
✓ Sexual Behavior

The questions in this section ask students about sexual behaviors that contribute to HIV infection, and other sexually transmitted diseases. More specifically, the questions measure whether they have had sexual intercourse, the age at which they first had sex, the frequency with which they have sex, with whom they have sex, alcohol and drug use related to sexual intercourse, whether they use contraception, whether they talked about AIDs or HIV with a family member, and sexual orientation.

- **Early sexual activity** and multiple sexual partners are associated with an increased risk of unwanted pregnancy and sexually transmitted diseases (STD), including HIV infection,⁴³ and negative effects on social and psychological development.⁴⁴ Alcohol and drug use may serve as predisposing factors for initiation of sexual activity and unprotected sexual intercourse.⁴⁵ Of the 12 million new cases of STDs per year in the United States, 25 percent are among teens.⁴⁶ STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcome and maternal and child health.⁴⁴
- **AIDS** is the eighth leading cause of death for youth aged 15 to 24 in the United States.¹⁰ It is estimated that 25 percent of all new cases of HIV each year occur in people aged 13 to 21.⁴⁶ While heterosexual transmission was once uncommon, recent trends indicate that growing numbers of individuals are at risk of contracting HIV in this way. Many people, especially adolescents, do not have the knowledge, awareness, and skills necessary to prevent their becoming infected. Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV.

In Vermont, 435 residents were diagnosed as having AIDS as of December 31, 2002.⁴⁷ Many more Vermonters are at risk of acquiring HIV infection through unprotected sex with multiple partners or intravenous drug use. No area of the state remains unaffected.

- **Teen Pregnancy:** Approximately 900,000 teenage girls in the United States became pregnant in 1997 and a little over half gave birth.⁴⁸ Sixty-six percent of all births among teenagers are the result of unintended pregnancy.⁴⁹ In 2003, the pregnancy rate in Vermont for girls aged 15-17 was 14.1 pregnancies per 1,000, which has dropped since 1991 (37.8 pregnancies per 1,000).⁵⁰

✓ Sexual Behavior (cont'd)

- **Gay and Lesbian Youth:** Although many lesbian, gay, and bisexual adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, and bisexual young people are at higher risk for depression, alcohol and other drug use, suicide, HIV infection, and other sexually transmitted diseases.⁵¹
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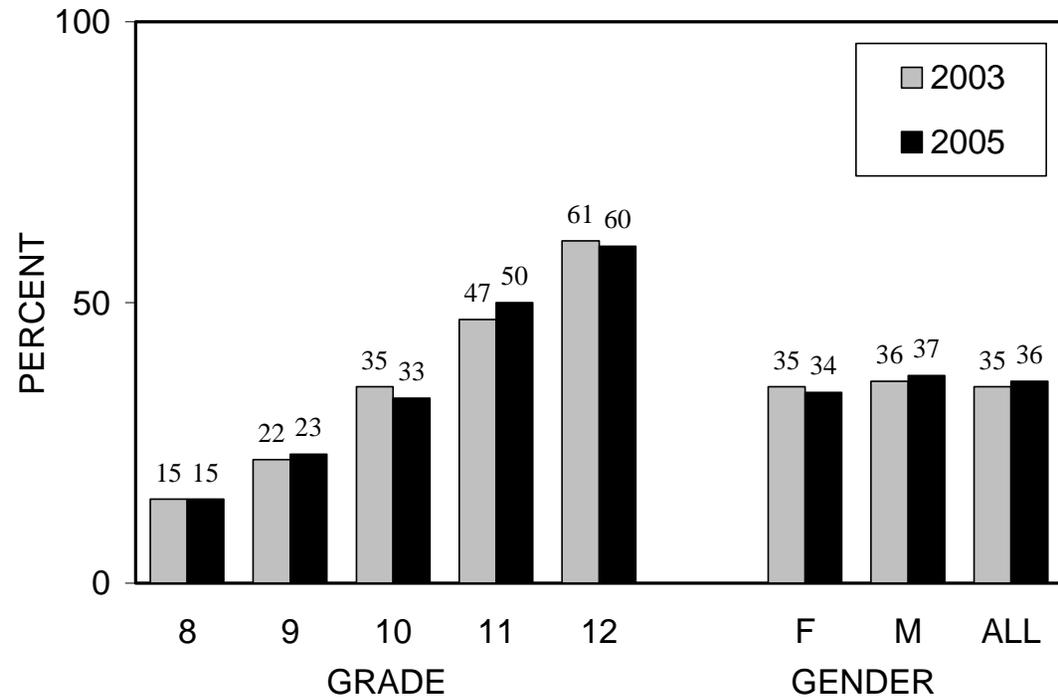
Related *Healthy Vermonters 2010* Goals:

- Increase the percentage of adolescents who abstain from sexual intercourse or use condoms if currently sexually active.
- Reduce HIV infection among adolescents and adults.
- Further reduce the percentage of people ages 15-24 with Chlamydia trachomatis infection.

