to 9 of the past 30 days</b>	*	*	*
<b>Drank alcohol on 10 or more of the past 30 days</b>	16%	*	*
<b>Binged on 3 or more of the past 30 days</b>	17%	*	*
<b>Drank alcohol on school property, past 30 days</b>	0%	0%	0%

Usual source of alcohol among students who drank in the past 30 days	All
	2011
<b>Someone gave it to me</b>	44%
<b>Got it from home</b>	*
<b>Gave someone money to buy it for me</b>	50%

\* Suppressed due to small cell sizes ( $\leq 5$  students)

There were not enough drinkers to report usual type of alcohol overall or by sex, or usual source by sex.

## Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Sex	
	2011	Female	Male
<b>Ever smoked a whole cigarette</b>	61%	61%	60%
<b>Smoked before age 13</b>	34%	35%	*
<b>Smoked cigarettes, past 30 days</b>	29%	39%	*
<b>Smoked on 20 or more of the past 30 days</b>	16%	*	*
<b>Smoked every day, past 30 days</b>	*	*	*
<b>Used chewing tobacco, past 30 days</b>	16%	*	*
<b>Smoked cigars, past 30 days</b>	*	*	*
<b>Used snus, ever</b>	*	*	*

	All	Sex	
	2011	Female	Male
<b>Among students who smoked in the past 30 days, percent who tried to quit in the past 12 months</b>	50%	55%	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

There were not enough current smokers to report usual source of cigarettes.

### Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Sex	
	2011	Female	Male
<b>Were in the same room with someone who was smoking, past 7 days</b>	71%	74%	67%
<b>Were in the same car with someone who was smoking, past 7 days</b>	58%	65%	47%
<b>Were asked about smoking by a health professional, past 12 months</b>	45%	57%	27%
<b>Discussed dangers of smoking with parents or guardian, past 12 months</b>	26%	26%	27%
<b>Think that out of 100 Vermont high school students, 56 or more smoke cigarettes</b>	21%	17%	27%

## Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	<b>All</b>
	<b>2011</b>
<b>Ever used marijuana</b>	58%
<b>Used marijuana before age 13</b>	*
<b>Used marijuana, past 30 days</b>	30%
<b>Used marijuana on school property, past 30 days</b>	0%
<b>Used cocaine, past 30 days</b>	*
<b>Used inhalants, ever</b>	24%
<b>Used heroin, ever</b>	0%
<b>Used methamphetamines, ever</b>	*
<b>Used hallucinogens, ever</b>	16%
<b>Used the prescription stimulant Ritalin or Adderall not prescribed to them, ever</b>	*
<b>Used a prescription pain reliever such as OxyContin, Vicodin, or other prescription pain reliever not prescribed to them, ever</b>	30%
<b>Used a prescription pain reliever or a prescription stimulant not prescribed to them, ever</b>	30%
<b>Were offered, sold, or given an illegal drug on school property, past 12 months</b>	16%

\* Suppressed due to small cell sizes ( $\leq 5$  students)

There were not enough drug users to report use by sex.



**Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use**

Percent of students who think their parents would think it is wrong or very wrong for them to:

	All	Sex	
	2011	Female	Male
<b>Smoke cigarettes</b>	82%	74%	93%
<b>Drink alcohol</b>	76%	78%	73%
<b>Smoke marijuana</b>	84%	77%	93%

Percent of students who think it would be wrong or very wrong for someone their age to:

	All	Sex	
	2011	Female	Male
<b>Smoke cigarettes</b>	55%	57%	53%
<b>Drink alcohol</b>	47%	57%	33%
<b>Smoke marijuana</b>	61%	65%	53%

### Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think people their age greatly risk harming themselves (physically or in other ways) if they:

	All	Sex	
	2011	Female	Male
<b>Smoke one or more packs of cigarettes per day</b>	50%	61%	33%
<b>Have five or more drinks of alcohol once or twice each weekend</b>	39%	48%	27%
<b>Smoke marijuana regularly</b>	47%	57%	33%

Percent of students who report that it would be easy or very easy to get:

	All	Sex	
	2011	Female	Male
<b>Cigarettes</b>	81%	86%	73%
<b>Alcohol</b>	83%	91%	71%
<b>Marijuana</b>	59%	59%	60%

## Sexual Behavior and Orientation

Percent of students who:

	All	Sex	
	2011	Female	Male
<b>Had sexual intercourse, ever</b>	58%	57%	60%
<b>First had sexual intercourse before age 13</b>	*	*	*
<b>Had sexual intercourse with four or more people during their life</b>	17%	*	*
<b>Had sexual intercourse at least once in the past three months</b>	43%	48%	*
<b>Had oral sex, ever</b>	66%	62%	71%
<b>Had a HIV test, ever</b>	32%	48%	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

**Sexual Behavior and Orientation**

Among students who had sex in the past 3 months:

Percent of students who:

	<b>All</b>
	<b>2011</b>
<b>Used drugs or alcohol before last sexual intercourse</b>	*
<b>Used a condom for last sexual intercourse</b>	60%

Method used to prevent pregnancy during last sexual intercourse

	<b>All</b>
	<b>2011</b>
<b>Condoms</b>	36%
<b>Withdrawal</b>	*
<b>Prescription birth control including pills, rings, implants, injections, IUDs</b>	50%

\* Suppressed due to small cell sizes ( $\leq 5$  students)

There were not enough sexually active students to report these measures by sex.

