

2015 Vermont Youth Risk Behavior Survey Report

Report for Essex County

Survey Format in 2015

In 2015, we conducted two surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

Results in this report include high school and middle school results for Vermont and for Essex County. All results in the 2015 high school section are for grades 9 through 12 only, and the middle school section are for grades 6 through 8 only.

The middle school and high school surveys differed slightly. The shorter middle school survey included questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, body image, physical activity, and youth assets. The high school survey included questions on these topics as well as self-reported height and weight, driving behaviors, other drug use, sexual behavior and orientation, and nutrition.

Copies of both surveys can be found online at: <http://healthvermont.gov/research/yrbs.aspx> Copies of the full state reports, highlights, and additional sub state reports can also be found here.

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

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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.

Note: “Getting to ‘Y’”, a program originally funded by the Agency of Education, provides a manual for student groups looking to analyze and leverage their own YRBS data – it can be found here: <http://www.upforlearning.com/index.php/yatst>.

How to Read this YRBS Report

Format: The results appear in data tables, with an overall average, by grade and by gender. The percentages in some charts may not total 100% due to rounding.

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

In 2015, there was a methodology change in the weighting procedure. From 1993 through 2011, statewide reports included numbers based on a weighted sample of schools, and local-level reports included unweighted numbers. In 2013, due to the high participation from Vermont schools, the switch was made to use all of the student responses in the statewide report, instead of a sample. This allows for direct comparison between county estimates and the statewide estimates, as well as ensure that the estimates are more accurate. You can still compare the local-level report numbers to previous local-level years.

Statistical Comparisons: We note significant differences in the far right column on each table labeled “Notes.” For the 2015 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages for each county were statistically different from the state. If the confidence intervals overlapped, the percentages were not different. In every table it is noted whether this county is statistically different from the state average. However, we encourage you to consider meaningful difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

In some cases there were not enough students responding to report an estimate. In those cases there is a dot (.) and the “Notes” column will read “Too few students.” We limit reportable estimates to a total numerator of 5 students and denominator of 50 students.

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. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. We statistically adjust, or weight, the results so that the responses accurately represent all Vermont public school students based on gender, grade, and race/ethnicity. These precautions can reduce some sources of error, but not all.
- **Who's Not Included:** Administrators make every effort to have all students complete the YRBS. However, students who are not at school the day of the survey are not included in the results. Additionally, students who are home schooled, attend independent schools that chose not to participate, or dropped out of school are not included.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** Participating supervisory unions and school districts receive reports of their results comparing them directly to the state. It is natural to also want to know how individual supervisory unions or school districts compare to each other, but we urge caution in making such comparisons because the reasons for the differences may not be simple or easy to identify.
- **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 why they are doing it. We encourage students to analyze their own data and offer insight into the results.

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 behaviors¹ and is associated with serious injury.^{2,3} 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.^{4,5,6}
- 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,^{7,8} poor academic achievement,⁸ and violent behavior.⁹
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.¹⁰ 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%.¹¹
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.¹² Despite this, less than one quarter of bicyclists wear helmets.¹²
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.¹³ 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.¹⁴

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. Both 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,¹⁵ and about one-third of all motor vehicle crash fatalities.¹⁶ 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.^{17,18}
- Tobacco use is the single most preventable cause of death in the United States,¹⁹ contributing to more than one in five deaths.²⁰ 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.¹⁹
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.²¹ Other reactions include feelings of distrust, anxiety, or depression.²¹ In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.²²
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.²³
- 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.²⁴ As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.²⁴ Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.²⁴

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.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,²⁵ and negative effects on social and psychological development.²⁶ Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.²⁷
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.²⁸ STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.²⁶ Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.²⁹
- 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.³⁰

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.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.³¹ Obesity during 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.³² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.³³ Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.²⁰

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.³⁹⁻⁴³
- 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.⁴⁴⁻⁴⁵
- 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.⁴⁶ 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.⁴⁶
- 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.⁴⁷⁻⁵⁰
- 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 obesity⁵¹ and violent or aggressive behavior.⁵²⁻⁵⁴ 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.⁵⁵
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.⁵⁶ 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.⁵⁷ Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.⁵⁷
- 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.⁵⁸ In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.⁵⁹
- 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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2015 Vermont Youth Risk Behavior Survey Report

High School Report for Essex County

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

Demographics

Essex
Number of Students in Essex County

Essex County Total

182

Sex	Total	%
Female	79	43%
Male	103	56%

Grade	Total	%
Missing	6	3%
9th grade	54	29%
10th grade	39	21%
11th grade	51	28%
12th grade	32	17%

Race / Ethnicity	Total	%
Missing	4	2%
Racial or ethnic minority	29	15%
White non-Hispanic	149	81%

Mother's Level of Education	Total	%
Missing	3	1%
High school or less	69	37%
Some college	33	18%
College graduate	46	25%
Graduate or professional degree after college	8	4%
Not sure	23	12%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Essex County.

Demographics

Vermont
Number of Students in Vermont

Vermont Total

21013

Sex	Total	%
Missing	294	1%
Female	10243	48%
Male	10476	49%

Grade	Total	%
Missing	297	1%
9th grade	5627	26%
10th grade	5586	26%
11th grade	5171	24%
12th grade	4332	20%

Race / Ethnicity	Total	%
Missing	611	2%
Racial or ethnic minority	3197	15%
White non-Hispanic	17205	81%

Mother's Level of Education	Total	%
Missing	176	0%
High school or less	5495	26%
Some college	2746	13%
College graduate	6905	32%
Graduate or professional degree after college	3825	18%
Not sure	1866	8%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Vermont. All other numbers represented in this report are weighted to reflect the enrolled student population.

*1 Personal Safety***1.01 Percent of students who were in a physical fight, past 12 months**

		Essex	Vermont	Notes
Grade	9th	21%	22%	
	10th	.	20%	Too few students
	11th	26%	17%	
	12th	.	14%	Too few students
Sex	Female	14%	12%	
	Male	31%	24%	
Total		24%	18%	

1.02 Percent of students who were in a physical fight on school property, past 12 months

		Essex	Vermont	Notes
Grade	9th	.	10%	Too few students
	10th	.	8%	Too few students
	11th	.	6%	Too few students
	12th	.	5%	Too few students
Sex	Female	.	4%	Too few students
	Male	7%	10%	
Total		5%	7%	

1.03 Percent of students who were threatened or injured with a weapon on school property, past 12 months

		Essex	Vermont	Notes
Grade	9th	.	6%	Too few students
	10th	.	6%	Too few students
	11th	.	4%	Too few students
	12th	.	4%	Too few students
Sex	Female	.	4%	Too few students
	Male	5%	6%	
Total		4%	5%	

*1 Personal Safety***1.04 Percent of students who carried a weapon such as a gun, knife, or club on school property, past 30 days**

		Essex	Vermont	Notes
Grade	9th	.	6%	Too few students
	10th	.	7%	Too few students
	11th	.	9%	Too few students
	12th	.	8%	Too few students
Sex	Female	.	4%	Too few students
	Male	16%	11%	
Total		10%	8%	

1.05 Percent of students who did not go to school because they felt unsafe, past 30 days

		Essex	Vermont	Notes
Grade	9th	12%	7%	
	10th	.	6%	Too few students
	11th	.	5%	Too few students
	12th	.	5%	Too few students
Sex	Female	10%	7%	
	Male	5%	4%	
Total		7%	6%	

*1 Personal Safety***1.06 Percent of students who reported being bullied, past 30 days**

		Essex	Vermont	Notes
Grade	9th	12%	23%	
	10th	.	18%	Too few students
	11th	.	16%	Too few students
	12th	.	14%	Too few students
Sex	Female	20%	23%	
	Male	6%	12%	County statistically lower
Total		12%	18%	County statistically lower

1.07 Percent of students who reported being electronically bullied, past 12 months

		Essex	Vermont	Notes
Grade	9th	24%	20%	
	10th	.	17%	Too few students
	11th	.	16%	Too few students
	12th	.	13%	Too few students
Sex	Female	21%	23%	
	Male	5%	10%	
Total		12%	16%	

NOTE: 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.

*1 Personal Safety***1.08 Percent of students who bullied someone else, past 30 days**

		Essex	Vermont	Notes
Grade	9th	16%	13%	
	10th	.	11%	Too few students
	11th	11%	11%	
	12th	.	10%	Too few students
Sex	Female	14%	11%	
	Male	15%	12%	
Total		15%	11%	

1.09 Percent of students who purposefully hurt themselves without wanting to die, past 12 months

		Essex	Vermont	Notes
Grade	9th	17%	20%	
	10th	.	19%	Too few students
	11th	.	17%	Too few students
	12th	.	14%	Too few students
Sex	Female	25%	26%	
	Male	6%	9%	
Total		14%	17%	

1.10 Percent of students who felt sad or hopeless for two weeks in a row, past 12 months

		Essex	Vermont	Notes
Grade	9th	25%	24%	
	10th	.	26%	Too few students
	11th	16%	24%	
	12th	.	24%	Too few students
Sex	Female	42%	34%	
	Male	10%	15%	
Total		24%	24%	

*1 Personal Safety***1.11 Percent of students who made a suicide plan, past 12 months**

		Essex	Vermont	Notes
Grade	9th	11%	13%	
	10th	.	13%	Too few students
	11th	.	12%	Too few students
	12th	.	10%	Too few students
Sex	Female	16%	16%	
	Male	5%	8%	
Total		9%	12%	

1.12 Percent of students who attempted suicide, past 12 months

		Essex	Vermont	Notes
Grade	9th	.	7%	Too few students
	10th	.	6%	Too few students
	11th	.	5%	Too few students
	12th	.	5%	Too few students
Sex	Female	9%	8%	
	Male	.	4%	Too few students
Total		5%	6%	

1.13 Percent of students who attempted suicide that resulted in an injury, poisoning, or overdose that required medical treatment, past 12 months

		Essex	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	2%	Too few students
	11th	.	2%	Too few students
	12th	.	2%	Too few students
Sex	Female	.	3%	Too few students
	Male	.	1%	Too few students
Total		.	2%	Too few students

*1 Personal Safety***1.14 Percent of students who dated in the past 12 months and were physically hurt by someone they were dating or going out with**

		Essex	Vermont	Notes
Grade	9th	.	8%	Too few students
	10th	.	9%	Too few students
	11th	.	9%	Too few students
	12th	.	9%	Too few students
Sex	Female	11%	11%	
	Male	.	7%	Too few students
Total		7%	9%	

1.15 Percent of students who have ever been physically forced to have sexual intercourse

		Essex	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	6%	Too few students
	11th	.	7%	Too few students
	12th	.	8%	Too few students
Sex	Female	.	10%	Too few students
	Male	.	3%	Too few students
Total		5%	7%	

*1 Personal Safety***1.16 Percent of students who rode with a drinking driver, past 30 days**

		Essex	Vermont	Notes
Grade	9th	29%	19%	
	10th	.	20%	Too few students
	11th	25%	20%	
	12th	.	19%	Too few students
Sex	Female	25%	20%	
	Male	32%	19%	County statistically higher
Total		29%	20%	County statistically higher

1.17 Percent of students who rode with a driver who had been smoking marijuana, past 30 days

		Essex	Vermont	Notes
Grade	9th	19%	13%	
	10th	.	20%	Too few students
	11th	16%	26%	
	12th	.	29%	Too few students
Sex	Female	20%	22%	
	Male	22%	22%	
Total		21%	22%	