■ Sexual Behavior

- **Over one-third of students have had sex.** In 2005, 36 percent of students reported having had sexual intercourse.

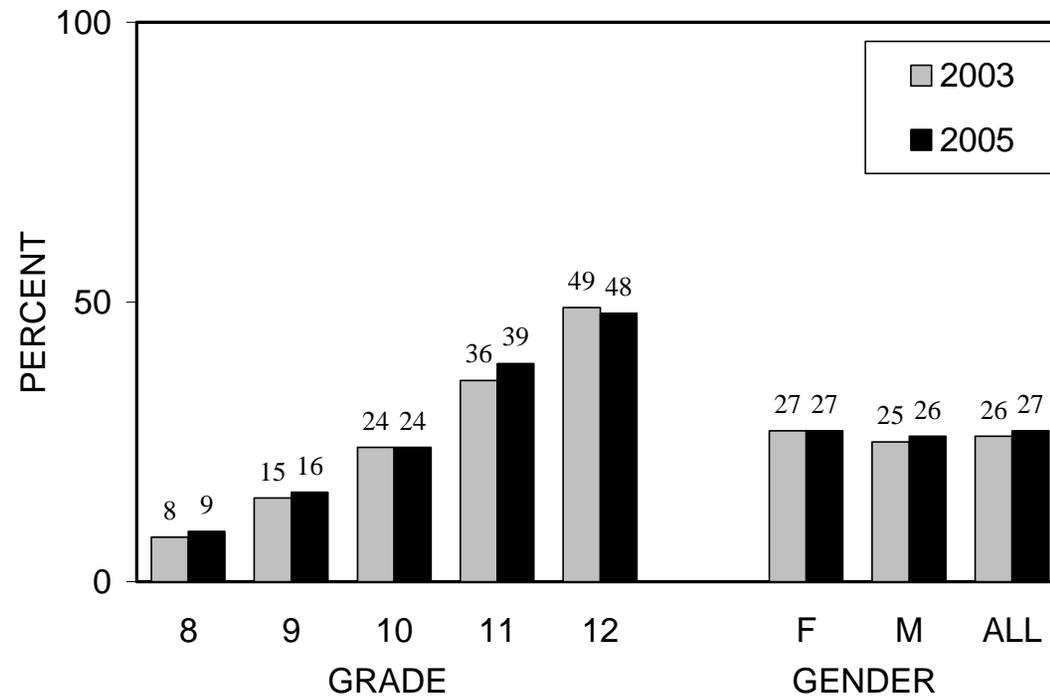
Percent of students who have ever had sexual intercourse



■ Sexual Behavior

- **More than one-quarter of Vermont students are sexually active.** Overall, 27 percent of students reported having had sex during the past 3 months.
- **More older students than younger students are sexually active.** In 2005, 48 percent of 12th graders had sex during the past 3 months, compared to 9 percent of 8th graders.

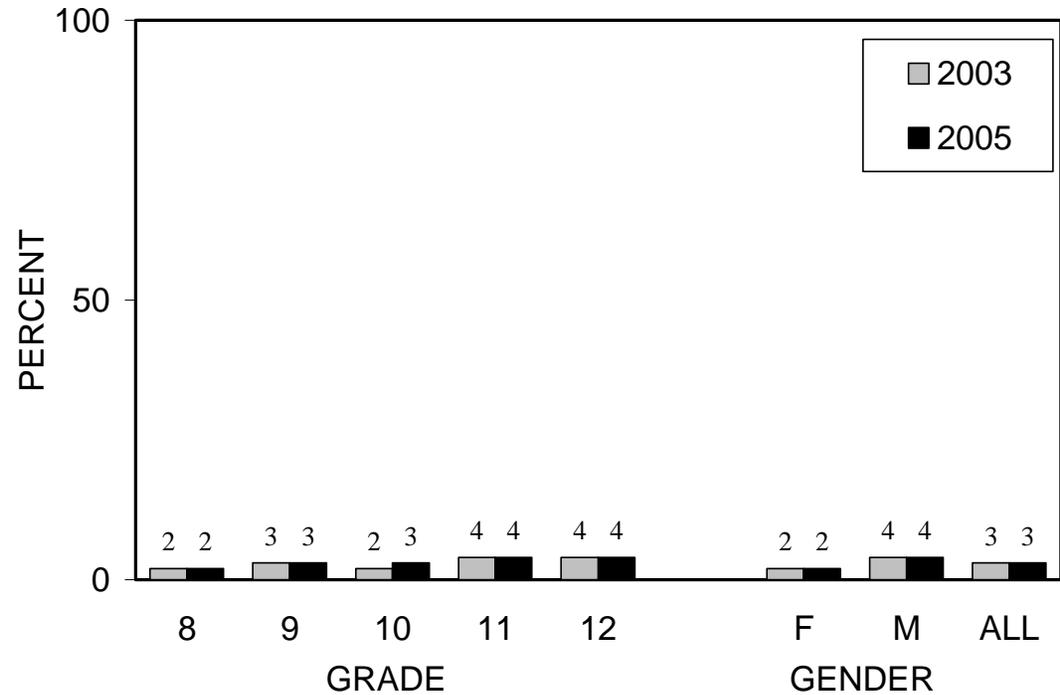
Percent of students who have had sexual intercourse during the past 3 months



