



2011 Youth Risk Behavior Survey

Youth Risk Behavior Survey (YRBS)

- School-based, self-administered, paper/pencil survey
- Conducted in Vermont every other year since 1993
- Sponsored by VDH Alcohol and Drug Abuse Programs (ADAP) and DOE Student Health and Learning team with funding and technical assistance from the Centers for Disease Control and Prevention (CDC)

Youth Risk Behavior Survey (YRBS)

- ❑ Measures behaviors that contribute to the leading causes of injury, disease, and death among youth
- ❑ Monitor trends
- ❑ Compare Vermont to U.S. and other states
- ❑ Educate about risk and protective factors
- ❑ Evaluate and improve health programs

2011 Survey Changes

- From 1993-2009, Vermont conducted high school survey in grades 8-12
- In 2011:
 - ▣ High school survey of students in grades 9-12
 - ▣ Middle school survey of students in grades 6-8
- All high school results, for 2011 and previous years, are for grades 9-12 only

Vermont Sampling Process, Part 1

- **Statewide representative samples**
 - ▣ 25 schools chosen for each survey
 - ▣ Survey samples chosen independently
 - ▣ Each school chosen with equal probability
 - ▣ All students selected to participate
 - ▣ Results are weighted to represent all students in grades 9-12 or 6-8 by grade, gender, and race/ethnicity

Eligibility

- **High school survey:** Schools with grades 9, 10, 11, 12
 - ▣ K-12, 6-12, 7-12, 9-12

- **Middle school survey:** Schools with grades 6, 7, 8
 - ▣ K-12, K-8, 5-8, 6-8, 7-8
 - ▣ K-6 schools not eligible for middle school survey

- Four public/private schools, one interstate school district eligible

Vermont Sampling Process, Part 2

- Other schools invited to participate
 - ▣ All other eligible public schools, public/private schools, interstate school districts
 - ▣ Technical and career centers
 - ▣ Private schools
- **Results are not weighted – represent who took the survey**
- Participation for both samples is voluntary

Process

- Surveyed in February-March, 2011
- School staff coordinate survey administration
- **Student participation is voluntary and anonymous; students do not write their names on booklets**
- Parents and students given opportunity to opt out
- At each school, all students complete the questionnaire during the same time period
- Completed questionnaires are placed in envelope, sealed, and sent directly to data contractor

Validity

- Questionnaire designed and thoroughly tested by CDC
- Anonymous survey and process encourages students to be honest
- Data cleaned to exclude careless, invalid, or logically inconsistent answers
- Results are statistically adjusted or “weighted”
- **Consistent results, year after year**

High School Statewide Representative Sample

- 24 out of 25 schools participated
- 8,654 students took the survey
- School response rate: 96%
- Student response rate: 80%
- Overall response rate: 77% (96% x 80%)
- Results are weighted to represent all students in grades 9-12 (28,347 students) by grade, gender, and race/ethnicity

Survey Contents (108 questions)

- Demographics, including height, weight, mother's education
- Personal safety and violence
- Alcohol, tobacco, and other drugs
- Attitudes and perceptions about alcohol, cigarette, and marijuana use
- Sexual behavior and orientation
- Body image
- Nutrition
- Physical activity
- Youth assets

Significant Changes from 2009 to 2011

- 15 statistically significant changes
- **Not a result of having two surveys**
 - ▣ Survey sampling process was the same
 - ▣ Weighted and unweighted results were similar
- 108 questions on high school survey – many behaviors did not change

Significant Changes: Alcohol and Drugs

Significant changes from 2009 to 2011

Percent of students who:	2009 %	2011 %
Ever drank alcohol	66	60
Drank alcohol before age 13	18	15
Used marijuana before age 13	9	6
Misused a prescription stimulant or pain reliever	17	14

Significant Changes: Cigarette Use

Significant changes from 2009 to 2011

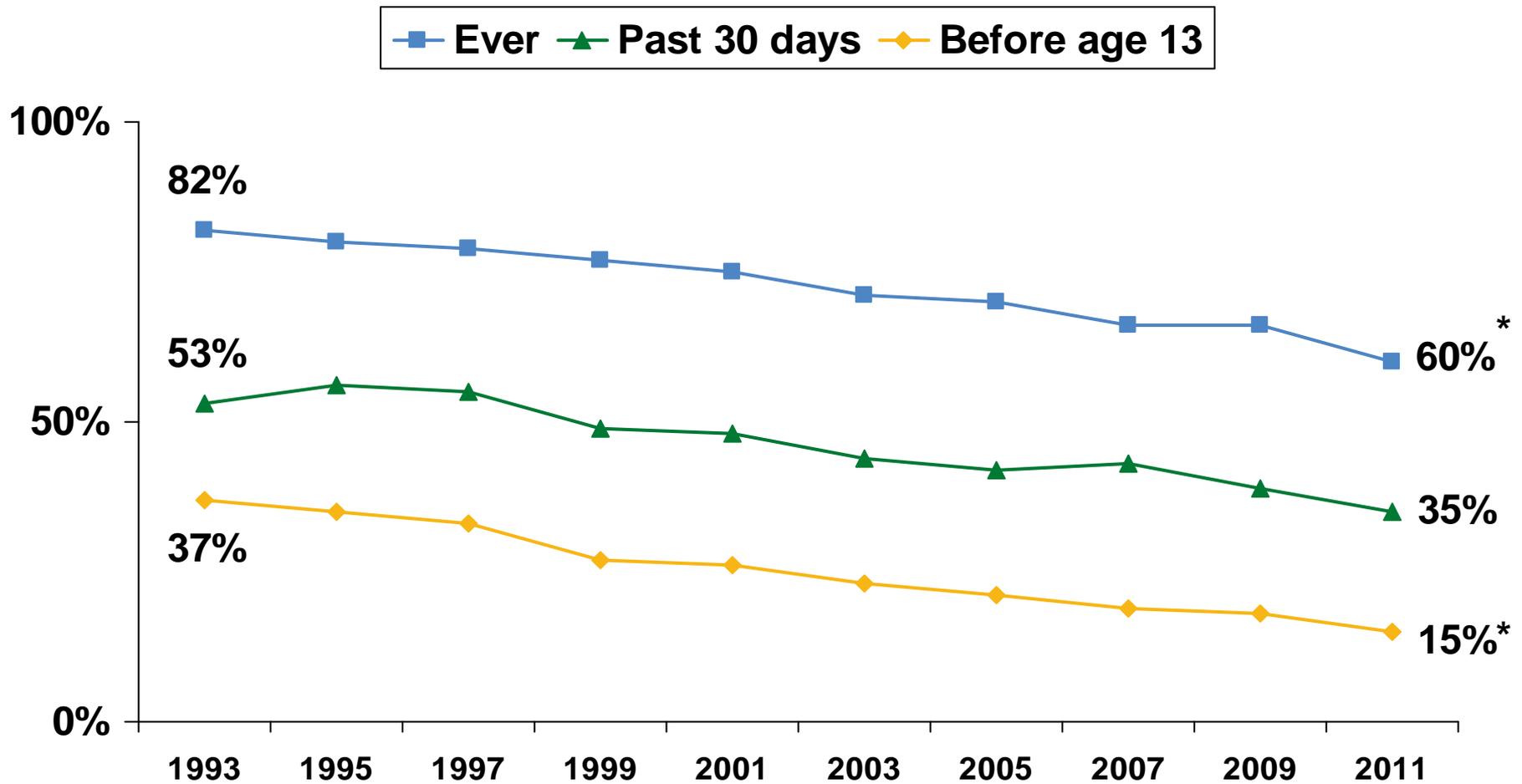
Percent of students who:	2009 %	2011 %
Ever smoked a whole cigarette	31	24
Smoked before age 13	12	7
Smoked in the past 30 days	18	13
Smoked on 20 or more of the past 30 days	8	5

Significant Changes: Tobacco

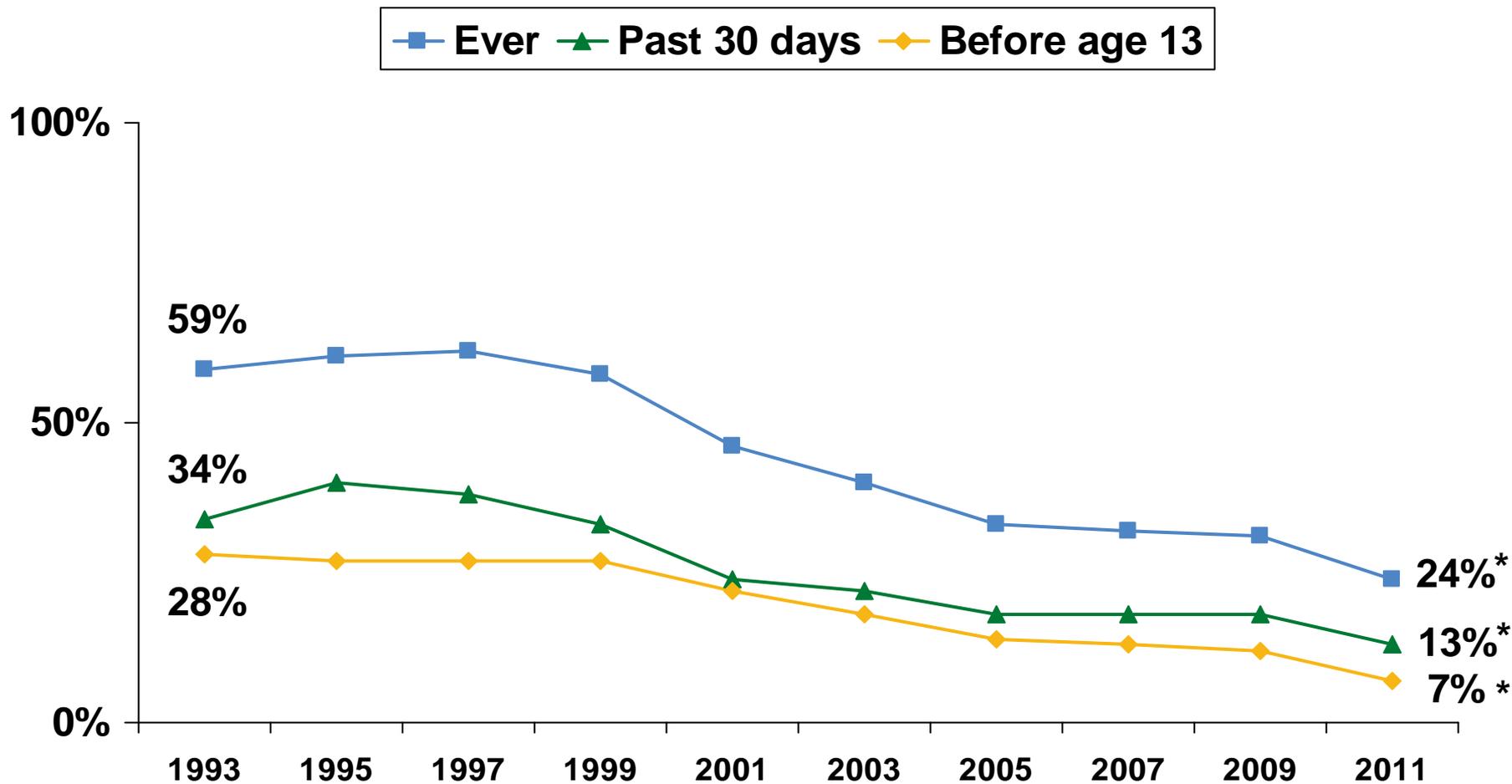
Significant changes from 2009 to 2011

Percent of students who:	2009 %	2011 %
Were in the same room with someone who was smoking cigarettes in the past 7 days	49	41
Were in the same car with someone who was smoking cigarettes in the past 7 days	39	31
Think that, out of 100 Vermont high school students, 56% or more smoke cigarettes	17	11

