

# Racial and Ethnic Minority Students and Selected Behaviors – Data Brief

## 2013 Vermont Youth Risk Behavior Survey

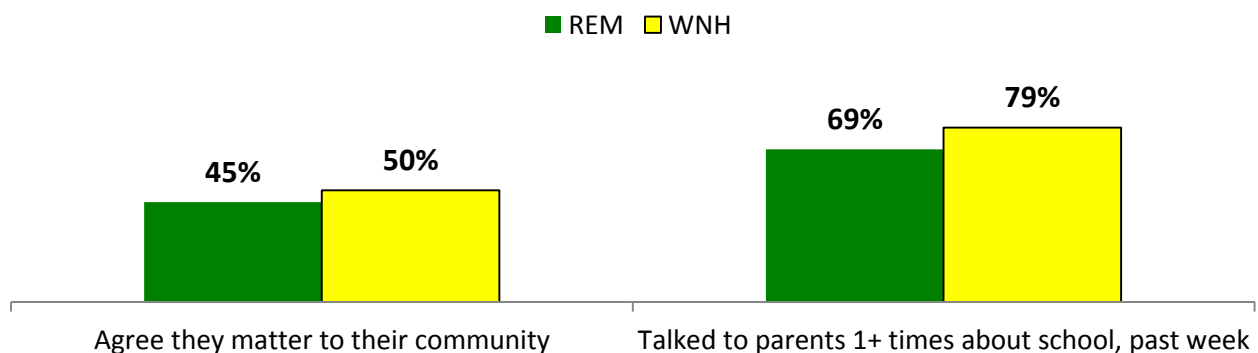
### Background

While Vermont remains one of the most racially and ethnically homogenous states in the U.S., 16% of high school students who took the 2013 Vermont Youth Risk Behavior Survey identified as a racial or ethnic minority. Racial and ethnic minority (REM) students continue to face greater health challenges compared to their white non-Hispanic (WNH) peers. April is National Minority Health Month, in honor of this, the following data brief reviews some of the disparities that appear in the Vermont Youth Risk Behavior data.

### Youth Assets

REM students are less likely to agree they mattered to their community, and less likely to talk to their parents at least once a week about school compared to their WNH peers.

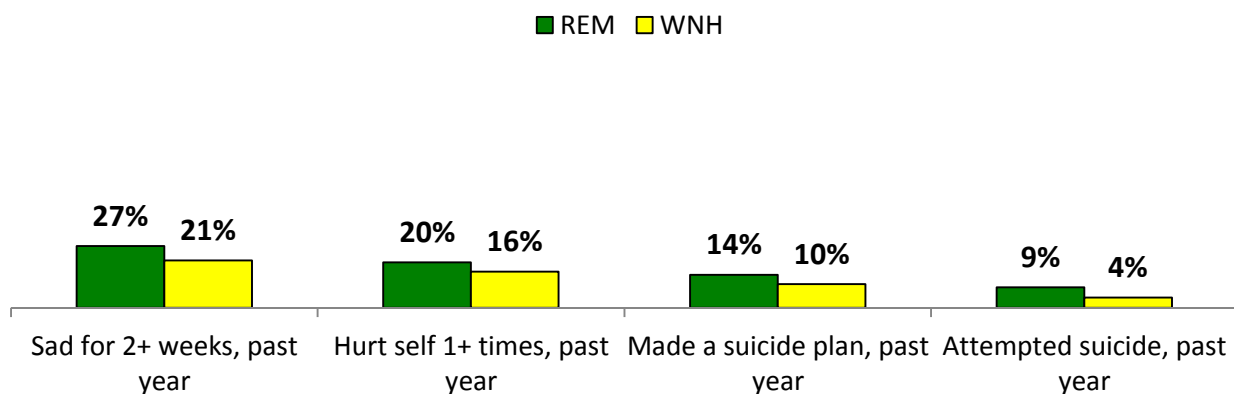
High school students reporting youth assets by race and ethnicity



### Suicide and Mental Health

REM students are also significantly more likely to report feeling sad for two weeks in a row, hurting themselves, and making a suicide plan in the past year. REM students are more than twice as likely to report a suicide attempt in the past year compared to WNH students.

