

2016 Vermont College Health Survey Statewide Report

Survey Background

Background and Survey Tool:

Beginning in 2013, the Vermont Department of Health (VDH) worked with colleges and universities to develop a statewide health survey plan for young adults enrolled in institutes of learning with the first survey being administered in the spring of 2014.

In 2014, American College of Health Association's National College Health Assessment (ACHA/NCHA) was administered online at 10 colleges and universities throughout Vermont. Using feedback from the inaugural survey, VDH along with partners from Vermont colleges and universities modified the 2016 college health survey to make it more comprehensive and sustainable over time.

The 2016 College Health Survey (CHS) was an online survey administered via Survey Gizmo. Links to the survey were sent directly to students or from a school representative on campus. The survey took approximately 20-40 minutes to complete. Although the 2016 questionnaire as modified from the 2014 College Health Survey, many questions remained consistent to allow for comparisons over time and to other national, state, and local data.

The 2016 Survey Topics:

- Campus Climate and Safety
- General Health and Well-Being
- Weight, Nutrition, and Exercise
- Personal Safety and Violence
- Sexual Health
- Interpersonal Dating Violence
- Alcohol, Tobacco, and Other Drug Use
- Sexual Violence and Campus Climate*

Sample and Response Rate:

All institutions of higher learning in Vermont were invited to participate at minimal cost by providing approximately \$500 worth of incentives for students and to promote the survey on campus. In total, 20 institutions were invited; nine completed the survey. Participating institutions included both two- and four-year public, private, and technical institutions. Only students seeking a two- or four-year degree were included in the final sample. Among participating institutions, 2,695 of the 14,843 invited students submitted questionnaires. 2,510 surveys were usable after data editing, for a response rate of 17%.** Response rates among participating institutions ranged from 3% to 39%.

Weighting:

The data in the following report are weighted by gender for non-response at the schools surveyed. These results are representative of the student population at the participating schools.

* Optional module addressing Title IX and Clery Act areas of concern; questions based on the Campus Climate Survey Validation Study report and toolkit for schools. For more information about White House Task Force to Protect Students from Sexual Violence visit <http://www.NotAlone.gov> or <http://www.bjs.gov/content/pub/pdf/ccsvsfr.pdf>

**The overall response rate is computed as number of useable questionnaires/number of eligible students sample in participating schools, rounded to the nearest integer.

Table of Contents

| | | | |
|---|-----------|---|-----------|
| Sample Demographics..... | 4 | Nutrition..... | 33 |
| Student Background | 7 | Substance Use..... | 36 |
| Perceptions Campus Climate | 9 | Perceptions Substance Use..... | 47 |
| Experiences with Bullying & Other Harassment..... | 15 | Motives for Alcohol and Marijuana Use..... | 52 |
| Intimate Partner Violence..... | 16 | Other Behaviors when Partying/Socializing..... | 54 |
| Mental Health and Wellbeing..... | 17 | Adverse Experiences while Drinking Alcohol..... | 55 |
| Sexual Health..... | 23 | Impaired Riding..... | 57 |
| Preventive Health Measures..... | 28 | Impaired Driving..... | 58 |
| Weight Status..... | 29 | Academic Performance..... | 59 |
| Physical Activity..... | 31 | Sexual Violence & Campus Climate..... | 67 |

Student Demographic Characteristics

Following are a series of tables including various demographic characteristics of students at participating colleges and universities.

| | 2014 | | 2016 | |
|---------------------------|----------------|--------------|----------------|--------------|
| | Unweighted (%) | Weighted (%) | Unweighted (%) | Weighted (%) |
| Sex | | | | |
| Male | 30% | 45% | 28% | 40% |
| Female | 69% | 54% | 70% | 57% |
| Transgender/Other | 1% | 1% | 3% | 3% |
| Age | | | | |
| 18-20 | 59% | 60% | 47% | 46% |
| 21-22 | 27% | 27% | 28% | 29% |
| 23+ | 14% | 14% | 25% | 25% |
| Race/Ethnicity | | | | |
| White Only | 90% | 91% | 89% | 88% |
| Non-White or Multi-Racial | 10% | 9% | 11% | 12% |
| Hispanic | 4% | 4% | 4% | 4% |
| Veteran Status | | | | |
| Yes – Veteran | 2% | 3% | 2% | 3% |

N/A indicates question not asked.

“.” indicates sample size too small to report.

Student Demographic Characteristics

| | 2014 | | 2016 | |
|---------------------------|----------------|--------------|----------------|--------------|
| | Unweighted (%) | Weighted (%) | Unweighted (%) | Weighted (%) |
| Sexual Orientation | | | | |
| Asexual | . | . | 3% | 4% |
| Bisexual | 7% | 6% | 8% | 7% |
| Gay/Lesbian | 3% | 4% | 3% | 3% |
| Queer | . | . | 2% | 2% |
| Questioning | 4% | 3% | 2% | 2% |
| Heterosexual | 86% | 86% | 80% | 80% |
| Other Orientation | . | 3% | 3% | 2% |
| Place of Residence | | | | |
| In-State (VT) | N/A | N/A | 65% | 64% |
| Out-of-State (US) | N/A | N/A | 33% | 34% |
| International | 7% | 7% | 2% | 2% |
| Enrollment Status | | | | |
| Full-Time Student | 89% | 90% | 83% | 84% |
| Part-Time Student | 11% | 10% | 16% | 15% |

N/A indicates question not asked.

“.” indicates sample size too small to report.

Student Demographic Characteristics

| | 2014 | | 2016 | |
|---|----------------|--------------|----------------|--------------|
| | Unweighted (%) | Weighted (%) | Unweighted (%) | Weighted (%) |
| Year in School | | | | |
| 1 st yr. undergraduate | 31% | 31% | 29% | 28% |
| 2 nd yr. undergraduate | 30% | 29% | 28% | 27% |
| 3 rd yr. undergraduate | 22% | 22% | 23% | 23% |
| 4 th yr. undergraduate | 16% | 16% | 18% | 18% |
| 5 th yr. undergraduate or more | 2% | 2% | 3% | 3% |
| Type of Housing | | | | |
| Campus residence hall | 61% | 62% | 45% | 46% |
| Campus wellness/substance-free | N/A | N/A | 2% | 2% |
| Other college housing | 6% | 6% | 2% | 2% |
| Parent/Guardian house | 8% | 8% | 13% | 13% |
| Other off campus housing | 18% | 18% | 28% | 28% |
| Other | 7% | 6% | 10% | 9% |
| 1st Generation College Student/Pell Grant Recipient | | | | |
| Yes | N/A | N/A | 42% | 41% |
| No | N/A | N/A | 48% | 49% |
| Don't know/Not sure | N/A | N/A | 10% | 10% |

N/A indicates question not asked.

“.” indicates sample size too small to report.

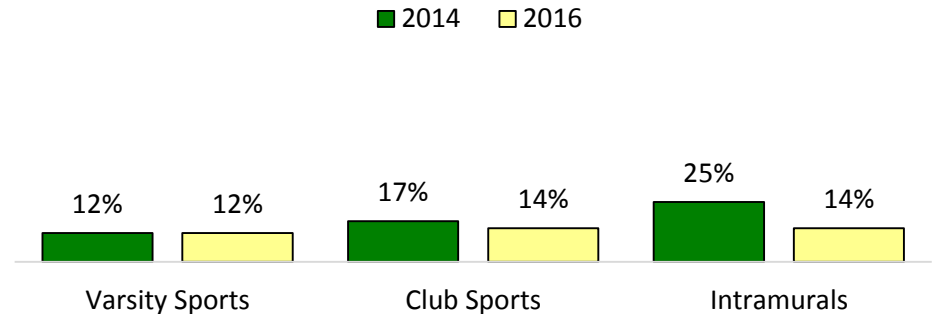
Student Background: Sports Participation

In 2016, more than two in ten Vermont college students reported participating in varsity sports (12%), club sports (14%), or intramurals (14%) during the previous 12 months.

Two-thirds (67%) of students did not participate in any organized college athletics during that time.

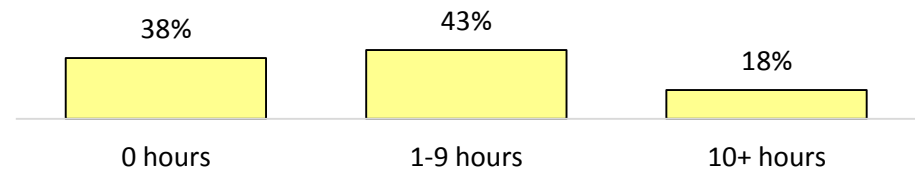
More than six in ten (62%) Vermont college students participate in extracurricular activities weekly. Forty-four percent said they do one to nine hours of extracurricular activities per week, while nearly two in ten participate in these activities at least 10 hours a week.

Participation in Organized College Athletics, Last 12 Months



Note: Categories are not mutually exclusive. Respondents may appear in more than one type of college athletics.

Weekly Participation in Extracurricular Activities, 2016



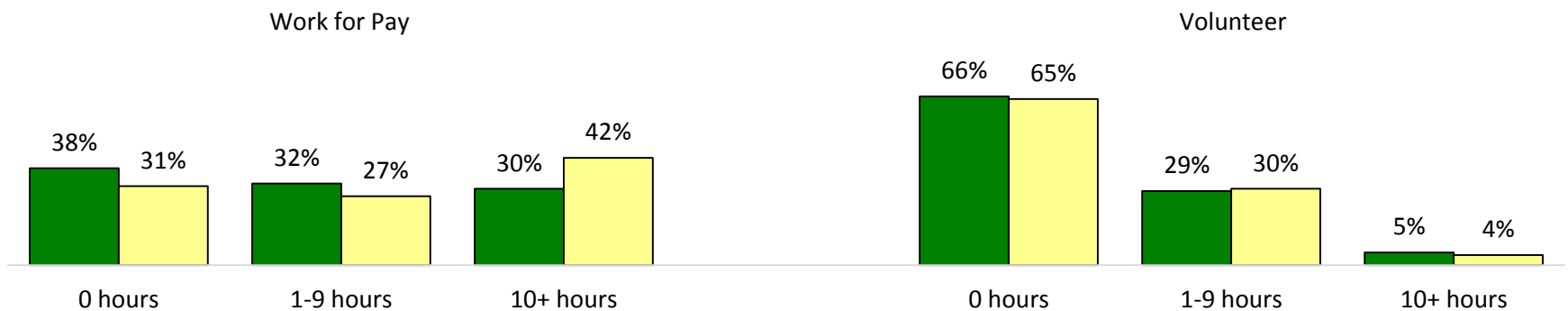
Student Background: Activities Outside of School

In 2016, seven in ten Vermont college students said they work for pay each week. More than four in ten work at least ten hours a week for pay.

Volunteering was reported by a much lower proportion of students. Less than four in ten said they volunteer any amount of time each week. Only four percent volunteer 10 or more hours weekly.

**Weekly Participation in Work and Volunteer Activities,
2014 & 2016**

■ 2014 ■ 2016

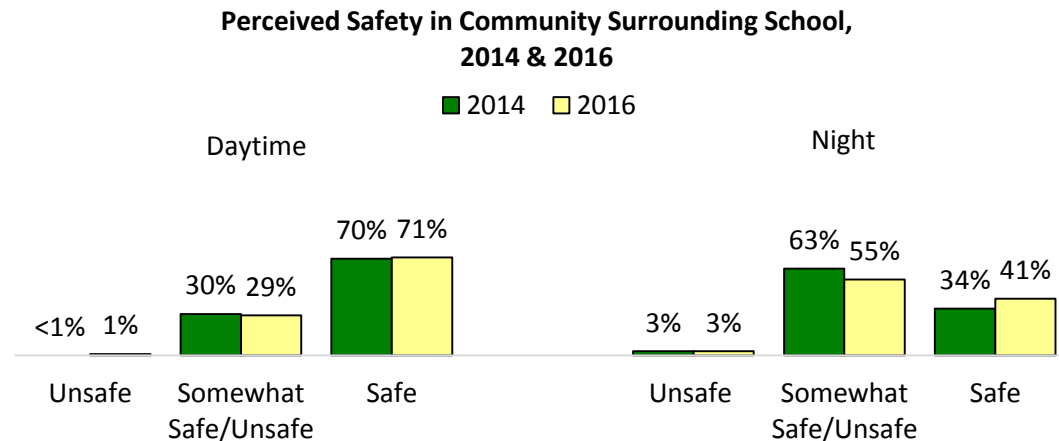
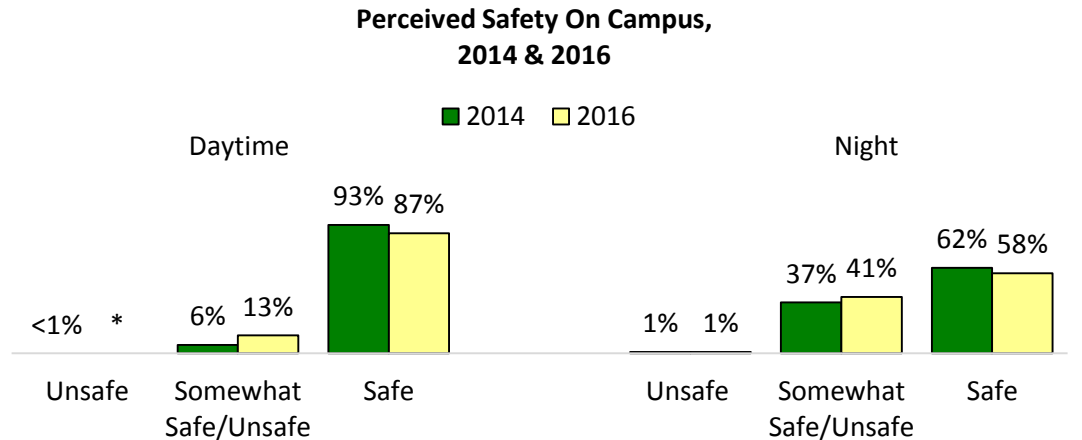


Perception of Campus Climate: Safety on Campus

Generally, students think that their school campus is safe. Feeling safe on campus during the day is more likely than at night. Nearly nine in ten students said their school campus is safe during the day. At night, about six in ten students reported their school campus as safe.

No students said their school campus was unsafe, either at during the day or at night.

Seven in ten students perceive the communities around their school to be safe during the day. Fewer, four in ten said the neighboring communities are safe at night. Few students report the communities around their school as unsafe, either during the day (1%) or at night (3%).



*Indicates sample size too small to report.