■ Sexual Behavior

- Overall, 3 percent of Vermont students have had sexual intercourse with three or more people during the past 3 months.

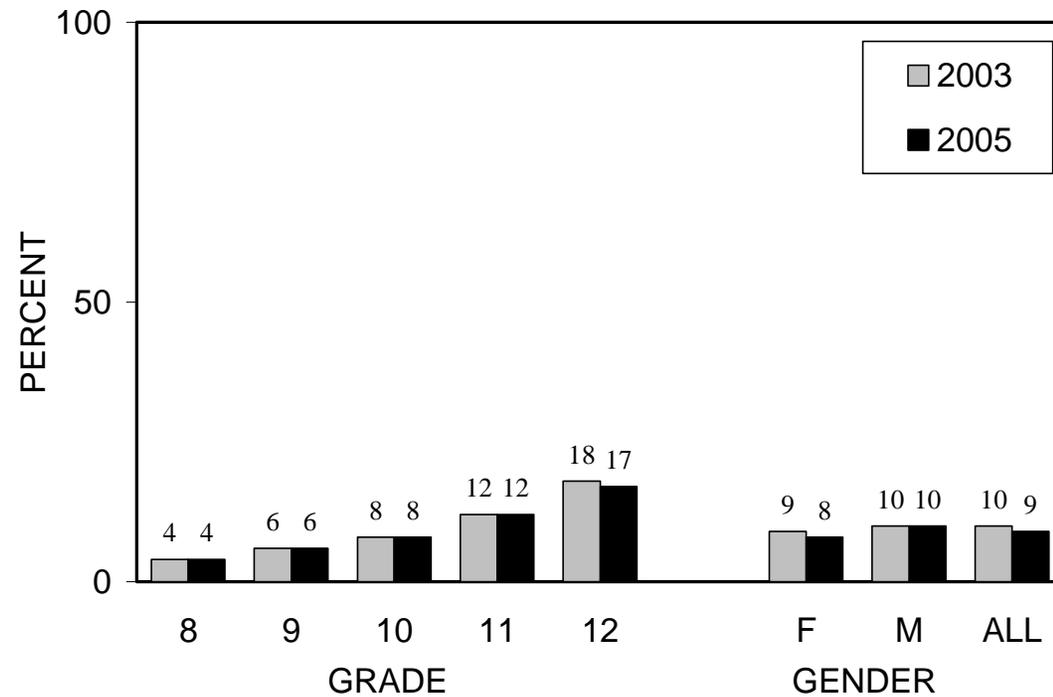
Percent of students who have had sexual intercourse with three or more people during the past 3 months



■ Sexual Behavior

- Overall, 9 percent of students have had sexual intercourse with four or more people in their lifetime.

Percent of students who have had sexual intercourse with four or more people during their lifetime



■ Sexual Behavior

- **Males have sex earlier than females.** Males are twice as likely as females to have had sex prior to age 13 (8% vs 4%).
- **Almost one-quarter (24%) of sexually active students used alcohol or drugs prior to sex, down from 30 percent in 1997.**
- **Almost two-thirds of sexually active students use condoms.** Overall, 65 percent of sexually active students used a condom during their most recent sexual experience up from 57 percent in 1997.

