

# 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Addison Northwest SU

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>

We would especially like to thank the students and schools in Addison Northwest SU who participated in the 2021 YRBS.

This report includes the results for the following schools:

#### High Schools

VERGENNES UNION HIGH SCHOOL

---

## Middle Schools

VERGENNES UHS

## Table of Contents

<b>About the YRBS</b> .....	4
<b>Methodology</b> .....	5
<b>Using the YRBS</b> .....	5
<b>How Accurate are the Results?</b> .....	6
<b>Understanding and Interpreting the Results</b> .....	7
<b>Special Considerations for 2021</b> .....	8
<b>High School Results</b> .....	9
Demographics.....	10
Violence and Unintentional Injuries.....	12
Mental Health.....	16
Sexual Health.....	17
Lifetime Substance Use.....	20
Current Substance Use.....	23
Substance Use Among Current Users.....	25
Substance Use Exposure and Prevention.....	29
Perceptions of Substance Use.....	30
Obesity, Overweight, and Weight Perceptions.....	34
Physical Activity.....	35
Nutrition.....	36
Social Determinants of Health.....	39
Protective Factors.....	40
<b>Middle School Results</b> .....	43
Demographics.....	44
Violence and Unintentional Injuries.....	45
Mental Health.....	47
Sexual Health.....	47
Lifetime Substance Use.....	48
Current Substance Use.....	49
Substance Use Among Current Users.....	50
Substance Use Screenings and Prevention.....	51
Perceptions about Substance Use.....	51
Physical Activity.....	53
Nutrition.....	54
Social Determinants of Health.....	55
Protective Factors.....	55

### 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

### About the YRBS

In Vermont, the Department of Health works with the Agency of Education and the Centers for Disease Control and Prevention (CDC) to administer the YRBS. It is typically conducted every two years during the spring semester. The YRBS was first administered among students in 8th through 12th grades in 1993. Since 2011, Vermont has conducted two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

The middle school and high school surveys differ slightly. The middle school survey is shorter and 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 such as driving behaviors and self-reported height and weight.

Copies of the 2021 Vermont high school and middle school surveys as well as previous surveys can be found online at:

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

## Methodology

The YRBS is a biennial school-based survey. In Vermont, students in all public schools and select independent schools across the state are invited to participate in the YRBS. Historically, this has always taken place in the Spring semester. However, due to the COVID-19 pandemic and remote learning, the CDC allowed for the survey to be delayed to the Fall semester later in 2021.

Survey procedures were designed to protect the privacy of students. The YRBS is confidential, anonymous, and optional for students. All students are read a standard set of directions and asked to complete the self-administered survey. Completion of the survey depends on a student's ability to read and complete the questionnaire independently or with the use of computer assisted technology (e.g., screen readers). Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data. Students can decline participation at any time or skip any questions they do not wish to answer. In addition, to protect student's 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.

In 2019, Vermont began administering a web-based version of the YRBS. Students complete the YRBS online using a unique, random login code to access the survey online. No survey logic or skip patterns are used to ensure that all students complete the survey in approximately the same time frame, regardless of how they answer a question.

For more information on the delayed administration and how it may have impacted the 2021 results, please see "Understanding the 2021 YRBS Results" on the Vermont Department of Health YRBS webpage at: <https://www.HealthVermont.gov/yrbs>

## Using the YRBS

### 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>

## How Accurate are the Results?

Research indicates data of this nature may be gathered as credibly from adolescents as from adults. The anonymous survey design and survey environment encourages students to be honest and forthright.

Numerous precautions are taken to ensure the reliability and validity of the results. The 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.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn.

The results in this report are weighted by sex, 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.

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

## Understanding and Interpreting the Results

### Statistical Differences

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 overall percent 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 differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

### Data Suppression

For some questions, not enough students respond to be able to report an estimate. In those instances, a dash (-) indicating “too few students” is noted in the table. Reportable estimates include a numerator of at least 5 students and denominator of 50 or more students.

### Subgroup Comparisons

Some subgroups have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity and social problems.

### Key Terms and Statistical Differences

Depending on the size of the Supervisory Union / School District (SU), this report may include differences among students by sex, grade level, race/ethnicity, and sexual orientation/gender identity.