*1 Personal Safety***1.18 Percent of drivers who drove a car or other vehicle when they had been drinking alcohol, past 30 days**

		Essex	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	4%	Too few students
	11th	.	8%	Too few students
	12th	.	9%	Too few students
Sex	Female	.	5%	Too few students
	Male	18%	9%	County statistically higher
Total		13%	7%	County statistically higher

1.19 Percent of drivers who drove a car or other vehicle when they had been smoking marijuana, past 30 days

		Essex	Vermont	Notes
Grade	9th	.	8%	Too few students
	10th	.	10%	Too few students
	11th	.	18%	Too few students
	12th	.	20%	Too few students
Sex	Female	.	12%	Too few students
	Male	24%	18%	
Total		17%	15%	

1.20 Percent of drivers who texted or e-mailed while driving a car or other vehicle, past 30 days

		Essex	Vermont	Notes
Grade	9th	.	10%	Too few students
	10th	.	15%	Too few students
	11th	.	40%	Too few students
	12th	.	50%	Too few students
Sex	Female	20%	33%	County statistically lower
	Male	27%	33%	
Total		24%	33%	County statistically lower

*1 Personal Safety***1.21 Percent of students who rode a bicycle and reported never or rarely wearing a bicycle helmet, past 12 months**

		Essex	Vermont	Notes
Grade	9th	.	48%	Too few students
	10th	.	54%	Too few students
	11th	.	55%	Too few students
	12th	.	56%	Too few students
Sex	Female	.	49%	Too few students
	Male	82%	56%	County statistically higher
Total		72%	53%	County statistically higher

1.22 The percent of students who have had a sunburn in the past 12 months

		Essex	Vermont	Notes
Grade	9th	54%	63%	
	10th	.	65%	Too few students
	11th	63%	65%	
	12th	.	67%	Too few students
Sex	Female	65%	72%	
	Male	54%	59%	
Total		59%	65%	

1.23 The percent of students who have used a tanning device such as a sunlamp, sunbed, or tanning booth in the last 12 months

		Essex	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	3%	Too few students
	11th	.	4%	Too few students
	12th	.	6%	Too few students
Sex	Female	7%	5%	
	Male	.	3%	Too few students
Total		3%	4%	

*2 Alcohol, Tobacco and other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

		Essex	Vermont	Notes
Grade	9th	47%	37%	
	10th	.	51%	Too few students
	11th	64%	63%	
	12th	.	71%	Too few students
Sex	Female	51%	57%	
	Male	64%	54%	
Total		58%	56%	

2.02 Percent of students who drank alcohol, other than a few sips, before age 13

		Essex	Vermont	Notes
Grade	9th	17%	14%	
	10th	.	13%	Too few students
	11th	19%	12%	
	12th	.	10%	Too few students
Sex	Female	7%	10%	
	Male	21%	14%	
Total		15%	12%	

*2 Alcohol, Tobacco and other Drug Use***2.03 Percent of students who drank alcohol, past 30 days**

		Essex	Vermont	Notes
Grade	9th	28%	17%	County statistically higher
	10th	.	26%	Too few students
	11th	34%	34%	
	12th	.	42%	Too few students
Sex	Female	32%	30%	
	Male	44%	29%	County statistically higher
Total		39%	30%	County statistically higher

2.04 Percent of students who had five or more drinks in a row (binged), past 30 days

		Essex	Vermont	Notes
Grade	9th	14%	8%	
	10th	.	13%	Too few students
	11th	22%	19%	
	12th	.	24%	Too few students
Sex	Female	14%	15%	
	Male	26%	17%	County statistically higher
Total		21%	16%	

*2 Alcohol, Tobacco and other Drug Use***2.05 Among students who drank alcohol, the number of days students drank in the last 30 days**

			Essex	Vermont	Notes
Grade	9th	1 to 2 days	.	55%	Too few students
		3 to 9 days	.	33%	Too few students
		10+ days	.	11%	Too few students

	10th	1 to 2 days	.	57%	Too few students
		3 to 9 days	.	34%	Too few students
		10+ days	.	9%	Too few students

	11th	1 to 2 days	.	49%	Too few students
		3 to 9 days	.	40%	Too few students
		10+ days	.	11%	Too few students

	12th	1 to 2 days	.	47%	Too few students
		3 to 9 days	.	40%	Too few students
		10+ days	.	13%	Too few students

Sex	Female	1 to 2 days	.	55%	Too few students
		3 to 9 days	.	36%	Too few students
		10+ days	.	9%	Too few students

	Male	1 to 2 days	.	47%	Too few students
		3 to 9 days	.	38%	Too few students
		10+ days	.	15%	Too few students

Total	1 to 2 days		52%	51%	
	3 to 9 days		34%	37%	
	10+ days		14%	12%	

NOTE: Only students who drank alcohol during the previous 30 days are included in this analysis. Previous reports included all students.

*2 Alcohol, Tobacco and other Drug Use***2.06 Among students who drank alcohol in the last 30 days, the greatest number of drinks consumed in one sitting**

			Essex	Vermont	Notes
Grade	9th	1 to 2 drinks	.	49%	Too few students
		3 to 4 drinks	.	19%	Too few students
		5 or more drinks	.	32%	Too few students

	10th	1 to 2 drinks	.	41%	Too few students
		3 to 4 drinks	.	20%	Too few students
		5 or more drinks	.	39%	Too few students

	11th	1 to 2 drinks	.	33%	Too few students
		3 to 4 drinks	.	18%	Too few students
		5 or more drinks	.	49%	Too few students

	12th	1 to 2 drinks	.	32%	Too few students
		3 to 4 drinks	.	19%	Too few students
		5 or more drinks	.	49%	Too few students

Sex	Female	1 to 2 drinks	.	40%	Too few students
		3 to 4 drinks	.	23%	Too few students
		5 or more drinks	.	38%	Too few students

	Male	1 to 2 drinks	.	33%	Too few students
		3 to 4 drinks	.	16%	Too few students
		5 or more drinks	.	52%	Too few students

Total	1 to 2 drinks		35%	36%	
	3 to 4 drinks		17%	19%	
	5 or more drinks		48%	45%	

NOTE: Only students who drank alcohol during the previous 30 days are included in this analysis. Previous reports included all students.

2 Alcohol, Tobacco and other Drug Use

2.07 Among students who drank in the past 30 days, usual source of alcohol

			Essex	Vermont	Notes
Grade	9th	Bought it	.	3%	Too few students
		Gave someone money	.	12%	Too few students
		Someone gave it to me	.	36%	Too few students
		Took it / some other way	.	49%	Too few students

	10th	Bought it	.	3%	Too few students
		Gave someone money	.	18%	Too few students
		Someone gave it to me	.	41%	Too few students
		Took it / some other way	.	37%	Too few students

	11th	Bought it	.	4%	Too few students
		Gave someone money	.	28%	Too few students
		Someone gave it to me	.	41%	Too few students
		Took it / some other way	.	27%	Too few students

	12th	Bought it	.	7%	Too few students
		Gave someone money	.	29%	Too few students
		Someone gave it to me	.	43%	Too few students
		Took it / some other way	.	22%	Too few students

Sex	Female	Bought it	.	2%	Too few students
		Gave someone money	.	24%	Too few students
		Someone gave it to me	.	46%	Too few students
		Took it / some other way	.	28%	Too few students

	Male	Bought it	.	7%	Too few students
		Gave someone money	.	24%	Too few students
		Someone gave it to me	.	35%	Too few students
		Took it / some other way	.	34%	Too few students

Total	Bought it		.	5%	Too few students
	Gave someone money		34%	24%	
	Someone gave it to me		44%	40%	
	Took it / some other way		18%	31%	County statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.08 Among students who drank in the past 30 days, the location where students typically consumed alcohol**

			Essex	Vermont	Notes
Grade	9th	At my home	.	46%	Too few students
		At another persons home	.	43%	Too few students
		At a public place or event	.	12%	Too few students

	10th	At my home	.	37%	Too few students
		At another persons home	.	53%	Too few students
		At a public place or event	.	10%	Too few students

	11th	At my home	.	32%	Too few students
		At another persons home	.	58%	Too few students
		At a public place or event	.	9%	Too few students

	12th	At my home	.	30%	Too few students
		At another persons home	.	60%	Too few students
		At a public place or event	.	10%	Too few students

Sex	Female	At my home	.	34%	Too few students
		At another persons home	.	58%	Too few students
		At a public place or event	.	8%	Too few students

	Male	At my home	.	34%	Too few students
		At another persons home	.	53%	Too few students
		At a public place or event	.	13%	Too few students

Total	At my home		32%	34%	
	At another persons home		62%	55%	
	At a public place or event		.	10%	Too few students

*2 Alcohol, Tobacco and other Drug Use***2.09 Percent of students who have ever smoked a whole cigarette**

		Essex	Vermont	Notes
Grade	9th	26%	14%	County statistically higher
	10th	.	18%	Too few students
	11th	34%	24%	
	12th	.	28%	Too few students
Sex	Female	17%	19%	
	Male	43%	23%	County statistically higher
Total		32%	21%	County statistically higher

2.10 Percent of students who smoked a whole cigarette before age 13

		Essex	Vermont	Notes
Grade	9th	14%	6%	
	10th	.	6%	Too few students
	11th	.	6%	Too few students
	12th	.	6%	Too few students
Sex	Female	.	5%	Too few students
	Male	14%	7%	County statistically higher
Total		11%	6%	County statistically higher

2.11 Percent of students who smoked cigarettes, past 30 days

		Essex	Vermont	Notes
Grade	9th	10%	7%	
	10th	.	9%	Too few students
	11th	.	12%	Too few students
	12th	.	14%	Too few students
Sex	Female	7%	10%	
	Male	30%	12%	County statistically higher
Total		20%	11%	County statistically higher

*2 Alcohol, Tobacco and other Drug Use***2.12 Among students who smoked cigarettes in the past month, number of days students smoked**

			Essex	Vermont	Notes
Grade	9th	1 to 2 days	.	35%	Too few students
		3 to 9 days	.	26%	Too few students
		10+ days	.	39%	Too few students

	10th	1 to 2 days	.	31%	Too few students
		3 to 9 days	.	25%	Too few students
		10+ days	.	44%	Too few students

	11th	1 to 2 days	.	29%	Too few students
		3 to 9 days	.	23%	Too few students
		10+ days	.	48%	Too few students

	12th	1 to 2 days	.	26%	Too few students
		3 to 9 days	.	19%	Too few students
		10+ days	.	55%	Too few students

Sex	Female	1 to 2 days	.	32%	Too few students
		3 to 9 days	.	23%	Too few students
		10+ days	.	44%	Too few students

	Male	1 to 2 days	.	26%	Too few students
		3 to 9 days	.	22%	Too few students
		10+ days	.	52%	Too few students

Total		1 to 2 days	.	29%	Too few students
		3 to 9 days	.	22%	Too few students
		10+ days	.	49%	Too few students

NOTE: Only students who smoked cigarettes during the previous 30 days are included in this analysis. Previous reports included all students.