SEXUAL BEHAVIOR	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who:									
First had sexual intercourse before age 13	8	7	5	4	4	4	8	6	6
Used drugs or alcohol before their most recent sexual experience*	22	29	28	21	21	19	28	24	26
Used a condom during their most recent sexual experience*	69	75	73	65	57	60	70	65	60

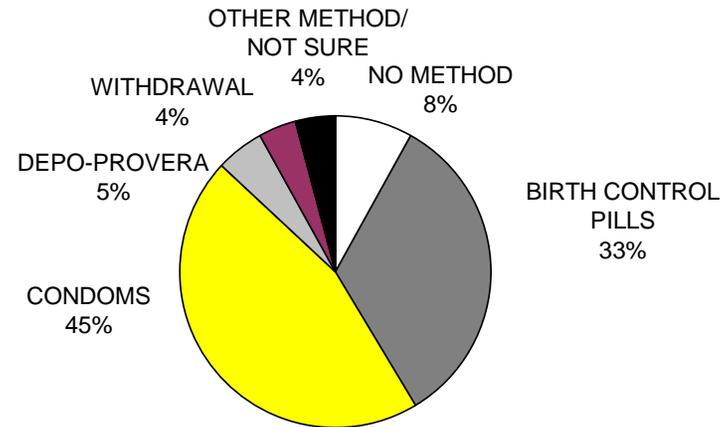
*Includes only students who said that they have had sexual intercourse

■ Sexual Behavior

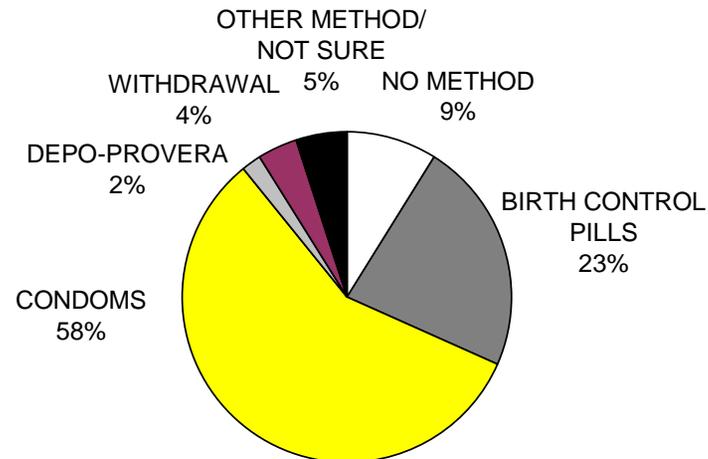
- **Condoms are the most commonly used contraceptive.** Overall, 52 percent of students used condoms to prevent pregnancy the last time they had sex.
- **Many students do not use any method to prevent pregnancy.** Overall, 9 percent of students did not use any method to prevent pregnancy the last time they had sex, and 4 percent were not sure what method was used.

**What method did you or your partner use to prevent pregnancy the last time you had sexual intercourse?
(only among those students who have ever had sex)**

FEMALES



MALES

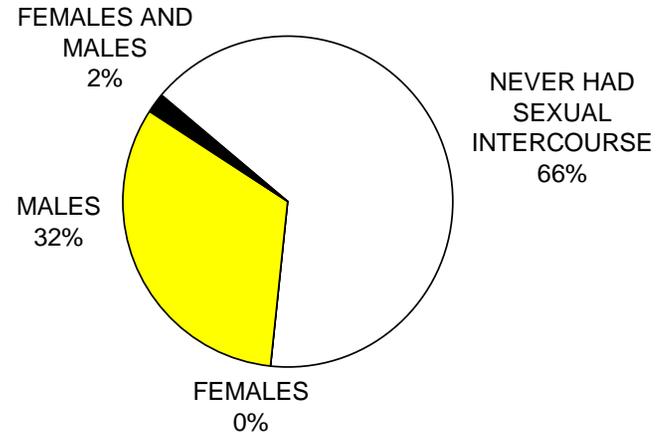


■ Sexual Behavior

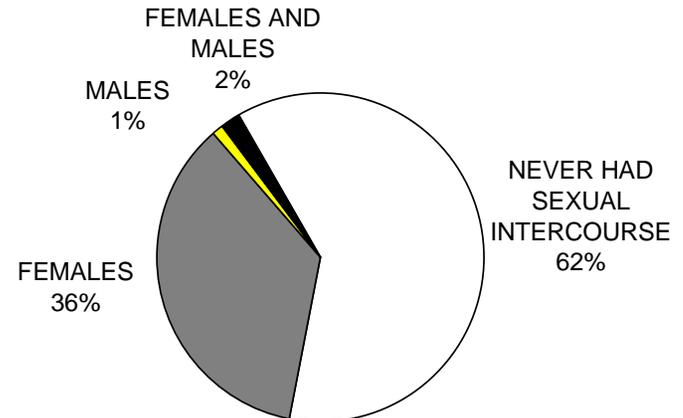
- Overall, 2 percent of students have engaged in same sex sexual intercourse.