Each table includes the overall statewide prevalence rate (%) and SU prevalence rate. When available, prevalence rates by subpopulations are included. Overall statistical comparisons between the statewide and SU as well as statistical differences within a SU by subpopulations are indicated within each table. These are noted using following key terms and statistical differences:

VT = All students in Vermont

SU = All students in Addison Northwest SU

M = Male students

F = Female students

WnH = White, non-Hispanic students

BIPOC = American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic /Latino students

Het/Cis = Heterosexual and cisgender students

LGBTQ+ = Transgender, lesbian, gay, bisexual, other sexual orientation, and questioning or unsure if they are transgender students

. = Too few students to report

\* = Significant differences between groups

+ = Older (11th/12th grade) students are significantly different from younger (9th/10th grade) students

---

## Special Considerations for 2021

The Vermont YRBS is typically administered during the spring semester of the school year. However, due to COVID-19 and related school closures, the CDC allowed for the 2021 YRBS to be delayed and administered during the fall semester. Students in Vermont took the survey between September and December 2021.

Prevalence estimates for the 2021 VT YRBS and comparisons with previous YRBS data have likely been impacted by some significant factors unique to 2021, including the COVID-19 pandemic and the delay of the survey. Students who participated in the 2021 YRBS were facing different educational and social experiences compared to those of previous participants. Disruptions, including remote learning, lack of social interactions and extracurricular activities, are likely reflected in the survey results.

Age can influence the risk behavior prevalence estimates. Because students took the survey in the fall semester (September-December 2021) instead of the spring semester (January-June 2021), the average age of survey participants was younger than in past years. As seen in other states with a fall 2021 YRBS administration, some risk behavior prevalence estimates may be lower due to the change in age of student participants.

Caution should be used when interpreting and comparing the 2021 results to other years.



---

# 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

## HIGH SCHOOL RESULTS

---

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Addison Northwest SU High School Results

## Demographics

Sex	N	%
Male	103	46
Female	94	54

Year in School	N	%
9th grade	56	25
10th grade	51	24
11th grade	51	29
12th grade	40	22

N = Unweighted number of students; % = Weighted percent

## Demographics

Race / Ethnicity	N	%
BIPOC	17	8
White, non-Hispanic	181	92

Sexual Orientation / Gender Identity	N	%
LGBTQ+	42	23
Heterosexual/Cisgender	153	77

N = Unweighted number of students; % = Weighted percent

Unintentional Injuries, Personal Safety, and Violence

	VT	SU		F	M	9-10	11-12
Were in a physical fight	16	10 *		8	12	8	11
Carried a weapon on school property	4	5		.	7	7	.
Were threatened or injured with a weapon on school property	7	4 *		5	.	6	.

	VT	SU		F	M	9-10	11-12
Were electronically bullied	17	14		18	10	18	11
Were bullied	17	15		20	10 *	19	12
Bullied someone	9	7		8	5	.	9

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Unintentional Injuries, Personal Safety, and Violence

	VT	SU	F	M		9-10	11-12
Report someone has ever done sexual things to them that they did not want	21	18	24	10	*	20	16
Experienced physical dating violence	8	9	13	.		10	.
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times	29	26	33	18	*	36	19 +

	VT	SU	F	M		9-10	11-12
Did not go to school because they felt unsafe at school or on their way to or from school	9	7	9	.		7	7
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	16	9	*	10	8	8	10

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Unintentional Injuries, Personal Safety, and Violence

	VT	SU	F	M	9-10	11-12
Rode with a driver who had been drinking alcohol	16	13	17	9	13	13
Rode in a car or other vehicle driven by someone who had been using marijuana	19	14 *	15	11	9	18 +

	VT	SU	F	M	9-10	11-12
Texted or e-mailed while driving a car or other vehicle	33	26 *	28	25	.	38
Drove a car or other vehicle when they had been drinking alcohol	6	4	.	.	.	6
Drove a car or other vehicle when they had been using marijuana	10	8	.	10	.	12

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

Unintentional Injuries, Personal Safety, and Violence

	VT	SU		F	M		9-10	11-12
Had at least one sunburn	76	82	*	86	78		79	86
Rarely or never wore a bicycle helmet	45	44		36	52	*	38	50
Had a concussion from playing a sport or being physically active	15	15		18	12		11	19

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

Mental Health

	VT	SU	F	M		9-10	11-12	
Reported that their mental health was most of the time or always not good	35	32	43	18	*	31	32	
Have been bothered by feeling nervous, anxious, or on edge most of the time or always	36	33	43	20	*	35	30	
Felt sad or hopeless	30	22	*	33	10	*	24	21