2 Alcohol, Tobacco and other Drug Use

2.13 Among students who smoked cigarettes in the past month, the amount of cigarettes smoked on days smoked

			Essex	Vermont	Notes
Grade	9th	1 cigarette or less	.	51%	Too few students
		2 to 10 cigarettes	.	39%	Too few students
		11 or more cigarettes	.	10%	Too few students

	10th	1 cigarette or less	.	45%	Too few students
		2 to 10 cigarettes	.	45%	Too few students
		11 or more cigarettes	.	10%	Too few students

	11th	1 cigarette or less	.	43%	Too few students
		2 to 10 cigarettes	.	48%	Too few students
		11 or more cigarettes	.	9%	Too few students

	12th	1 cigarette or less	.	42%	Too few students
		2 to 10 cigarettes	.	45%	Too few students
		11 or more cigarettes	.	13%	Too few students

Sex	Female	1 cigarette or less	.	47%	Too few students
		2 to 10 cigarettes	.	44%	Too few students
		11 or more cigarettes	.	9%	Too few students

	Male	1 cigarette or less	.	42%	Too few students
		2 to 10 cigarettes	.	45%	Too few students
		11 or more cigarettes	.	13%	Too few students

Total	1 cigarette or less		.	44%	Too few students
	2 to 10 cigarettes		.	44%	Too few students
	11 or more cigarettes		.	12%	Too few students

NOTE: Only students who smoked cigarettes during the previous 30 days are included in this analysis. Previous reports included all students.

2 Alcohol, Tobacco and other Drug Use

2.14 Among students who smoked cigarettes in the past month and were under age 18, how they obtained cigarettes

			Essex	Vermont	Notes
Grade	9th	Bought them	.	5%	Too few students
		Someone else bought them	.	27%	Too few students
		Borrowed/bummed them	.	37%	Too few students
		Took them / some other way	.	31%	Too few students

	10th	Bought them	.	7%	Too few students
		Someone else bought them	.	26%	Too few students
		Borrowed/bummed them	.	41%	Too few students
		Took them / some other way	.	26%	Too few students

	11th	Bought them	.	12%	Too few students
		Someone else bought them	.	31%	Too few students
		Borrowed/bummed them	.	39%	Too few students
		Took them / some other way	.	17%	Too few students

	12th	Bought them	.	14%	Too few students
		Someone else bought them	.	32%	Too few students
		Borrowed/bummed them	.	41%	Too few students
		Took them / some other way	.	14%	Too few students

Sex	Female	Bought them	.	6%	Too few students
		Someone else bought them	.	30%	Too few students
		Borrowed/bummed them	.	45%	Too few students
		Took them / some other way	.	19%	Too few students

	Male	Bought them	.	14%	Too few students
		Someone else bought them	.	28%	Too few students
		Borrowed/bummed them	.	34%	Too few students
		Took them / some other way	.	24%	Too few students

Total		Bought them	.	10%	Too few students
		Someone else bought them	.	29%	Too few students
		Borrowed/bummed them	.	39%	Too few students
		Took them / some other way	.	22%	Too few students

2 Alcohol, Tobacco and other Drug Use

2.15 Among current smokers, the percent of smokers who tried to quit smoking, past 12 months

		Essex	Vermont	Notes
Grade	9th	.	45%	Too few students
	10th	.	46%	Too few students
	11th	.	44%	Too few students
	12th	.	39%	Too few students
Sex	Female	.	43%	Too few students
	Male	.	41%	Too few students
Total		.	42%	Too few students

2.16 Percent of students who have ever used electronic vapor products such as e-cigarettes, vaping pens, e-hookahs, and hookah pens.

		Essex	Vermont	Notes
Grade	9th	.	18%	Too few students
	10th	.	28%	Too few students
	11th	.	35%	Too few students
	12th	.	39%	Too few students
Sex	Female	22%	27%	
	Male	36%	33%	
Total		30%	30%	

2.17 Percent of students who have used electronic vapor products, past 30 days

		Essex	Vermont	Notes
Grade	9th	12%	10%	
	10th	.	14%	Too few students
	11th	27%	17%	
	12th	.	19%	Too few students
Sex	Female	10%	13%	
	Male	25%	18%	
Total		18%	15%	

*2 Alcohol, Tobacco and other Drug Use***2.18 Percent of students who have ever tried a flavored tobacco product**

		Essex	Vermont	Notes
Grade	9th	34%	15%	County statistically higher
	10th	.	21%	Too few students
	11th	27%	29%	
	12th	.	32%	Too few students
Sex	Female	21%	20%	
	Male	43%	28%	County statistically higher
Total		34%	24%	County statistically higher

2.19 Percent of students who tried a flavored tobacco product before age 13

		Essex	Vermont	Notes
Grade	9th	15%	6%	County statistically higher
	10th	.	5%	Too few students
	11th	.	6%	Too few students
	12th	.	5%	Too few students
Sex	Female	8%	4%	
	Male	12%	7%	
Total		10%	6%	County statistically higher

NOTE: Flavored tobacco products include any tobacco product flavored to taste like menthol (mint), clove, spice, alcohol (wine or cognac), candy, fruit, chocolate, or other sweets.

*2 Alcohol, Tobacco and other Drug Use***2.20 Percent of students who used smokeless tobacco such as snuff or dip, past 30 days**

		Essex	Vermont	Notes
Grade	9th	18%	5%	County statistically higher
	10th	.	6%	Too few students
	11th	19%	8%	County statistically higher
	12th	.	8%	Too few students
Sex	Female	8%	3%	County statistically higher
	Male	29%	11%	County statistically higher
Total		20%	7%	County statistically higher

2.21 Percent of students who smoked cigars or little cigars, past 30 days

		Essex	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	8%	Too few students
	11th	14%	12%	
	12th	.	16%	Too few students
Sex	Female	.	6%	Too few students
	Male	20%	14%	
Total		13%	10%	

*2 Alcohol, Tobacco and other Drug Use***2.22 Percent of students who smoked cigarettes, cigars or little cigars, or used smokeless tobacco, during the past 30 days**

		Essex	Vermont	Notes
Grade	9th	20%	11%	
	10th	.	15%	Too few students
	11th	30%	21%	
	12th	.	25%	Too few students
Sex	Female	12%	13%	
	Male	40%	23%	County statistically higher
Total		28%	18%	County statistically higher

2.23 Percent of students who smoked cigarettes, cigars or little cigars, used smokeless tobacco, or electronic vapor products during the past 30 days

		Essex	Vermont	Notes
Grade	9th	28%	16%	County statistically higher
	10th	.	22%	Too few students
	11th	37%	28%	
	12th	.	32%	Too few students
Sex	Female	20%	20%	
	Male	44%	29%	County statistically higher
Total		34%	25%	County statistically higher

*2 Alcohol, Tobacco and other Drug Use***2.24 Percent of students who have ever tried marijuana**

		Essex	Vermont	Notes
Grade	9th	29%	22%	
	10th	.	32%	Too few students
	11th	37%	44%	
	12th	.	49%	Too few students
Sex	Female	23%	36%	County statistically lower
	Male	46%	38%	
Total		36%	37%	

2.25 Percent of students who used marijuana before age 13

		Essex	Vermont	Notes
Grade	9th	.	6%	Too few students
	10th	.	6%	Too few students
	11th	.	7%	Too few students
	12th	.	6%	Too few students
Sex	Female	.	5%	Too few students
	Male	9%	8%	
Total		6%	6%	

2.26 Percent of students who used marijuana, past 30 days

		Essex	Vermont	Notes
Grade	9th	13%	13%	
	10th	.	20%	Too few students
	11th	27%	27%	
	12th	.	29%	Too few students
Sex	Female	15%	21%	
	Male	26%	24%	
Total		21%	22%	

2 Alcohol, Tobacco and other Drug Use

2.27 Among those who currently use marijuana, the number of times reported using marijuana, in the last month

			Essex	Vermont	Notes
Grade	9th	1 to 2 times	.	36%	Too few students
		3 to 9 times	.	24%	Too few students
		10+ times	.	40%	Too few students

	10th	1 to 2 times	.	32%	Too few students
		3 to 9 times	.	26%	Too few students
		10+ times	.	42%	Too few students

	11th	1 to 2 times	.	30%	Too few students
		3 to 9 times	.	24%	Too few students
		10+ times	.	46%	Too few students

	12th	1 to 2 times	.	29%	Too few students
		3 to 9 times	.	23%	Too few students
		10+ times	.	48%	Too few students

Sex	Female	1 to 2 times	.	37%	Too few students
		3 to 9 times	.	26%	Too few students
		10+ times	.	37%	Too few students

	Male	1 to 2 times	.	26%	Too few students
		3 to 9 times	.	23%	Too few students
		10+ times	.	52%	Too few students

Total	1 to 2 times		.	31%	Too few students
	3 to 9 times		.	24%	Too few students
	10+ times		.	45%	Too few students

2 Alcohol, Tobacco and other Drug Use

2.28 Percent of students who ever misused a stimulant or prescription pain reliever

		Essex	Vermont	Notes
Grade	9th	.	8%	Too few students
	10th	.	10%	Too few students
	11th	.	13%	Too few students
	12th	.	14%	Too few students
Sex	Female	9%	11%	
	Male	6%	12%	
Total		8%	11%	

2.29 Percent of students who misused a stimulant or prescription pain reliever in the past 30 days

		Essex	Vermont	Notes
Grade	9th	.	4%	Too few students
	10th	.	4%	Too few students
	11th	.	5%	Too few students
	12th	.	6%	Too few students
Sex	Female	.	4%	Too few students
	Male	.	5%	Too few students
Total		3%	5%	

2.30 Percent of students who ever used cocaine

		Essex	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	.	4%	Too few students
	11th	.	5%	Too few students
	12th	.	7%	Too few students
Sex	Female	.	4%	Too few students
	Male	6%	6%	
Total		4%	5%	

2 Alcohol, Tobacco and other Drug Use

2.31 Percent of students who ever used inhalants

		Essex	Vermont	Notes
Grade	9th	.	7%	Too few students
	10th	.	6%	Too few students
	11th	.	7%	Too few students
	12th	.	5%	Too few students
Sex	Female	.	6%	Too few students
	Male	.	7%	Too few students
Total		3%	7%	County statistically lower

2.32 Percent of students who ever used methamphetamines

		Essex	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	2%	Too few students
	11th	.	3%	Too few students
	12th	.	3%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	3%	Too few students
Total		.	3%	Too few students

2.33 Percent of students who ever used heroin

		Essex	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	2%	Too few students
	11th	.	2%	Too few students
	12th	.	3%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	3%	Too few students
Total		.	2%	Too few students

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.01 Percent of students who were in the same room as someone smoking, past 7 days

		Essex	Vermont	Notes
Grade	9th	62%	34%	County statistically higher
	10th	.	36%	Too few students
	11th	45%	39%	
	12th	.	38%	Too few students
Sex	Female	49%	37%	County statistically higher
	Male	58%	37%	County statistically higher
Total		54%	37%	County statistically higher

3.02 Percent of students who were in the same car as someone smoking, past 7 days

		Essex	Vermont	Notes
Grade	9th	51%	25%	County statistically higher
	10th	.	27%	Too few students
	11th	35%	28%	
	12th	.	28%	Too few students
Sex	Female	38%	28%	
	Male	48%	27%	County statistically higher
Total		44%	27%	County statistically higher

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.03 Frequency in which students see advertisements for tobacco when they are in a grocery store, gas station, or convenience store.