The persons with whom you have had sexual intercourse are:

FEMALES



MALES

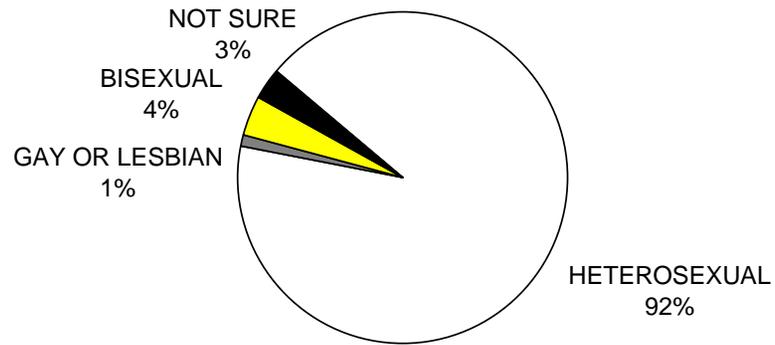


■ Sexual Orientation

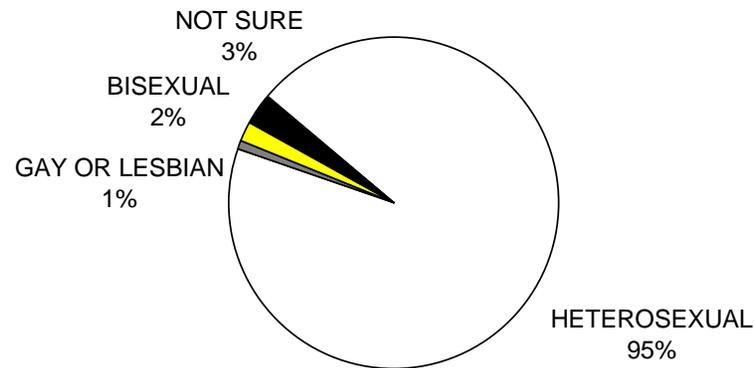
- Overall, 1 percent of students describe themselves as gay or lesbian. In addition, 3 percent describe themselves as bisexual and 3 percent are not sure.

Self-reported sexual orientation:

FEMALES



MALES



■ Sexual Behavior

- **More females than males talk with their parents about HIV infection.** Forty-six percent of female students, compared to 40 percent of male students have talked with their parents about HIV or AIDS.

HIV EDUCATION	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who:									
Have talked with parents or other adults in their family about HIV/AIDS	39	43	45	44	45	46	40	43	52

✓ Body Weight and Nutrition

This section asks students their height and weight, how they feel about their weight and what, if anything, they are doing to control their weight. The questions also inquire about how often students eat fruits and vegetables and drink milk.

- There are more than twice as many **overweight** children and more than three times as many overweight adolescents as there were in 1980.⁵² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.⁵³ Approximately 400,000 deaths a year in the US are currently associated with overweight and obesity and, left unabated, overweight and obesity may soon overtake tobacco as the leading cause of death.³⁰

Obesity in adolescence is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.⁵⁴ Overemphasis on thinness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.^{55,56} Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting which can lead to abnormal physical and psychological development.^{54,57} It is estimated that as many as seven to eight percent of females in the US suffer from anorexia nervosa and/or bulimia nervosa during their lifetime.⁵⁸

- **Nutrition:** 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.⁵⁹⁻⁶⁴ Milk is by far the largest single source of calcium for adolescents⁶⁵, but it is estimated that about half of adolescent males and more than 80 percent of adolescent females do not meet dietary recommendations for calcium intake.⁶⁶ Calcium is essential for the formation and maintenance of bones and teeth; low calcium intake during the first two to three decades of life is an important risk factor in the development of osteoporosis.^{63,67}

✓ **Body Weight and Nutrition**

Related *Healthy Vermonters 2010* Goals:

- Reduce the percentage of youth who are obese or overweight.
- Increase the percentage of people who eat at least two daily servings of fruit.
- Increase the percentage of people who eat at least three daily servings of vegetables.

■ Body Weight

- Overall, 14 percent of students are at risk for being overweight.
- Overall, 10 percent of students are overweight. Male students were twice as likely to be overweight than females (13% vs 6%).

BODY WEIGHT	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who are at risk for being overweight (85 th Body Mass Index Percentile*)	14	15	14	14	11	12	15	14	15
Percent of students who are overweight (95 th Body Mass Index Percentile*)	11	10	10	9	10	6	13	10	11

*Body mass index is calculated as weight in kilograms divided by the square of the height in meters.