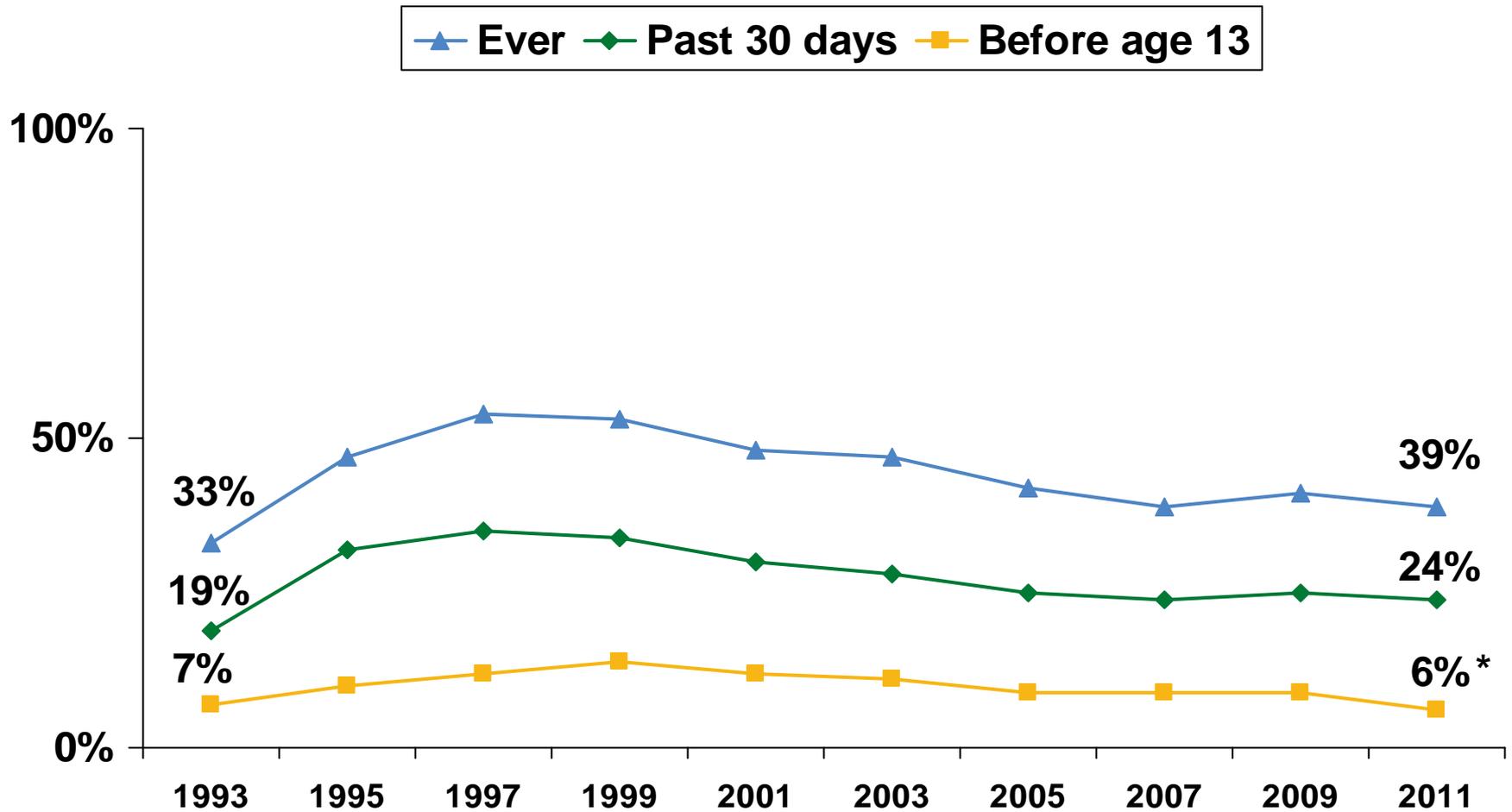
Alcohol



Cigarettes



Marijuana



2011 High School Youth Risk Behavior Survey - Vermont Department of Health

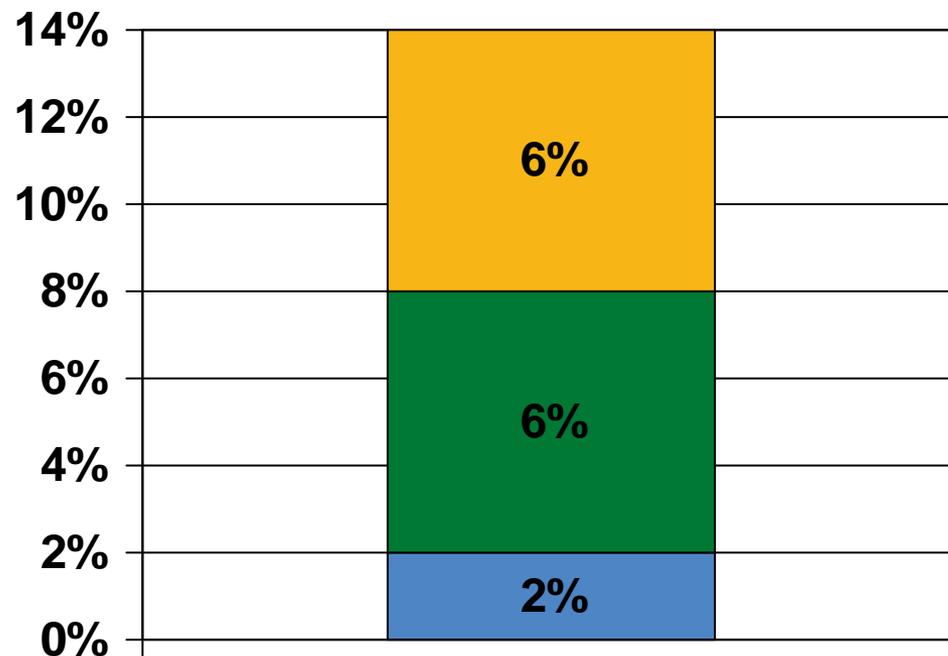
* Statistically different ($p < 0.05$) from 2009

Prescription Drug Misuse

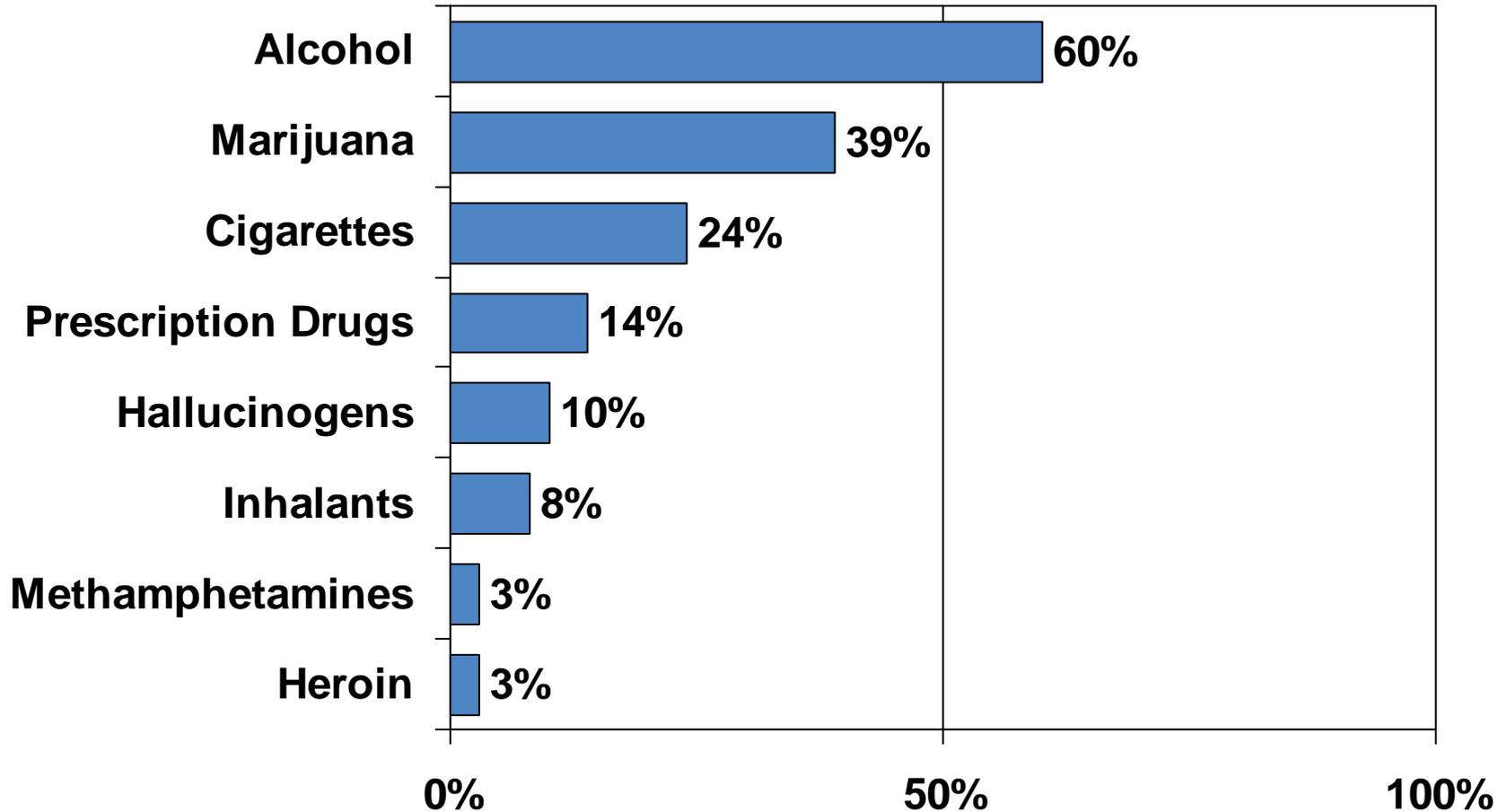
Overall, 14% of students reported misusing a prescription pain reliever or stimulant, a significant decrease from 17% in 2009.