## Sexual Behavior and Orientation

Sexual orientation

	Sex	
	Female	Male
<b>Heterosexual</b>	59%	100%
<b>Gay or lesbian</b>	*	*
<b>Bisexual</b>	32%	*
<b>Not sure</b>	*	*

With whom have you had sexual contact?

	Sex	
	Female	Male
<b>Females</b>	*	71%
<b>Males</b>	30%	*
<b>Both</b>	35%	*
<b>Never had sexual contact</b>	30%	29%

\* Suppressed due to small cell sizes ( $\leq 5$  students)

## Body Image

Percent of students who are:

	All	Sex	
	2011	Female	Male
<b>Overweight (85th BMI Percentile)</b>	18%	*	*
<b>Obese (95th BMI Percentile)</b>	15%	*	*

BMI=body mass index; weight in kilograms divided by height in meters, squared

Percent of students who think that they are:

	All	Sex	
	2011	Female	Male
<b>Underweight</b>	*	*	*
<b>About the right weight</b>	47%	48%	47%
<b>Overweight</b>	39%	43%	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

## Body Image

Percent of students who are trying to:

	All	Sex	
	2011	Female	Male
<b>Lose weight</b>	61%	65%	53%
<b>Gain weight</b>	*	*	*
<b>Stay the same weight</b>	*	*	*
<b>Not trying to do anything about weight</b>	16%	9%	*

Percent of students who:

	All	Sex	
	2011	Female	Male
<b>Skipped meals to lose weight or keep from gaining weight, past 30 days</b>	30%	43%	*
<b>Used an indoor tanning device such as a sunlamp, sunbed, or tanning booth, past 30 days</b>	19%	26%	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

## Nutrition

Percent of students who, during the past seven days:

	All	Sex	
	2011	Female	Male
<b>Ate fruits and vegetables five or more times per day</b>	27%	35%	*
<b>Ate two or more servings of fruit or fruit juice per day</b>	29%	35%	*
<b>Ate three or more servings of vegetables per day</b>	32%	39%	*
<b>Ate breakfast seven of the past seven days</b>	39%	30%	53%
<b>Ate breakfast at least three of the past seven days</b>	74%	70%	80%
<b>Ate breakfast zero of the past seven days</b>	*	*	*
<b>Drank a can, bottle, or glass of soda or pop at least once per day</b>	24%	26%	*
<b>Drank a can, bottle, or glass of a sugar-sweetened beverage such as lemonade, sweetened tea or coffee rinks, sports drinks, energy drinks, Snapple, or Sunny Delight at least once per day</b>	26%	39%	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)



### Physical Activity

Percent of students who were physically active on:

	All	Sex	
	2011	Female	Male
<b>Seven of the past seven days</b>	32%	30%	*
<b>Zero of the past seven days</b>	*	*	*

Percent of students who attend physical education classes:

	All	Sex	
	2011	Female	Male
<b>Every day during an average school week</b>	39%	36%	43%
<b>At least one day during an average school week</b>	39%	39%	40%

Percent of students who, on an average school day, watch TV, play video or computer games, or use a computer for something that is not school work:

	All	Sex	
	2011	Female	Male
<b>Three or more hours</b>	32%	*	53%
<b>Five or more hours</b>	16%	*	*

## Youth Assets

Grades earned in school

	All	Sex	
	2011	Female	Male
<b>Mostly As</b>	32%	50%	*
<b>Mostly Bs or Cs</b>	59%	50%	72%
<b>Mostly Ds or Fs</b>	*	*	*
<b>None/not sure</b>	*	*	*

Percent of students who talk with their parents about school:

	All	Sex	
	2011	Female	Male
<b>About every day</b>	32%	30%	33%
<b>About once or twice a week</b>	24%	26%	*
<b>About once or twice a month</b>	16%	*	*%
<b>Less than once a month</b>	21%	26%	*
<b>Never</b>	*	*	*

## Youth Assets

Percent of students who:

	All	Sex	
	2011	Female	Male
<b>Volunteer one or more hours in an average week</b>	50%	52%	47%
<b>Volunteer three or more hours in an average week</b>	18%	22%	13%

Percent of students who agree or strongly agree:

	All	Sex	
	2011	Female	Male
<b>Teachers really care about you and give you a lot of encouragement</b>	38%	50%	20%
<b>Students help decide what goes on in your school</b>	22%	18%	27%
<b>In your community, you feel like you matter to people</b>	32%	32%	33%

## 2011 Vermont Middle School Youth Risk Behavior Survey

### Results for Essex-Caledonia SU

#### Participation Rates

	Grade			Gender		All
	6	7	8	F	M	
Participated	31	41	40	56	56	113
Enrolled	37	44	43	62	62	124
Participation Rate	84%	93%	93%	90%	90%	90%

Based on October 1, 2010 enrollment. Some students did not indicate grade or gender.