■ Body Weight

- More females than males think they are overweight and are trying to lose weight.** In 2005, 34 percent of female students described themselves as overweight, compared to 24 percent of male students. The difference between females and males was similar in 2003 (37% vs 26%). In addition, 58 percent of female students are trying to lose weight, compared to 27 percent of male students. This difference was similar in 2003 (60% vs 26%).

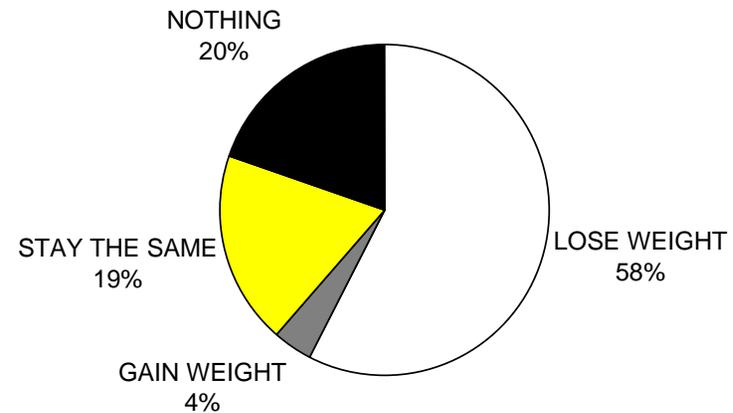
BODY WEIGHT DESCRIPTION	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who describe themselves as:									
Underweight	15	13	14	11	12	10	15	13	14
About the right weight	56	58	58	58	59	55	60	58	55
Overweight	29	29	28	31	29	34	24	29	31
Percent of students who are:									
Trying to lose weight	40	42	41	45	41	58	27	42	43
Trying to gain weight	9	11	12	13	13	4	19	12	12
Trying to stay the same	22	20	21	17	18	19	21	20	18
Doing nothing about their weight	29	27	26	24	28	20	33	27	27

■ Body Weight

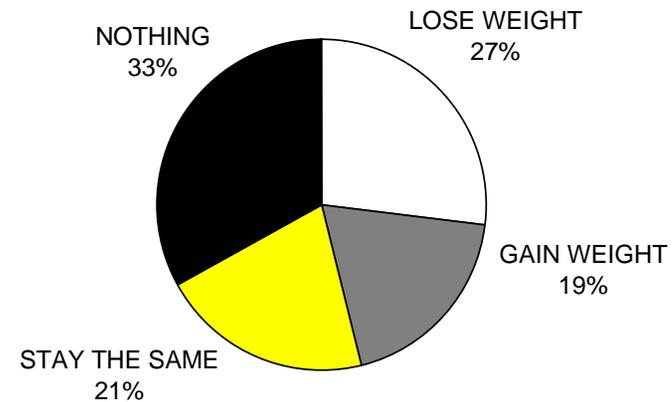
- **More males than females are trying to gain weight.** Male students were almost five times more likely than female students to be trying to gain weight (19% vs 4%). Similarly, 20 percent of male students in 2003 were trying to gain weight, compared to 3 percent of female students.

What are students trying to do about their weight?

FEMALES



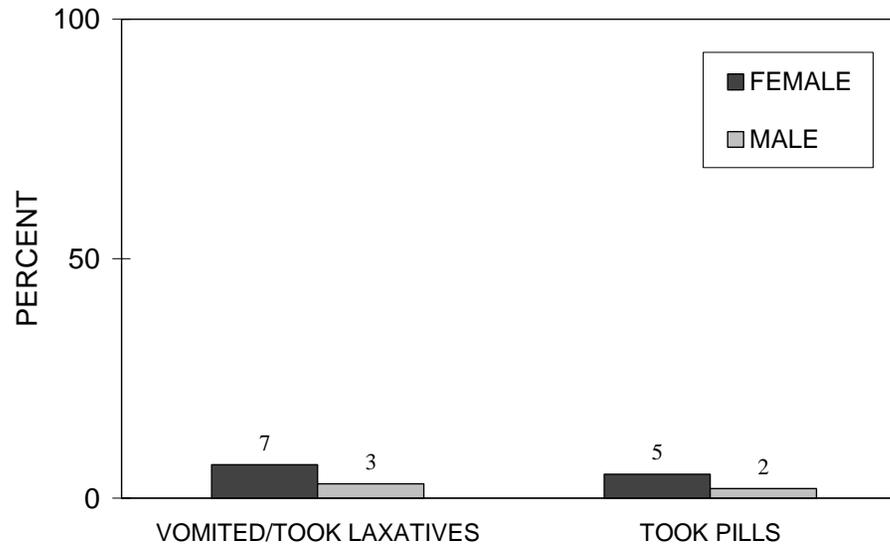
MALES



■ Body Weight

- **More females than males used unhealthy methods to try to control their weight.** Female students were more likely than male students to have vomited or taken laxatives (7% vs 3%) and taken diet pills (5% vs 2%) to try and control their weight.