The percents of students who report misusing pain relievers (12%) and stimulants (7%) cannot be added because some students report misusing both.

■ Stimulants Only ■ Pain Relievers Only ■ Both

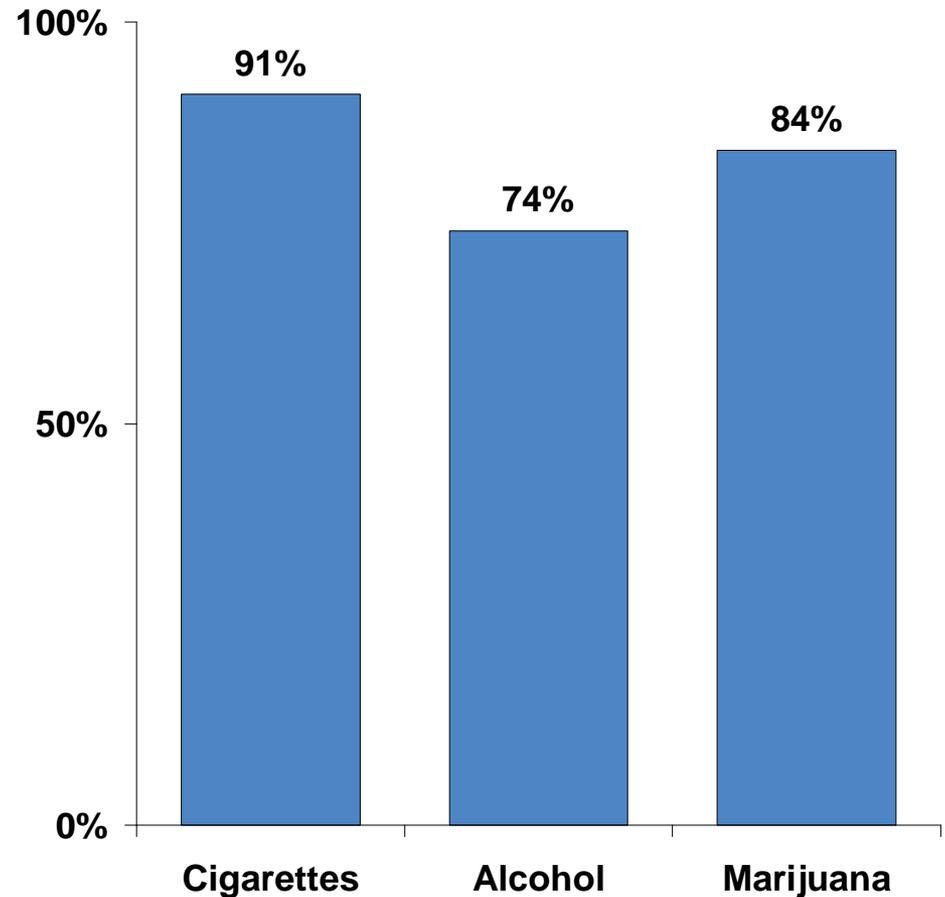


Ever Use Among All High School Students



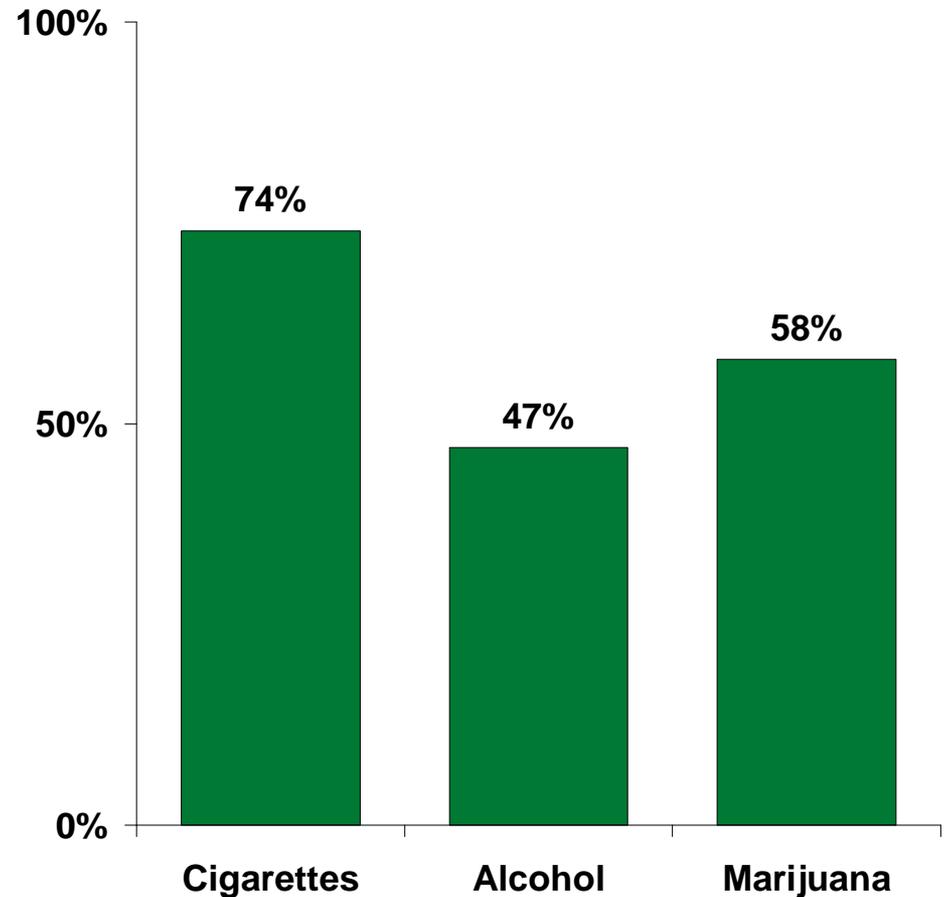
Attitudes about Alcohol, Cigarette, and Marijuana Use: Parental Disapproval

- Most students agree that their parents would think it is wrong or very wrong for them [the student] to use cigarettes, alcohol, or marijuana



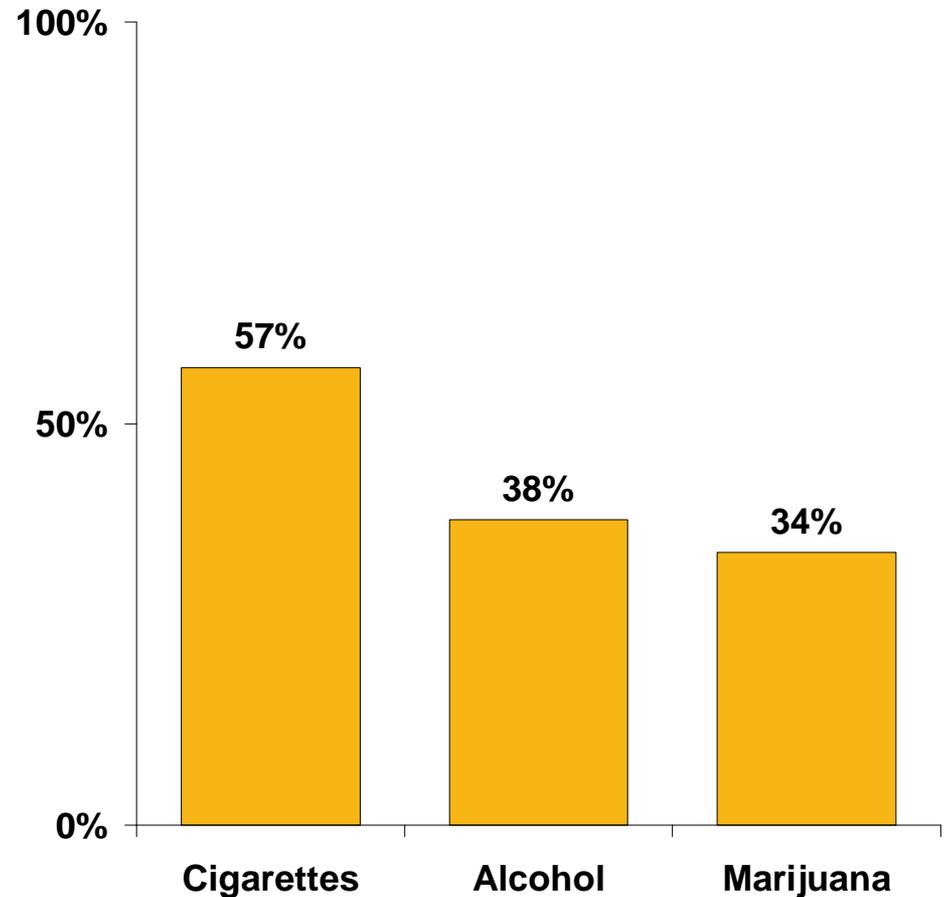
Attitudes about Alcohol, Cigarette, and Marijuana Use: Peer Disapproval

- Students are less likely to think it is wrong or very wrong for someone their age to use cigarettes, alcohol, or marijuana



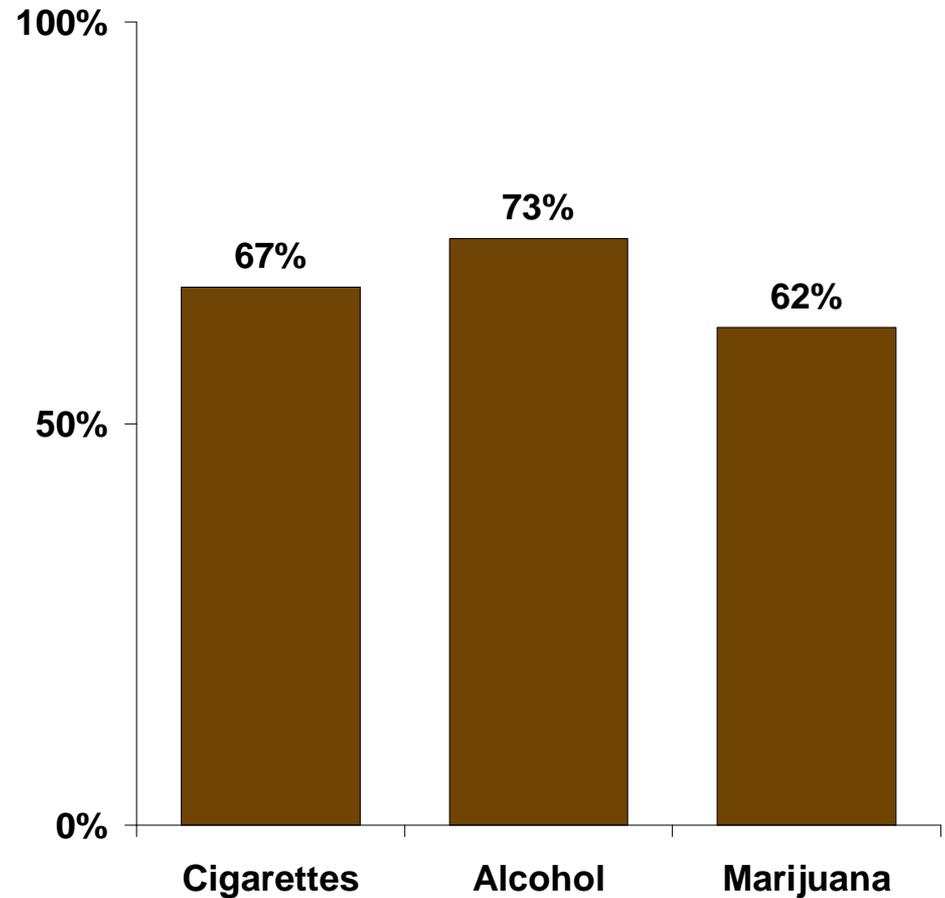
Attitudes about Alcohol, Cigarette, and Marijuana Use: Great Risk of Harm