Lunenburg & Gilman School did not participate. Enrollment figures for that school are not in the totals above.

## Demographics

### Age

	<b>All</b>
	<b>2011</b>
<b>11 or younger</b>	12%
<b>12</b>	35%
<b>13</b>	38%
<b>14 or older</b>	15%

### Race and Ethnicity

	<b>All</b>
	<b>2011</b>
<b>White non-Hispanic</b>	87%
<b>Racial or ethnic minority</b>	13%

## Personal Safety

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Ride bicycles</b>	94%	96%	98%	90%	92%	96%

Of students who ride bicycles, percent who wear helmets:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Always</b>	21%	26%	21%	17%	24%	17%
<b>Most of the time</b>	22%	22%	31%	*	31%	13%
<b>Sometimes</b>	13%	*	*	17%	12%	13%
<b>Rarely or never</b>	45%	41%	38%	54%	33%	56%

\* Suppressed due to small cell sizes ( $\leq 5$  students)

**Personal Safety**

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Rollerblade or skateboard</b>	27%	19%	27%	33%	29%	25%

Of students who rollerblade or skateboard, percent who wear helmets:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Always</b>	37%	17%	45%	38%	50%	22%
<b>Rarely or never</b>	63%	83%	55%	62%	50%	78%

### Personal Safety

Percent of students who wear seatbelts when riding in a car:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Always</b>	67%	71%	78%	53%	76%	57%
<b>Most of the time</b>	27%	26%	20%	35%	20%	34%
<b>Sometimes</b>	*	*	*	*	*	*
<b>Rarely or never</b>	*	*	*	*	*	*

Percent of students who ever rode in a car driven by someone who had been drinking alcohol:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Yes</b>	23%	*	23%	30%	22%	23%
<b>No</b>	52%	60%	55%	43%	50%	54%
<b>Not sure</b>	33%	31%	29%	39%	36%	30%

\* Suppressed due to small cell sizes ( $\leq 5$  students)



## Personal Safety

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Were ever in a physical fight</b>	50%	42%	53%	53%	36%	63%
<b>Did not go to school because felt unsafe, past 30 days</b>	5%	*	*	*	*	*
<b>Were ever bullied on school property</b>	54%	47%	49%	64%	67%	41%
<b>Were ever electronically bullied</b>	23%	19%	15%	33%	27%	18%
<b>Were bullied, past 30 days</b>	32%	39%	24%	36%	35%	30%
<b>Bullied someone else, past 30 days</b>	17%	23%	*	26%	*	25%
<b>Ever seriously thought about killing themselves</b>	12%	*	*	21%	18%	*
<b>Ever made a suicide plan</b>	10%	*	*	*	13%	*
<b>Ever attempted suicide</b>	*	*	*	*	*	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

## Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Ever had a drink of alcohol other than a few sips</b>	16%	*	*	28%	18%	15%
<b>Had first drink other than a few sips before age 11</b>	9%	*	*	8%	*	*
<b>Drank alcohol, past 30 days</b>	*	*	*	*	*	*
<b>Had five or more drinks of alcohol in a row, past 30 days</b>	*	*	*	*	*	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

### Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Tried cigarette smoking, even one or two puffs, ever</b>	*	*	*	*	*	*
<b>Smoked before age 11</b>	*	*	*	*	*	*
<b>Smoked in past 30 days</b>	0%	0%	0%	0%	0%	0%
<b>Used chewing tobacco, past 30 days</b>	0%	0%	0%	0%	0%	0%
<b>Smoked cigars, past 30 days</b>	0%	0%	0%	0%	0%	0%
<b>Used snus, ever</b>	*	*	*	*	*	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

## Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Were in the same room with someone who was smoking, past 7 days</b>	43%	32%	46%	48%	48%	38%
<b>Were in the same car with someone who was smoking, past 7 days</b>	39%	26%	49%	38%	42%	36%
<b>Were asked about smoking by a health professional, past 12 months</b>	21%	0%	17%	40%	21%	20%
<b>Discussed dangers of smoking with parents or guardian, past 12 months</b>	38%	26%	50%	35%	30%	45%
<b>Think that out of 100 Vermont high school students, 56 or more smoke cigarettes</b>	12%	10%	12%	13%	11%	13%

### Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Used marijuana, ever</b>	*	*	*	*	*	*
<b>Used marijuana before age 11</b>	0%	0%	0%	0%	0%	0%
<b>Used marijuana, past 30 days</b>	*	*	*	*	*	*
<b>Used inhalants, ever</b>	9%	*	*	18%	*	*
<b>Misused prescription drugs, ever</b>	*	*	*	*	*	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

### Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think their parents would think it is wrong or very wrong for them to:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Smoke cigarettes</b>	96%	97%	93%	98%	95%	96%
<b>Drink alcohol</b>	88%	87%	90%	88%	88%	89%
<b>Smoke marijuana</b>	98%	100%	98%	98%	96%	100%

Percent of students who think it would be wrong or very wrong for someone their age to:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Smoke cigarettes</b>	96%	97%	95%	98%	96%	96%
<b>Drink alcohol</b>	92%	94%	90%	93%	93%	91%
<b>Smoke marijuana</b>	98%	97%	98%	100%	98%	98%

### Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think people their age greatly risk harming themselves (physically or in other ways) if they:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Smoke one or more packs of cigarettes per day</b>	68%	58%	68%	75%	68%	68%
<b>Have five or more drinks of alcohol once or twice each weekend</b>	51%	45%	55%	53%	63%	40%
<b>Smoke marijuana regularly</b>	71%	65%	68%	80%	71%	71%

Percent of students who report that it would be easy or very easy to get:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Cigarettes</b>	26%	23%	20%	34%	23%	29%
<b>Alcohol</b>	37%	33%	23%	54%	41%	33%
<b>Marijuana</b>	10%	7%	8%	15%	11%	9%

## Body Image

Percent of students who think that they are:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Underweight</b>	18%	*	20%	21%	19%	18%
<b>About the right weight</b>	55%	60%	51%	55%	58%	52%
<b>Overweight</b>	27%	27%	29%	24%	23%	30%

Percent of students who are trying to:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Lose weight</b>	40%	39%	50%	32%	45%	36%
<b>Gain weight</b>	11%	*	*	21%	*	16%
<b>Stay the same weight</b>	26%	29%	18%	32%	26%	25%
<b>Not trying to do anything about weight</b>	23%	29%	25%	16%	23%	23%

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Skipped meals to lose weight or keep from gaining weight, past 30 days</b>	13%	*	15%	15%	18%	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)



## Nutrition

Percent of students who ate breakfast on:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Seven of the past seven days</b>	47%	55%	51%	38%	45%	50%
<b>At least three of the past seven days</b>	80%	87%	83%	73%	70%	91%
<b>Zero of the past seven days</b>	11%	*	15%	*	16%	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

### Physical Activity

Percent of students who were physically active on:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Seven of the past seven days</b>	45%	48%	43%	45%	38%	53%
<b>Zero of the past seven days</b>	6%	*	*	*	*	*

Percent of students who attend physical education classes:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Every day during an average school week</b>	0%	0%	0%	0%	0%	0%
<b>At least one day during an average school week</b>	97%	100%	93%	100%	96%	98%

\* Suppressed due to small cell sizes ( $\leq 5$  students)

### Physical Activity

Percent of students who, on an average school day, watch TV:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Three or more hours</b>	24%	20%	23%	28%	24%	23%
<b>Five or more hours</b>	*	*	*	*	*	*

Percent of students who, on an average school day, play video or computer games or use a computer for something that is not school work:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Three or more hours</b>	23%	23%	22%	23%	21%	24%
<b>Five or more hours</b>	6%	*	*	*	*	*

\* Suppressed due to small cell sizes ( $\leq 5$  students)

### Youth Assets

Percent of students who, in the past 7 days, went online for something that was not for school:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Zero or one day</b>	39%	45%	43%	30%	45%	33%
<b>Two or three days</b>	19%	23%	25%	*	14%	24%
<b>Four or five days</b>	13%	*	*	18%	*	16%
<b>Six or seven days</b>	30%	19%	25%	43%	32%	27%

Percent of students who talk with their parents about school:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>About every day</b>	42%	32%	39%	53%	38%	46%
<b>About once or twice a week</b>	29%	32%	34%	20%	30%	27%
<b>About once or twice a month</b>	7%	*	*	*	*	*
<b>Less than once a month</b>	10%	*	*	*	11%	*
<b>Never</b>	13%	*	*	*	13%	13%

\* Suppressed due to small cell sizes ( $\leq 5$  students)

## Youth Assets

Percent of students who agree or strongly agree:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
<b>Teachers really care about you and give you a lot of encouragement</b>	63%	45%	68%	72%	64%	62%
<b>Students help decide what goes on in your school</b>	50%	45%	40%	65%	52%	49%
<b>In your community, you feel like you matter to people</b>	50%	50%	60%	41%	51%	50%

## **Vermont High School Youth Risk Behavior Survey**

### **Recalculated Results for Essex-Caledonia SU**

Before 2011, students in grades 8-12 took the Vermont Youth Risk Behavior Survey. In 2011, we conducted a high school survey of students in grades 9-12, and a middle school survey of students in grades 6-8.