			Essex	Vermont	Notes
Grade	9th	Never or rarely	24%	19%	
		Sometimes	30%	27%	
		At least most of the time	46%	54%	

	10th	Never or rarely	.	19%	Too few students
		Sometimes	.	27%	Too few students
		At least most of the time	.	53%	Too few students

	11th	Never or rarely	18%	21%	
		Sometimes	18%	28%	
		At least most of the time	65%	52%	

	12th	Never or rarely	.	22%	Too few students
		Sometimes	.	28%	Too few students
		At least most of the time	.	50%	Too few students

Sex	Female	Never or rarely	21%	19%	
		Sometimes	21%	28%	
		At least most of the time	58%	53%	

	Male	Never or rarely	16%	22%	
		Sometimes	22%	26%	
		At least most of the time	62%	51%	County statistically higher

Total	Never or rarely		18%	21%	
	Sometimes		22%	27%	
	At least most of the time		60%	52%	County statistically higher

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

In 2015, 11% of Vermont high school students reported smoking cigarettes in the last 30 days and 22% of students reported using marijuana during that same time period. Students were asked about their perceptions on how many students smoke and use marijuana.

3.04 Out of 100 high school students, the number thought to smoke cigarettes

	Essex	Vermont	Notes
15 or less students	9%	19%	County statistically lower
16 to 25 students	21%	29%	County statistically lower
26 to 45 students	28%	24%	
46 to 55 students	16%	14%	
56 to 75 students	17%	8%	County statistically higher
76 or more students	9%	7%	

3.05 Out of 100 high school students, the number thought to use marijuana

	Essex	Vermont	Notes
15 or less students	14%	8%	County statistically higher
16 to 25 students	17%	13%	
26 to 45 students	21%	21%	
46 to 55 students	16%	21%	
56 to 75 students	17%	20%	
76 or more students	15%	16%	

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.06 Percent of students who think their parents think it is wrong for them to smoke cigarettes

		Essex	Vermont	Notes
Grade	9th	92%	94%	
	10th	.	93%	Too few students
	11th	95%	92%	
	12th	.	87%	Too few students
Sex	Female	94%	93%	
	Male	86%	90%	
Total		90%	91%	

3.07 Percent of students who think their parents think it is wrong for them to drink alcohol

		Essex	Vermont	Notes
Grade	9th	77%	84%	
	10th	.	78%	Too few students
	11th	75%	70%	
	12th	.	57%	Too few students
Sex	Female	72%	74%	
	Male	67%	70%	
Total		69%	72%	

3.08 Percent of students who think their parents think it is wrong for them to smoke marijuana

		Essex	Vermont	Notes
Grade	9th	86%	87%	
	10th	.	82%	Too few students
	11th	85%	78%	
	12th	.	74%	Too few students
Sex	Female	89%	82%	
	Male	83%	79%	
Total		86%	80%	

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

3.09 Percent of students who think it is wrong for someone their age to smoke cigarettes

		Essex	Vermont	Notes
Grade	9th	77%	87%	
	10th	.	84%	Too few students
	11th	70%	77%	
	12th	.	67%	Too few students
Sex	Female	80%	80%	
	Male	56%	77%	County statistically lower
Total		66%	78%	County statistically lower

3.10 Percent of students who think it is wrong for someone their age to drink alcohol

		Essex	Vermont	Notes
Grade	9th	68%	70%	
	10th	.	58%	Too few students
	11th	40%	47%	
	12th	.	38%	Too few students
Sex	Female	50%	54%	
	Male	45%	53%	
Total		47%	53%	

3.11 Percent of students who think it is wrong for someone their age to smoke marijuana

		Essex	Vermont	Notes
Grade	9th	70%	70%	
	10th	.	59%	Too few students
	11th	67%	51%	County statistically higher
	12th	.	44%	Too few students
Sex	Female	72%	57%	County statistically higher
	Male	59%	55%	
Total		64%	56%	County statistically higher

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

3.12 Percent of students who think people their age risk harming themselves if they smoke a pack of cigarettes a day

		Essex	Vermont	Notes
Grade	9th	55%	62%	
	10th	.	66%	Too few students
	11th	56%	66%	
	12th	.	66%	Too few students
Sex	Female	65%	67%	
	Male	53%	63%	
Total		58%	65%	

3.13 Percent of students who think people their age risk harming themselves if they binge drink on weekends

		Essex	Vermont	Notes
Grade	9th	39%	42%	
	10th	.	40%	Too few students
	11th	35%	36%	
	12th	.	35%	Too few students
Sex	Female	41%	43%	
	Male	30%	33%	
Total		35%	38%	

3.14 Percent of students who think people their age risk harming themselves if they smoke marijuana regularly

		Essex	Vermont	Notes
Grade	9th	37%	35%	
	10th	.	29%	Too few students
	11th	33%	22%	
	12th	.	21%	Too few students
Sex	Female	40%	30%	
	Male	28%	24%	
Total		33%	27%	

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

3.15 Percent of students who think it would be easy to get cigarettes

		Essex	Vermont	Notes
Grade	9th	55%	44%	
	10th	.	55%	Too few students
	11th	61%	64%	
	12th	.	80%	Too few students
Sex	Female	64%	57%	
	Male	65%	64%	
Total		65%	61%	

3.16 Percent of students who think it would be easy to get alcohol

		Essex	Vermont	Notes
Grade	9th	53%	60%	
	10th	.	68%	Too few students
	11th	71%	74%	
	12th	.	75%	Too few students
Sex	Female	74%	71%	
	Male	67%	68%	
Total		70%	69%	

3.17 Percent of students who think it would be easy to get marijuana

		Essex	Vermont	Notes
Grade	9th	36%	46%	
	10th	.	60%	Too few students
	11th	51%	69%	County statistically lower
	12th	.	74%	Too few students
Sex	Female	49%	60%	
	Male	51%	65%	County statistically lower
Total		50%	62%	County statistically lower

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

3.18 Percent of students who were asked if they smoked by a health care provider, past 12 months

		Essex	Vermont	Notes
Grade	9th	50%	44%	
	10th	.	50%	Too few students
	11th	.	57%	Too few students
	12th	.	60%	Too few students
Sex	Female	62%	56%	
	Male	47%	50%	
Total		53%	53%	

3.19 Percent of students who think it is likely or very likely that a party where students from their high school were drinking alcohol would be broken up by police

		Essex	Vermont	Notes
Grade	9th	44%	36%	
	10th	.	30%	Too few students
	11th	32%	27%	
	12th	.	24%	Too few students
Sex	Female	34%	29%	
	Male	29%	29%	
Total		31%	29%	

3.20 Percent of students who were offered, sold or given an illegal drug on school property, past 12 months

		Essex	Vermont	Notes
Grade	9th	.	15%	Too few students
	10th	.	19%	Too few students
	11th	.	20%	Too few students
	12th	.	18%	Too few students
Sex	Female	13%	15%	
	Male	11%	21%	County statistically lower
Total		12%	18%	County statistically lower

4 Sexual Behavior and Orientation

4.01 Sexual orientation

			Essex	Vermont	Notes
Grade	9th	Heterosexual (straight)	86%	88%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	6%	Too few students
		Not sure	.	5%	Too few students

	10th	Heterosexual (straight)	.	89%	Too few students
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	6%	Too few students
		Not sure	.	4%	Too few students

	11th	Heterosexual (straight)	100%	88%	County statistically higher
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	6%	Too few students
		Not sure	.	4%	Too few students

	12th	Heterosexual (straight)	.	88%	Too few students
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	6%	Too few students
		Not sure	.	4%	Too few students

Sex	Female	Heterosexual (straight)	85%	84%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	11%	10%	
		Not sure	.	5%	Too few students

	Male	Heterosexual (straight)	92%	92%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	3%	Too few students
		Not sure	.	4%	Too few students

Total	Heterosexual (straight)		89%	88%	
	Gay or lesbian		.	2%	Too few students
	Bisexual		6%	6%	
	Not sure		3%	4%	

*4 Sexual Behavior and Orientation***4.02 Percent of students who have ever had sexual intercourse**

		Essex	Vermont	Notes
Grade	9th	.	18%	Too few students
	10th	.	33%	Too few students
	11th	46%	49%	
	12th	.	62%	Too few students
Sex	Female	38%	40%	
	Male	44%	41%	
Total		41%	41%	

4.03 Percent of students who have ever had oral sex

		Essex	Vermont	Notes
Grade	9th	16%	21%	
	10th	.	37%	Too few students
	11th	37%	50%	
	12th	.	60%	Too few students
Sex	Female	33%	41%	
	Male	34%	42%	
Total		34%	42%	County statistically lower

4.04 Percent of students who had sexual intercourse before age 13

		Essex	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	.	3%	Too few students
	11th	.	3%	Too few students
	12th	.	4%	Too few students
Sex	Female	.	2%	Too few students
	Male	6%	4%	
Total		5%	3%	

*4 Sexual Behavior and Orientation***4.05 Percent of students who have had sexual intercourse with four or more people**

		Essex	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	.	6%	Too few students
	11th	12%	11%	
	12th	.	19%	Too few students
Sex	Female	8%	9%	
	Male	14%	10%	
Total		11%	10%	

4.06 Percent of students who have ever been tested for HIV

		Essex	Vermont	Notes
Grade	9th	11%	7%	
	10th	.	8%	Too few students
	11th	15%	12%	
	12th	.	14%	Too few students
Sex	Female	12%	11%	
	Male	14%	9%	
Total		13%	10%	

*4 Sexual Behavior and Orientation***4.07 Percent of students who had sex at least once in the past 3 months (currently sexually active)**

		Essex	Vermont	Notes
Grade	9th	11%	12%	
	10th	.	24%	Too few students
	11th	38%	38%	
	12th	.	49%	Too few students
Sex	Female	28%	33%	
	Male	32%	30%	
Total		30%	31%	

4.08 Of sexually active students, percent who used alcohol or drugs the last time they had sex

		Essex	Vermont	Notes
Grade	9th	.	18%	Too few students
	10th	.	19%	Too few students
	11th	.	18%	Too few students
	12th	.	18%	Too few students
Sex	Female	.	15%	Too few students
	Male	.	22%	Too few students
Total		.	19%	Too few students

4.09 Of sexually active students, percent who used condoms the last time they had sex

		Essex	Vermont	Notes
Grade	9th	.	65%	Too few students
	10th	.	65%	Too few students
	11th	.	58%	Too few students
	12th	.	54%	Too few students
Sex	Female	.	55%	Too few students
	Male	.	62%	Too few students
Total		.	58%	Too few students

4 Sexual Behavior and Orientation

4.10 Of sexually active students, percent who used prescription birth control the last time they had sex.

Birth control included using prescription birth control pills, shot, patch, ring, or IUD

		Essex	Vermont	Notes
Grade	9th	.	28%	Too few students
	10th	.	39%	Too few students
	11th	.	49%	Too few students
	12th	.	54%	Too few students
Sex	Female	.	55%	Too few students
	Male	.	38%	Too few students
Total		.	47%	Too few students

4.11 Of sexually active students, those who used either a condom or prescription birth control the last time they had sex

		Essex	Vermont	Notes
Grade	9th	.	80%	Too few students
	10th	.	87%	Too few students
	11th	.	88%	Too few students
	12th	.	87%	Too few students
Sex	Female	.	88%	Too few students
	Male	.	86%	Too few students
Total		.	87%	Too few students