- Students are unlikely to perceive that **people their age** are at great risk of harm if they:
 - Smoke 1 or 2 packs of cigarettes per day
 - Have 5 or more drinks of alcohol once or twice each weekend
 - Smoke marijuana regularly



Attitudes about Alcohol, Cigarette, and Marijuana Use: Ease of Accessibility

- Students are likely to perceive that cigarettes, alcohol, and marijuana are easy or very easy to obtain

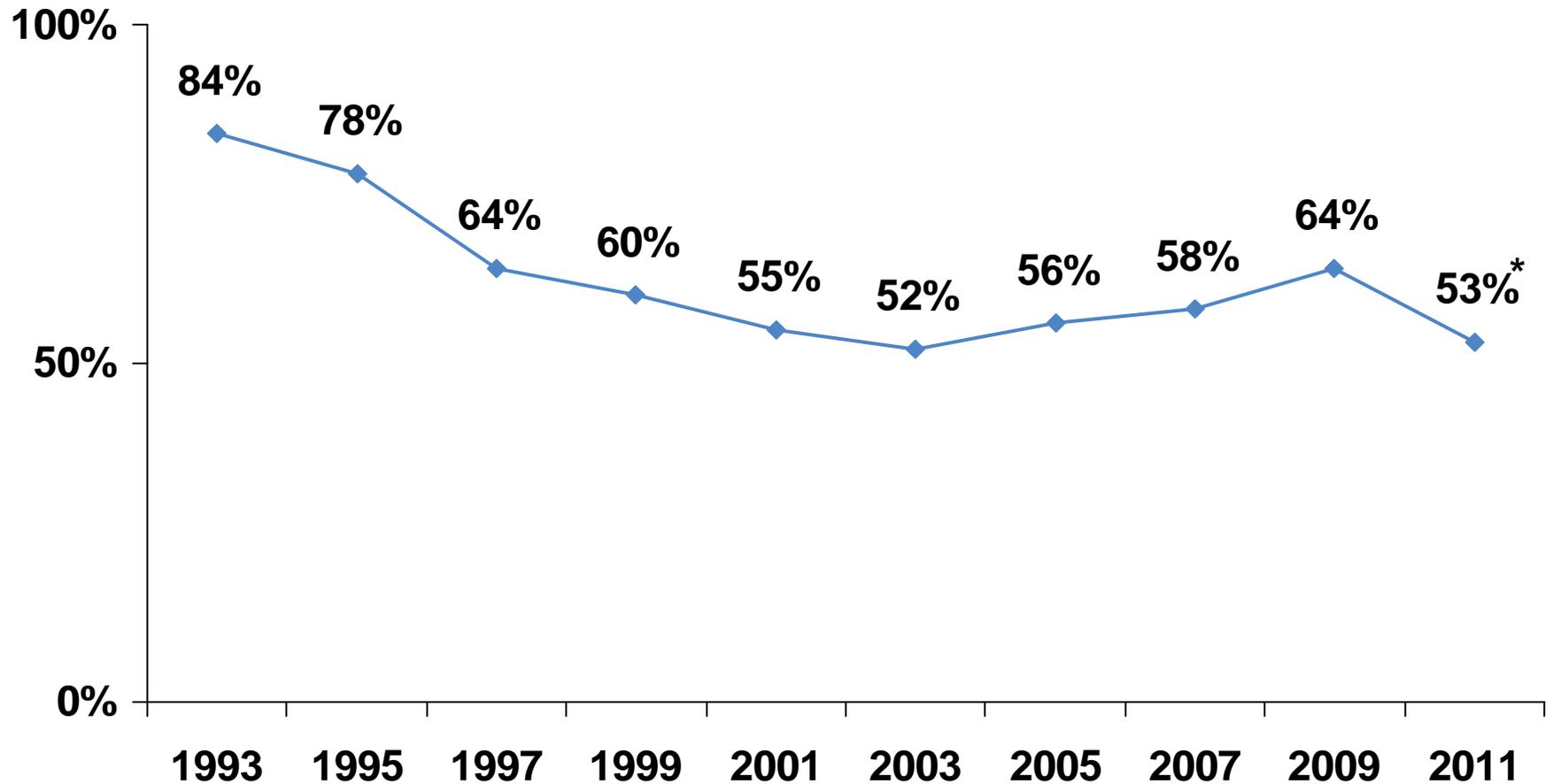


Other Significant Changes

	2009 %	2011 %
Percent of bicycle riders who rarely or never wore a helmet	64	53
Percent of students who drank at least one can, glass, or bottle of soda daily	23	16
Percent of students who volunteered at least one hour per week	43	55
Percent of students who agree or strongly agree that “in your community, you feel like you matter to people”	46	55

Personal Safety:

Bicycle Riders Rarely/Never Wearing Helmets



Personal Safety: Driving

- In the past 30 days:
 - ▣ 7% drove after alcohol use
 - ▣ 13% drove after marijuana use
 - ▣ 21% rode in a car with a driver who had been drinking
 - ▣ 25% rode in a car with a driver who had been using marijuana

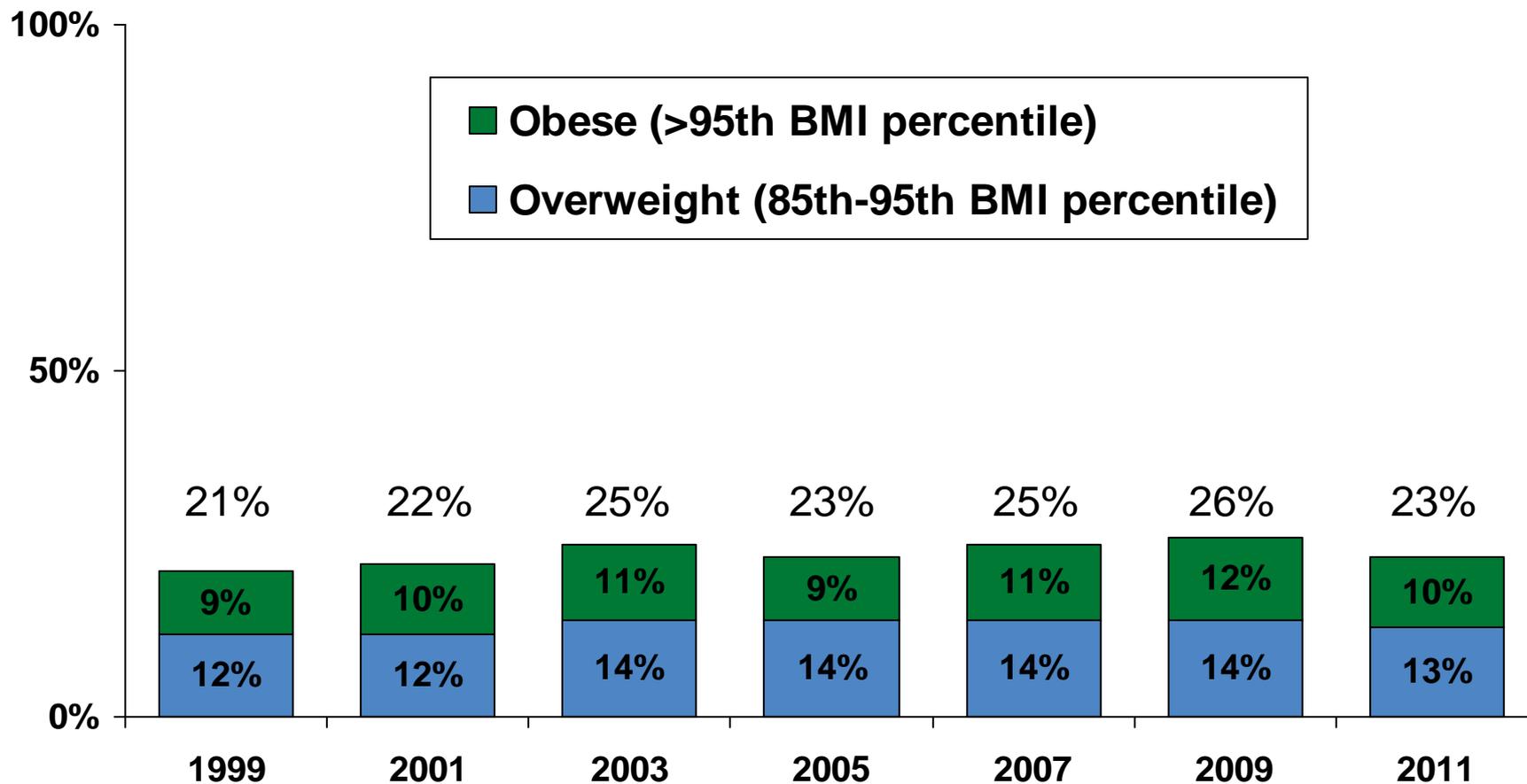
Personal Safety: Violence and Bullying

- In the past 12 months:
 - 23% of students were in a physical fight, and 9% were in a fight on school property
 - 9% carried a weapon on school property, and 6% were threatened with a weapon on school property
 - 7% were hit, slapped, or physically hurt by a boyfriend or girlfriend
- In the past 12 months, 15% of students were electronically bullied
- In the past 30 days, 17% were bullied and 17% bullied someone else

Sexual Behavior and Orientation

- 41% of students have ever had sex
- 45% ever had oral sex
- 32% had sex in the past 3 months; of those:
 - 23% used drugs or alcohol before their last sexual experience
 - 63% used a condom
- 90% of females and 95% identify as heterosexual
- 10% have ever had a HIV test