	VT	SU	F	M		9-10	11-12
Did something to purposely hurt themselves without wanting to die	22	21	32	7	*	22	19
Made a plan about how they would attempt suicide	14	15	23	5	*	18	12
Attempted suicide	7	8	15	.		9	8

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students



## Sexual Health

	VT	SU	F	M	9-10	11-12
Were ever tested for human immunodeficiency virus (HIV)	6	8	9	7	6	10
Were ever tested for a sexually transmitted disease (STD)	6	6	8	.	.	10

	VT	SU	F	M	9-10	11-12
Ever had sexual intercourse	32	22 *	22	23	13	32 +
Had sexual intercourse for the first time before age 13 years	3	.	.	.	.	.
Had sexual intercourse with four or more persons during their life	7	.	.	.	.	.

	VT	SU	F	M	9-10	11-12
Were currently sexually active	24	18 *	19	16	10	27 +

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Sexual Health

	VT	SU	F	M	9-10	11-12
Drank alcohol or used drugs before last sexual intercourse	21	.	.	.	.	.
Used a condom during last sexual intercourse	49	.	.	.	.	.
Used birth control pills before last sexual intercourse with opposite-sex partner	31	.	.	.	.	.
Used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner	18	.	.	.	.	.
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner	53	.	.	.	.	.
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 with an opposite-sex partner	18	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

Sexual Health

	VT	SU	F	M	9-10	11-12
Did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner	7	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Addison Northwest SU High School Results

Lifetime Substance Use

	VT	SU	*	F	M	9-10	11-12	
Ever smoked cigarettes	18	9	*	11	6	.	14	
Ever used an electronic vapor product	33	19	*	23	14	10	28	+
Ever used a flavored tobacco product	18	9	*	11	8	5	14	+

	VT	SU	*	F	M	9-10	11-12	
Ever drank alcohol	47	37	*	41	32	28	46	+
Ever used marijuana	31	22	*	26	18	11	34	+

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Lifetime Substance Use

	VT	SU	F	M	9-10	11-12
Lifetime prescription drug use	10	6 *	8	.	7	6
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	8	5	5	.	5	.
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	5	.	.	.	.	.

	VT	SU	F	M	9-10	11-12
Ever used cocaine	2	.	.	.	.	.
Ever used inhalants	7	4 *	.	.	6	.
Ever used heroin	1	.	.	.	.	.
Ever used methamphetamines	2	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Lifetime Substance Use

	VT	SU	F	M	9-10	11-12
First tried cigarette smoking before age 13 years	6	.	.	.	.	.
First tried a tobacco product flavored to taste before age 13 years	27	.	.	.	.	.
Had first drink of alcohol before age 13 years	13	8 *	8	8	10	6
Tried marijuana for the first time before age 13 years	5	3 *	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Current Substance Use

	VT	SU		F	M	9-10	11-12
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	18	11 *		11	10	.	18
Currently smoked cigarettes or cigars or used smokeless tobacco	7	4 *		.	.	.	8

	VT	SU		F	M	9-10	11-12
Currently smoked cigarettes	5	.		.	.	.	.
Currently used an electronic vapor product	16	10 *		11	10	.	18
Currently smoked cigars	3	.		.	.	.	.
Currently used smokeless tobacco	3	.		.	.	.	.
Tried to quit using all tobacco products	49	.		.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

Current Substance Use

	VT	SU		F	M	9-10	11-12
Currently drank alcohol	25	16 *		19	12	.	27
Currently were binge drinking	12	7 *		8	5	.	12
Reported that the largest number of drinks they had in a row was 10 or more	3	.		.	.	.	.