4 Sexual Behavior and Orientation

4.12 Of sexually active students, methods used to prevent pregnancy used the last time they had sex

			Essex	Vermont	Notes
Grade	9th	No method was used	.	12%	Too few students
		Birth control pills	.	19%	Too few students
		Condoms	.	50%	Too few students
		IUD or implant	.	4%	Too few students
		Shot/patch/birth control ring	.	5%	Too few students
		Withdrawal/other method	.	8%	Too few students
		Not sure	.	3%	Too few students

	10th	No method was used	.	7%	Too few students
		Birth control pills	.	28%	Too few students
		Condoms	.	46%	Too few students
		IUD or implant	.	5%	Too few students
		Shot/patch/birth control ring	.	6%	Too few students
		Withdrawal/other method	.	6%	Too few students
		Not sure	.	2%	Too few students

	11th	No method was used	.	6%	Too few students
		Birth control pills	.	37%	Too few students
		Condoms	.	37%	Too few students
		IUD or implant	.	7%	Too few students
		Shot/patch/birth control ring	.	6%	Too few students
		Withdrawal/other method	.	6%	Too few students
		Not sure	.	1%	Too few students

	12th	No method was used	.	7%	Too few students
		Birth control pills	.	40%	Too few students
		Condoms	.	32%	Too few students
		IUD or implant	.	7%	Too few students
		Shot/patch/birth control ring	.	7%	Too few students
		Withdrawal/other method	.	6%	Too few students
		Not sure	.	2%	Too few students

4 Sexual Behavior and Orientation

			Essex	Vermont	Notes
Sex	Female	No method was used	.	7%	Too few students
		Birth control pills	.	39%	Too few students
		Condoms	.	31%	Too few students
		IUD or implant	.	8%	Too few students
		Shot/patch/birth control ring	.	8%	Too few students
		Withdrawal/other method	.	5%	Too few students
		Not sure	.	1%	Too few students

	Male	No method was used	.	7%	Too few students
		Birth control pills	.	30%	Too few students
		Condoms	.	45%	Too few students
		IUD or implant	.	4%	Too few students
		Shot/patch/birth control ring	.	4%	Too few students
		Withdrawal/other method	.	7%	Too few students
		Not sure	.	3%	Too few students
Total	No method was used		.	7%	Too few students
	Birth control pills		.	35%	Too few students
	Condoms		.	38%	Too few students
	IUD or implant		.	6%	Too few students
	Shot/patch/birth control ring		.	6%	Too few students
	Withdrawal/other method		.	6%	Too few students
	Not sure		.	2%	Too few students

Cont. Of sexually active students, methods used to prevent pregnancy used the last time they had sex

4 Sexual Behavior and Orientation

4.13 Sexual identity of sexual contacts

			Essex	Vermont	Notes
Sex	Female	Have not had sex	51%	45%	
		Same sex	.	1%	Too few students
		Opposite sex	44%	46%	
		Both sexes	.	7%	Too few students

	Male	Have not had sex	45%	43%	
		Same sex	.	1%	Too few students
		Opposite sex	51%	53%	
		Both sexes	.	2%	Too few students

Total	Have not had sex		48%	44%	
	Same sex		.	1%	Too few students
	Opposite sex		48%	50%	
	Both sexes		3%	5%	

5 Body Image

5.01 The percent of students who are overweight (85th to <95th BMI percentile)

		Essex	Vermont	Notes
Grade	9th	.	15%	Too few students
	10th	.	14%	Too few students
	11th	.	14%	Too few students
	12th	.	13%	Too few students
Sex	Female	19%	14%	
	Male	20%	14%	
Total		20%	14%	

5.02 The percent of students who are obese (=>95th BMI percentile)

		Essex	Vermont	Notes
Grade	9th	.	12%	Too few students
	10th	.	13%	Too few students
	11th	.	12%	Too few students
	12th	.	12%	Too few students
Sex	Female	14%	9%	
	Male	23%	16%	
Total		19%	12%	County statistically higher

NOTE: BMI = body mass index; For youth, BMI is age- and sex-specific. It is expressed by a percentile based on weight and height.

5 Body Image

5.03 Perceptions of weight

			Essex	Vermont	Notes
Grade	9th	Underweight	18%	15%	
		About the right weight	42%	56%	County statistically lower
		Overweight	40%	29%	

	10th	Underweight	.	13%	Too few students
		About the right weight	.	55%	Too few students
		Overweight	.	32%	Too few students

	11th	Underweight	.	13%	Too few students
		About the right weight	65%	55%	
		Overweight	30%	31%	

	12th	Underweight	.	13%	Too few students
		About the right weight	.	55%	Too few students
		Overweight	.	32%	Too few students

Sex	Female	Underweight	7%	10%	
		About the right weight	40%	54%	County statistically lower
		Overweight	53%	36%	County statistically higher

	Male	Underweight	18%	17%	
		About the right weight	48%	57%	
		Overweight	35%	26%	

Total	Underweight		13%	14%	
	About the right weight		44%	55%	County statistically lower
	Overweight		43%	31%	County statistically higher

5 Body Image

5.04 Students who are trying to do something about their weight

			Essex	Vermont	Notes
Grade	9th	Lose weight	41%	41%	
		Gain weight	9%	12%	
		Stay the same weight /do nothing	50%	47%	

	10th	Lose weight	.	43%	Too few students
		Gain weight	.	13%	Too few students
		Stay the same weight /do nothing	.	44%	Too few students

	11th	Lose weight	37%	42%	
		Gain weight	11%	14%	
		Stay the same weight /do nothing	52%	44%	

	12th	Lose weight	.	42%	Too few students
		Gain weight	.	15%	Too few students
		Stay the same weight /do nothing	.	42%	Too few students

Sex	Female	Lose weight	60%	56%	
		Gain weight	.	4%	Too few students
		Stay the same weight /do nothing	39%	40%	

	Male	Lose weight	28%	28%	
		Gain weight	22%	23%	
		Stay the same weight /do nothing	51%	49%	

Total		Lose weight	42%	42%	
		Gain weight	13%	14%	
		Stay the same weight /do nothing	46%	44%	

6 Nutrition and Physical Activity

6.01 Hours spent per school day watching TV, playing video games or using the computer for fun.

In 2015, the definition of screen time was expanded. Caution should be taken when making comparisons to previous years.

			Essex	Vermont	Notes
Grade	9th	Less than 1 hour	22%	14%	
		1 to 2 hours	33%	36%	
		3 to 4 hours	26%	33%	
		5+ hours	19%	18%	

	10th	Less than 1 hour	.	14%	Too few students
		1 to 2 hours	.	36%	Too few students
		3 to 4 hours	.	32%	Too few students
		5+ hours	.	18%	Too few students

	11th	Less than 1 hour	17%	15%	
		1 to 2 hours	38%	38%	
		3 to 4 hours	30%	32%	
		5+ hours	15%	16%	

	12th	Less than 1 hour	.	16%	Too few students
		1 to 2 hours	.	36%	Too few students
		3 to 4 hours	.	32%	Too few students
		5+ hours	.	17%	Too few students

Sex	Female	Less than 1 hour	23%	15%	
		1 to 2 hours	34%	37%	
		3 to 4 hours	21%	32%	County statistically lower
		5+ hours	22%	16%	

	Male	Less than 1 hour	24%	14%	County statistically higher
		1 to 2 hours	26%	36%	County statistically lower
		3 to 4 hours	31%	32%	
		5+ hours	20%	18%	

Total		Less than 1 hour	23%	15%	County statistically higher
		1 to 2 hours	29%	36%	
		3 to 4 hours	27%	32%	
		5+ hours	21%	17%	

6 Nutrition and Physical Activity

6.02 The number of days students participated in at least 60 minutes of physical activity during the past 7 days

			Essex	Vermont	Notes
Grade	9th	0 days	15%	11%	
		1 to 2 days	21%	16%	
		3 to 6 days	40%	47%	
		Everyday	25%	25%	

	10th	0 days	.	13%	Too few students
		1 to 2 days	.	15%	Too few students
		3 to 6 days	.	47%	Too few students
		Everyday	.	24%	Too few students

	11th	0 days	23%	15%	
		1 to 2 days	20%	17%	
		3 to 6 days	33%	45%	
		Everyday	24%	22%	

	12th	0 days	.	17%	Too few students
		1 to 2 days	.	18%	Too few students
		3 to 6 days	.	44%	Too few students
		Everyday	.	21%	Too few students

Sex	Female	0 days	26%	17%	
		1 to 2 days	24%	20%	
		3 to 6 days	34%	48%	County statistically lower
		Everyday	16%	16%	

	Male	0 days	11%	12%	
		1 to 2 days	14%	14%	
		3 to 6 days	45%	44%	
		Everyday	29%	30%	

Total	0 days		17%	14%	
	1 to 2 days		19%	17%	
	3 to 6 days		41%	46%	
	Everyday		23%	23%	

*6 Nutrition and Physical Activity***6.03 The percent of students who ate fruits and vegetables 5 or more times per day, past 7 days**

		Essex	Vermont	Notes
Grade	9th	26%	23%	
	10th	.	23%	Too few students
	11th	12%	23%	
	12th	.	24%	Too few students
Sex	Female	27%	22%	
	Male	16%	25%	
Total		21%	24%	

6.04 The percent of students who ate fruits or fruit juice 2 or more times per day, past 7 days

		Essex	Vermont	Notes
Grade	9th	33%	34%	
	10th	.	34%	Too few students
	11th	15%	34%	County statistically lower
	12th	.	35%	Too few students
Sex	Female	36%	33%	
	Male	18%	35%	County statistically lower
Total		26%	34%	County statistically lower

6.05 The percent of students who ate vegetables 3 or more times per day, past 7 days

		Essex	Vermont	Notes
Grade	9th	22%	17%	
	10th	.	17%	Too few students
	11th	10%	18%	
	12th	.	19%	Too few students
Sex	Female	23%	17%	
	Male	13%	19%	
Total		17%	18%	

*6 Nutrition and Physical Activity***6.06 The percent of students who did not eat any fruit or fruit juice, past 7 days**

		Essex	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	4%	Too few students
	11th	10%	4%	
	12th	.	4%	Too few students
Sex	Female	7%	3%	
	Male	6%	5%	
Total		7%	4%	

6.07 The percent of students who did not any eat vegetables, past 7 days

		Essex	Vermont	Notes
Grade	9th	9%	5%	
	10th	.	4%	Too few students
	11th	.	4%	Too few students
	12th	.	4%	Too few students
Sex	Female	.	3%	Too few students
	Male	8%	6%	
Total		6%	4%	

6 Nutrition and Physical Activity

6.08 The number of days students ate breakfast during the past 7 days

			Essex	Vermont	Notes
Grade	9th	Never	14%	11%	
		1 to 3 days	24%	25%	
		4 to 6 days	18%	22%	
		Everyday	44%	42%	

	10th	Never	.	11%	Too few students
		1 to 3 days	.	24%	Too few students
		4 to 6 days	.	24%	Too few students
		Everyday	.	41%	Too few students

	11th	Never	14%	10%	
		1 to 3 days	34%	25%	
		4 to 6 days	26%	24%	
		Everyday	27%	40%	

	12th	Never	.	11%	Too few students
		1 to 3 days	.	25%	Too few students
		4 to 6 days	.	25%	Too few students
		Everyday	.	39%	Too few students

Sex	Female	Never	21%	11%	County statistically higher
		1 to 3 days	18%	27%	
		4 to 6 days	24%	24%	
		Everyday	37%	38%	