Body Image: Overweight/Obesity



Nutrition

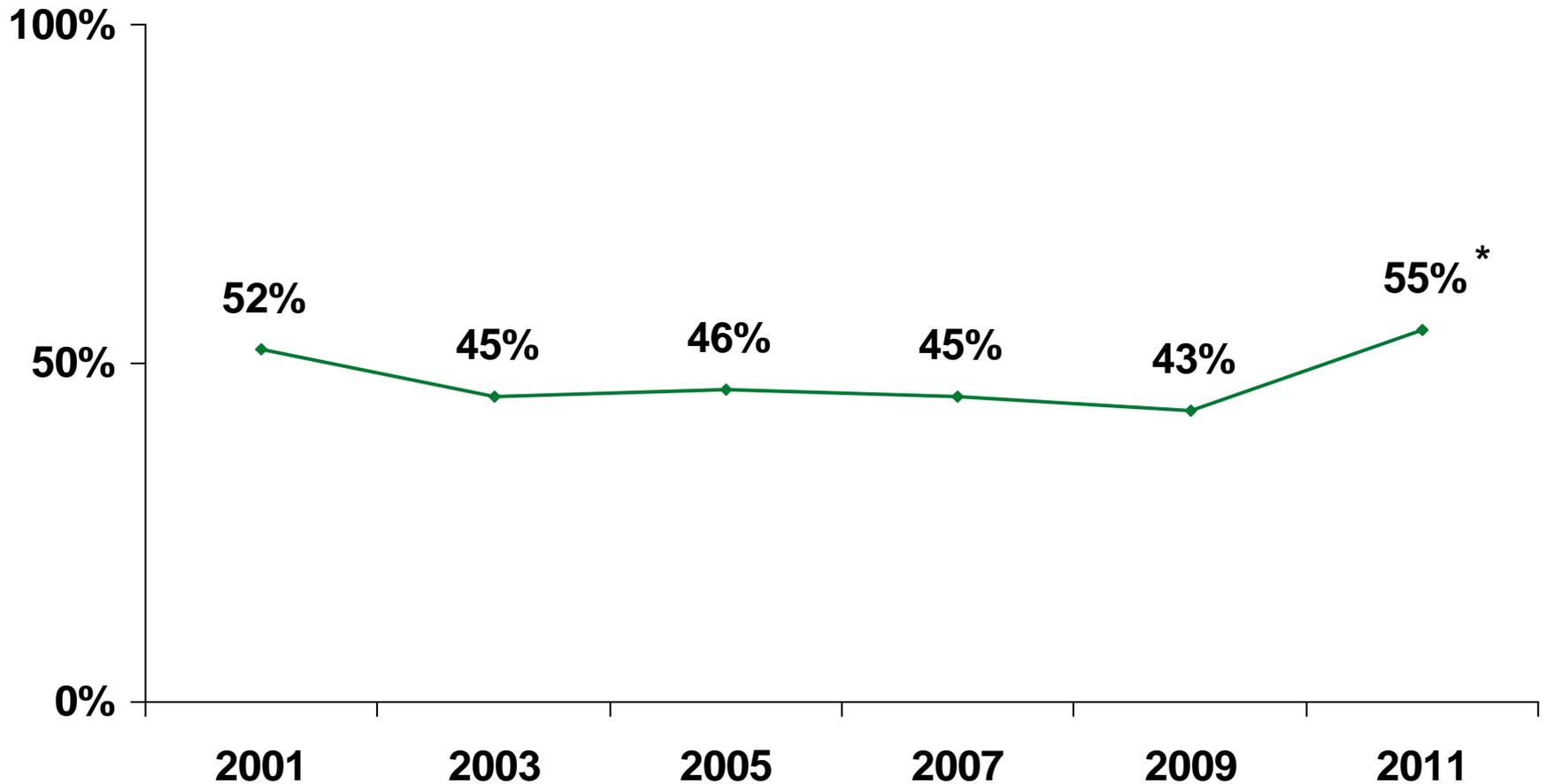
- 25% of students ate 5 or more fruits and vegetables/day
- **16% had at least one serving of soda daily, a significant decline from 23% in 2009**
- 17% had at least one serving of a sugar-sweetened beverage (not soda) daily – first time question was asked

Physical Activity

- 38% had P.E. class at least once per week
- 24% participated in at least 60 minutes of physical activity every day
- **36% spent 3 hours or more per school day watching TV, playing video games, or using the computer for fun**

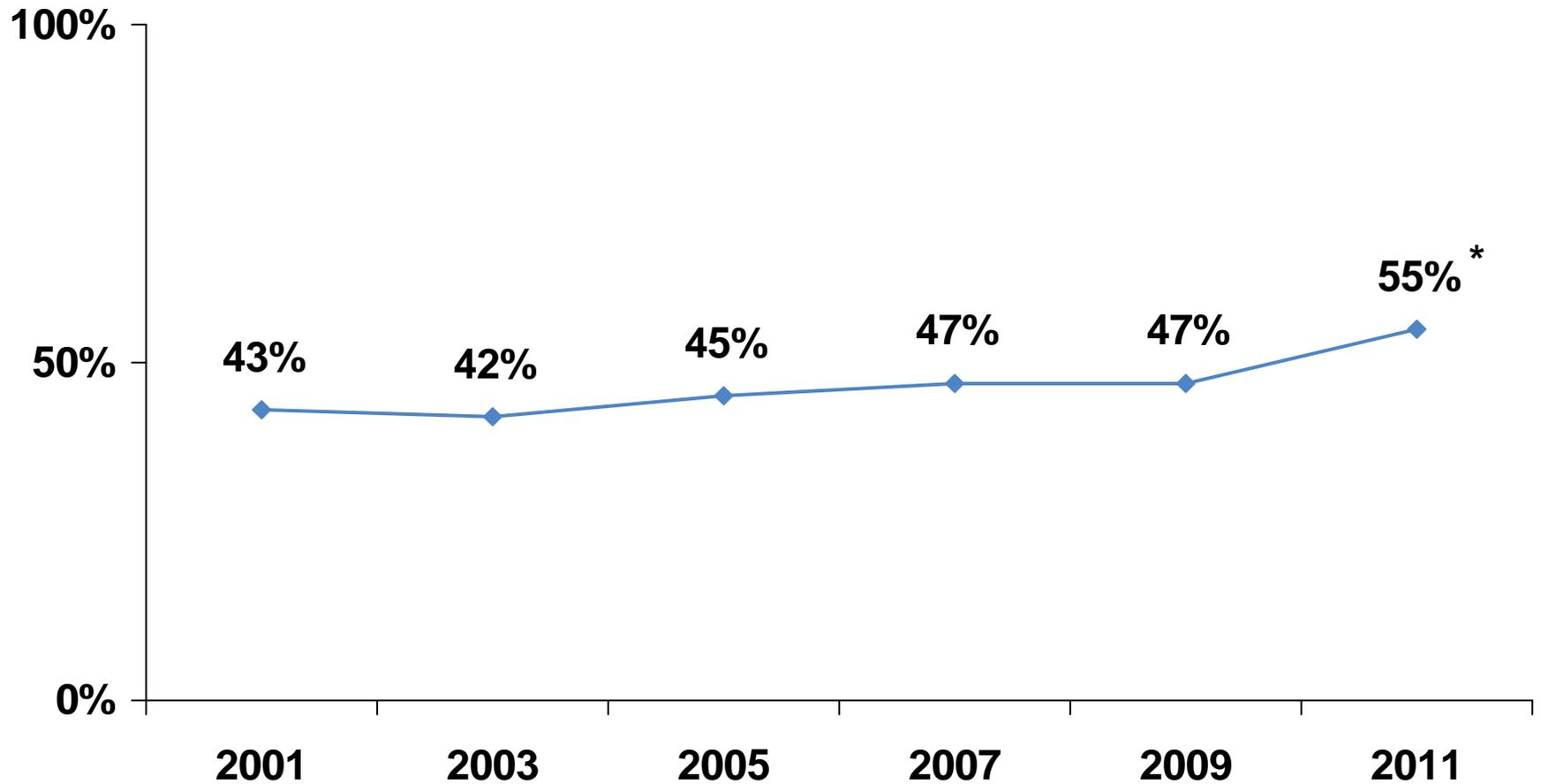
Youth Assets:

Volunteer at least one hour per week



Youth Assets:

Agree/strongly agree that “you matter” in community



2011 High School Youth Risk Behavior Survey - Vermont Department of Health

* Statistically different ($p < 0.05$)

Middle School Statewide Representative Sample

- 25 out of 25 schools participated
- 3,278 students took the survey
- School response rate: 100%
- Student response rate: 88%
- Overall response rate: 88% (100% x 88%)
- Results are weighted to represent all students in grades 6-8 attending middle schools (16,941 students) by grade, gender, and race/ethnicity

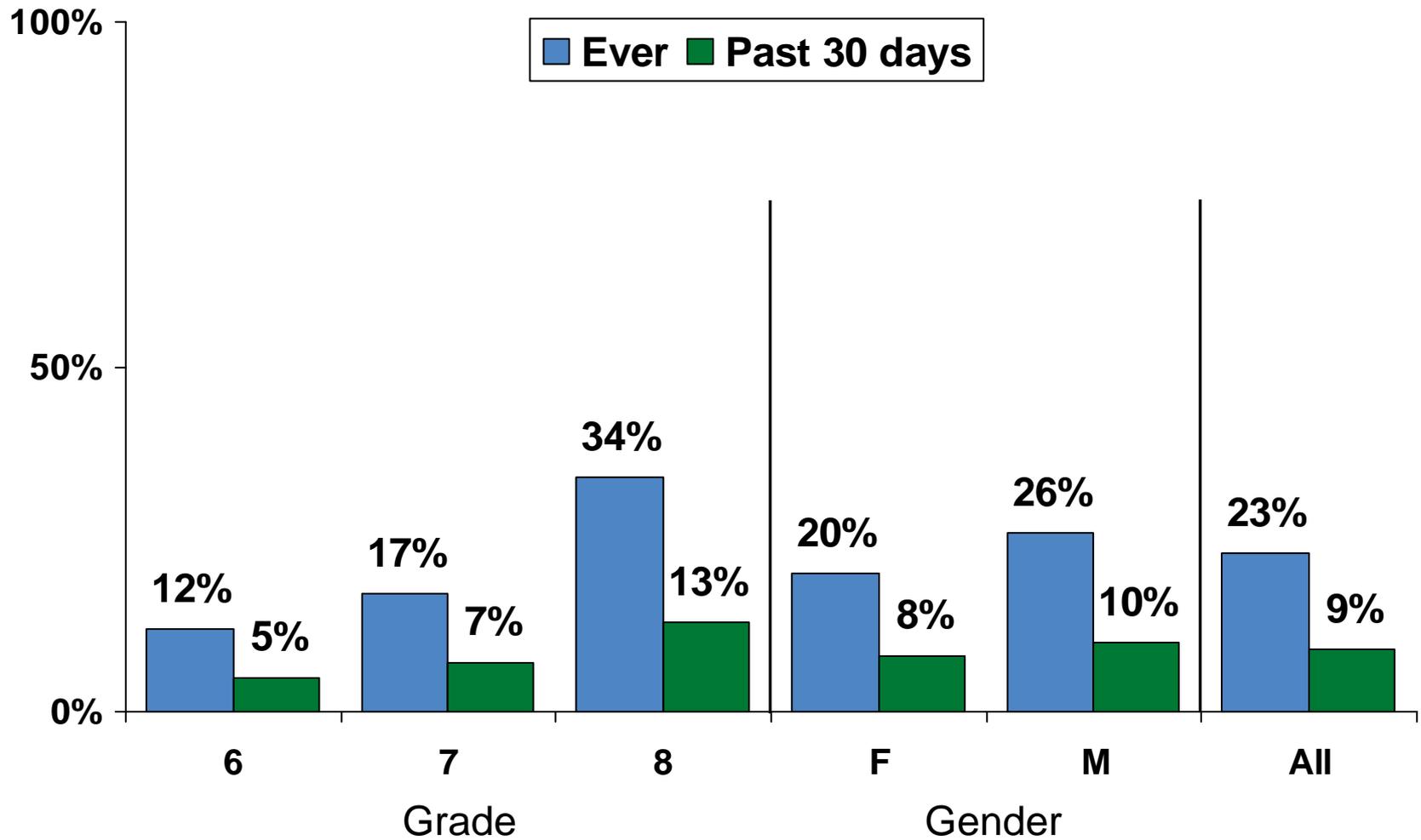
Survey Contents (71 questions)