	VT	SU		F	M	9-10	11-12
Currently used marijuana	20	16 *		16	16	8	24 +

	VT	SU		F	M	9-10	11-12
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	2	.		.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students



## Substance Use Among Current Users

	VT	SU	F	M	9-10	11-12
Currently smoked cigarettes on 10+ days, among current users	35	.	.	.	.	.
Currently smoked 11+ cigarettes, among current users	15	.	.	.	.	.
Currently smoked 20+ cigarettes, among current users	13	.	.	.	.	.
Currently smoked cigarettes daily, among current users	21	.	.	.	.	.
Currently smoked cigarettes frequently (20+ days), among current users	25	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Substance Use Among Current Users

	VT	SU	F	M	9-10	11-12
Usually use JUUL or other rechargeable device that uses pods, among current users	19	.	.	.	.	.
Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among current users	4	.	.	.	.	.
Used electronic vapor products mainly because they were curious about them, among current users	13	.	.	.	.	.
Currently used electronic vapor products daily, among current users	30	.	.	.	.	.
Used EVP 10+ days, among current users	42	.	.	.	.	.
Currently used electronic vapor products frequently (20+ days), among current users	42	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Addison Northwest SU High School Results

Substance Use Among Current Users

	VT	SU	F	M	9-10	11-12
Currently binge drank, among current users	57	.	.	.	.	.
Reported that the largest number of drinks they had in a row was 10 or more, among current users	13	.	.	.	.	.
Currently drank 10+ days, among current users	13	.	.	.	.	.
Currently drank 20+ days, among current users	6	.	.	.	.	.
Currently drank everyday, among current users	4	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Substance Use Among Current Users

	VT	SU	F	M	9-10	11-12
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt, among current users	76	.	.	.	.	.
Currently used marijuana 10+ times, among current users	42	.	.	.	.	.
Currently used marijuana 20+ times, among current users	30	.	.	.	.	.
Usually used marijuana by vaping it, among current users	10	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Substance Use Exposure and Prevention

	VT	SU	F	M	9-10	11-12	
Were asked by a doctor, dentist, or nurse if they smoked	49	46	46	46	38	54	+
Were offered, sold, or given an illegal drug on school property	12	9	10	9	7	11	
Attended school under the influence of alcohol or other illegal drugs	10	5	*	6	.	10	

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Addison Northwest SU High School Results

Perceptions of Substance Use

	VT	SU		F	M	9-10	11-12	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	58	52	*	54	51	41	63	+
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	65	59	*	61	57	53	65	+
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	54	49		51	47	38	59	+

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Perceptions of Substance Use

	VT	SU	F	M	9-10	11-12		
Think it is wrong or very wrong for someone their age to use electronic vapor products	67	71	68	76	83	60	+	
Think it is wrong or very wrong for someone their age to drink alcohol	55	60	56	65	70	50	+	
Think it is wrong or very wrong for someone their age to use marijuana	55	61	*	60	61	73	48	+

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Perceptions of Substance Use

	VT	SU	F	M		9-10	11-12	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	90	92	89	96	*	95	89	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	71	75	74	76		85	66	+
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	77	79	77	81		86	72	+

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students



## Perceptions of Substance Use

	VT	SU	F	M	9-10	11-12
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	39	35	34	37	41	30
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	37	36	35	36	40	32
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	25	18 *	23	12 *	19	17

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Obesity, Overweight, and Weight Perceptions

	VT	SU	F	M	9-10	11-12
Were overweight	14	11	13	9	8	14
Were obese	14	15	14	17	16	15

	VT	SU	F	M	9-10	11-12
Described themselves as slightly or very overweight	29	33	36	29	29	37
Were trying to lose weight	41	47 *	55	38 *	46	49

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Physical Activity

	VT	SU	F	M		9-10	11-12
Did not participate in at least 60 minutes of physical activity on at least 1 day	13	12	11	13		11	13
Were physically active at least 60 minutes per day on 5 or more days	53	53	45	62	*	56	50
Were physically active at least 60 minutes per day on all 7 days	28	31	20	44	*	32	29
Spent 3 or more hours per day on screen time	73	72	69	74		76	68

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Nutrition

	VT	SU	F	M	9-10	11-12
Ate 5+ fruits/vegetables every day, past week	18	14 *	13	15	18	10

	VT	SU	F	M	9-10	11-12
Did not eat fruit or drink 100% fruit juices	6	5	6	.	7	.
Ate fruit or drank 100% fruit juices one or more times per day	58	55	51	60	58	51
Ate fruit or drank 100% fruit juices two or more times per day	27	27	29	24	31	23

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Addison Northwest SU High School Results

## Nutrition

	VT	SU	F	M	9-10	11-12
Did not eat vegetables	5	5	.	8	5	.
Ate vegetables one or more times per day	70	69	71	66	71	67
Ate vegetables two or more times per day	34	36	36	36	41	31
Ate vegetables three or more times per day	17	13 *	12	15	18	8 +