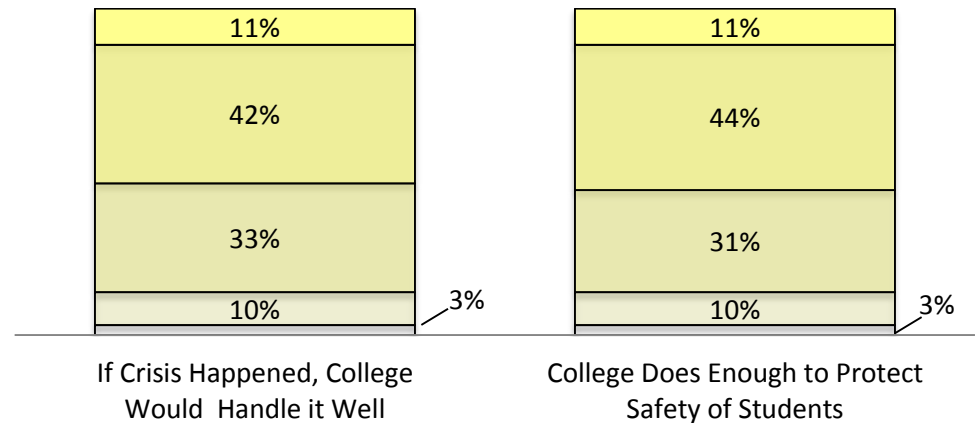
Perceptions of Campus Climate: General Safety

Students were asked their level of agreement with statements about their school's ability to handle crises and protect student safety.

About half (53%) of students agreed or strongly agreed that if there was a crisis their college would handle it well. Slightly more, 56%, said their college does enough to protect the safety of students.

**Perceived Ability of College to Protect Student Safety
2016**

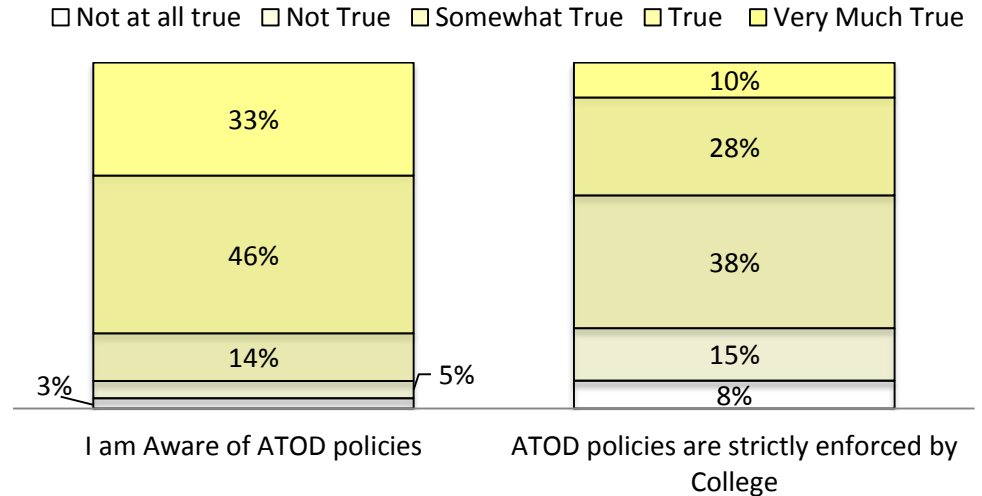
□ Strongly Disagree □ Disagree □ Neither □ Agree □ Strongly Agree



Perceptions of Campus Climate: Alcohol, Tobacco, and Other Drugs

Nearly eight in ten (79%) students said it is true or very true that they are aware of the school's policies around alcohol, tobacco, and other drugs. Despite this, only four in ten (38%) said these policies are strictly enforced by the college.

**Alcohol, Tobacco, and Other Drug Policies on Campus
2016**



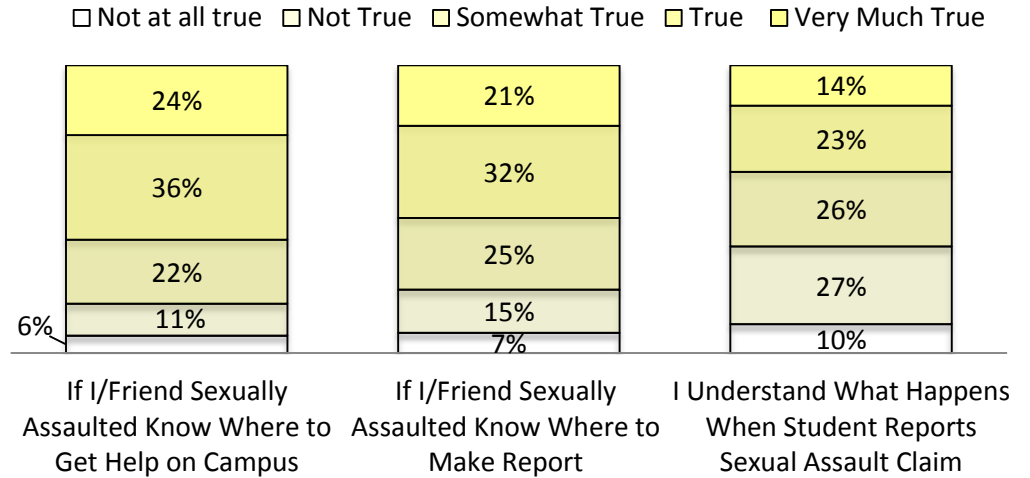
Perceptions of Campus Climate: Sexual Violence

Most (60%) of students said it is true or very true that they know where to get help on campus if they or a friend is sexually assaulted.

About half (53%) know where to report such an assault of they or a friend experiences one.

Fewer, 38%, said they understand what happens when a student reports a sexual assault claim.

Student Awareness of Sexual Violence Policies and Procedures 2016



Perceptions of Campus Climate: Sexual Violence

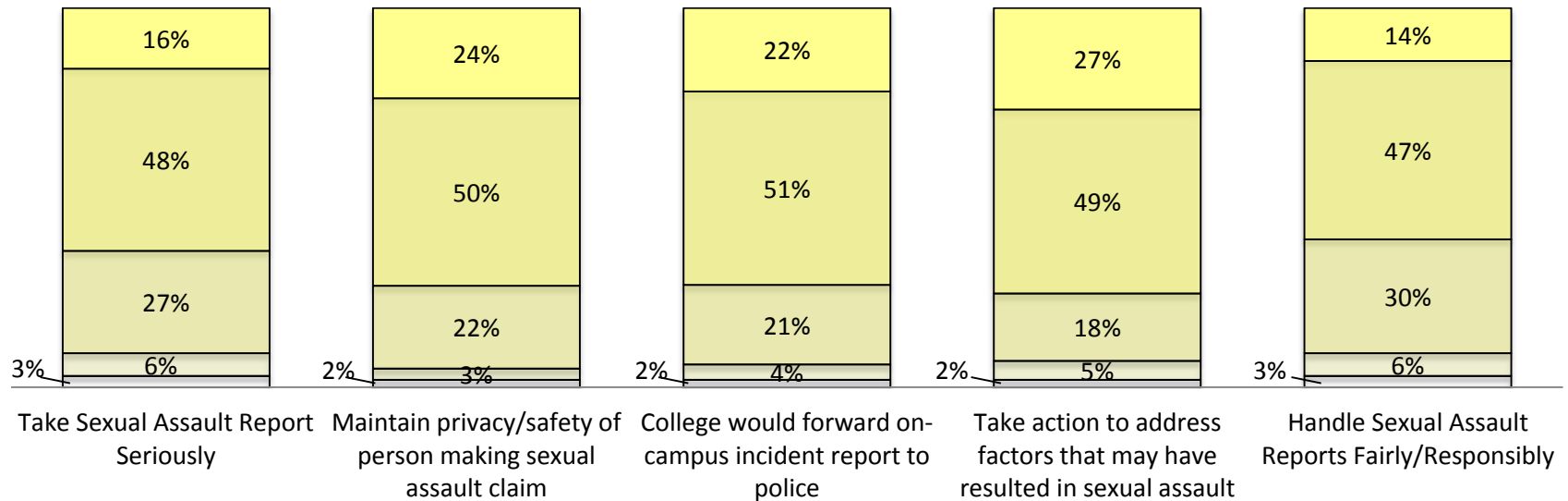
Six in ten Vermont college students agreed or strongly agreed that their college would handle reports of sexual assault fairly and responsibly.

About three-quarters of students said their school would take sexual assault reports seriously, maintain the privacy and safety of the person making a sexual assault claim, and forward on-campus reports of sexual assault to the police.

Two-thirds (64%) of students agreed or strongly agreed that their school would take action to address identified factors that may have resulted in a sexual assault.

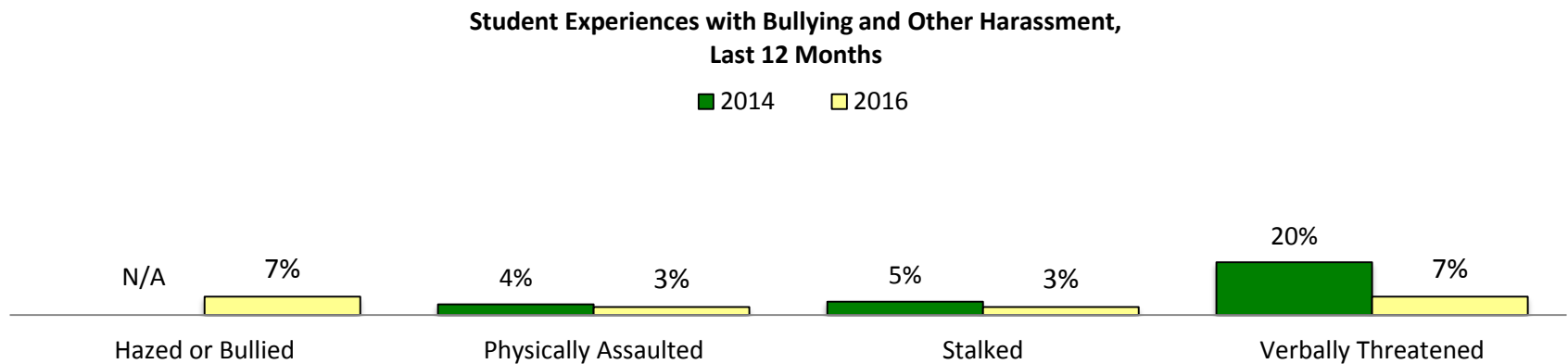
**Perceived Ability of School to Handle Sexual Violence on Campus
2016**

Strongly Disagree
 Disagree
 Neither
 Agree
 Strongly Agree



Experiences with Bullying and Other Harassment

In 2016, relatively few Vermont college students reported experiencing bullying or other forms of harassment. Less than ten percent reported being hazed/bullied (7%), physically assaulted (3%), stalked (3%), and verbally threatened (7%) by others in the last year.



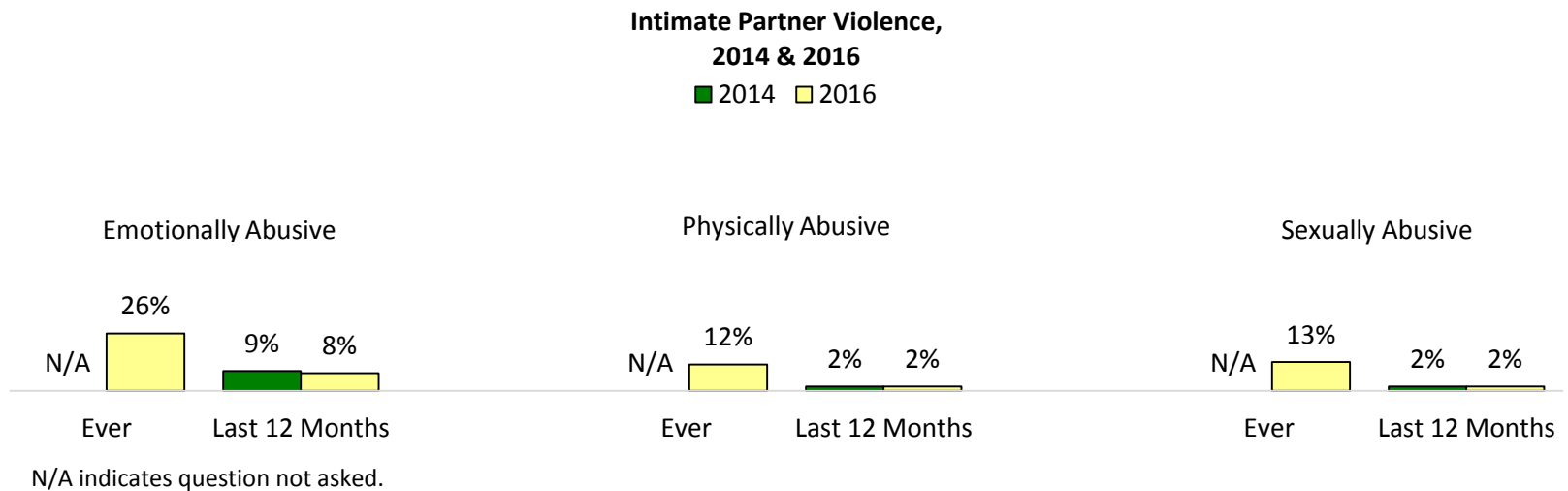
N/A indicates question not asked.

Intimate Partner Violence

A quarter of students reported ever being in an intimate relationship that was emotionally abusive (26%). Fewer, have experienced relationships that were physically (12%) or sexually abusive (13%).

- Examples of the above types of abuse are as follows:
 - Emotional abuse: partner called you derogatory names, yelled at or ridiculed you.
 - Physical abuse: partner kicked, slapped, or punched you.
 - Sexual abuse: partner forced you to have sex when you didn't want to or forced an unwanted sexual act on you.

Similarly, more students reported emotionally abusive relationships in the last year (8%) than either physically or sexually abusive ones (2% each).



Mental Health & Wellbeing: Symptoms of Depression

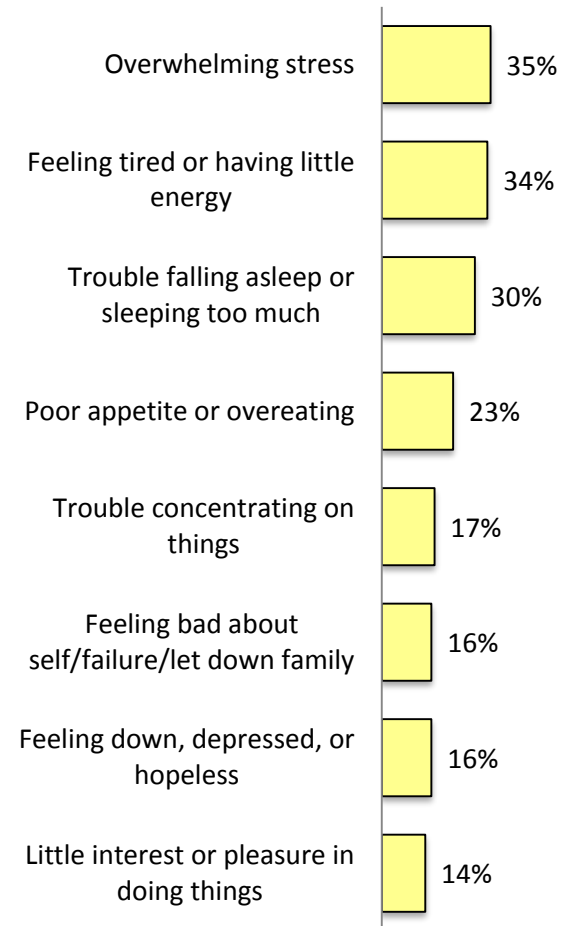
In 2016, students were asked to report whether they experienced various depression symptoms on more than seven days in the last two weeks.