- Demographics
- Personal safety and violence
- Alcohol, tobacco, and other drugs
- Attitudes and perceptions about alcohol, cigarette, and marijuana use
- Body image
- Breakfast consumption
- Physical activity
- Youth assets

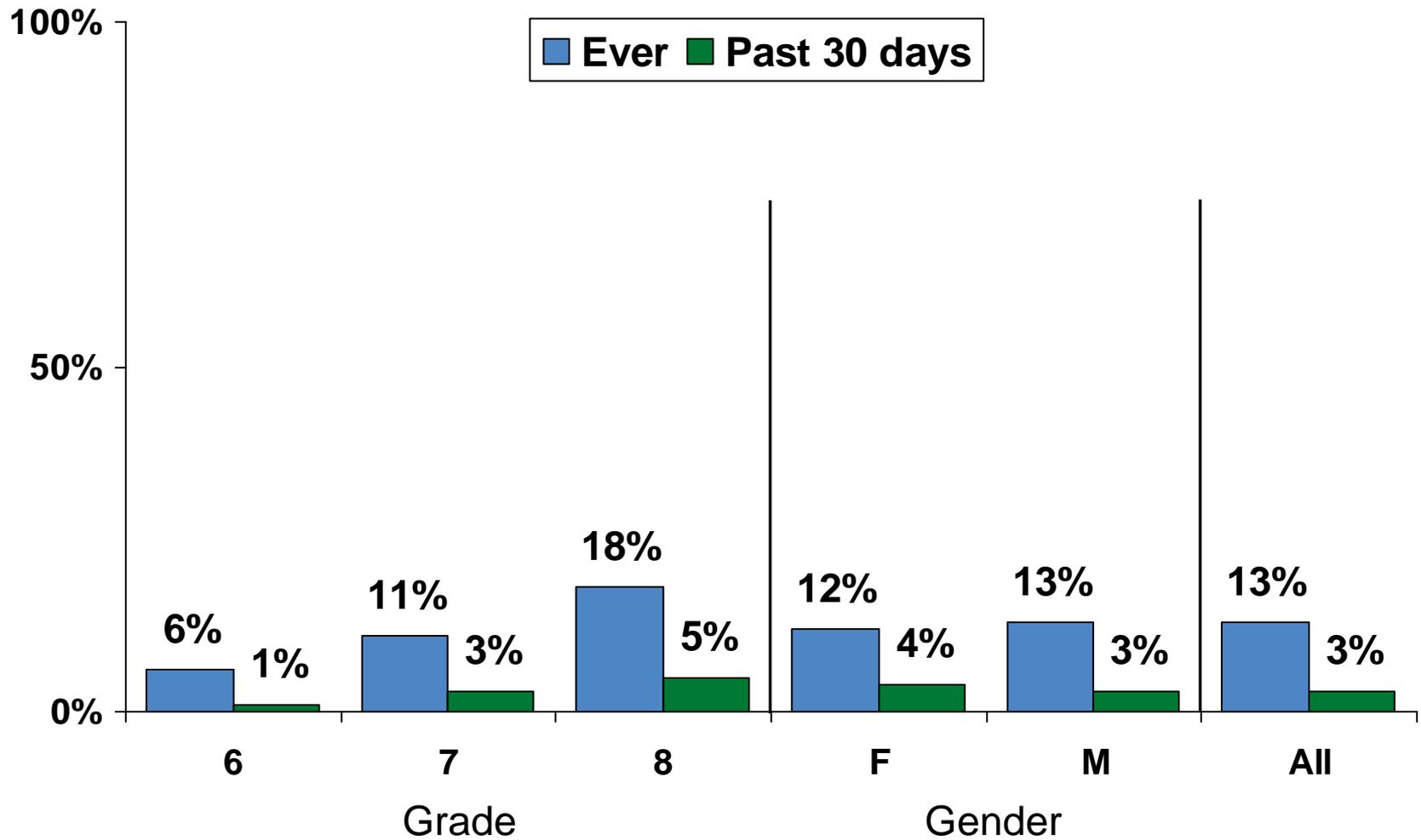
Personal Safety: Fighting and Bullying

- 50% of students have ever been in a physical fight
- 48% of students have ever been bullied at school
- 26% have ever been electronically bullied
- 29% were bullied in the past 30 days
- 20% bullied someone else in the past 30 days