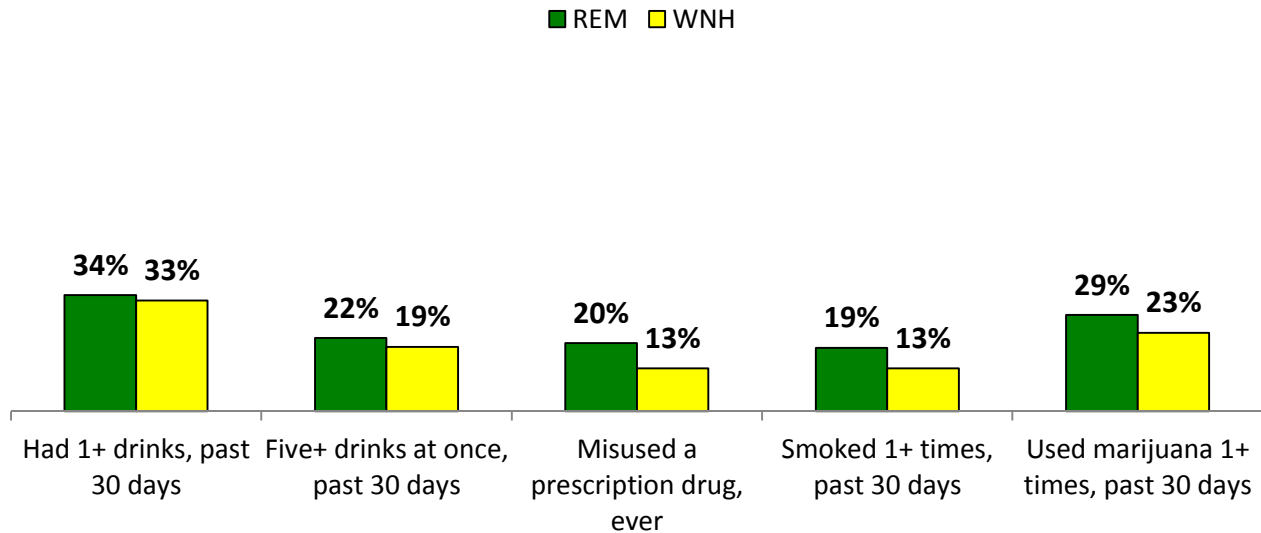
High school students reporting suicide and mental health risk factors by race and ethnicity



## Substance Use

Past 30 day drinking did not differ by reported race and ethnicity (34% vs. 33%). REM high school students are more likely to report binge drinking (defined as five or more alcoholic drinks at once), smoking cigarettes, using marijuana, and misusing prescription drugs in the past 30 days compared to their WNH peers.

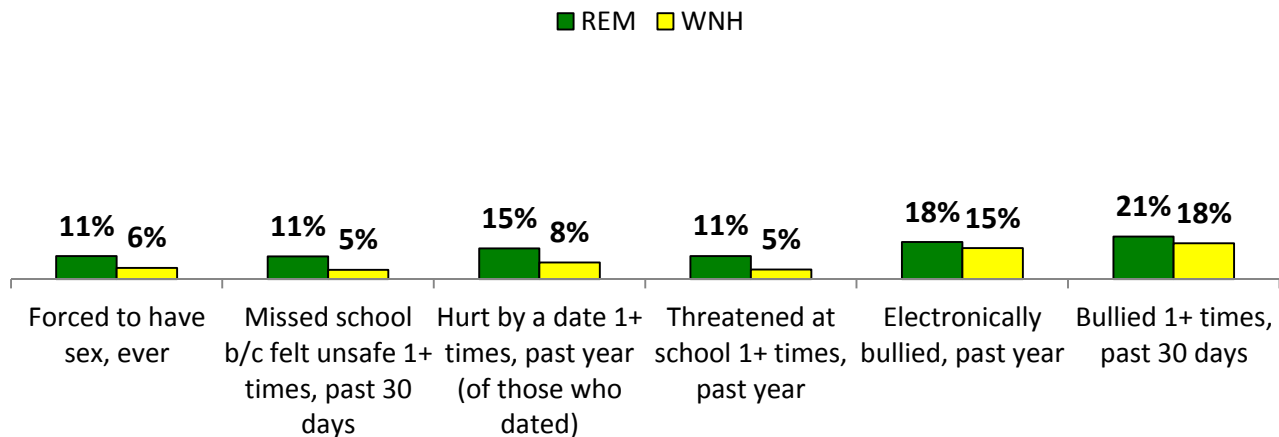
### High school students reporting selected substance use indicators by race and ethnicity



## Safety

REM high school students are almost twice as likely to report being forced to have sexual intercourse, missing school because they felt unsafe in the past 30 days, and being hurt by someone they were dating in the past year, compared to their white non-Hispanic peers (WNH). REM students were also significantly more likely to be electronically bullied in the past year and bullied in the past 30 days compared to their WNH peers.

### High school students reporting personal safety risk factors by race and ethnicity



## Contact

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