The most commonly reported depression symptoms were overwhelming stress and feeling tired/having little energy, with about a third of students reporting each. Three in ten students said they have had trouble falling asleep or sleeping too much, while about a quarter reported a poor appetite/overeating.

Less than two in ten reported experiencing trouble concentrating, feelings of failure, depression/hopelessness, and little interest in doing things on more than half the days in the last two weeks.

Fewer, less than one in ten said they experienced moving or speaking so slowly that others noticed (8%) or had thoughts of being better off dead or hurting themselves in some way (5%) on more than half the days in the last two weeks.

Depression Symptoms on More than Half of Days in Last Two Weeks 2016



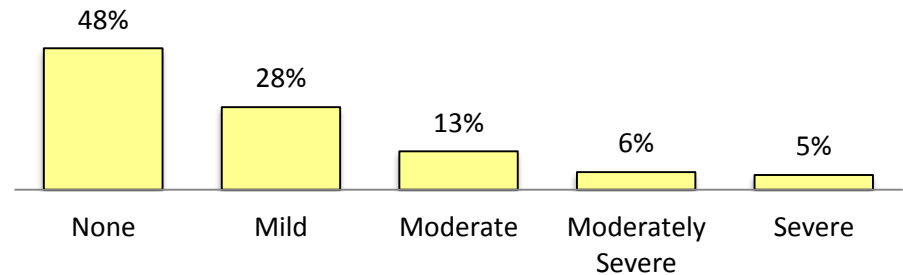
Mental Health & Wellbeing: Symptoms of Depression

The patient Health Questionnaire, or PHQ-9 is a series of questions that can be used for screening, diagnosing, monitoring, or measuring the severity of depression. The results of this tool can be used to categorize respondents as having no depression, or mild through severe depression symptoms of depression.

The 2016 College Health Survey included questions that allow classification of students according to the PHQ-9. Please note that this does not substitute for evaluation by a trained medical professional.

Three-quarters (76%) of students reported having no or mild depression symptoms, with about half reporting no depression symptoms. One in ten (11%) students reported moderately severe or severe symptoms of depression.

**Symptoms of Clinical Depression (PHQ-9)
2016**

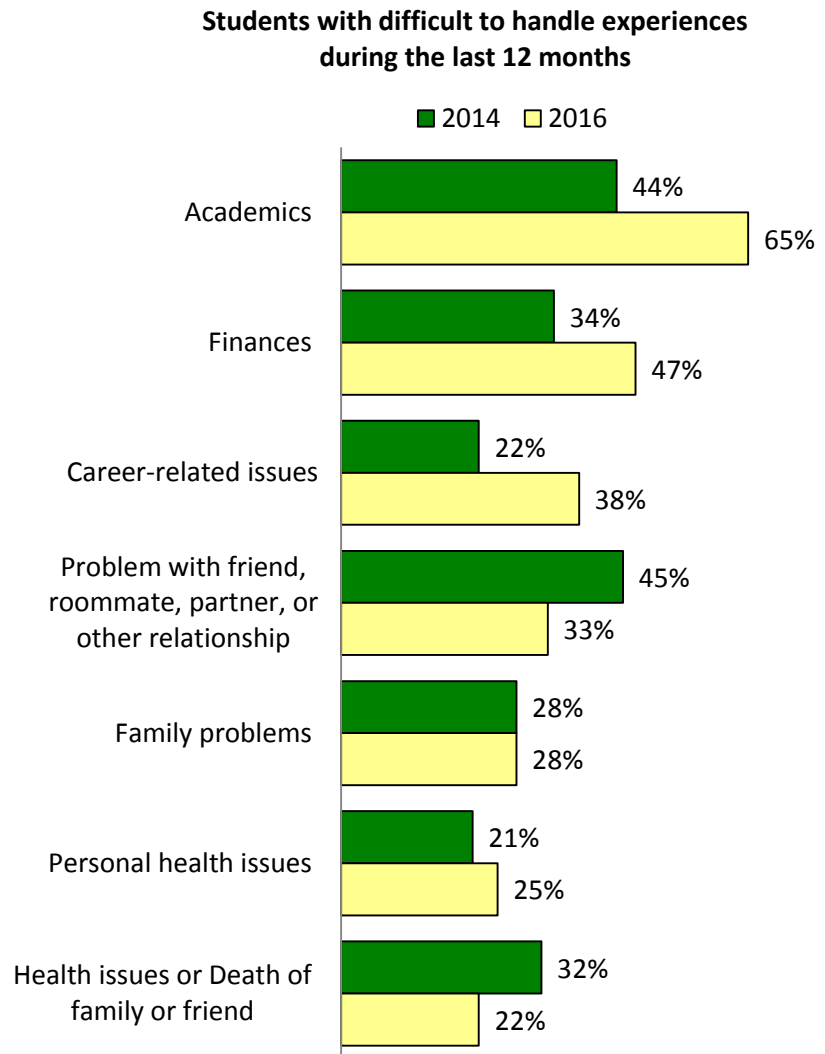


Mental Health & Wellbeing: Stress

In 2016, two-thirds of students said they had experienced difficult to handle situations involving academics during the previous 12 months. About half reported difficult financial situations during the same time frame.

Four in ten students said they'd had difficult to handle career-related issues in the last year, while a third had problems with a friend, roommate, or other partner.

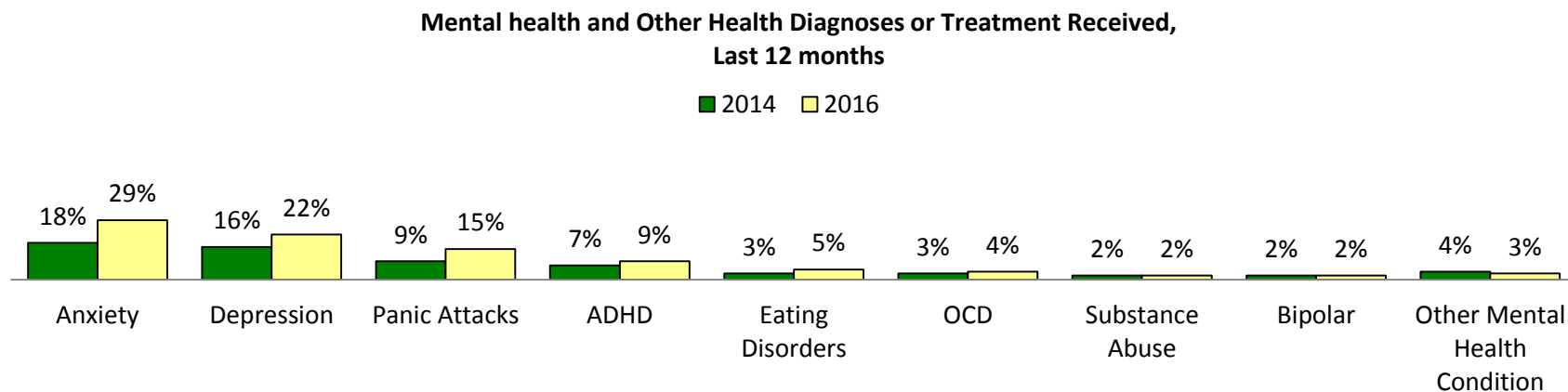
Less than three in ten reported difficult to handle family problems (28%), personal health issues (25%), and health issues of a family member or friend (22%).



Mental Health & Wellbeing: Diagnosis and Treatment

Three in ten (29%) Vermont college students said, in 2016, that they were diagnosed or treated for anxiety in the last 12 months. Two in ten (22%) were diagnosed or treated for depression, while 15% were diagnosed or received treatment for panic attacks. Nine percent of students reported being diagnosed or treated for ADHS in the previous year.

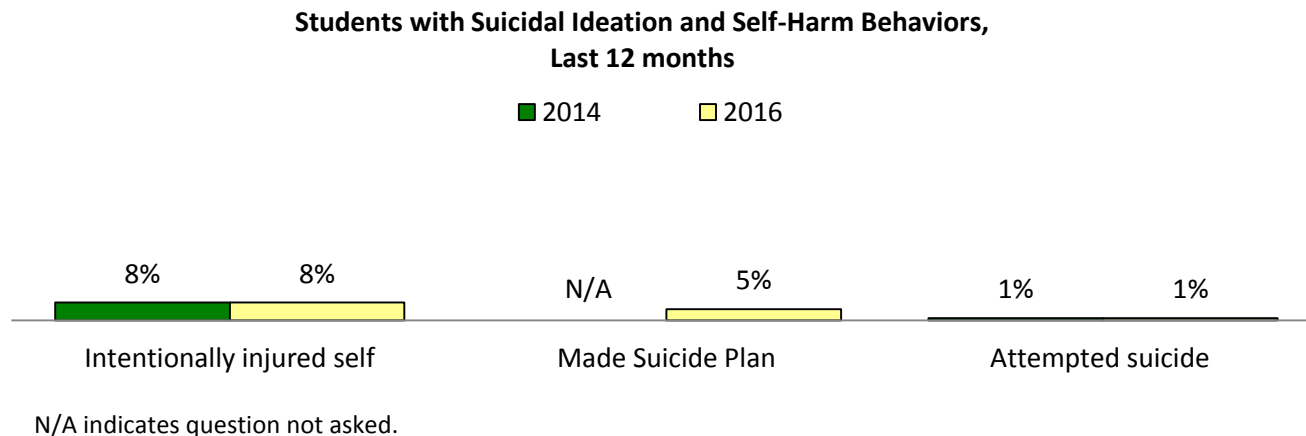
Five percent of less were diagnosed or received treatment for all other mental health or addiction disorders during the previous year. These include: eating disorders (5%), obsessive compulsive disorder (4%), substance abuse (2%), bipolar disorder (2%), and other mental health substance abuse conditions (3%).



Mental Health & Wellbeing: Suicide

In 2016, eight percent of Vermont college students said they had purposefully hurt themselves in the last 12 months, without wanting to die. Fewer, six percent said they made a suicide plan in the last year and one percent reported making a suicide attempt.

Most students, more than eight in ten (85%) students did not report any self-harm or suicidal behaviors.

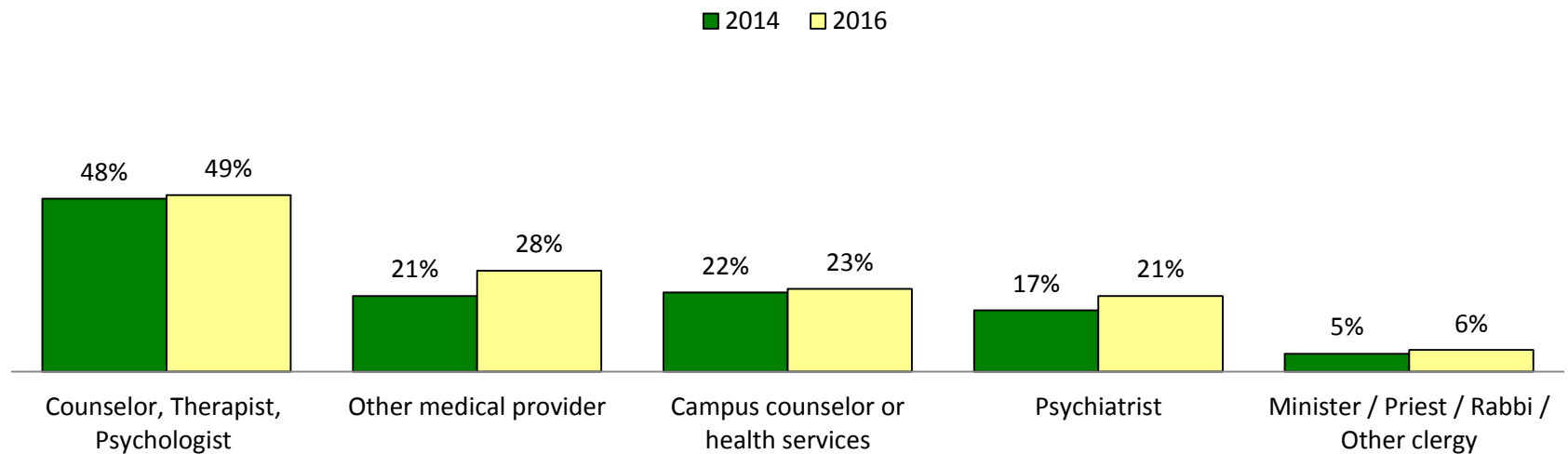


Mental Health & Wellbeing: Treatment

Half of Vermont college students have ever received some type of psychological or mental health services from a counselor, therapist, or psychologist.

About half that, a quarter, have received services from another medical provider (28%) or a campus counselor or health services (23%). Two in ten have received counseling from a psychiatrist, while very few (6%) reported seeing some type of clergyman for counseling.

Students Who Ever Received Psychological or Mental Health Services From:



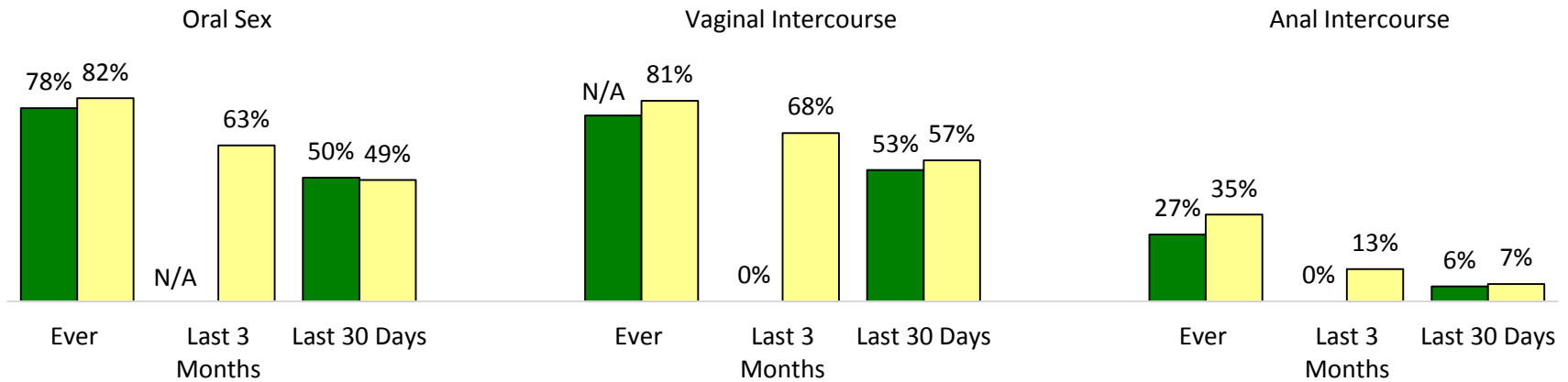
Sexual Health: Sexual Activity

Eight in ten Vermont college students reported ever having oral sex (82%) and vaginal intercourse (81%). When looking at sexual activity in the last three months, the proportion is reduced to about two-thirds, for both oral sex (63%) and vaginal intercourse (68%). Half of students reported oral sex in the last month (49%), while nearly six in ten said they'd had vaginal intercourse during that time (57%)

Ever having anal sex was report by a third of Vermont college students (35%). Thirteen percent reported anal sex in the last three months and seven percent in the last month.