All results in the 2011 high school survey report are for grades 9-12 only. The following pages contain rates from previous surveys recalculated for grades 9-12, overall and by gender, for comparison to 2011. Rates by grade did not change.

This section of the report includes only the variables on the 2011 YRBS. # = question was not asked that year.

### Personal Safety - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Always/almost always wear seat belt when riding in car</b>	62%
<b>Rode with drinking driver, past 30 days</b>	27%
<b>Drove after drinking, past 30 days</b>	8%
<b>Rode with marijuana user, past 30 days</b>	29%
<b>Drive after marijuana use, past 30 days</b>	13%
<b>Carried a weapon on school property, past 30 days</b>	8%
<b>Did not go to school because felt unsafe, past 30 days</b>	12%
<b>Threatened or injured with weapon on school property, past 12 months</b>	8%
<b>In physical fight, past 12 months</b>	45%
<b>In physical fight at school, past 12 months</b>	26%

### Personal Safety - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Always/almost always wear seat belt when riding in car</b>	65%
<b>Rode with drinking driver, past 30 days</b>	27%
<b>Drove after drinking, past 30 days</b>	3%
<b>Rode with marijuana user, past 30 days</b>	30%
<b>Drive after marijuana use, past 30 days</b>	7%
<b>Carried a weapon on school property, past 30 days</b>	0%
<b>Did not go to school because felt unsafe, past 30 days</b>	16%
<b>Threatened or injured with weapon on school property, past 12 months</b>	10%
<b>In physical fight, past 12 months</b>	35%
<b>In physical fight at school, past 12 months</b>	16%



**Personal Safety - Males**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>Always/almost always wear seat belt when riding in car</b>	57%
<b>Rode with drinking driver, past 30 days</b>	29%
<b>Drove after drinking, past 30 days</b>	14%
<b>Rode with marijuana user, past 30 days</b>	29%
<b>Drive after marijuana use, past 30 days</b>	24%
<b>Carried a weapon on school property, past 30 days</b>	19%
<b>Did not go to school because felt unsafe, past 30 days</b>	5%
<b>Threatened or injured with weapon on school property, past 12 months</b>	5%
<b>In physical fight, past 12 months</b>	62%
<b>In physical fight at school, past 12 months</b>	43%

**Personal Safety - All**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>Were bullied, past 30 days</b>	13%
<b>Bullied someone, past 30 days</b>	23%
<b>Electronically bullied, past 12 months</b>	11%
<b>Hit by boy/girlfriend on purpose, past 12 months</b>	11%
<b>Forced to have sexual intercourse, ever</b>	13%
<b>Purposefully hurt self without wanting to die, ever</b>	26%
<b>Planned suicide, past 12 months</b>	13%
<b>Attempted suicide, past 12 months</b>	8%

### Personal Safety - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Were bullied, past 30 days</b>	23%
<b>Bullied someone, past 30 days</b>	23%
<b>Electronically bullied, past 12 months</b>	19%
<b>Hit by boy/girlfriend on purpose, past 12 months</b>	10%
<b>Forced to have sexual intercourse, ever</b>	23%
<b>Purposefully hurt self without wanting to die, ever</b>	35%
<b>Planned suicide, past 12 months</b>	19%
<b>Attempted suicide, past 12 months</b>	14%

**Personal Safety - Males**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>Were bullied, past 30 days</b>	0%
<b>Bullied someone, past 30 days</b>	24%
<b>Electronically bullied, past 12 months</b>	0%
<b>Hit by boy/girlfriend on purpose, past 12 months</b>	14%
<b>Forced to have sexual intercourse, ever</b>	0%
<b>Purposefully hurt self without wanting to die, ever</b>	14%
<b>Planned suicide, past 12 months</b>	5%
<b>Attempted suicide, past 12 months</b>	0%

### Alcohol - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Consumed alcohol, ever</b>	75%
<b>Drank alcohol prior to age 13</b>	25%
<b>Consumed alcohol, past 30 days</b>	37%
<b>Binged on alcohol, past 30 days</b>	21%
<b>3 or more days drinking, past 30 days</b>	18%
<b>10 or more days drinking, past 30 days</b>	4%
<b>3 or more days bingeing, past 30 days</b>	8%
<b>Drank on school property, past 30 days</b>	4%

### Alcohol - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Consumed alcohol, ever</b>	67%
<b>Drank alcohol prior to age 13</b>	20%
<b>Consumed alcohol, past 30 days</b>	33%
<b>Binged on alcohol, past 30 days</b>	17%
<b>3 or more days drinking, past 30 days</b>	13%
<b>10 or more days drinking, past 30 days</b>	0%
<b>3 or more days bingeing, past 30 days</b>	3%
<b>Drank on school property, past 30 days</b>	0%