	Male	Never	6%	11%	
		1 to 3 days	31%	23%	
		4 to 6 days	24%	23%	
		Everyday	39%	43%	

Total	Never		13%	11%	
	1 to 3 days		26%	25%	
	4 to 6 days		24%	24%	
	Everyday		38%	40%	

6 Nutrition and Physical Activity

6.09 The number of glasses of water students drank yesterday

			Essex	Vermont	Notes
Grade	9th	None	11%	9%	
		1 to 3 glasses	51%	60%	
		4+ glasses	38%	32%	

	10th	None	.	8%	Too few students
		1 to 3 glasses	.	58%	Too few students
		4+ glasses	.	34%	Too few students

	11th	None	10%	8%	
		1 to 3 glasses	59%	60%	
		4+ glasses	31%	32%	

	12th	None	.	9%	Too few students
		1 to 3 glasses	.	57%	Too few students
		4+ glasses	.	34%	Too few students

Sex	Female	None	8%	8%	
		1 to 3 glasses	63%	62%	
		4+ glasses	28%	31%	

	Male	None	9%	9%	
		1 to 3 glasses	50%	56%	
		4+ glasses	41%	35%	

Total	None		9%	9%	
	1 to 3 glasses		56%	59%	
	4+ glasses		36%	33%	

6 Nutrition and Physical Activity

6.10 Amount of soda students drank during the past 7 days

			Essex	Vermont	Notes
Grade	9th	None	14%	32%	County statistically lower
		At least once during the past week	56%	54%	
		At least once per day	30%	14%	County statistically higher

	10th	None	.	33%	Too few students
		At least once during the past week	.	53%	Too few students
		At least once per day	.	14%	Too few students

	11th	None	23%	33%	
		At least once during the past week	55%	51%	
		At least once per day	22%	15%	

	12th	None	.	36%	Too few students
		At least once during the past week	.	49%	Too few students
		At least once per day	.	15%	Too few students

Sex	Female	None	32%	42%	
		At least once during the past week	58%	48%	
		At least once per day	10%	9%	

	Male	None	13%	25%	County statistically lower
		At least once during the past week	56%	55%	
		At least once per day	31%	20%	County statistically higher

Total		None	21%	33%	County statistically lower
		At least once during the past week	57%	52%	
		At least once per day	22%	15%	County statistically higher

6 Nutrition and Physical Activity

6.11 The amount of sugar-sweetened beverages (not including soda) students drank during past 7 days

			Essex	Vermont	Notes
Grade	9th	None	15%	25%	
		At least once during the past week	71%	61%	
		At least once per day	14%	14%	

	10th	None	.	25%	Too few students
		At least once during the past week	.	59%	Too few students
		At least once per day	.	15%	Too few students

	11th	None	31%	26%	
		At least once during the past week	59%	59%	
		At least once per day	10%	16%	

	12th	None	.	29%	Too few students
		At least once during the past week	.	57%	Too few students
		At least once per day	.	15%	Too few students

Sex	Female	None	23%	30%	
		At least once during the past week	63%	59%	
		At least once per day	13%	11%	

	Male	None	28%	22%	
		At least once during the past week	59%	58%	
		At least once per day	13%	19%	

Total	None		26%	26%	
	At least once during the past week		61%	59%	
	At least once per day		13%	15%	

7 Youth Assets

7.01 Typical grades in the past 12 months, as reported by students

			Essex	Vermont	Notes
Grade	9th	Mostly As or Bs	.	76%	Too few students
		Mostly Cs	.	13%	Too few students
		Mostly Ds or Fs	.	4%	Too few students
		Other / Not sure	.	7%	Too few students

	10th	Mostly As or Bs	.	77%	Too few students
		Mostly Cs	.	14%	Too few students
		Mostly Ds or Fs	.	4%	Too few students
		Other / Not sure	.	5%	Too few students

	11th	Mostly As or Bs	.	80%	Too few students
		Mostly Cs	.	13%	Too few students
		Mostly Ds or Fs	.	3%	Too few students
		Other / Not sure	.	4%	Too few students

	12th	Mostly As or Bs	.	83%	Too few students
		Mostly Cs	.	11%	Too few students
		Mostly Ds or Fs	.	2%	Too few students
		Other / Not sure	.	4%	Too few students

Sex	Female	Mostly As or Bs	71%	84%	County statistically lower
		Mostly Cs	19%	9%	County statistically higher
		Mostly Ds or Fs	6%	3%	
		Other / Not sure	.	4%	Too few students

	Male	Mostly As or Bs	64%	74%	County statistically lower
		Mostly Cs	28%	16%	County statistically higher
		Mostly Ds or Fs	6%	4%	
		Other / Not sure	.	6%	Too few students

Total		Mostly As or Bs	67%	79%	County statistically lower
		Mostly Cs	24%	13%	County statistically higher
		Mostly Ds or Fs	6%	3%	
		Other / Not sure	4%	5%	

7 Youth Assets

7.02 The percent of students participating in extracurricular activities, hours per week

			Essex	Vermont	Notes
Grade	9th	0 hours	50%	32%	County statistically higher
		1 to 4 hours	30%	30%	
		5 to 9 hours	12%	17%	
		10 or more hours	.	21%	Too few students
	10th	0 hours	.	32%	Too few students
		1 to 4 hours	.	28%	Too few students
		5 to 9 hours	.	16%	Too few students
		10 or more hours	.	24%	Too few students
	11th	0 hours	55%	32%	County statistically higher
		1 to 4 hours	26%	27%	
		5 to 9 hours	.	16%	Too few students
		10 or more hours	14%	25%	
	12th	0 hours	.	32%	Too few students
		1 to 4 hours	.	26%	Too few students
		5 to 9 hours	.	16%	Too few students
		10 or more hours	.	27%	Too few students
Sex	Female	0 hours	49%	31%	County statistically higher
		1 to 4 hours	32%	29%	
		5 to 9 hours	10%	16%	
		10 or more hours	9%	24%	County statistically lower
	Male	0 hours	60%	33%	County statistically higher
		1 to 4 hours	24%	27%	
		5 to 9 hours	6%	16%	County statistically lower
		10 or more hours	10%	24%	County statistically lower
Total		0 hours	55%	32%	County statistically higher
		1 to 4 hours	28%	28%	
		5 to 9 hours	8%	16%	County statistically lower
		10 or more hours	10%	24%	County statistically lower

*7 Youth Assets***7.03 The percent of students who spoke with their parents at least weekly about school**

		Essex	Vermont	Notes
Grade	9th	74%	78%	
	10th	.	77%	Too few students
	11th	76%	77%	
	12th	.	75%	Too few students
Sex	Female	79%	77%	
	Male	76%	76%	
Total		77%	76%	

7.04 The percent of students who agree that in their community they feel like they matter to people

		Essex	Vermont	Notes
Grade	9th	45%	49%	
	10th	.	48%	Too few students
	11th	51%	50%	
	12th	.	54%	Too few students
Sex	Female	37%	47%	
	Male	45%	54%	
Total		42%	50%	County statistically lower

7.05 The percent of students who agree that teachers really care about them and give them lots of encouragement

		Essex	Vermont	Notes
Grade	9th	57%	59%	
	10th	.	57%	Too few students
	11th	68%	64%	
	12th	.	69%	Too few students
Sex	Female	53%	60%	
	Male	61%	64%	
Total		58%	62%	

*7 Youth Assets***7.06 The percent of students who agree that students help decide what goes on in school**

		Essex	Vermont	Notes
Grade	9th	47%	50%	
	10th	.	46%	Too few students
	11th	48%	46%	
	12th	.	49%	Too few students
Sex	Female	51%	48%	
	Male	46%	48%	
Total		48%	48%	

7.07 The percent of students who report that they will probably or definitely complete a post high school program

		Essex	Vermont	Notes
Grade	9th	77%	75%	
	10th	.	80%	Too few students
	11th	73%	83%	
	12th	.	84%	Too few students
Sex	Female	79%	83%	
	Male	75%	78%	
Total		77%	80%	

2015 Vermont Youth Risk Behavior Survey Report

Middle School Report for Essex County

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

Demographics

Essex
Number of Middle School Students in Essex County

Essex County Total

118

Sex	Total	%
Female	61	51%
Male	57	48%

Grade	Total	%
6th grade	37	31%
7th grade	43	36%
8th grade	38	32%

Age	Total	%
11 years or younger	21	17%
12 years	34	28%
13 years	38	32%
14 years or older	25	21%

Race / Ethnicity	Total	%
Missing	5	4%
Racial or ethnic minority	17	14%
White non-Hispanic	96	81%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Essex County. Not all students indicated their sex or grade, therefore the totals in these tables may not add up to the total number of students in the county or state who participated. All other numbers represented in this report are weighted to reflect the enrolled student population.

Demographics

Vermont
Number of Middle School Students in Vermont

Vermont Total

13648

Sex	Total	%
Missing	96	0%
Female	6713	49%
Male	6839	50%

Grade	Total	%
Missing	86	0%
6th grade	2899	21%
7th grade	5337	39%
8th grade	5326	39%

Age	Total	%
Missing	63	.
11 years or younger	1445	10%
12 years	3983	29%
13 years	5240	38%
14 years or older	2917	21%

Race / Ethnicity	Total	%
Missing	926	6%
Racial or ethnic minority	2357	17%
White non-Hispanic	10365	75%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Vermont. All other numbers represented in this report are weighted to reflect the enrolled student population.

*1 Personal Safety***1.01 Percent of students who have ever been in a physical fight**

		Essex	Vermont	Notes
Grade	6th	.	42%	Too few students
	7th	.	41%	Too few students
	8th	.	44%	Too few students
Sex	Female	32%	28%	
	Male	61%	57%	
Total		46%	43%	

1.02 Percent of students who were bullied at least once, past 30 days

		Essex	Vermont	Notes
Grade	6th	.	24%	Too few students
	7th	.	25%	Too few students
	8th	.	22%	Too few students
Sex	Female	34%	30%	
	Male	17%	18%	
Total		26%	24%	

NOTE: 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 occurs through e-mail, chat rooms, instant messaging, Web sites, or texting.