Sexual Activity by Type

■ 2014 ■ 2016

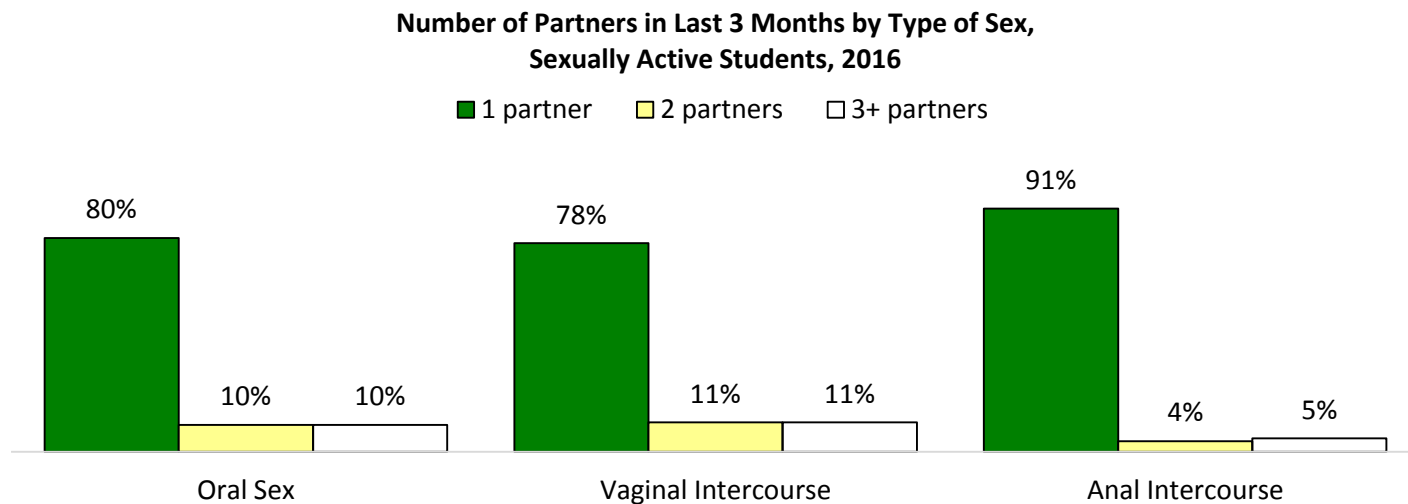


N/A indicates question not asked.

Sexual Health: Sexual Activity

Of students having sex in the last three months, regardless of the type of sex, most reported having only one partner during that time. Eight in ten students reported oral sex and vaginal intercourse with one partner, while nine in ten had anal sex with only one partner.

One in ten students reported three or more oral sex and vaginal sex partners, while one in twenty had anal sex with three or more partners during the last three months.



Sexual Health: Use of Barrier Protection

Among students who reported sexual activity during the previous three months, use of condoms or other protective barriers varied by the type of sex.

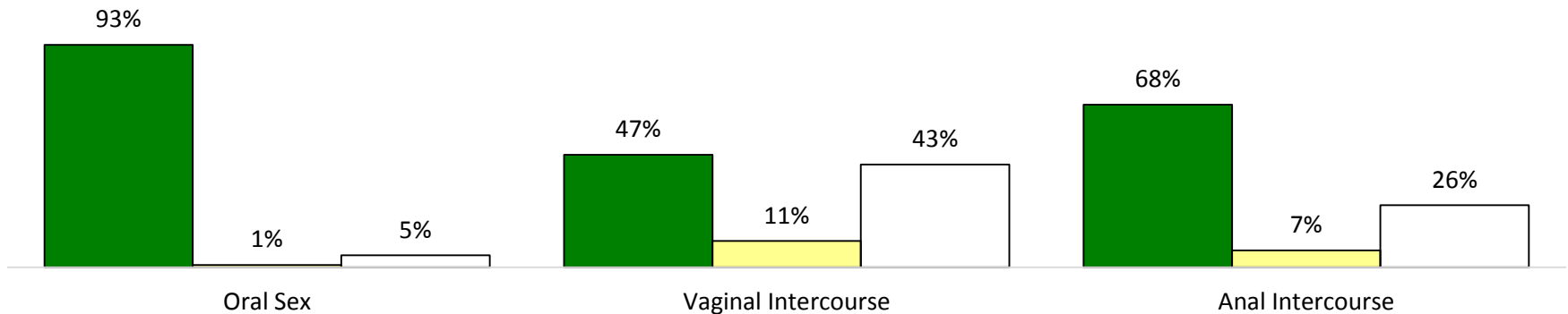
Very few students who engaged in oral sex during the last three months used protection. Six percent said they used condoms or other protection at least sometimes when having oral sex.

About half of students used a protective barrier for vaginal intercourse during the previous three months. One in ten said they used protection sometimes, while four in ten used it most of the time or always.

A third of students who had anal intercourse in the last three months used a condom or other protective barrier at least sometimes. Seven percent used protection sometimes when having anal intercourse, while a quarter used it most of the time or always.

**Condom or Other Protective Barrier Use by Type of Sex,
Sexually Active Students, 2016**

■ Never/Rarely ■ Sometimes □ Most of time/Always

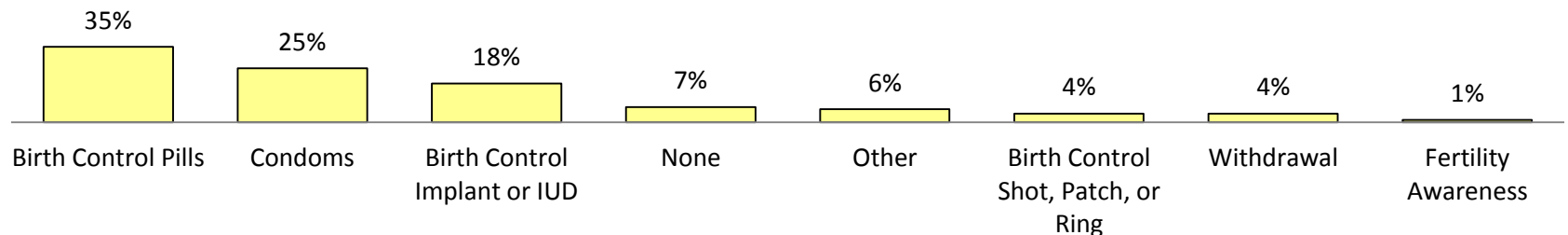


Sexual Health: Birth Control

Of sexually active college students, more than half (57%) used moderately or highly effective birth control methods such as birth control pills, a shot, patch, ring, implant, or intra-uterine device (IUD). A third of sexually active students identified their birth control method as birth control pills. A quarter said their method of birth control was condoms, while two in ten used an implant or IUD the last time they had sex. Less than one in ten sexually active students said they did not use any birth control (7%), used some other type of birth control (6%), a shot (4%), withdrawal (4%), or fertility awareness (1%).

Very few (3%) sexually active students reported either being pregnant themselves or that a partner was pregnant in the last year.

**Birth Control Methods Used During Last Vaginal Intercourse,
Sexually Active Students
2016**

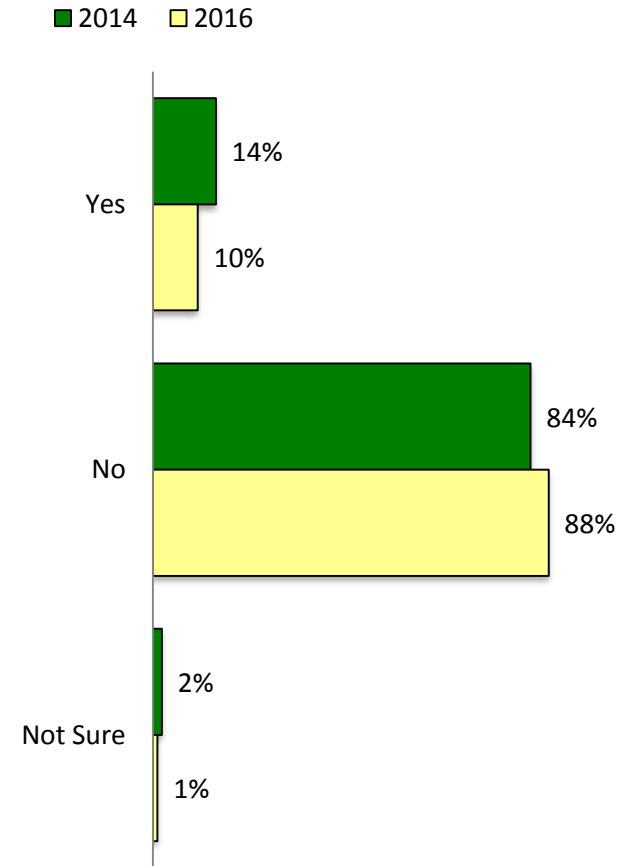


Sexual Health: Birth Control

Nine in ten students who had sex in the last month said they have not used emergency contraception in the last year. One in ten said they, or their partner, have used emergency contraception.

Results remain the same if the time frame for sexual activity is changed from in the last 30 days to the last three months.

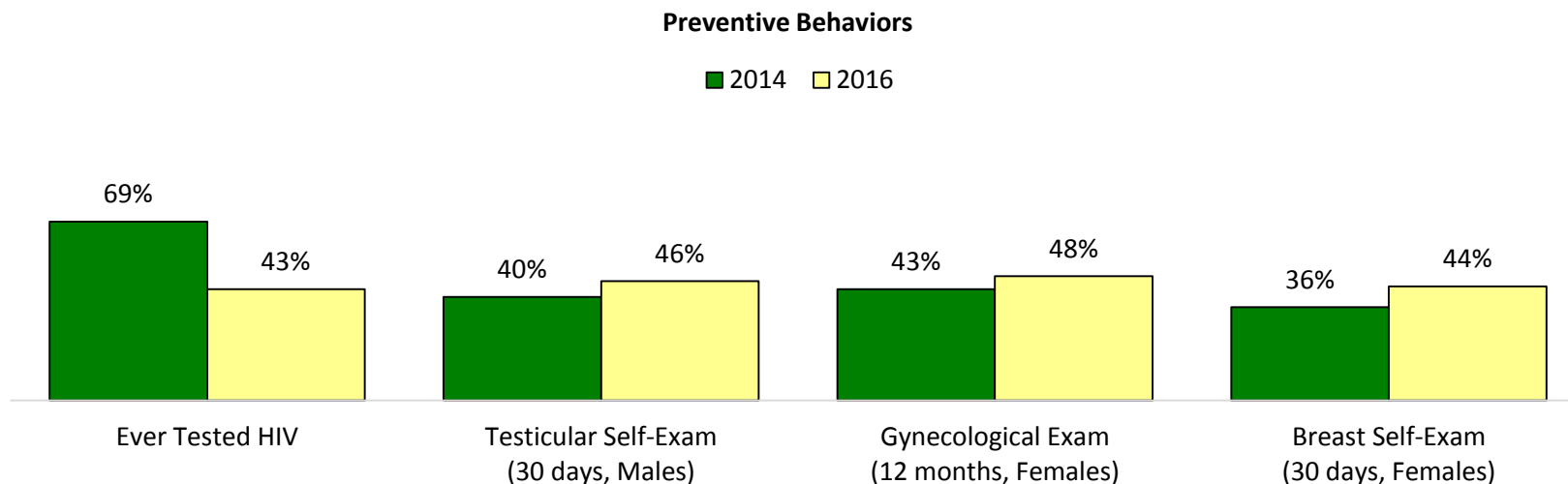
**Use of Emergency Contraception in Last 12 Months,
Students Who Had Sex in Last 30 Days**



Preventive Health Measures

In 2016, about four in ten (43%) Vermont college students said they had ever been tested for HIV. Half of females and a third of males have ever received HIV testing.

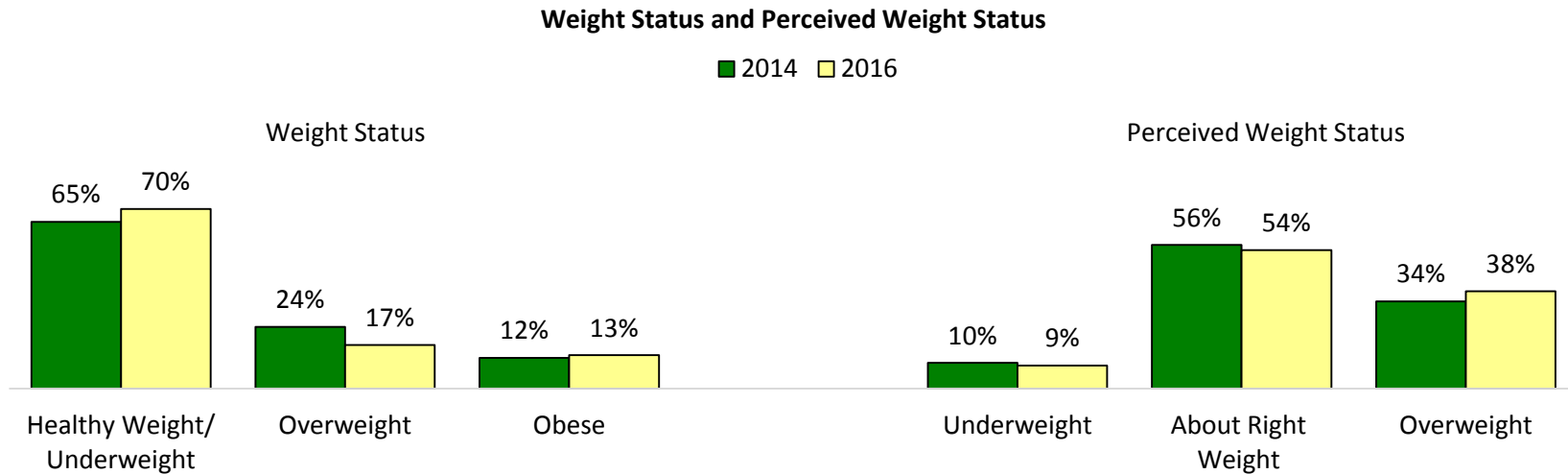
About half of male students (47%) have performed a testicular self exam in the last thirty days. Similarly, 48% of female students have had a gynecological exam in the last year and 44% have performed a breast self-exam in the last month.