### **Alcohol - Males**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>Consumed alcohol, ever</b>	90%
<b>Drank alcohol prior to age 13</b>	35%
<b>Consumed alcohol, past 30 days</b>	45%
<b>Binged on alcohol, past 30 days</b>	29%
<b>3 or more days drinking, past 30 days</b>	25%
<b>10 or more days drinking, past 30 days</b>	10%
<b>3 or more days binging, past 30 days</b>	14%
<b>Drank on school property, past 30 days</b>	10%

## Alcohol - All

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey</b>	42%
<b>Usually consumed beer</b>	21%
<b>Usually consumed alcopops</b>	37%
<b>Usually consumed wine or wine coolers</b>	0%
<b>Someone gave alcohol to me</b>	53%
<b>Gave someone money to buy alcohol for me</b>	26%
<b>Got or stole alcohol from home</b>	11%
<b>Bought in a store</b>	11%
<b>Stole alcohol from a store or restaurant</b>	0%



## Alcohol - Females

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey</b>	40%
<b>Usually consumed beer</b>	10%
<b>Usually consumed alcopops</b>	50%
<b>Usually consumed wine or wine coolers</b>	0%
<b>Someone gave alcohol to me</b>	60%
<b>Gave someone money to buy alcohol for me</b>	30%
<b>Got or stole alcohol from home</b>	0%
<b>Bought in a store</b>	10%
<b>Stole alcohol from a store or restaurant</b>	0%

### Alcohol - Males

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey</b>	44%
<b>Usually consumed beer</b>	33%
<b>Usually consumed alcopops</b>	22%
<b>Usually consumed wine or wine coolers</b>	0%
<b>Someone gave alcohol to me</b>	44%
<b>Gave someone money to buy alcohol for me</b>	22%
<b>Got or stole alcohol from home</b>	22%
<b>Bought in a store</b>	11%
<b>Stole alcohol from a store or restaurant</b>	0%

## Tobacco - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Smoked a cigarette, ever</b>	63%
<b>Smoked cigarettes, past 30 days</b>	45%
<b>Smoked daily, past 30 days</b>	22%
<b>Smoked first cigarette prior to age 13</b>	33%
<b>Smoked 11 or more cigarettes on days smoked, past 30 days</b>	2%
<b>Smoked 20 or more cigarettes on days smoked, past 30 days</b>	0%
<b>Used chewing tobacco, past 30 days</b>	13%
<b>Smoked cigars, past 30 days</b>	8%

### Tobacco - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Smoked a cigarette, ever</b>	53%
<b>Smoked cigarettes, past 30 days</b>	43%
<b>Smoked daily, past 30 days</b>	20%
<b>Smoked first cigarette prior to age 13</b>	30%
<b>Smoked 11 or more cigarettes on days smoked, past 30 days</b>	0%
<b>Smoked 20 or more cigarettes on days smoked, past 30 days</b>	0%
<b>Used chewing tobacco, past 30 days</b>	3%
<b>Smoked cigars, past 30 days</b>	3%

### Tobacco - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Smoked a cigarette, ever</b>	75%
<b>Smoked cigarettes, past 30 days</b>	50%
<b>Smoked daily, past 30 days</b>	25%
<b>Smoked first cigarette prior to age 13</b>	35%
<b>Smoked 11 or more cigarettes on days smoked, past 30 days</b>	5%
<b>Smoked 20 or more cigarettes on days smoked, past 30 days</b>	0%
<b>Used chewing tobacco, past 30 days</b>	29%
<b>Smoked cigars, past 30 days</b>	15%

### Other Drug Use - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Smoked marijuana, ever</b>	52%
<b>Tried marijuana prior to age 13</b>	12%
<b>Used marijuana, past 30 days</b>	26%
<b>Used marijuana 10 or more times, past 30 days</b>	13%
<b>Used marijuana on school property, past 30 days</b>	4%
<b>Used cocaine, past 30 days</b>	12%
<b>Use inhalants, ever</b>	17%
<b>Used heroin, ever</b>	9%
<b>Used methamphetamines, ever</b>	9%
<b>Used hallucinogens, ever</b>	13%
<b>Were offered, sold, or given drugs on school property, past 12 months</b>	19%

### Other Drug Use - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Smoked marijuana, ever</b>	40%
<b>Tried marijuana prior to age 13</b>	10%
<b>Used marijuana, past 30 days</b>	16%
<b>Used marijuana 10 or more times, past 30 days</b>	6%
<b>Used marijuana on school property, past 30 days</b>	0%
<b>Used cocaine, past 30 days</b>	13%
<b>Use inhalants, ever</b>	23%
<b>Used heroin, ever</b>	13%
<b>Used methamphetamines, ever</b>	13%
<b>Used hallucinogens, ever</b>	10%
<b>Were offered, sold, or given drugs on school property, past 12 months</b>	10%