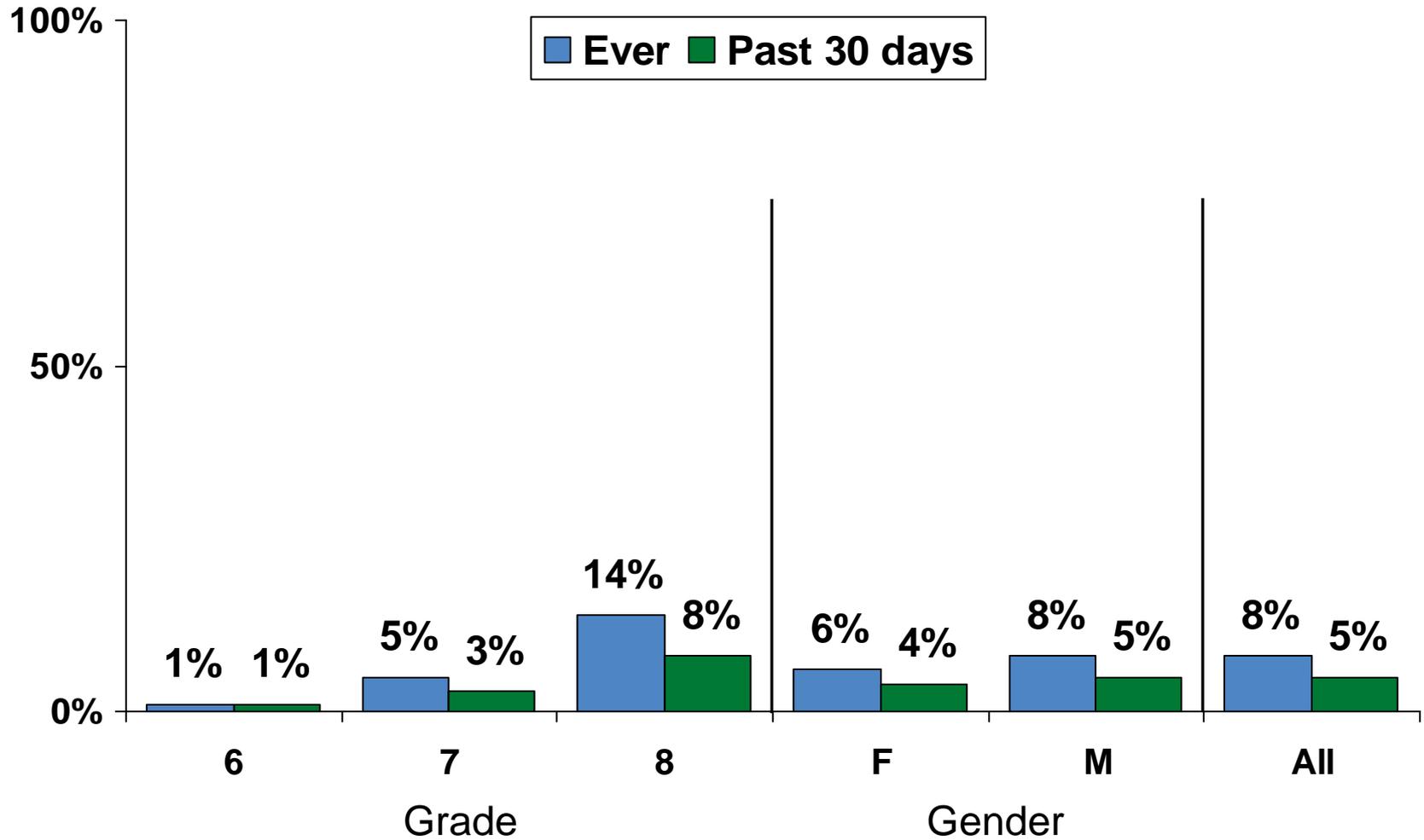
Alcohol



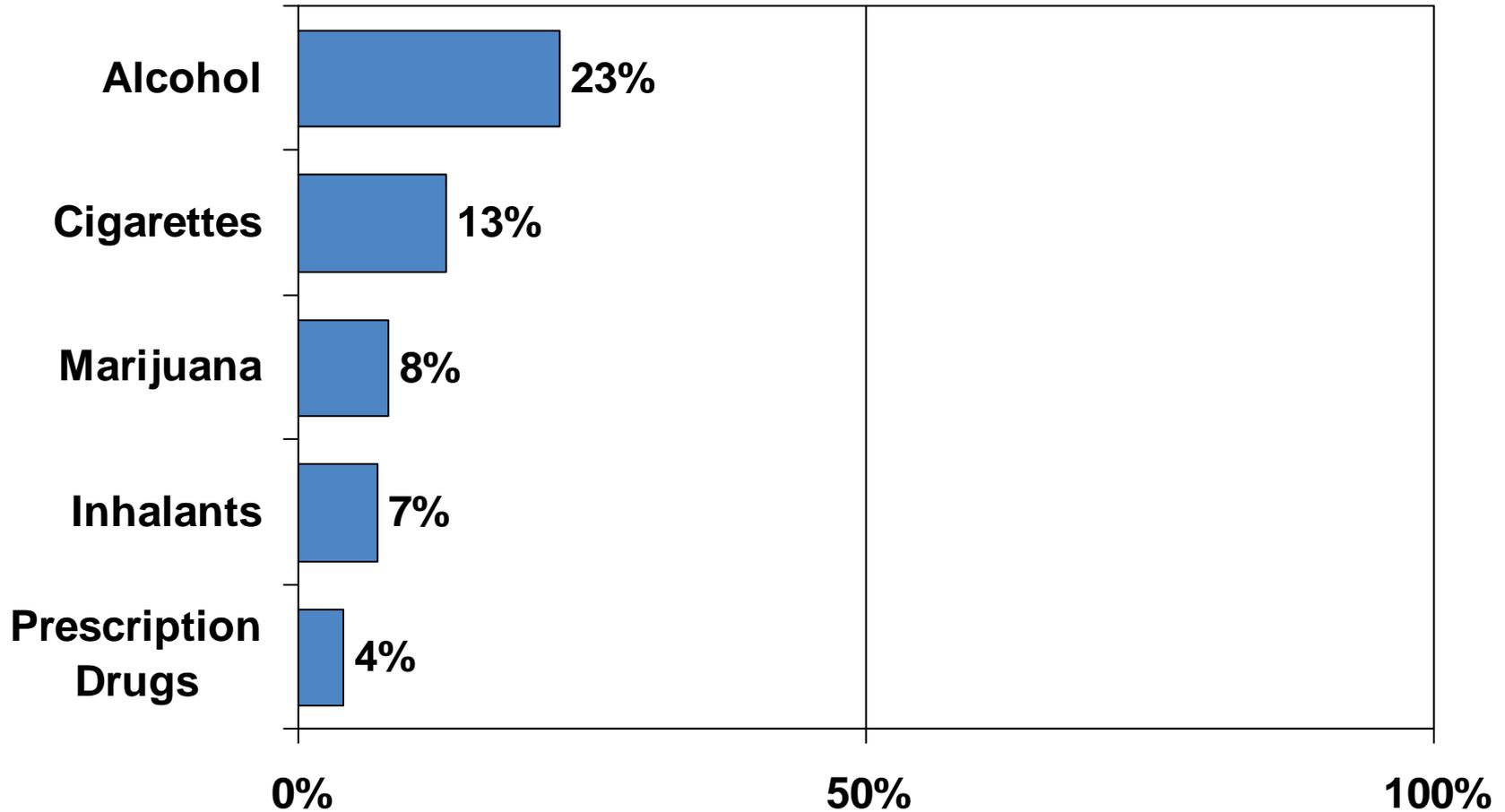
Cigarettes



Marijuana

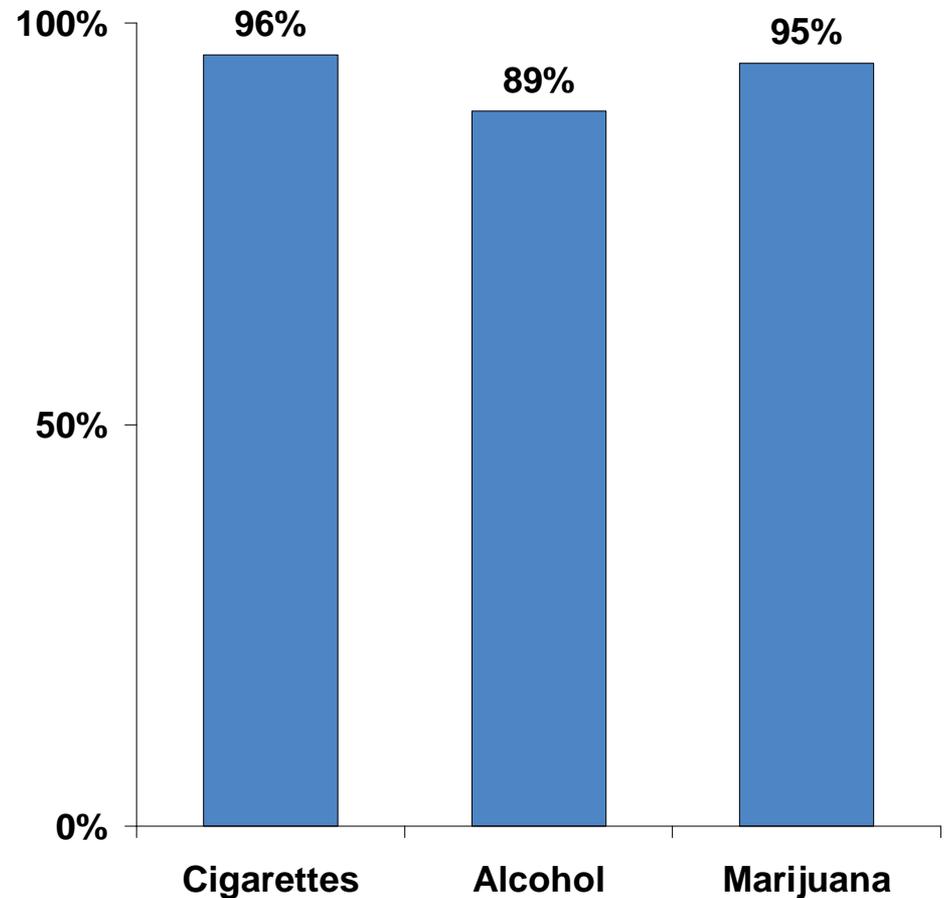


Ever Use Among All Middle School Students



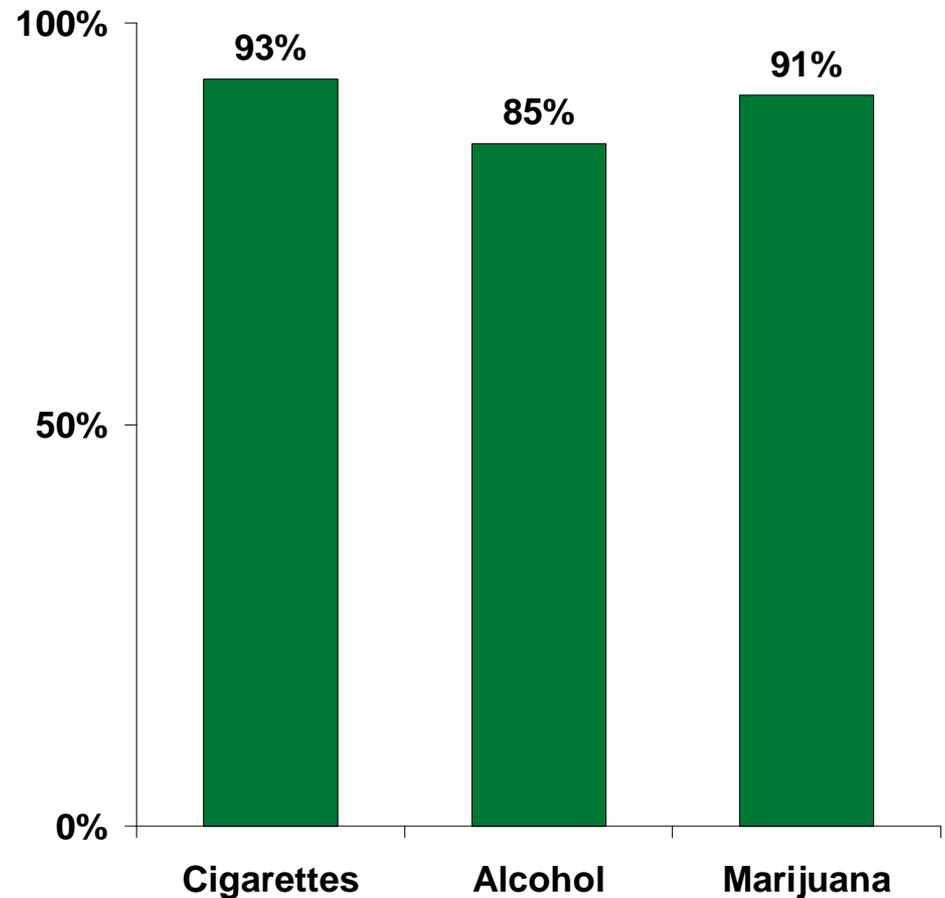
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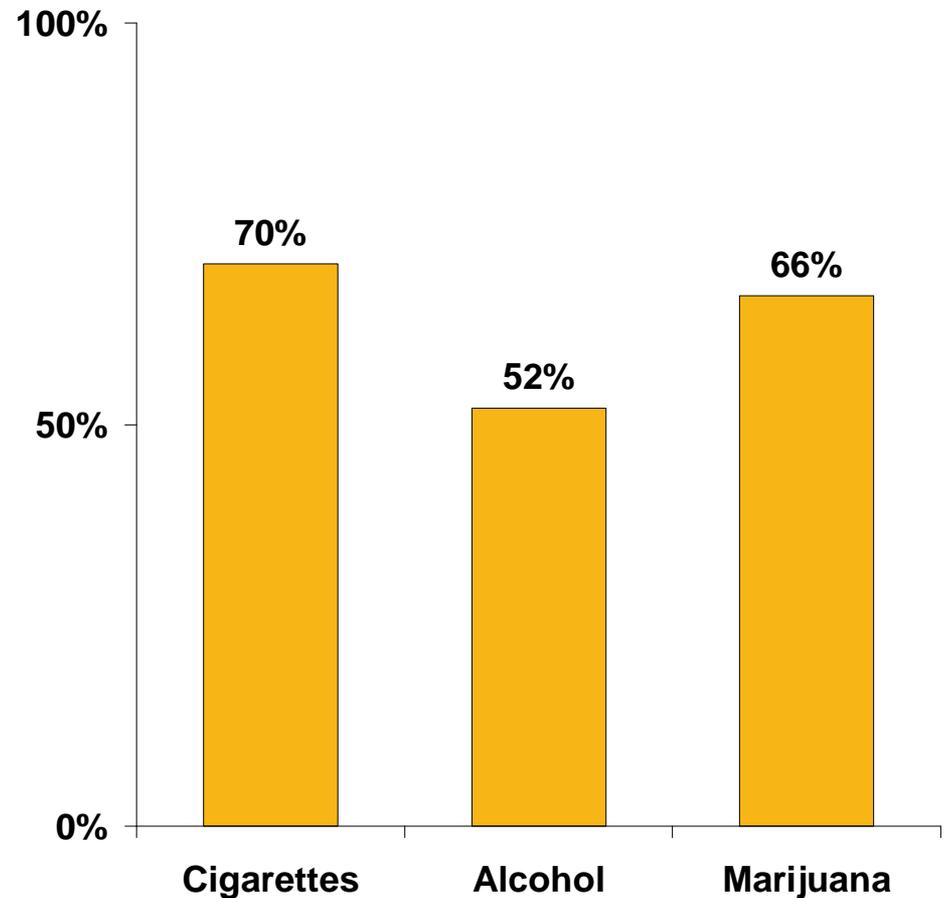
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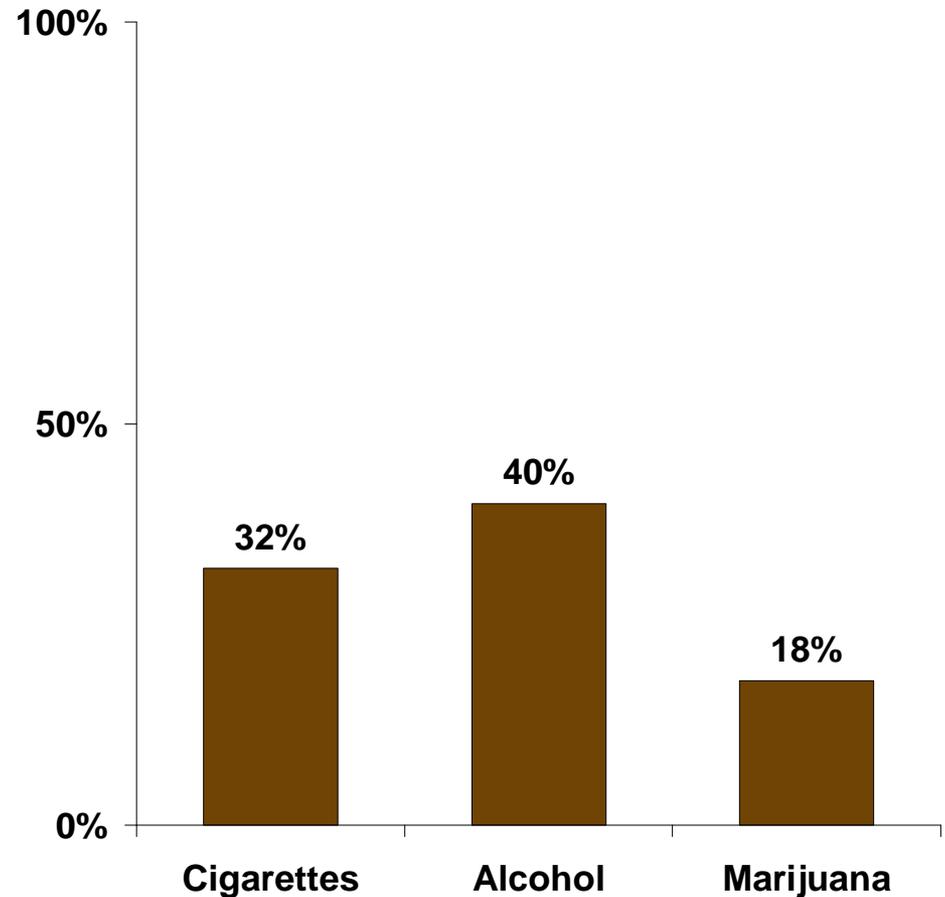
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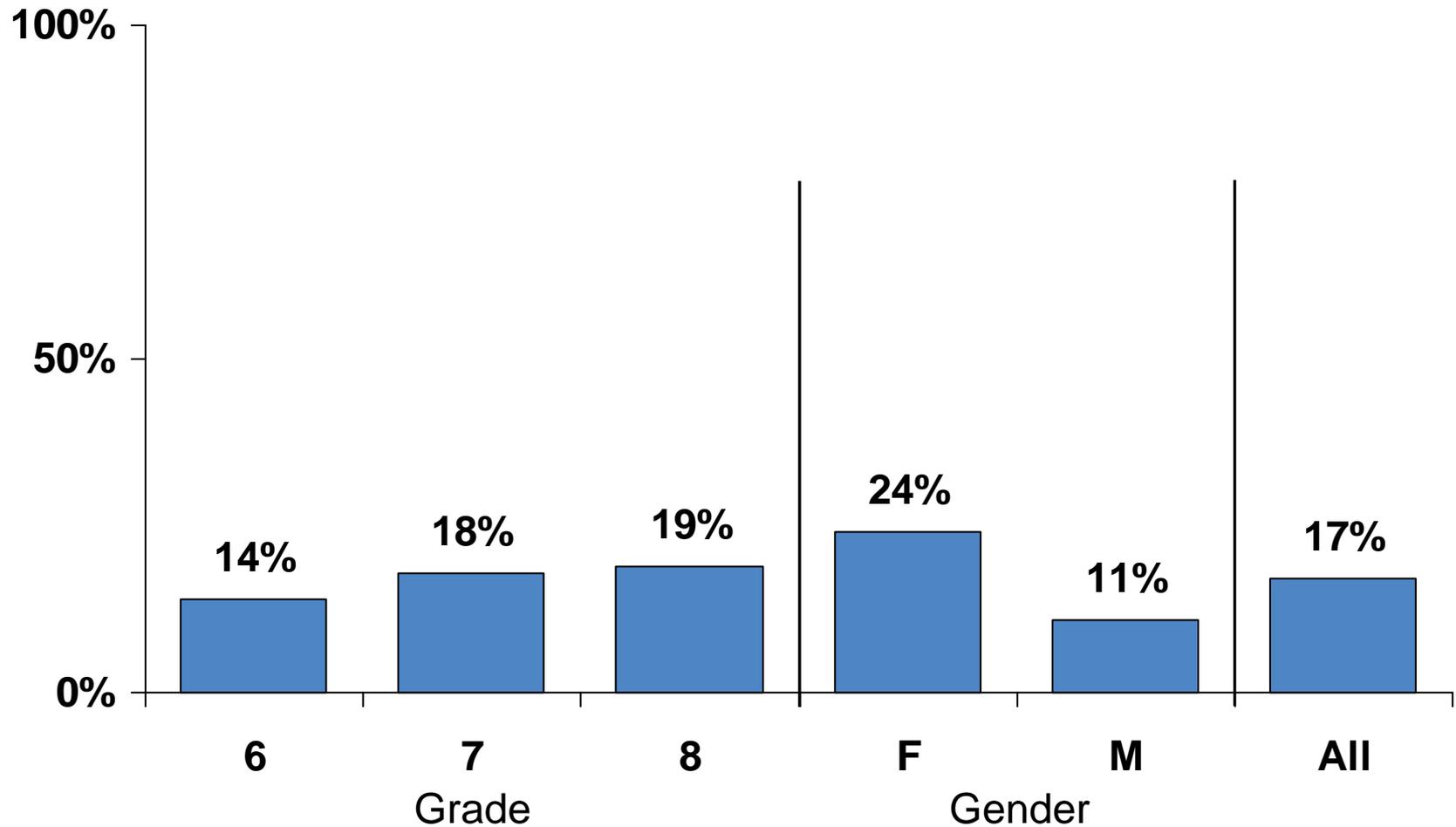
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Body Image:

Skipped meals to lose/keep from gaining weight

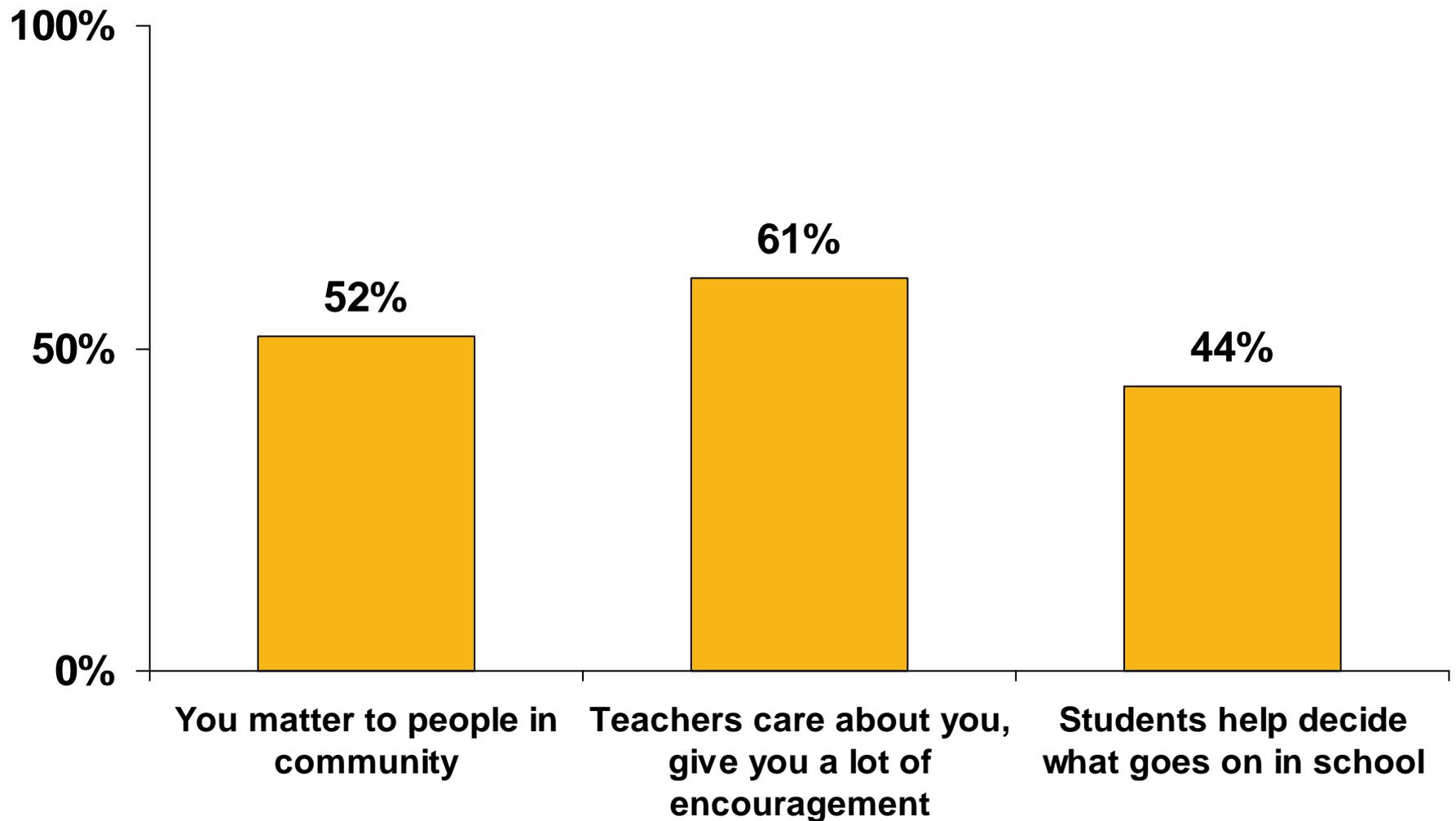


Exercise

- 82% of students had P.E. classes at least once per week
- 31% did at least 60 minutes of physical activity every day
- 26% spent 3 or more hours per school day watching TV
- 29% played video or computer games 3 or more hours per school day

Youth Assets:

Percent of students who agree/strongly agree...



YRBS Online

- Statewide Report
- County and District Reports
- Questionnaires

<http://www.healthvermont.gov/research/yrbs/2011/index.aspx>