*1 Personal Safety***1.03 Percent of students who reported they had ever been electronically bullied**

		Essex	Vermont	Notes
Grade	6th	.	21%	Too few students
	7th	.	26%	Too few students
	8th	.	28%	Too few students
Sex	Female	37%	36%	
	Male	14%	16%	
Total		26%	26%	

1.04 Percent of students who were ever bullied at school

		Essex	Vermont	Notes
Grade	6th	.	46%	Too few students
	7th	.	48%	Too few students
	8th	.	45%	Too few students
Sex	Female	63%	53%	
	Male	48%	40%	
Total		56%	46%	County statistically higher

1.05 Percent of students who bullied someone at least once, past 30 days

		Essex	Vermont	Notes
Grade	6th	.	8%	Too few students
	7th	.	9%	Too few students
	8th	.	11%	Too few students
Sex	Female	15%	10%	
	Male	.	9%	Too few students
Total		11%	10%	

*1 Personal Safety***1.06 Percent of students who did not go to school because they felt unsafe, past 30 days**

		Essex	Vermont	Notes
Grade	6th	.	8%	Too few students
	7th	.	7%	Too few students
	8th	.	7%	Too few students
Sex	Female	10%	9%	
	Male	.	6%	Too few students
Total		7%	7%	

1.07 Percent of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, past 12 months

		Essex	Vermont	Notes
Grade	6th	.	17%	Too few students
	7th	.	19%	Too few students
	8th	.	22%	Too few students
Sex	Female	34%	27%	
	Male	20%	13%	
Total		27%	20%	

1.08 Percent of students who ever seriously thought about suicide

		Essex	Vermont	Notes
Grade	6th	.	14%	Too few students
	7th	.	16%	Too few students
	8th	.	22%	Too few students
Sex	Female	29%	23%	
	Male	13%	12%	
Total		21%	18%	

*1 Personal Safety***1.09 Percent of students who ever made a suicide plan**

		Essex	Vermont	Notes
Grade	6th	.	9%	Too few students
	7th	.	11%	Too few students
	8th	.	15%	Too few students
Sex	Female	23%	16%	
	Male	9%	8%	
Total		16%	12%	

1.10 Percent of students who ever attempted suicide

		Essex	Vermont	Notes
Grade	6th	.	5%	Too few students
	7th	.	5%	Too few students
	8th	.	8%	Too few students
Sex	Female	11%	8%	
	Male	.	3%	Too few students
Total		8%	6%	

1.11 Percent of students who had at least one sunburn in the past 12 months

		Essex	Vermont	Notes
Grade	6th	.	51%	Too few students
	7th	.	55%	Too few students
	8th	.	56%	Too few students
Sex	Female	59%	58%	
	Male	57%	51%	
Total		58%	54%	

1 Personal Safety

1.12 Bicycle helmet use among those who rode a bicycle in the past 12 months

			Essex	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	.	26%	Too few students
		Sometimes wear a helmet	.	15%	Too few students
		Most of the time / always wear a helmet	.	59%	Too few students

	7th	Never / rarely wear a helmet	.	31%	Too few students
		Sometimes wear a helmet	.	16%	Too few students
		Most of the time / always wear a helmet	.	52%	Too few students

	8th	Never / rarely wear a helmet	.	41%	Too few students
		Sometimes wear a helmet	.	15%	Too few students
		Most of the time / always wear a helmet	.	43%	Too few students

Sex	Female	Never / rarely wear a helmet	47%	31%	County statistically higher
		Sometimes wear a helmet	15%	17%	
		Most of the time / always wear a helmet	38%	52%	County statistically lower

	Male	Never / rarely wear a helmet	56%	36%	County statistically higher
		Sometimes wear a helmet	12%	14%	
		Most of the time / always wear a helmet	31%	49%	County statistically lower

Total	Never / rarely wear a helmet		52%	34%	County statistically higher
	Sometimes wear a helmet		14%	16%	
	Most of the time / always wear a helmet		35%	51%	County statistically lower

1 Personal Safety

1.13 Helmet use while rollerblading or skateboarding (of those students who rollerbladed or skateboarded)

			Essex	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	.	31%	Too few students
		Sometimes wear a helmet	.	11%	Too few students
		Most of the time / always wear a helmet	.	58%	Too few students

	7th	Never / rarely wear a helmet	.	42%	Too few students
		Sometimes wear a helmet	.	13%	Too few students
		Most of the time / always wear a helmet	.	45%	Too few students

	8th	Never / rarely wear a helmet	.	52%	Too few students
		Sometimes wear a helmet	.	12%	Too few students
		Most of the time / always wear a helmet	.	36%	Too few students

Sex	Female	Never / rarely wear a helmet	.	45%	Too few students
		Sometimes wear a helmet	.	13%	Too few students
		Most of the time / always wear a helmet	.	43%	Too few students

	Male	Never / rarely wear a helmet	.	41%	Too few students
		Sometimes wear a helmet	.	12%	Too few students
		Most of the time / always wear a helmet	.	47%	Too few students

Total		Never / rarely wear a helmet	.	43%	Too few students
		Sometimes wear a helmet	.	12%	Too few students
		Most of the time / always wear a helmet	.	45%	Too few students

*1 Personal Safety***1.14 Percent of students who reported never or rarely wearing a seatbelt while riding in a car**

		Essex	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	.	4%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	3%	Too few students
Total		.	3%	Too few students

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

		Essex	Vermont	Notes
Grade	6th	.	15%	Too few students
	7th	.	19%	Too few students
	8th	.	25%	Too few students
Sex	Female	25%	21%	
	Male	21%	19%	
Total		23%	20%	

2 Alcohol, Tobacco, and Other Drug Use

2.01 Percent of students who ever drank alcohol other than a few sips

		Essex	Vermont	Notes
Grade	6th	.	10%	Too few students
	7th	.	15%	Too few students
	8th	.	24%	Too few students
Sex	Female	23%	16%	
	Male	26%	18%	
Total		25%	17%	County statistically higher

2.02 Percent of students who drank alcohol other than a few sips before age 11

		Essex	Vermont	Notes
Grade	6th	.	7%	Too few students
	7th	.	6%	Too few students
	8th	.	6%	Too few students
Sex	Female	.	5%	Too few students
	Male	13%	8%	
Total		10%	6%	

2.03 Percent of students who drank any alcohol, past 30 days

		Essex	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	.	5%	Too few students
	8th	.	10%	Too few students
Sex	Female	11%	6%	
	Male	11%	7%	
Total		11%	6%	

2 Alcohol, Tobacco, and Other Drug Use

2.04 Percent of students who binge drank (5 or more alcoholic drinks in a row), past 30 days

		Essex	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	.	4%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	2%	Too few students
Total		4%	2%	

2.05 Percent of students who ever tried cigarette smoking, even one or two puffs

		Essex	Vermont	Notes
Grade	6th	.	4%	Too few students
	7th	.	7%	Too few students
	8th	.	13%	Too few students
Sex	Female	14%	9%	
	Male	11%	9%	
Total		12%	9%	

2.06 Percent of students who ever smoked a whole cigarette

		Essex	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	4%	Too few students
	8th	.	8%	Too few students
Sex	Female	.	5%	Too few students
	Male	.	5%	Too few students
Total		7%	5%	

2 Alcohol, Tobacco, and Other Drug Use

2.07 Percent of students who smoked a whole cigarette by age 11

		Essex	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	.	2%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	2%	Too few students
Total		.	1%	Too few students

2.08 Percent of students who smoked cigarettes, past 30 days

		Essex	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	2%	Too few students
	8th	.	3%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	2%	Too few students
Total		.	2%	Too few students

2 Alcohol, Tobacco, and Other Drug Use

2.9 Percent of students who ever used electronic vapor products such as e-cigarettes

		Essex	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	.	6%	Too few students
	8th	.	11%	Too few students
Sex	Female	.	7%	Too few students
	Male	11%	7%	
Total		9%	7%	

2.10 Percent of students who used electronic vapor products such as e-cigarettes during the past 30 days

		Essex	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	2%	Too few students
	8th	.	5%	Too few students
Sex	Female	.	3%	Too few students
	Male	9%	3%	County statistically higher
Total		5%	3%	

2.11 Percent of students who used chewing tobacco, snuff, or dip, past 30 days

		Essex	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	.	3%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	3%	Too few students
Total		.	2%	Too few students

2 Alcohol, Tobacco, and Other Drug Use

2.12 Percent of students who smoked cigars, cigarillos, or little cigars, past 30 days

		Essex	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	.	2%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	2%	Too few students
Total		.	2%	Too few students

2.13 Percent of students who used a tobacco product such as cigarettes, smokeless tobacco, or cigars, in the past 30 days

		Essex	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	.	6%	Too few students
Sex	Female	.	3%	Too few students
	Male	.	4%	Too few students
Total		.	4%	Too few students

2.14 Percent of students who used any tobacco products including e-cigarettes in the past 30 days

		Essex	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	.	4%	Too few students
	8th	.	8%	Too few students
Sex	Female	.	5%	Too few students
	Male	11%	6%	
Total		6%	5%	

2 Alcohol, Tobacco, and Other Drug Use

2.15 Percent of smokers who attempted to quit smoking, past 12 months

		Essex	Vermont	Notes
Grade	6th	.	.	Too few students
	7th	.	58%	Too few students
	8th	.	45%	Too few students
Sex	Female	.	48%	Too few students
	Male	.	47%	Too few students
Total		.	48%	Too few students

2.16 Percent of students who have ever used marijuana

		Essex	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	5%	Too few students
	8th	.	11%	Too few students
Sex	Female	.	6%	Too few students
	Male	.	7%	Too few students
Total		5%	7%	

2.17 Percent of students who used marijuana by age 11

		Essex	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	.	2%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	2%	Too few students
Total		.	1%	Too few students

2 Alcohol, Tobacco, and Other Drug Use

2.18 Percent of students who used marijuana, past 30 days

		Essex	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	3%	Too few students
	8th	.	6%	Too few students
Sex	Female	.	3%	Too few students
	Male	.	4%	Too few students
Total		.	4%	Too few students

2.19 Percent of students who have ever used inhalants

		Essex	Vermont	Notes
Grade	6th	.	5%	Too few students
	7th	.	4%	Too few students
	8th	.	6%	Too few students
Sex	Female	.	5%	Too few students
	Male	9%	5%	
Total		8%	5%	

2.20 Percent of students who ever took a prescription drug without a doctor's prescription

		Essex	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	.	4%	Too few students
Sex	Female	.	3%	Too few students
	Male	.	3%	Too few students
Total		.	3%	Too few students

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.01 Percent of students who were in the same room with someone who was smoking cigarettes, past 7 days

		Essex	Vermont	Notes
Grade	6th	.	24%	Too few students
	7th	.	28%	Too few students
	8th	.	31%	Too few students
Sex	Female	44%	29%	County statistically higher
	Male	39%	27%	
Total		42%	28%	County statistically higher

3.02 Percent of students who were in the same car with someone who was smoking cigarettes, past 7 days

		Essex	Vermont	Notes
Grade	6th	.	17%	Too few students
	7th	.	20%	Too few students
	8th	.	23%	Too few students
Sex	Female	49%	22%	County statistically higher
	Male	41%	19%	County statistically higher
Total		45%	21%	County statistically higher

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.03 Percent of students who, always or most of the time saw advertisements for tobacco products at supermarkets or gas stations

		Essex	Vermont	Notes
Grade	6th	.	47%	Too few students
	7th	.	52%	Too few students
	8th	.	55%	Too few students
Sex	Female	59%	52%	
	Male	59%	52%	
Total		59%	52%	

3.04 Percent of students who, in the past 12 months, were asked if they smoke by a health professional

		Essex	Vermont	Notes
Grade	6th	.	15%	Too few students
	7th	.	26%	Too few students
	8th	.	35%	Too few students
Sex	Female	.	28%	Too few students
	Male	.	26%	Too few students
Total		41%	27%	County statistically higher

3.05 Students perceptions about out of 100 Vermont high school students the number who smoke cigarettes

	Essex	Vermont	Notes
15 or less students	21%	16%	
16 to 25 students	29%	25%	
26 to 45 students	20%	24%	
46 to 55 students	17%	16%	
56 to 75 students	7%	9%	
76 or more students	5%	10%	

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

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

		Essex	Vermont	Notes
Grade	6th	.	96%	Too few students
	7th	.	96%	Too few students
	8th	.	96%	Too few students
Sex	Female	91%	97%	County statistically lower
	Male	94%	96%	
Total		93%	96%	