### Other Drug Use - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Smoked marijuana, ever</b>	71%
<b>Tried marijuana prior to age 13</b>	14%
<b>Used marijuana, past 30 days</b>	43%
<b>Used marijuana 10 or more times, past 30 days</b>	24%
<b>Used marijuana on school property, past 30 days</b>	10%
<b>Used cocaine, past 30 days</b>	10%
<b>Use inhalants, ever</b>	10%
<b>Used heroin, ever</b>	5%
<b>Used methamphetamines, ever</b>	5%
<b>Used hallucinogens, ever</b>	19%
<b>Were offered, sold, or given drugs on school property, past 12 months</b>	33%



### Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
Parents would think it is wrong/very wrong for you to smoke	66%
Parents would think it is wrong/very wrong for you to drink	66%
Parents would think it is wrong/very wrong for you to smoke marijuana	79%
Wrong/very wrong for someone your age to smoke	42%
Wrong/very wrong for someone your age to drink alcohol	43%
Wrong/very wrong for someone your age to smoke marijuana	64%
Easy/very easy to obtain cigarettes	73%
Easy/very easy to obtain alcohol	59%
Easy/very easy to obtain marijuana	51%

### Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
Parents would think it is wrong/very wrong for you to smoke	74%
Parents would think it is wrong/very wrong for you to drink	74%
Parents would think it is wrong/very wrong for you to smoke marijuana	87%
Wrong/very wrong for someone your age to smoke	53%
Wrong/very wrong for someone your age to drink alcohol	61%
Wrong/very wrong for someone your age to smoke marijuana	84%
Easy/very easy to obtain cigarettes	68%
Easy/very easy to obtain alcohol	58%
Easy/very easy to obtain marijuana	47%

### Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
Parents would think it is wrong/very wrong for you to smoke	52%
Parents would think it is wrong/very wrong for you to drink	52%
Parents would think it is wrong/very wrong for you to smoke marijuana	67%
Wrong/very wrong for someone your age to smoke	29%
Wrong/very wrong for someone your age to drink alcohol	19%
Wrong/very wrong for someone your age to smoke marijuana	33%
Easy/very easy to obtain cigarettes	85%
Easy/very easy to obtain alcohol	63%
Easy/very easy to obtain marijuana	60%

### **Sexual Behavior and Orientation - All**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>Had sexual intercourse, ever</b>	69%
<b>Had sex, past 3 months</b>	#
<b>Had sex before age 13</b>	14%
<b>4 or more sexual partners in lifetime</b>	17%
<b>3 or more sexual partners in last 3 months</b>	#
<b>Used alcohol or drugs prior to last sex (among sexually active)</b>	14%
<b>Used condom at last sex (among sexually active)</b>	66%
<b>Heterosexual</b>	89%
<b>Gay or lesbian, bisexual, not sure</b>	11%

### **Sexual Behavior and Orientation - Females**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>Had sexual intercourse, ever</b>	70%
<b>Had sex, past 3 months</b>	#
<b>Had sex before age 13</b>	20%
<b>4 or more sexual partners in lifetime</b>	23%
<b>3 or more sexual partners in last 3 months</b>	#
<b>Used alcohol or drugs prior to last sex (among sexually active)</b>	10%
<b>Used condom at last sex (among sexually active)</b>	60%
<b>Heterosexual</b>	84%
<b>Gay or lesbian, bisexual, not sure</b>	16%

### **Sexual Behavior and Orientation - Males**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>Had sexual intercourse, ever</b>	65%
<b>Had sex, past 3 months</b>	#
<b>Had sex before age 13</b>	5%
<b>4 or more sexual partners in lifetime</b>	10%
<b>3 or more sexual partners in last 3 months</b>	#
<b>Used alcohol or drugs prior to last sex (among sexually active)</b>	21%
<b>Used condom at last sex (among sexually active)</b>	79%
<b>Heterosexual</b>	95%
<b>Gay or lesbian, bisexual, not sure</b>	5%

### Body Image - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>BMI between 85th-95th percentile</b>	9%
<b>BMI &gt;95th percentile</b>	18%
<b>Underweight</b>	12%
<b>Right weight</b>	50%
<b>Overweight</b>	38%
<b>Trying to lose weight</b>	43%
<b>Trying to gain weight</b>	13%
<b>Trying to stay at current weight</b>	26%
<b>Doing nothing about weight</b>	17%

### Body Image - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>BMI between 85th-95th percentile</b>	12%
<b>BMI &gt;95th percentile</b>	12%
<b>Underweight</b>	7%
<b>Right weight</b>	43%
<b>Overweight</b>	50%
<b>Trying to lose weight</b>	55%
<b>Trying to gain weight</b>	16%
<b>Trying to stay at current weight</b>	16%
<b>Doing nothing about weight</b>	13%