Weight Status: Overweight & Obese

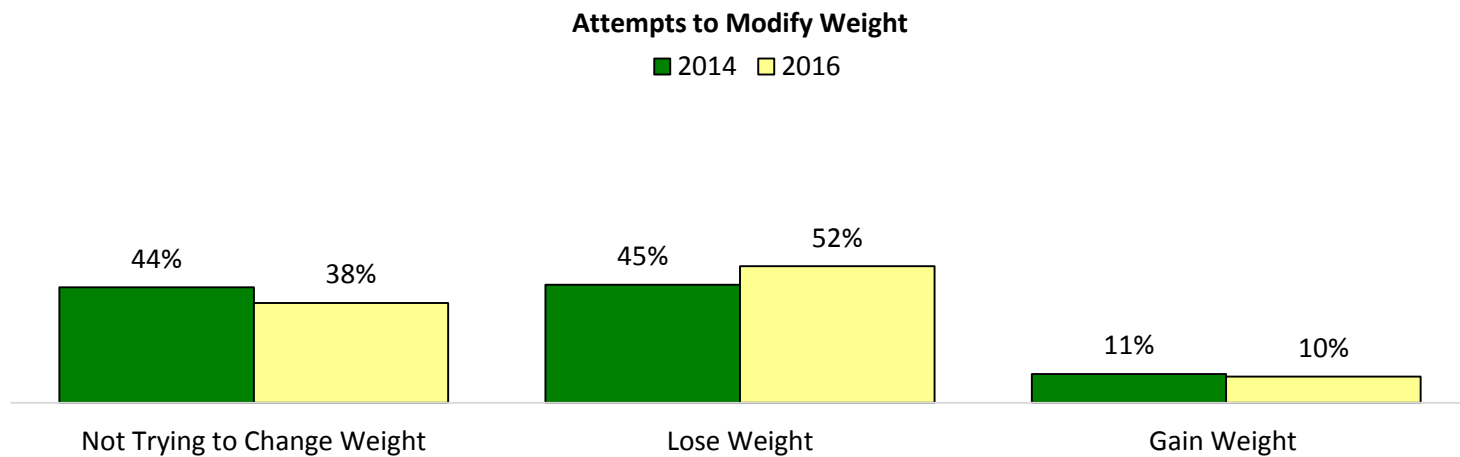
Three in ten Vermont college students are overweight (17%) or obese (14%). This is slightly lower than the nearly four in ten (38%) whose perceived weight status is overweight, which includes obese.

- Weight status is determined based upon body mass index or BMI. BMI is calculated using student's reported height and weight.



Weight Status: Trying to Change Weight

Despite only three in ten Vermont college students being overweight or obese, half said they are trying to lose weight. One in ten students said they would like to gain weight and four in ten are not actively trying to change their weight.



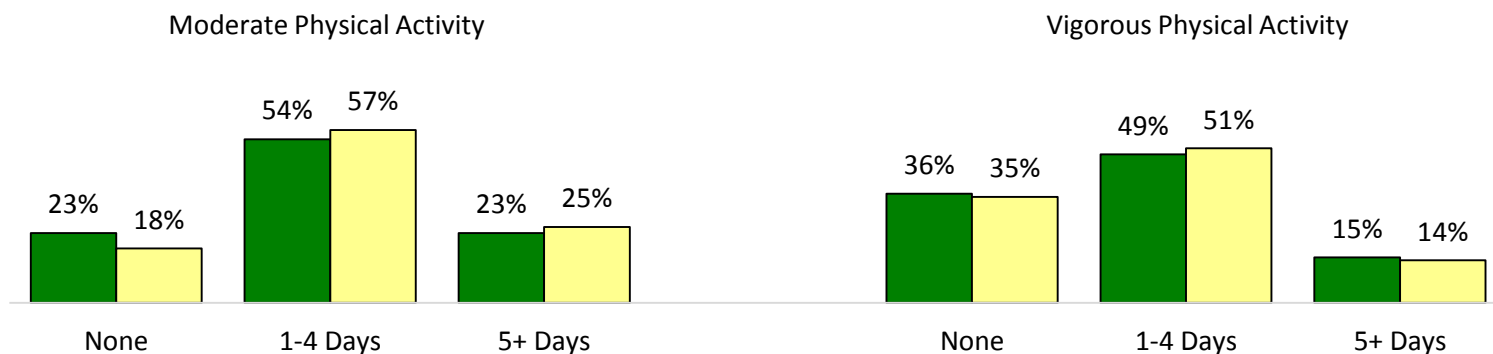
Physical Activity: Aerobic Activity

Most Vermont college students participate in physical activity. Eight in ten students, in 2016, said they participated in moderate activity at least once during the last week. A quarter did moderate-intensity physical activity five or more days in the last week. Vigorous physical activity was reported by two-thirds of students at least once during the last seven days and 13% on five or more days.

- Moderate-intensity physical activities cause a noticeable increase in heart rate. While participating in moderate physical activity you can talk, but not sing during the activity. Examples include: walking briskly, water aerobics, bicycling slower than 10 miles per hour, or ballroom dancing.
- Vigorous-intensity physical activities also cause a noticeable increase in heart rate, but while participating you cannot say more than a few words without pausing for a breath. Examples include: race walking, jogging, or running, swimming laps, singles tennis, aerobic dancing, hiking uphill or with a heavy backpack.

Moderate and Vigorous Physical Activity In Last Week

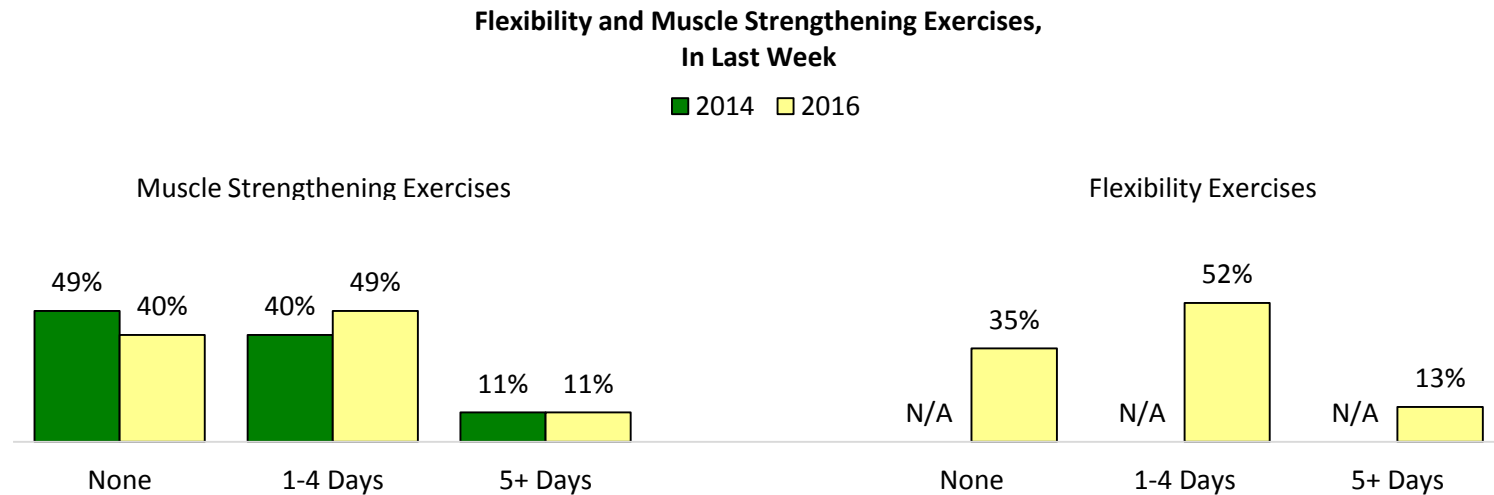
■ 2014 ■ 2016



Physical Activity: Flexibility and Muscle Strengthening

About six in ten of Vermont college students did muscle strengthening or flexibility exercises during the last week. Half of students said they did muscle strengthening activities on one to four days in the last week and one in ten did them at least five days out of the last seven. Half of students did flexibility activities on one to four days and 13% did them on five or more days in the last week.

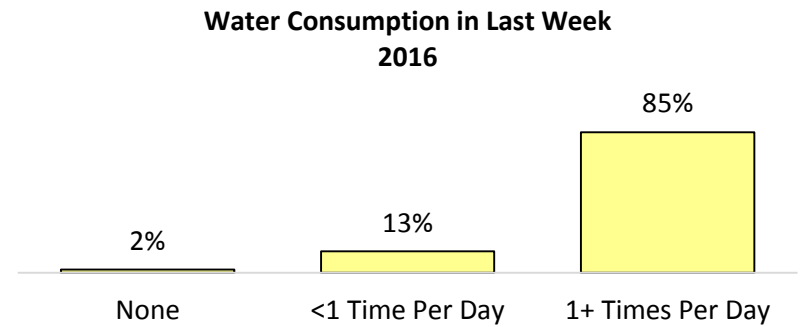
- Muscle-strengthening activities include exercises that overload the muscles, making them do more work than they are accustomed to doing. Such exercises work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Examples include strength training, weight training, and resistance training with bands or one's own body weight.
- Flexibility exercises enhance the ability of a joint to move through its full range of motion. Flexibility is specific to each joint. Examples include yoga, using a roller, and stretching.



N/A indicates question not asked.

Nutrition: Water Consumption

Vermont college students regularly consume water. More than eight in ten students said they had water at least once per day in the last week.

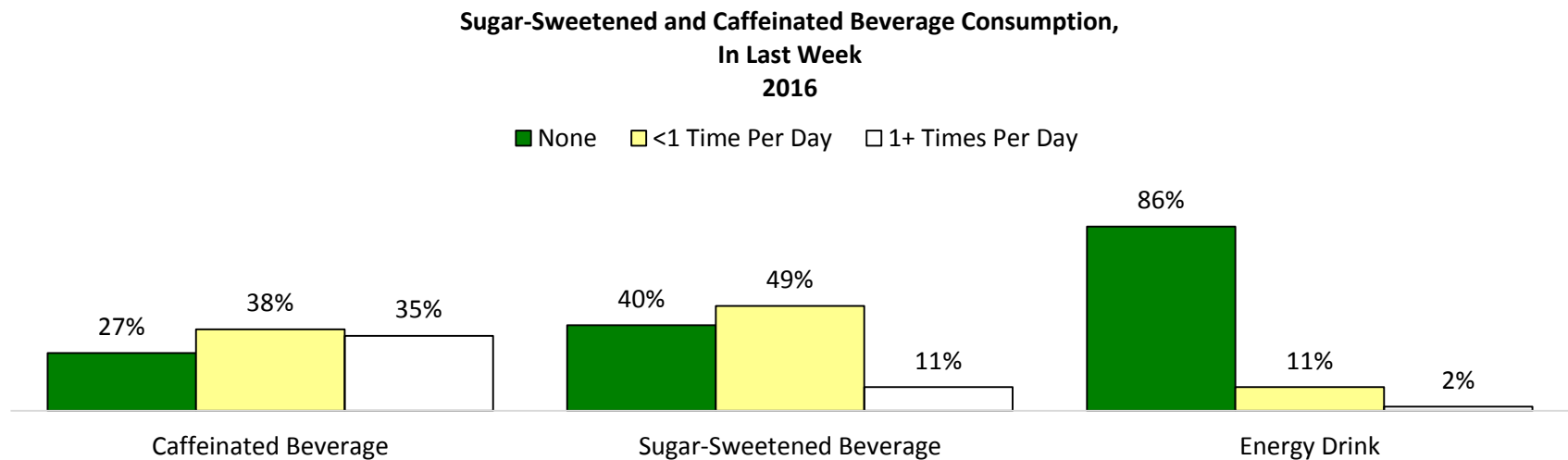


Nutrition: Other Beverage Consumption

In 2016, about three-quarters of students said they had any caffeinated beverages in the last week. A third had at least one caffeinated beverage every day in the last week.

Six in ten students had at least one sugar-sweetened beverage and one in ten had sugar-sweetened beverages every day in the last week.

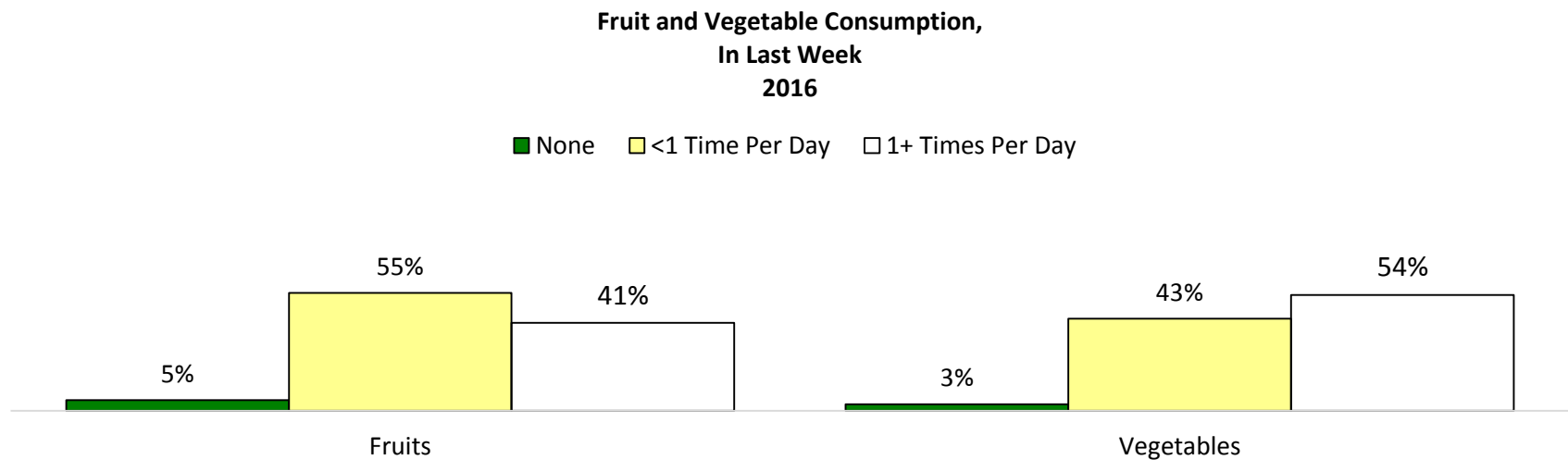
Energy drinks were consumed by 12% of students in the last week. Few, two percent, had an energy drinks every day in the last week.



Nutrition: Fruit and Vegetable Consumption

Nearly all Vermont college students reported eating fruits and vegetables in the last week. Ninety-five percent said they ate fruits and 97% ate vegetables.

Daily consumption of fruits and vegetables was lower. Four in ten students said they ate fruit at least one time per day, while 54% ate vegetables at least once daily.



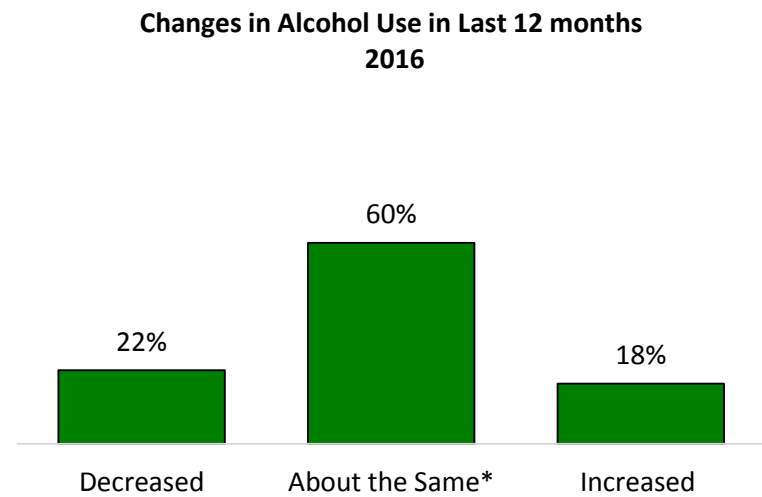
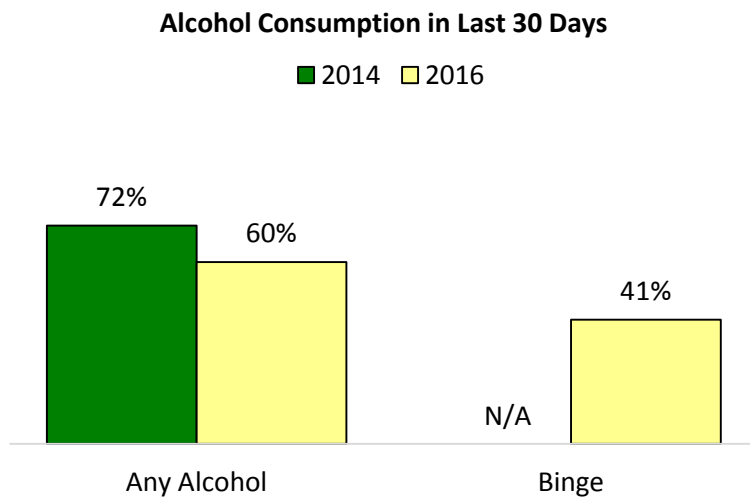
Substance Use: Alcohol

Most Vermont college students have consumed alcohol. About eight in ten (84%) said they have ever had alcohol and three-quarters (77%) drank alcohol in the last year. Six in ten students reported consuming alcohol in the last month.