What females and males did during the past 30 days to control their weight



■ Nutrition

- Overall, 37 percent of students eat two or more servings of fruit or fruit juice daily.
- Overall, 14 percent of students eat three or more servings of vegetables daily.
- Overall, 24 percent of students eat five or more servings of fruits and vegetables daily. The percent of students who ate five or more servings of fruits and vegetables per day has decreased since 1999 (24% vs 33%).
- About one-fourth (24%) of students drink 3 or more glasses of milk daily. In 2005, 31 percent of male students drank three or more glasses of milk per day, compared to 16 percent of female students.

FRUITS, VEGETABLES & MILK CONSUMPTION	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who:									
Eat 2 or more servings of fruit or fruit juice per day	36	35	37	38	38	35	38	37	40
Eat 3 or more servings of vegetables per day	14	14	13	13	14	13	14	14	16
Eat 5 or more servings of fruits and vegetables per day	24	23	25	24	24	23	25	24	27
Drink 1 or more glasses of milk per day	65	58	59	60	57	51	66	59	61
Drink 3 or more glasses of milk per day	28	25	24	21	19	16	31	24	26

✓ Physical Activity

This section asks students how often they engage in vigorous and moderate physical activities and physical education classes. Students are also asked how often they watch television and play on the computer for fun or play video games.

- **Regular physical activity** helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well-being.⁶⁸ In the long term, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁶⁸

 - **School physical education classes:** Major decreases in vigorous physical activity occur during grades 9 through 12, particularly for girls; by 11th grade, more than half of female students in the US are not participating regularly in vigorous physical activity.³² School physical education classes can increase adolescent participation in moderate to vigorous physical activity⁶⁹⁻⁷¹ and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.⁷²

 - **Television viewing** is the principal sedentary leisure time behavior in the US. Studies have shown that television viewing in young people is related to obesity^{73,74} and violent or aggressive behavior.^{75,76} Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.
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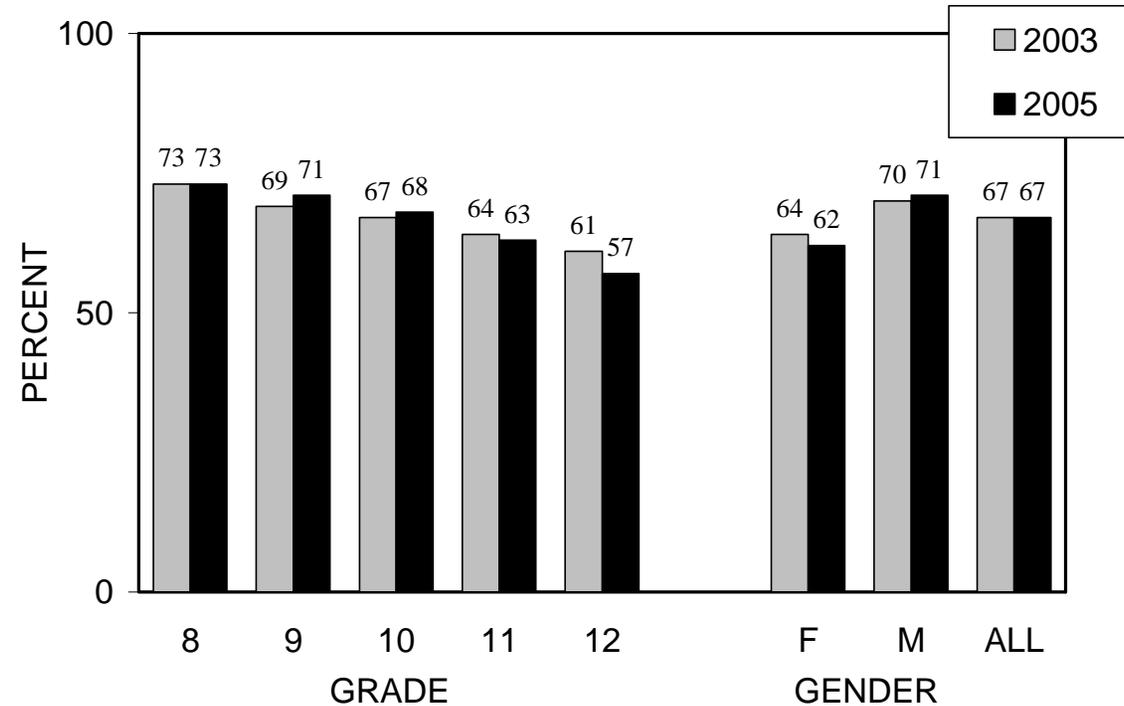
Related *Healthy Vermonters 2010* Goals:

- Increase the percentage of middle and junior high schools that require daily physical education for all students.