### Body Image - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>BMI between 85th-95th percentile</b>	5%
<b>BMI &gt;95th percentile</b>	25%
<b>Underweight</b>	14%
<b>Right weight</b>	62%
<b>Overweight</b>	24%
<b>Trying to lose weight</b>	24%
<b>Trying to gain weight</b>	10%
<b>Trying to stay at current weight</b>	43%
<b>Doing nothing about weight</b>	24%

**Nutrition - All**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>2 or more servings of fruit per day, past week</b>	13%
<b>3 or more servings of vegetables per day, past week</b>	12%
<b>5 or more servings of fruit/vegetables per day, past week</b>	13%
<b>Breakfast on 7 or more days, past week</b>	32%
<b>Breakfast on 3 or more days, past week</b>	60%
<b>Breakfast on 0 days, past week</b>	21%
<b>1 or more servings of soda per day, past week</b>	36%

**Nutrition - Females**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>2 or more servings of fruit per day, past week</b>	19%
<b>3 or more servings of vegetables per day, past week</b>	16%
<b>5 or more servings of fruit/vegetables per day, past week</b>	19%
<b>Breakfast on 3 or more days, past week</b>	61%
<b>Breakfast on 7 or more days, past week</b>	32%
<b>1 or more servings of soda per day, past week</b>	19%

### **Nutrition - Males**

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>2 or more servings of fruit per day, past week</b>	5%
<b>3 or more servings of vegetables per day, past week</b>	5%
<b>5 or more servings of fruit/vegetables per day, past week</b>	5%
<b>Breakfast on 3 or more days, past week</b>	62%
<b>Breakfast on 7 or more days, past week</b>	33%
<b>1 or more servings of soda per day, past week</b>	57%

### Physical Activity - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>60+ minutes of physical activity every day, past 7 days</b>	25%
<b>60+ minutes of physical activity on zero days, past 7 days</b>	25%
<b>P.E. at least once per week</b>	4%
<b>P.E. five days per week</b>	4%
<b>Watched tv/used computer for fun, 3 or more hours per day</b>	42%
<b>Watched tv/used computer for fun, 5 or more hours per day</b>	8%

### Physical Activity - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>60+ minutes of physical activity every day, past 7 days</b>	19%
<b>60+ minutes of physical activity on zero days, past 7 days</b>	23%
<b>P.E. at least once per week</b>	3%
<b>P.E. five days per week</b>	3%
<b>Watched tv/used computer for fun, 3 or more hours per day</b>	33%
<b>Watched tv/used computer for fun, 5 or more hours per day</b>	7%

### Physical Activity - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>60+ minutes of physical activity every day, past 7 days</b>	33%
<b>60+ minutes of physical activity on zero days, past 7 days</b>	29%
<b>P.E. at least once per week</b>	5%
<b>P.E. five days per week</b>	5%
<b>Watched tv/used computer for fun, 3 or more hours per day</b>	57%
<b>Watched tv/used computer for fun, 5 or more hours per day</b>	10%

### Youth Assets - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year
	2009
<b>Earned mostly As</b>	37%
<b>Earned mostly Bs</b>	31%
<b>Earned mostly Cs</b>	19%
<b>Earned mostly Ds or Fs</b>	8%
<b>Not sure/not graded</b>	6%
<b>Parents talk to you about school at least once a week</b>	63%
<b>Volunteer, 1 or more hours per week</b>	44%
<b>Volunteer, 3 or more hours per week</b>	4%
<b>Agree/strongly agree that students help decide what goes on at school</b>	71%
<b>Agree/strongly agree that you matter to your community</b>	43%



### Youth Assets - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>Earned mostly As</b>	45%
<b>Earned mostly Bs</b>	29%
<b>Earned mostly Cs</b>	13%
<b>Earned mostly Ds or Fs</b>	6%
<b>Not sure/not graded</b>	6%
<b>Parents talk to you about school at least once a week</b>	57%
<b>Volunteer, 1 or more hours per week</b>	53%
<b>Volunteer, 3 or more hours per week</b>	3%
<b>Agree/strongly agree that students help decide what goes on at school</b>	74%
<b>Agree/strongly agree that you matter to your community</b>	39%

### Youth Assets - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	<b>Year</b>
	<b>2009</b>
<b>Earned mostly As</b>	25%
<b>Earned mostly Bs</b>	30%
<b>Earned mostly Cs</b>	30%
<b>Earned mostly Ds or Fs</b>	10%
<b>Not sure/not graded</b>	5%
<b>Parents talk to you about school at least once a week</b>	71%
<b>Volunteer, 1 or more hours per week</b>	33%
<b>Volunteer, 3 or more hours per week</b>	5%
<b>Agree/strongly agree that students help decide what goes on at school</b>	65%
<b>Agree/strongly agree that you matter to your community</b>	44%