In 2016, four in ten Vermont college students said they binge drank in the last month.

- Binge drinking is defined as five or more drinks in one sitting for males and four or more for females.

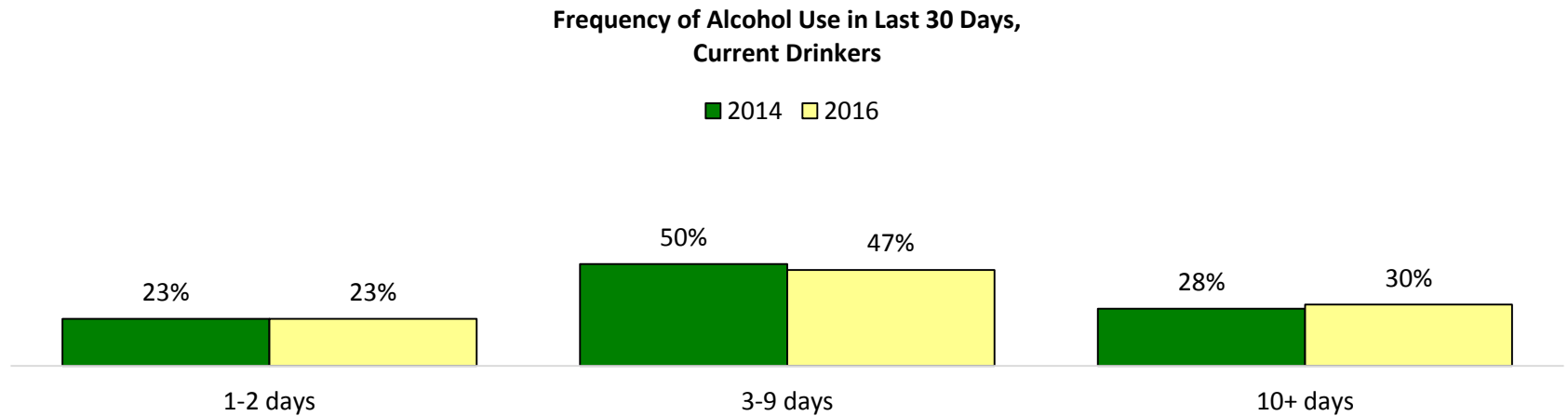
During the last 12 months, most (60%) students said their consumption of alcohol has not changed. About two in ten said their use had decreased (22%) or increased (18%).



*About the same also includes those who have never used alcohol.

Substance Use: Alcohol

Of students who used alcohol in the last month, a quarter (23%) said they rarely drank (1 or 2 days). About half (47%) drank occasionally, on three to nine days, and three in ten drank on at least 10 days in the last month.



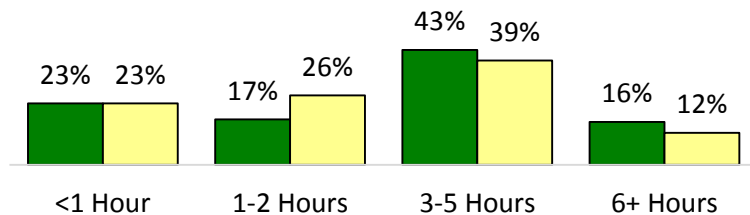
Substance Use: Alcohol

When partying in the last year, nearly three-quarters (72%) of college students spent three or more hours drinking, on average. About two in ten (18%) drank for an average of six or more hours.

Similarly, the last time they partied, three-quarters of students had at least three drinks. Four in ten (42%) had three to five drinks, while a quarter had six or more drinks.

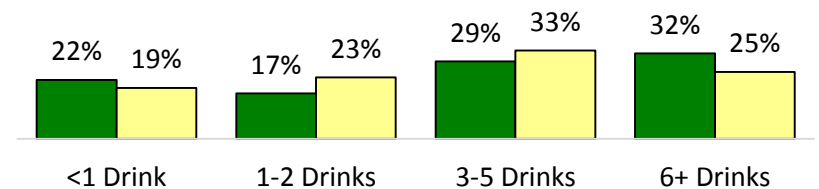
**Average Time Spent Drinking,
When Partied Last 12 Months**

■ 2014 ■ 2016



**Number of Drinks Consumed,
Last Time Partied**

■ 2014 ■ 2016



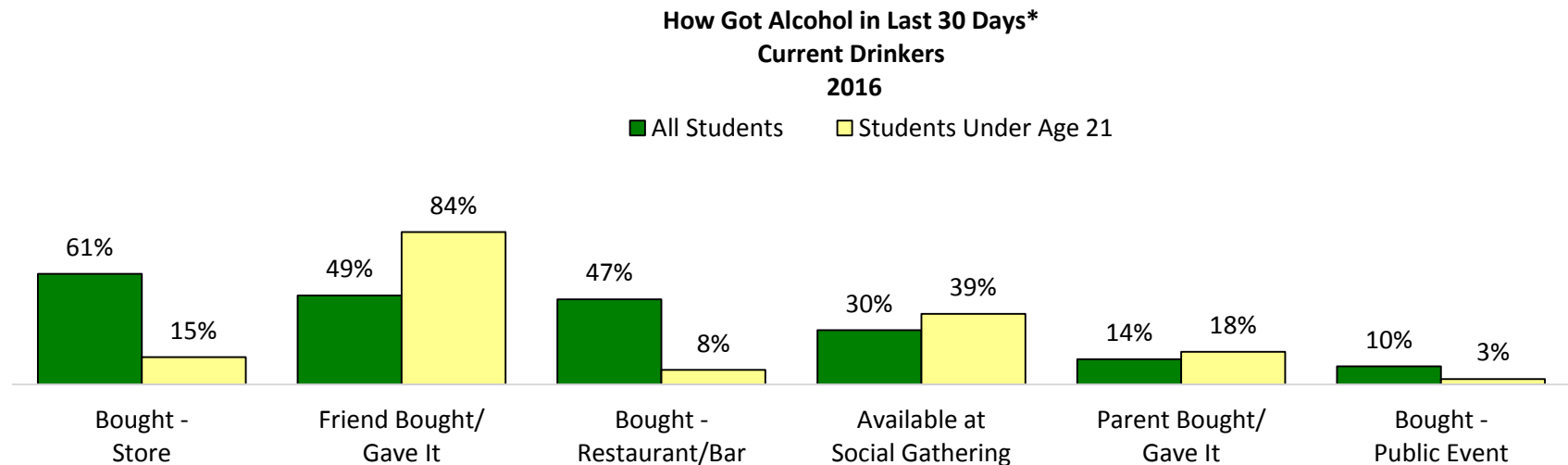
Substance Use: Alcohol

Among students who drank in the last month, the most commonly reported ways students accessed alcohol were: buying it in a store (60%), a friend or someone else they know buying it or giving it to them (49%), buying it in a restaurant or bar (47%), it was available at a social gathering (30%), their parents buying or giving it to them (14%), and they bought it at a public event (10%).

All other avenues for accessing alcohol were reported by less than ten percent of students. These include: buying it in Canada (4%), taking it from their parents or someone else they know (2%), someone they don't know buying or giving it to them (4%), and some other way (3%).

- Please note, the responses are not mutually exclusive. Students were able to select more than one method for getting alcohol and, as a result, percentages will sum to more than 100%.

Among students under age 21 who drank in the last month, nearly all reported getting alcohol from a friend who either bought it for or gave it them.



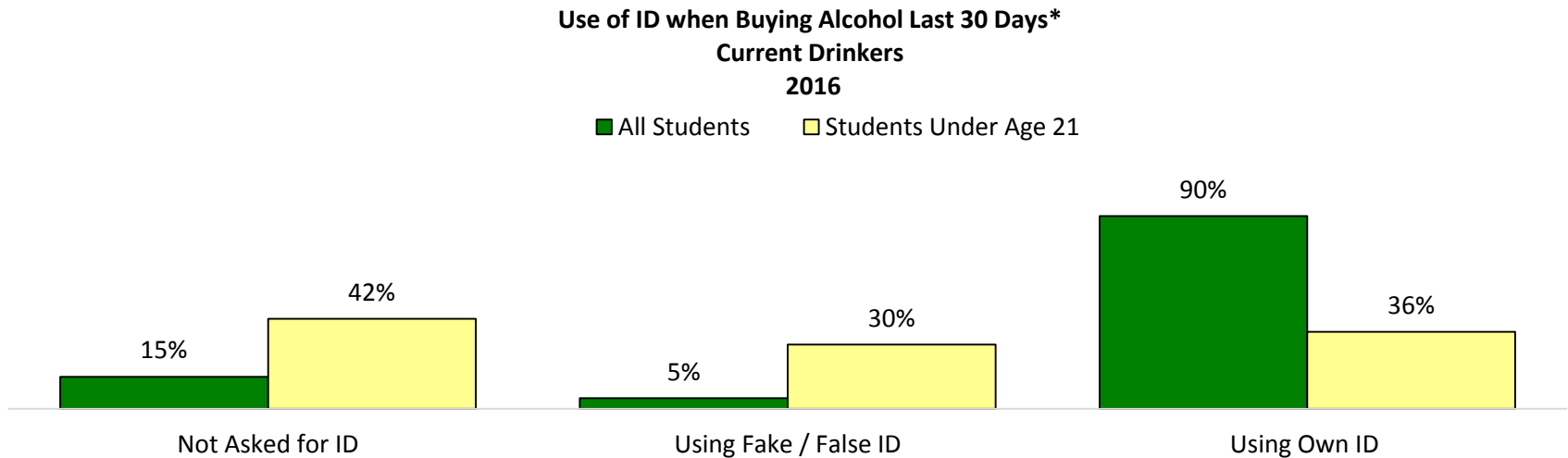
*Categories not mutually exclusive; percentages will sum to more than 100%.

Substance Use: Alcohol

Among college students who drank in the last month, nearly all said they made an alcohol purchase using their own ID during that time. Fifteen percent purchased alcohol without an ID and five percent used a fake ID.

- Please note, the responses are not mutually exclusive. Students were able to select more than one method for getting alcohol and, as a result, percentages will sum to more than 100%.

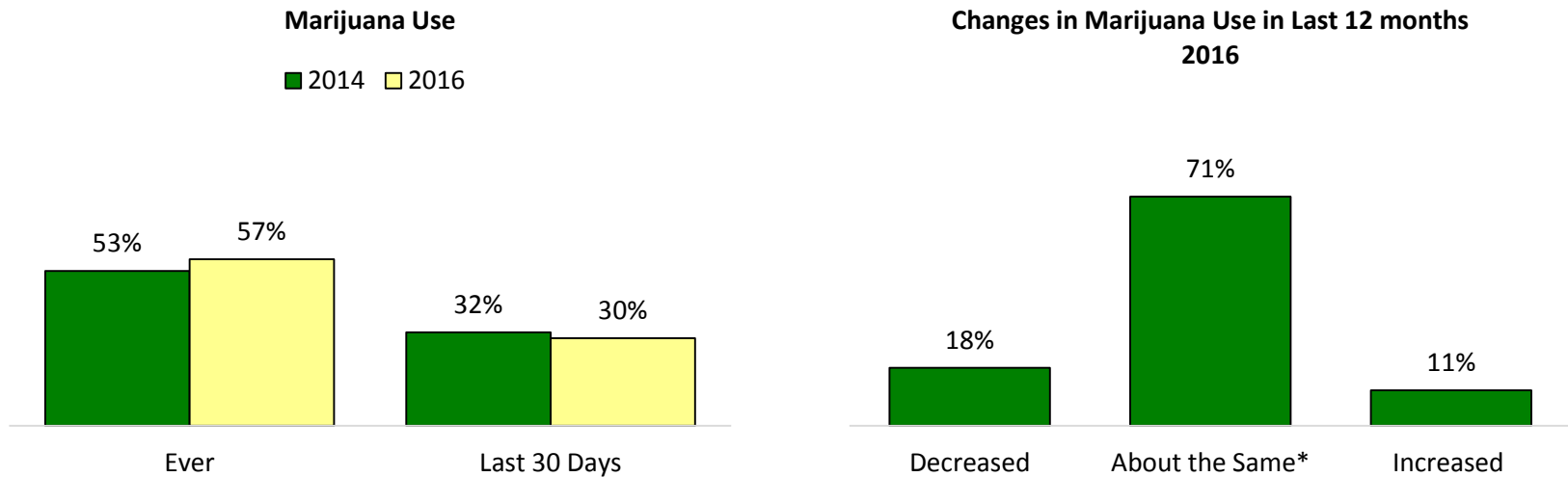
Among current alcohol drinkers under the age of 21, a third were able to buy alcohol in the last month with their own ID (35%) or a fake ID (32%). Four in ten (43%) were not asked for ID at least once when buying alcohol in the last 30 days.



*Categories not mutually exclusive.

Substance Use: Marijuana

Two-thirds of Vermont college students have ever tried marijuana. Three in ten used it in the last 30 days. As compared with a year ago, most students, seven in ten, said their use of marijuana is about the same. Nearly two in ten (18%) said their use has decreased, while one in ten use marijuana more than they did a year ago.



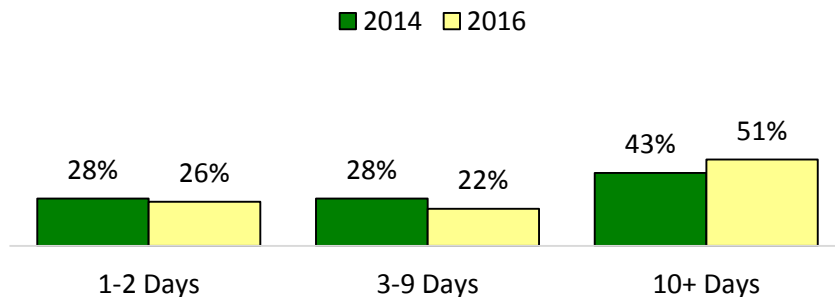
*About the same also includes those who have never used marijuana.