Physical Activity

- Almost seven out of 10 students participated in aerobic exercise.** Overall, 67 percent of students participated in three or more days per week of aerobic exercise, compared to 67 percent in 2003, 69 percent in 2001, 64 percent in 1999 and 62 percent in 1997.
- Fewer females participate in aerobic exercise than males.** Less than two-thirds (62%) of female students exercised aerobically three or more days per week, compared to over three-fourths (71%) of male students.

Percent of students who participated in aerobic exercise* three or more days during the past 7 days

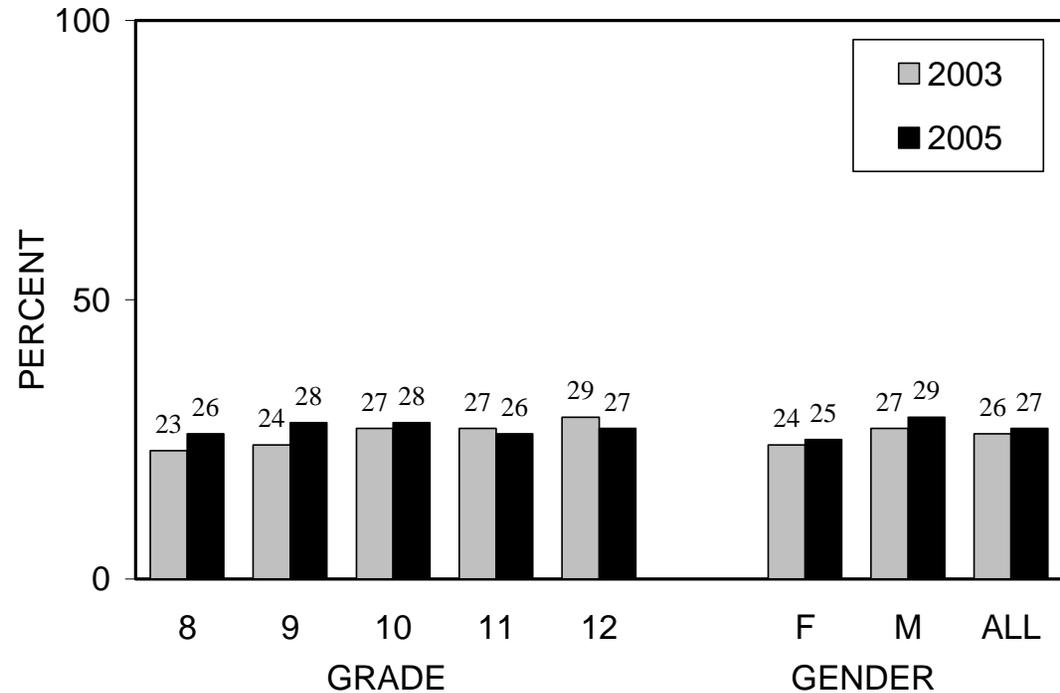


*Activities that caused sweating and hard breathing for at least 20 minutes.

■ Physical Activity

- Overall, 27 percent of students exercised moderately five or more days per week.

Percent of students who exercised moderately* five or more days during the past 7 days



* Activities that did not cause sweating and hard breathing, such as bicycling, skating, and pushing a lawn mower for at least 30 minutes.

■ Physical Activity

- More PE in lower grades.**
 Ninety-two percent of 8th graders, compared to only 24 percent of 12th graders, participated in at least one physical education class per week. The difference between 8th and 12th graders was similar in 2003 (87% vs 27%).
- Overall, 90 percent of students exercise more than 20 minutes during PE class.**

PHYSICAL EDUCATION	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who participated in:									
Physical education classes at least once during the past 7 days	92	74	56	29	24	52	59	56	56
Physical education classes five days during the past 7 days	18	17	16	9	8	13	15	14	17
More than 20 minutes of exercise or sports during an average PE class	88	89	94	92	93	90	90	90	87

■ **Physical Activity**

- Over one-third (36%) of students spend three or more hours a school day watching TV, playing video games, or playing on the computer for fun.
- Overall, 10 percent of students spend five or more hours per school day watching TV or playing video games/computer.

TV AND COMPUTER GAMES	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2005	2003
Percent of students who:									
Spend 3 or more hours per school day watching TV or playing on the computer	38	36	38	33	34	32	39	36	35
Spend 5 or more hours per school day watching TV or playing on the computer	10	11	9	9	10	8	12	10	9