	VT	SU	F	M	9-10	11-12
Did not eat breakfast	16	20	25	13 *	20	19
Ate breakfast on all 7 days	33	34	28	42 *	34	35

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Nutrition

	VT	SU	F	M	9-10	11-12
Drank a can, bottle, or glass of a sugar-sweetened beverage	18	11 *	8	14	12	11
Did not drink a bottle or glass of plain water	4	3	.	5	4	.
Drank a bottle or glass of plain water one or more times per day	77	73	75	71	73	73
Drank a bottle or glass of plain water two or more times per day	68	66	67	65	67	64
Drank a bottle or glass of plain water three or more times per day	52	49	45	53	48	49

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Social Determinants of Health

	VT	SU	F	M	9-10	11-12
Have a disability or long-term health problem that keeps them from doing everyday activities	7	6	5	6	8	.
Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan	16	15	13	17	20	9 +

	VT	SU	F	M	9-10	11-12
Usually did not sleep in their parent's or guardian's home	3	.	.	.	.	.
Most of the time or always went hungry because there was not enough food in their home	2	.	.	.	.	.
Think their families subjective social status is worse than other families	2	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

Protective Factors

	VT	SU		F	M	9-10	11-12
Are sometimes, most of the time or always treated badly or unfairly because of their race, ethnicity, sexual orientation, gender identity, or age	19	15 *		15	13	15	14
Most of the time or always get the kind of help they need	33	38 *		35	45	29	46 +

	VT	SU		F	M	9-10	11-12
Ate dinner at home with at least one of their parents or other adult family member on four or more days	74	75		72	79	80	69 +
Reported that their parents or other adults in their family most of the time or always know where they are going or with whom they will be	88	90		92	87	86	93

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students



## Protective Factors

	VT	SU	F	M	9-10	11-12
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	70	71	70	72	74	68
Strongly agree or agree that their school has clear rules and consequences for behavior	55	42 *	33	53 *	45	38

	VT	SU	F	M	9-10	11-12
Spend 10 or more hours participating in afterschool activities	25	29 *	27	32	31	28
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	69	70	75	64 *	66	74

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

## Protective Factors

	VT	SU	F	M		9-10	11-12
Strongly agree or agree that in their community they feel like they matter to people	52	52	46	60	*	50	55

. = Too few students to report; \* = Statistical differences between groups; + = Older students significantly different from younger students

---

# 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

## MIDDLE SCHOOL RESULTS

---

## Demographics

Sex	N	%
Male	55	47
Female	48	53

Grade	N	%
7th grade	43	44
8th grade	61	56

Race	N	%
BIPOC	16	7
White, non-Hispanic	83	93

LGBTQ+	N	%
LGBTQ+	25	28
Heterosexual/Cisgender	70	72

N = Unweighted number of students; % = Weighted percent

## Unintentional Injuries, Personal Safety, and Violence

	VT	SU
Ever rode with a driver who had been drinking alcohol	15	17
Have ever ridden in a car driven by someone who had been using marijuana	10	9
Never or rarely wear a seatbelt	2	.

	VT	SU
Had a concussion from playing a sport or being physically active	15	14
Rarely or never wore a bicycle helmet	25	23
Rarely or never wore a helmet when rollerblading or skateboarding	31	20 *

. = Too few students to report; \* = Statistical differences between SU and VT

## Unintentional Injuries, Personal Safety, and Violence

	VT	SU	
Were ever in a physical fight	38	28	*
Were ever bullied on school property	41	25	*
Were ever electronically bullied	29	17	*
Were bullied	24	15	*
Bullied someone	8	.	

	VT	SU	
Report someone has ever done sexual things to them that they did not want	10	13	*

	VT	SU	
Did not go to school because they felt unsafe at school or on their way to or from school	10	3	*

. = Too few students to report; \* = Statistical differences between SU and VT

## Unintentional Injuries, Personal Safety, and Violence

	VT	SU	
Had a sunburn, past year	67	74	*

	VT	SU	
Reported that their mental health was most of the time or always not good	22	21	
Have most of the time or always been bothered by feeling nervous, anxious, or on edge	24	22	
Felt sad or hopeless	22	15	*
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose	18	15	

	VT	SU	
Ever seriously thought about killing themselves	18	10	*
Ever made a plan about how they would kill themselves	13	6	*
Ever tried to kill themselves	6	.	