Substance Use: Marijuana

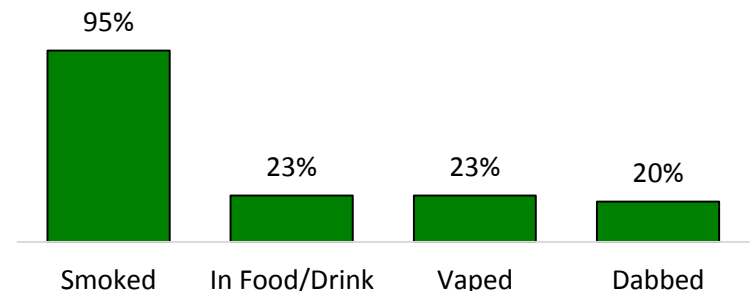
Of students who used marijuana in the last month, about a quarter (27%) said they rarely used it (1 or 2 days). Slightly fewer, 22%, used marijuana occasionally, on three to nine days. Half of current marijuana users said they used it on 10 or more days in the last month.

Smoking it is the most common method for consuming marijuana, with nearly all (95%) current users reporting having used it in this way during the last month. About a quarter reported consuming marijuana via food or drink and vaping it (23% each). Two in ten current users dabbled marijuana in the last month. Please note, students were allowed to select more than one method of use and, as a result, percentages do not total 100%.

Frequency of Marijuana Use in Last 30 Days, Current Users



How Used Marijuana Last 30 Days Current Users 2016



Substance Use: Tobacco

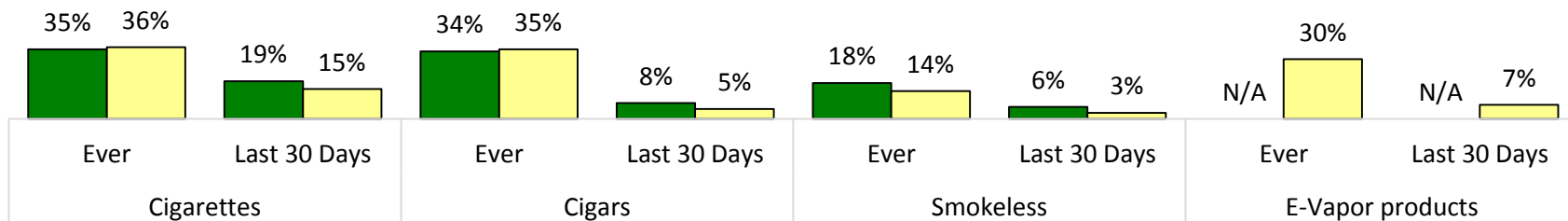
Cigarettes remain the most often used tobacco product among Vermont college students. More than a third (36%) of students have ever used cigarettes and 15% used them in the last 30 days. Slightly fewer, 35% of students reported ever using cigars, however, very few (5%) used cigars in the last month.

Ever using smokeless tobacco was reported by one in seven Vermont college students (14%). Three percent used smokeless tobacco in the last month.

E-vapor products were asked about for the first time as part of the 2016 College Health Survey. Three in ten students said they have ever used e-vapor products, and seven percent have used them in the last month.

Use of Tobacco Products

■ 2014 ■ 2016



N/A indicates question not asked.

Substance Use: Tobacco

Among students smoking cigarettes in the last month, nearly two-thirds used them on at least 10 days. About two-in ten smoked cigarettes rarely (1-2 days) and 16% used them occasionally (3-9 days) in the last month.

Most (seven in ten) cigar smokers used them rarely in the last month. One in ten used them on at least 10 days during this time frame.

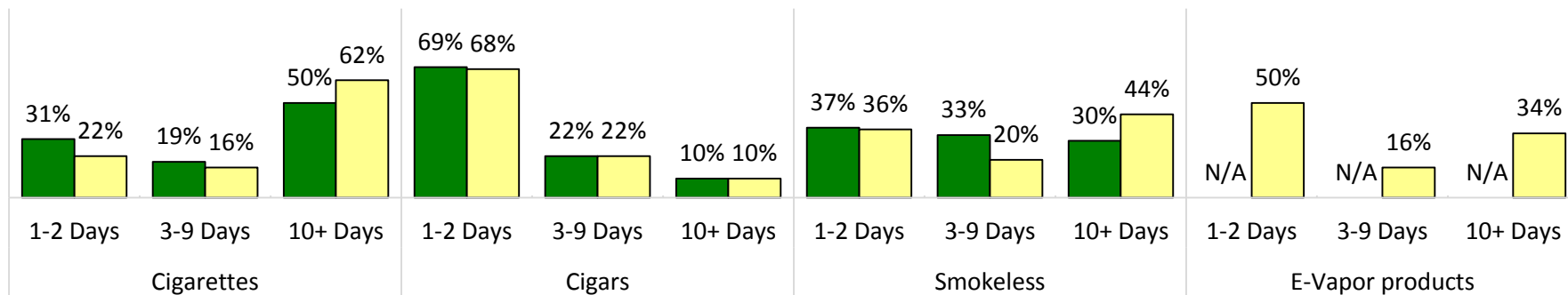
About a third (36%) of current smokeless tobacco users used it rarely, while two in ten used it occasionally in the last month. More than four in ten smokeless tobacco users used it on at least 10 days during the last month.

Half of e-vapor users used these products rarely during the last month. Seventeen percent of current e-vapor product users used them on three to nine days, and a third used e-vapor products on at least 10 days during the last month.

Frequency of Tobacco Product Use in Last 30 Days

Current Users

■ 2014 ■ 2016



N/A indicates question not asked.

Substance Use: Prescription & Over-the-Counter Drugs

Relatively few students have used prescription medications other than as indicated, either ever or in the last 30 days. In 2016, less than two in ten said they had ever misused prescription stimulants (16%), prescription painkillers (15%), and prescription antidepressants (11%). One in ten had misused prescription sedatives. Misuse of all types of prescription drugs in the last 30 days was reported by five percent or fewer students.

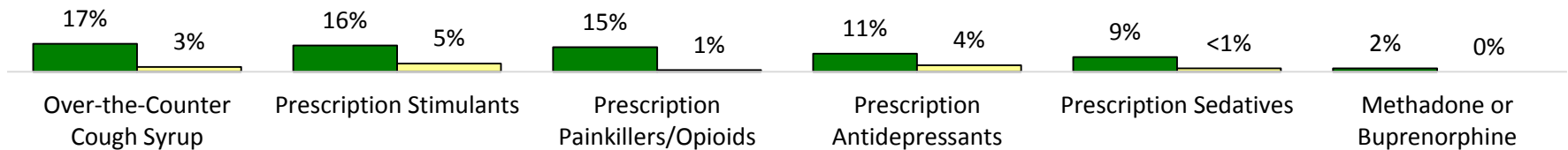
Ever misusing methadone was reported by two percent of students.

Ever using over-the-counter cough syrup in ways other than as indicated was reported by nearly two in ten (17%) of college students. Three percent misused over-the-counter cough syrup in the last month.

Use of Prescription and Over-the-Counter Drugs

2016

■ Ever ■ Last 30 Days



Substance Use: Other Illegal Drugs

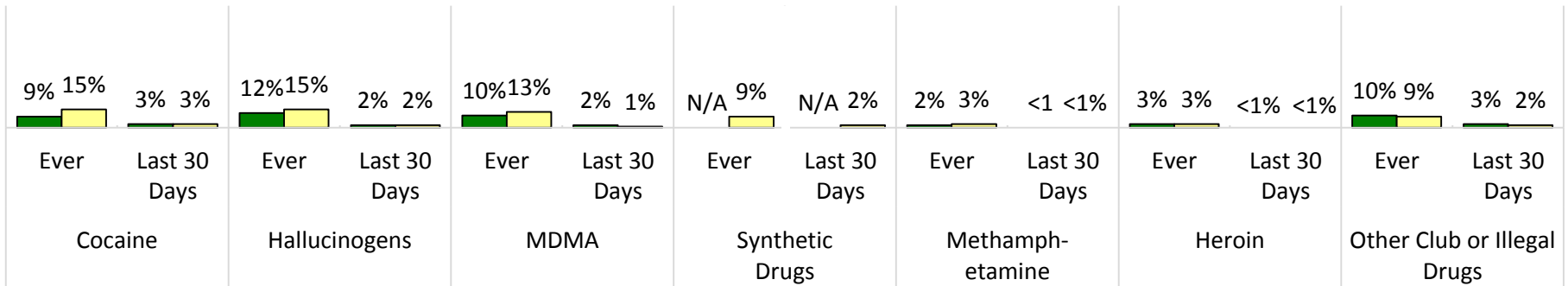
In 2016, more than one in ten Vermont college students said they had ever used cocaine (16%), hallucinogens (15%), and MDMA (13%).

- Few students reported using these drugs in the last month. One in twenty used cocaine, two percent used hallucinogens, and one percent used MDMA during this timeframe.

Less than one in ten have ever used synthetic drugs (9%), methamphetamines (3%), heroin (3%), and other club or illegal drugs (9%). These drugs were rarely used by students in the last 30 days. Use of synthetic drugs and other club or illegal drugs were reported by two percent of students, while methamphetamines and heroin were reported by less than one percent of students.

Use of Other Illegal Drugs

■ 2014 ■ 2016



N/A indicates question not asked.

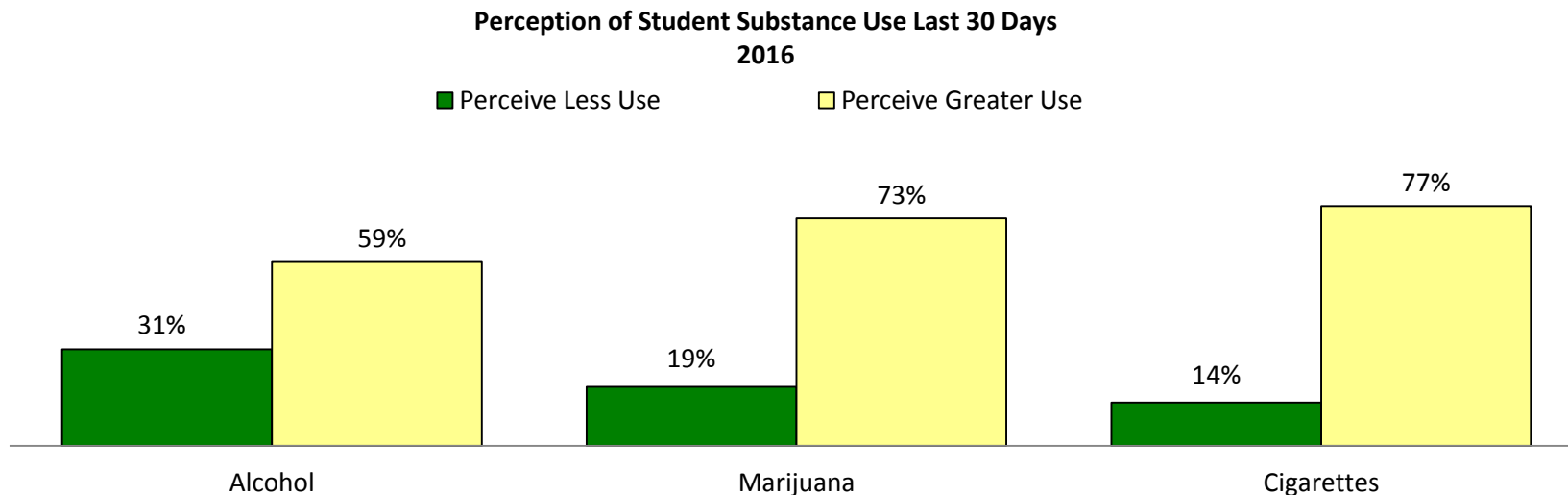
Perceptions of Substance Use: Alcohol, Marijuana, & Cigarettes

Student perception of the use of alcohol, marijuana, and cigarettes differs from reported actual use. Only about one in ten students reported a similar perception of substance use, as compared with actual use.

Six in ten students think that use of alcohol in the last month by students at their school is higher than the actual use, which was 60%. In other words, six in ten students think that more than 60% of students at their school used alcohol in the last month. Three in ten, perceive alcohol use as less than actual use.

Differences between perceived use and actual use are even greater for smoking, both marijuana and cigarettes. Three-quarters of students think that use of marijuana in the last month by students at their school is higher than actual use, which is 30%. Two in ten perceive use of marijuana as lower than the actual use. Similar proportions of students have a misperception of cigarette smoking by students at their school, as compared with marijuana. Three quarters of students think more than 15% (actual reported use) of students at their school smoked cigarettes in the last month, while 14% think less than 15% smoked cigarettes.

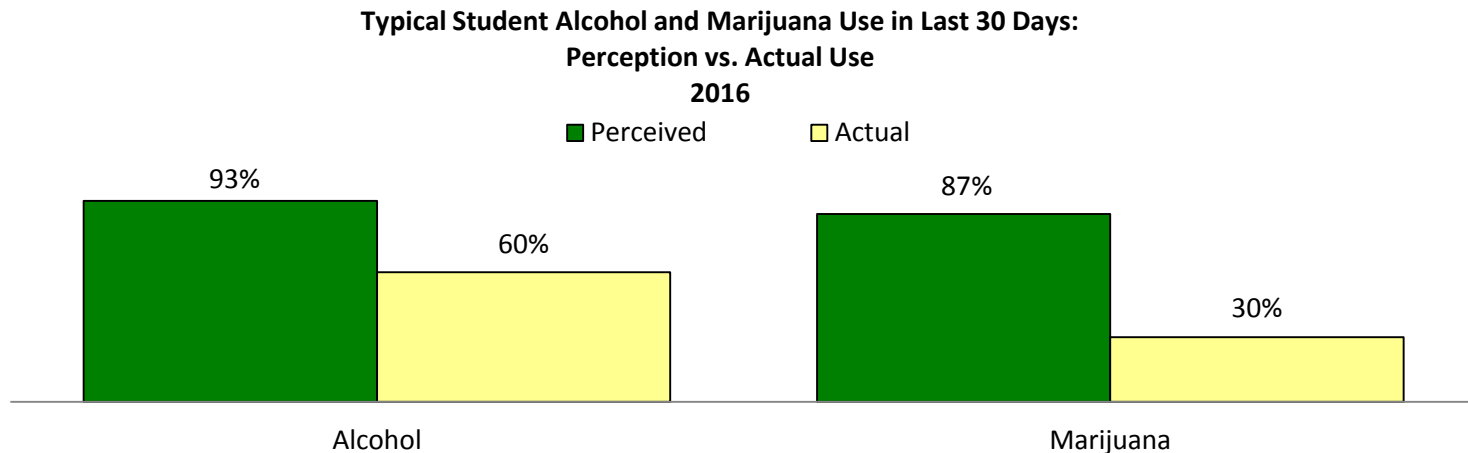
Please note, perception of use, both greater and less, was defined as perceived use of more than five percentage points different than reported actual use.



Perceptions of Substance Use: Alcohol and Marijuana

Actual student alcohol use in the last 30 days, is markedly lower than perceived use. In 2016, six in ten students said they had used alcohol in the last month, compared with 93% thinking that the “typical” student drank.

As with alcohol use, actual marijuana use is much lower than perceived use. Three in ten students said they had used marijuana in the last month, whereas nearly nine in ten said the “typical” student used it during the same time frame.