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

		Essex	Vermont	Notes
Grade	6th	.	92%	Too few students
	7th	.	92%	Too few students
	8th	.	90%	Too few students
Sex	Female	86%	93%	
	Male	86%	90%	
Total		86%	91%	

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

		Essex	Vermont	Notes
Grade	6th	.	96%	Too few students
	7th	.	95%	Too few students
	8th	.	92%	Too few students
Sex	Female	86%	94%	County statistically lower
	Male	91%	94%	
Total		89%	94%	County statistically lower

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

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

		Essex	Vermont	Notes
Grade	6th	.	97%	Too few students
	7th	.	95%	Too few students
	8th	.	92%	Too few students
Sex	Female	96%	95%	
	Male	97%	94%	
Total		96%	94%	

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

		Essex	Vermont	Notes
Grade	6th	.	94%	Too few students
	7th	.	90%	Too few students
	8th	.	83%	Too few students
Sex	Female	89%	90%	
	Male	81%	87%	
Total		85%	88%	

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

		Essex	Vermont	Notes
Grade	6th	.	97%	Too few students
	7th	.	92%	Too few students
	8th	.	83%	Too few students
Sex	Female	93%	91%	
	Male	89%	89%	
Total		91%	90%	

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.12 Percent of students who think people their age greatly risk harming themselves if they smoke one or more packs of cigarettes a day

		Essex	Vermont	Notes
Grade	6th	.	70%	Too few students
	7th	.	72%	Too few students
	8th	.	72%	Too few students
Sex	Female	67%	71%	
	Male	60%	72%	
Total		63%	71%	

3.13 Percent of students who think that people their age greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend

		Essex	Vermont	Notes
Grade	6th	.	49%	Too few students
	7th	.	49%	Too few students
	8th	.	46%	Too few students
Sex	Female	48%	49%	
	Male	43%	46%	
Total		46%	48%	

3.14 Percent of students who think that people their age greatly risk harming themselves if they smoke marijuana regularly

		Essex	Vermont	Notes
Grade	6th	.	67%	Too few students
	7th	.	61%	Too few students
	8th	.	51%	Too few students
Sex	Female	50%	60%	
	Male	56%	58%	
Total		53%	59%	

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

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

		Essex	Vermont	Notes
Grade	6th	.	18%	Too few students
	7th	.	24%	Too few students
	8th	.	34%	Too few students
Sex	Female	21%	25%	
	Male	34%	29%	
Total		28%	27%	

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

		Essex	Vermont	Notes
Grade	6th	.	24%	Too few students
	7th	.	33%	Too few students
	8th	.	46%	Too few students
Sex	Female	38%	35%	
	Male	30%	37%	
Total		34%	36%	

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

		Essex	Vermont	Notes
Grade	6th	.	6%	Too few students
	7th	.	12%	Too few students
	8th	.	22%	Too few students
Sex	Female	9%	13%	
	Male	12%	16%	
Total		11%	14%	

4 Sexual Behavior

4.01 Percent of students who have ever had sexual intercourse

		Essex	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	.	4%	Too few students
	8th	.	8%	Too few students
Sex	Female	.	4%	Too few students
	Male	12%	7%	
Total		10%	6%	

4.02 Percent of students who have ever had oral sex

		Essex	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	.	9%	Too few students
Sex	Female	.	5%	Too few students
	Male	9%	6%	
Total		8%	5%	

5 Nutrition and Physical Activity

5.01 Number of times during the past 7 days students ate breakfast

			Essex	Vermont	Notes
Grade	6th	Never	.	4%	Too few students
		1 to 3 times	.	13%	Too few students
		4 to 6 times	.	22%	Too few students
		Everyday	.	61%	Too few students

	7th	Never	.	7%	Too few students
		1 to 3 times	.	16%	Too few students
		4 to 6 times	.	25%	Too few students
		Everyday	.	51%	Too few students

	8th	Never	.	8%	Too few students
		1 to 3 times	.	20%	Too few students
		4 to 6 times	.	25%	Too few students
		Everyday	.	48%	Too few students

Sex	Female	Never	10%	8%	
		1 to 3 times	15%	21%	
		4 to 6 times	32%	26%	
		Everyday	43%	45%	

	Male	Never	.	6%	Too few students
		1 to 3 times	10%	13%	
		4 to 6 times	16%	23%	
		Everyday	69%	59%	

Total	Never		8%	7%	
	1 to 3 times		13%	17%	
	4 to 6 times		24%	24%	
	Everyday		56%	52%	

5 Nutrition and Physical Activity

5.02 Percent of students who reported drinking at least four bottles or glasses of water a day

		Essex	Vermont	Notes
Grade	6th	.	45%	Too few students
	7th	.	41%	Too few students
	8th	.	39%	Too few students
Sex	Female	41%	38%	
	Male	39%	44%	
Total		40%	41%	

5 Nutrition and Physical Activity

5.03 Number of days students participated in at least 60 minutes of physical activity in the past 7 days

			Essex	Vermont	Notes
Grade	6th	Never	.	8%	Too few students
		1 to 4 days	.	32%	Too few students
		5 to 6 days	.	27%	Too few students
		Everyday	.	33%	Too few students

	7th	Never	.	7%	Too few students
		1 to 4 days	.	34%	Too few students
		5 to 6 days	.	28%	Too few students
		Everyday	.	31%	Too few students

	8th	Never	.	8%	Too few students
		1 to 4 days	.	36%	Too few students
		5 to 6 days	.	27%	Too few students
		Everyday	.	29%	Too few students

Sex	Female	Never	12%	8%	
		1 to 4 days	39%	39%	
		5 to 6 days	27%	30%	
		Everyday	22%	23%	

	Male	Never	.	8%	Too few students
		1 to 4 days	22%	29%	
		5 to 6 days	26%	25%	
		Everyday	46%	38%	

Total	Never		9%	8%	
	1 to 4 days		31%	34%	
	5 to 6 days		26%	27%	
	Everyday		34%	31%	

5 Nutrition and Physical Activity

5.04 Number of times students participated in physical activity breaks outside of physical education courses in an average school week

			Essex	Vermont	Notes
Grade	6th	0 days	.	18%	Too few students
		1 to 2 days	.	15%	Too few students
		3 to 4 days	.	19%	Too few students
		Everyday	.	48%	Too few students

	7th	0 days	.	30%	Too few students
		1 to 2 days	.	17%	Too few students
		3 to 4 days	.	17%	Too few students
		Everyday	.	36%	Too few students

	8th	0 days	.	33%	Too few students
		1 to 2 days	.	16%	Too few students
		3 to 4 days	.	16%	Too few students
		Everyday	.	35%	Too few students

Sex	Female	0 days	10%	28%	County statistically lower
		1 to 2 days	15%	18%	
		3 to 4 days	16%	17%	
		Everyday	59%	38%	County statistically higher

	Male	0 days	20%	28%	County statistically higher
		1 to 2 days	11%	15%	
		3 to 4 days	13%	17%	
		Everyday	56%	40%	

Total		0 days	15%	28%	County statistically lower
		1 to 2 days	13%	16%	
		3 to 4 days	15%	17%	
		Everyday	58%	39%	County statistically higher

5 Nutrition and Physical Activity

5.05 Number of hours spent watching TV on an average school day

			Essex	Vermont	Notes
Grade	6th	1 hour or less per day	.	60%	Too few students
		2 to 4 hours per day	.	34%	Too few students
		5 or more hours per day	.	6%	Too few students

	7th	1 hour or less per day	.	57%	Too few students
		2 to 4 hours per day	.	37%	Too few students
		5 or more hours per day	.	6%	Too few students

	8th	1 hour or less per day	.	57%	Too few students
		2 to 4 hours per day	.	37%	Too few students
		5 or more hours per day	.	7%	Too few students

Sex	Female	1 hour or less per day	59%	57%	
		2 to 4 hours per day	33%	37%	
		5 or more hours per day	8%	6%	

	Male	1 hour or less per day	43%	58%	County statistically lower
		2 to 4 hours per day	45%	35%	
		5 or more hours per day	12%	7%	

Total	1 hour or less per day		51%	58%	
	2 to 4 hours per day		39%	36%	
	5 or more hours per day		10%	6%	

5 Nutrition and Physical Activity

5.06 Number of hours spent playing video games or going online for something not related to school, on an average school day

			Essex	Vermont	Notes
Grade	6th	1 hour or less per day	.	55%	Too few students
		2 to 4 hours per day	.	33%	Too few students
		5 or more hours per day	.	12%	Too few students

	7th	1 hour or less per day	.	46%	Too few students
		2 to 4 hours per day	.	40%	Too few students
		5 or more hours per day	.	14%	Too few students

	8th	1 hour or less per day	.	40%	Too few students
		2 to 4 hours per day	.	41%	Too few students
		5 or more hours per day	.	19%	Too few students

Sex	Female	1 hour or less per day	39%	48%	
		2 to 4 hours per day	32%	37%	
		5 or more hours per day	29%	15%	County statistically higher

	Male	1 hour or less per day	35%	44%	
		2 to 4 hours per day	49%	41%	
		5 or more hours per day	16%	15%	

Total	1 hour or less per day		37%	46%	County statistically lower
	2 to 4 hours per day		40%	39%	
	5 or more hours per day		23%	15%	County statistically higher

5 Nutrition and Physical Activity

5.07 Number of days in the average week students went online for something not school-related

			Essex	Vermont	Notes
Grade	6th	Never	.	22%	Too few students
		1 to 5 days	.	45%	Too few students
		At least six days	.	33%	Too few students

	7th	Never	.	16%	Too few students
		1 to 5 days	.	41%	Too few students
		At least six days	.	42%	Too few students

	8th	Never	.	11%	Too few students
		1 to 5 days	.	34%	Too few students
		At least six days	.	55%	Too few students

Sex	Female	Never	19%	13%	
		1 to 5 days	39%	41%	
		At least six days	42%	46%	

	Male	Never	26%	18%	
		1 to 5 days	34%	38%	
		At least six days	40%	44%	

Total	Never		23%	15%	County statistically higher
	1 to 5 days		36%	39%	
	At least six days		41%	45%	

6 Youth Assets

6.01 Percent of students who talk to their parents about school at least weekly

		Essex	Vermont	Notes
Grade	6th	.	81%	Too few students
	7th	.	80%	Too few students
	8th	.	78%	Too few students
Sex	Female	67%	80%	County statistically lower
	Male	65%	79%	County statistically lower
Total		66%	79%	County statistically lower

6.02 Percent of students who agree or strongly agree that 'in your community you feel like you matter to people'

		Essex	Vermont	Notes
Grade	6th	.	60%	Too few students
	7th	.	56%	Too few students
	8th	.	51%	Too few students
Sex	Female	40%	50%	
	Male	60%	59%	
Total		49%	55%	

6 Youth Assets

6.03 Percent of students who agree or strongly agree that their teachers really care about them and give them a lot of encouragement

		Essex	Vermont	Notes
Grade	6th	.	69%	Too few students
	7th	.	62%	Too few students
	8th	.	59%	Too few students
Sex	Female	52%	62%	
	Male	66%	64%	
Total		58%	63%	

6.04 Percent of students who agree or strongly agree that students help decide what goes on in school

		Essex	Vermont	Notes
Grade	6th	.	45%	Too few students
	7th	.	44%	Too few students
	8th	.	39%	Too few students
Sex	Female	43%	42%	
	Male	48%	43%	
Total		45%	43%	