. = Too few students to report; \* = Statistical differences between SU and VT

## Sexual Health

	VT	SU
Ever had sexual intercourse	3	.
Used a condom during last sexual intercourse	44	.

	VT	SU
Ever tried cigarette smoking	6	5
Ever used an electronic vapor product	9	13 *
Ever use a flavored tobacco product	5	6

	VT	SU
Ever drank alcohol	15	16
Ever tried marijuana	5	6
Ever used inhalants	4	.

. = Too few students to report; \* = Statistical differences between SU and VT



## Lifetime Substance Use

	VT	SU
Tried cigarette smoking for the first time before age 11 years	3	.
Tried a flavored tobacco product for the first time before age 11 years	44	.
Drank alcohol for the first time before age 11 years	8	6
Tried marijuana for the first time before age 11 years	1	.

	VT	SU
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	5	6
Currently smoked cigarettes or used electronic vapor products	5	6

. = Too few students to report; \* = Statistical differences between SU and VT

## Current Substance Use

	VT	SU
Currently smoked cigarettes	1	.
Currently used an electronic vapor product	5	5
Currently used smokeless tobacco	1	.
Currently smoked cigars	1	.

	VT	SU	
Currently drank alcohol	5	9	*
Currently used marijuana	3	5	*
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	5	.	

. = Too few students to report; \* = Statistical differences between SU and VT

## Substance Use Among Current Users

	VT	SU
Used cigarettes on 1-2 days, among current users	43	.
Smoke 1 or fewer cigarettes, among current users	62	.
Used EVP on 1-2 days, among current users	46	.
Used electronic vapor products mainly because they were curious about them, among current users	16	.
Usually used JUUL or other rechargeable device that uses pods, among current users	19	.

	VT	SU
Used alcohol on 1-2 days, among current users	69	.
Had 1 to 2 drinks, among current users	65	.
Used marijuana 1-2 times, among current users	42	.

	VT	SU
Were asked by a doctor, dentist, or nurse if they smoked	27	27

. = Too few students to report; \* = Statistical differences between SU and VT

## Perceptions about Substance Use

	VT	SU	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	18	16	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	32	35	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	15	21	*

	VT	SU	
Think it is wrong or very wrong for someone their age to use electronic vapor products	89	86	*
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	94	94	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	88	87	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	91	

. = Too few students to report; \* = Statistical differences between SU and VT

## Perceptions about Substance Use

	VT	SU
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	51	47
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	40	36
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	48	46

	VT	SU	
Spent 3 or more hours per day on screen time	57	45	*
Did not participate in at least 60 minutes of physical activity on at least 1 day	9	5	*
Were physically active at least 60 minutes per day on 5 or more days	60	66	*
Were physically active at least 60 minutes per day on all 7 days	35	35	

. = Too few students to report; \* = Statistical differences between SU and VT

## Physical Activity

	VT	SU	
Report they participate in physical activity or other short breaks during class	88	98	*
Played on at least one sports team	64	75	*
Walk or bike to school at least 1x	24	28	*

	VT	SU	
Did not eat breakfast	12	12	
Ate breakfast on all 7 days	45	54	*

. = Too few students to report; \* = Statistical differences between SU and VT

## Nutrition

	VT	SU
Did not drink a bottle or glass of plain water	3	.
Drank a bottle or glass of plain water one or more times per day	77	80
Drank a bottle or glass of plain water two or more times per day	70	71
Drank a bottle or glass of plain water three or more times per day	55	49 *

	VT	SU
Most of the time or always went hungry because there was not enough food in their home	2	.
Usually did not sleep in their parent's or guardian's home	2	.
Reported in their home people most of the time or always speak a language other than English	7	.

. = Too few students to report; \* = Statistical differences between SU and VT

## Protective Factors

	VT	SU	
Ate dinner at home with at least one of their parents or other adult family member on four or more days	87	91	*
Most of the time or always feel that they are able to talk to an adult in their family or another caring adult about their feelings	59	66	*

	VT	SU	
Have at least one teacher or other adult in their school that they can talk to if they have a problem	67	76	*
Strongly agree or agree that their school has clear rules and consequences for behavior	67	76	*

	VT	SU	
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	13	7	*
Strongly agree or agree that in their community they feel like they matter to people	55	60	*

. = Too few students to report; \* = Statistical differences between SU and VT