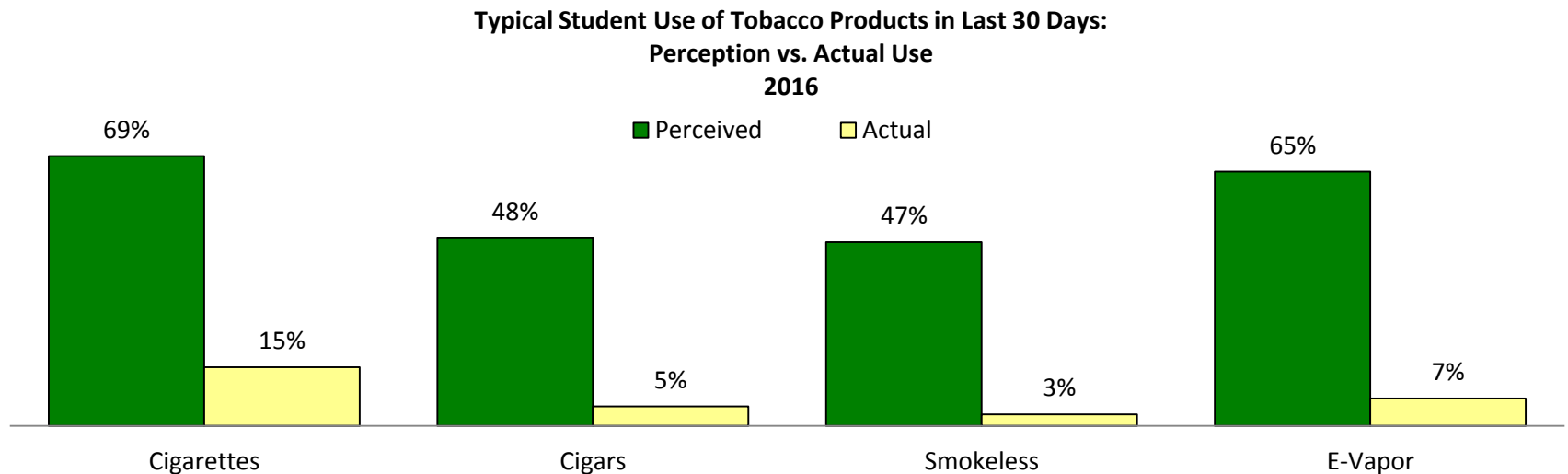


Perceptions of Substance Use: Tobacco

Perceived use of all tobacco products was much higher than actual reported use by students. In 2016, fifteen percent of students said they used cigarettes in the last month. Perceived use by “typical” students is more than four times this value, at nearly seven in ten (69%).

One in twenty students said they used cigars in the last month and three percent used smokeless tobacco, whereas about half of students think the typical student used these substances in the last month.

Seven percent of students used e-vapor products in the last month, compared with two-thirds perceiving that the “typical” students used them during this timeframe.

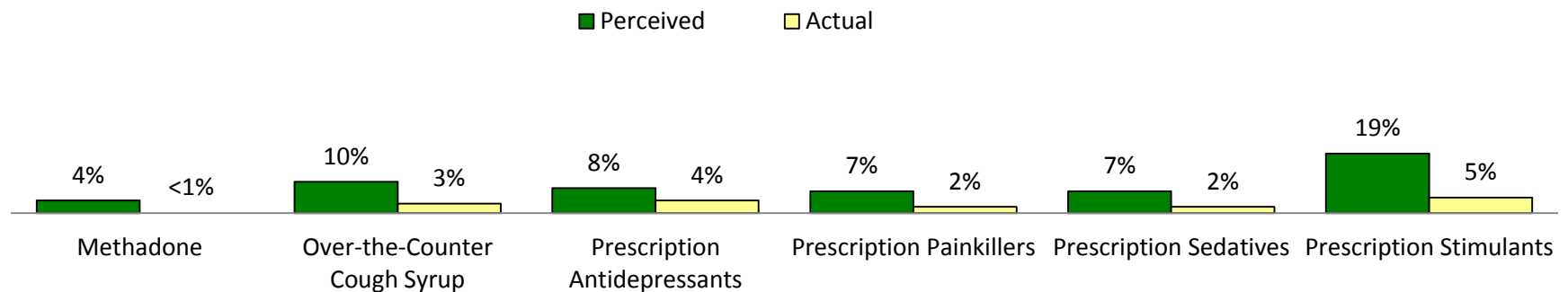


Perceptions of Substance Use: Prescription & Over-the-Counter Drugs

Methadone and over-the-counter medications were used less than perceived by other students to be used by “typical” students in the last month. Less than one percent used methadone, while students think about one in twenty used it during the last month. Three percent used over-the-counter cough syrup to get high. One in ten perceived that their fellow students used it for this purpose.

Likewise, actual misuse of prescription medications is less than perceived use. One in twenty students used prescription stimulants, while four times as many (19%) think prescription stimulants were misused. Four percent of students used prescription antidepressants in the last month, while eight percent perceived these medications were used by “typical students”. Lastly, prescription painkillers and sedatives were used by two percent of students, but thought to be used by seven percent of students.

**Typical Student Use of Prescription and Over-the-Counter Drug Use in Last 30 Days:
Perception vs. Actual Use
2016**



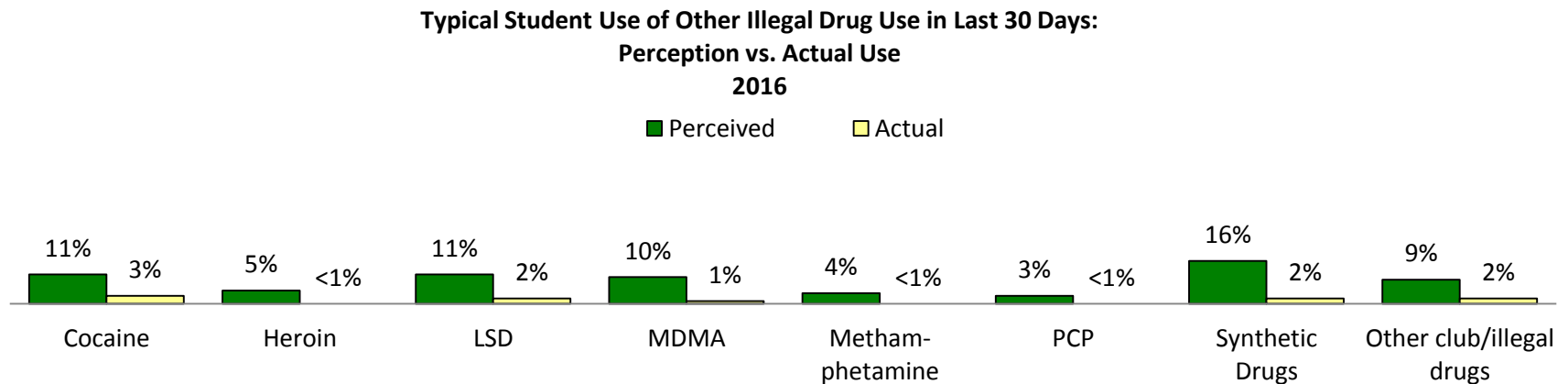
Perceptions of Substance Use: Other Illegal Drugs

Differences in actual and perceived use of illegal drugs are similar to those seen for prescription medications. Three percent of students reported using cocaine in the last month. Perceived use by “typical” students was more than three times higher at 10%.

Actual use of heroin, methamphetamines, and PCP was less than one percent. Perceived use by students was five percent for heroin, four percent for methamphetamine, and three percent for PCP.

Actual use of LSD was two percent and MDMA was one percent in the last month. However, students think use by “typical” students at their school use it much more, one in ten for each.

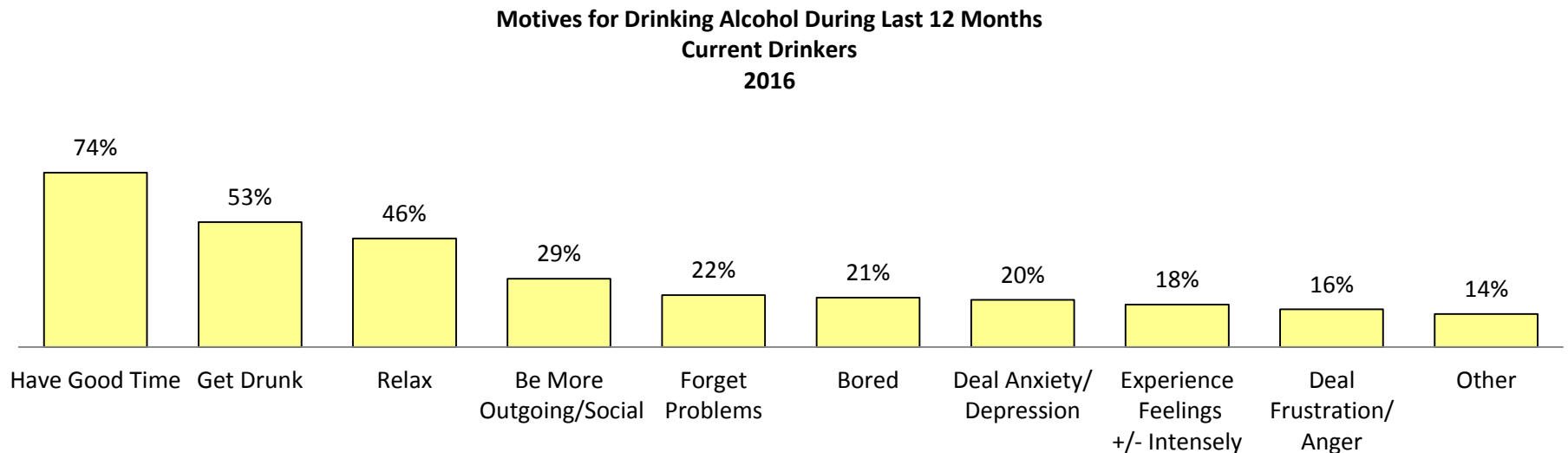
Synthetic and other illegal or club drugs were used by two percent of students. Students think that sixteen percent of “typical” students used synthetic drugs and nine percent use other illegal/club drugs.



Motives for Alcohol and Marijuana Use

In 2016, students were asked to report their motives for drinking. Three-quarters of students said they drank to have a good time. The next most commonly reported reasons for drinking, with about half of students reporting them, are to get drunk (53%) and relax (47%). Three in ten said they drank to be more outgoing or social, while about two in ten said their reasons for drinking in the last year included to forget their problems (22%), boredom (21%), to deal with anxiety/depression (20%), to experience feelings more or less intensely (18%), to deal with frustration or anger (16%), or some other reason (14%).

Less than one in ten students said their motive for drinking was to help them sleep (9%), friends expected them to (8%), to fit in (8%), curiosity or desire to experiment (5%), to get through the day (5%), and to increase or decrease the effects of other substances (3%).

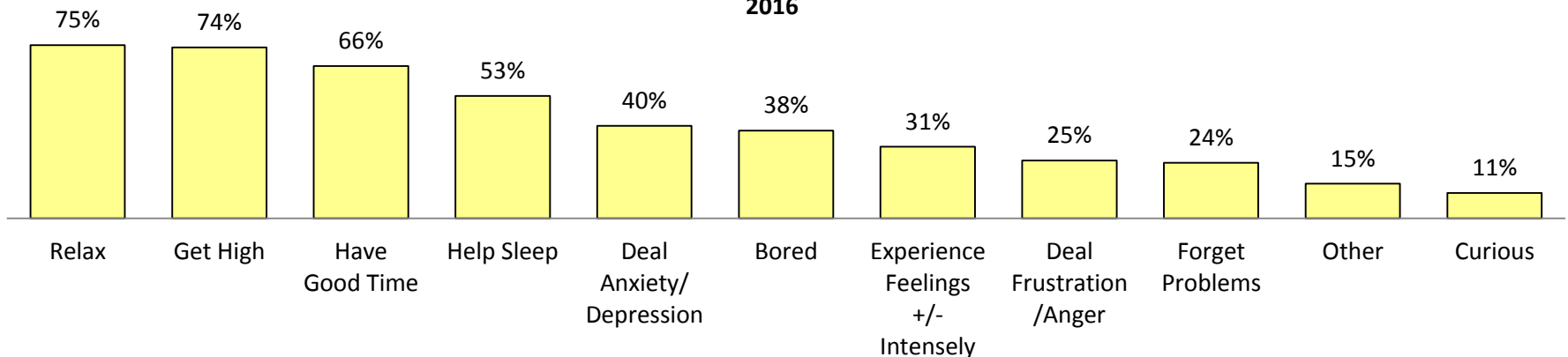


Motives for Alcohol and Marijuana Use

In 2016, three quarters of students who used marijuana in the last month used it to relax or to get high. Two-thirds reported use to have a good time. The next most commonly cited reasons for using marijuana was to help them sleep (53%) and to deal with anxiety or depression (40%). About a third used marijuana because they were bored (38%), while three in ten used it to alter their experience of feelings (30%). A quarter used it to deal with frustration or anger or to forget their problems. Fifteen percent of current marijuana users said they used marijuana for some other reason, and eleven percent used it because they were curious.

One in ten or fewer respondents said they used marijuana to be more outgoing or social (10%), to increase or decrease the effects of other substances (10%), to fit in (6%), or because their friends expected them to (5%).

Motives for Marijuana Users During Last 12 Months
Current Users
2016



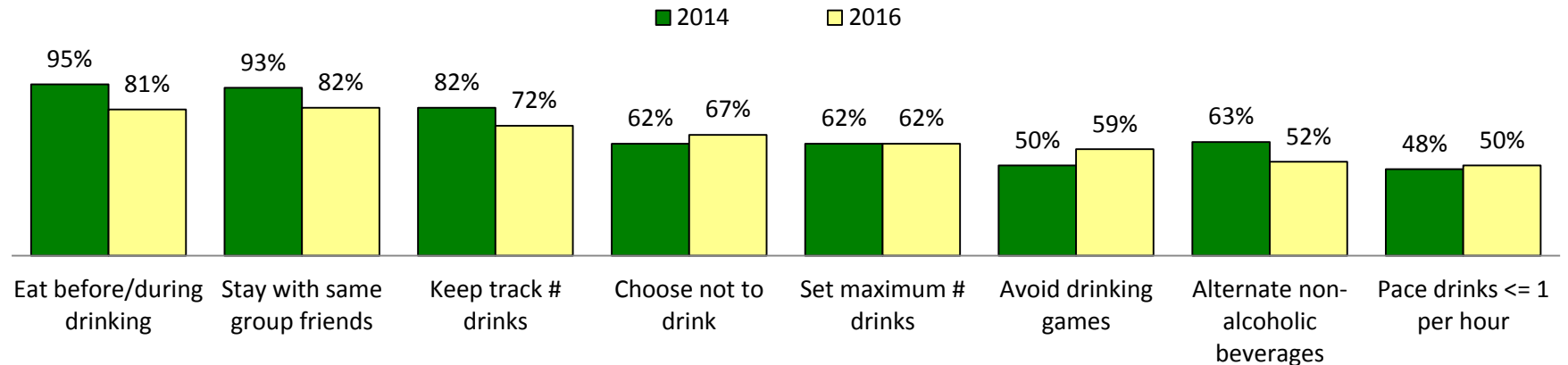
Other Behaviors When Partying or Socializing

Some behaviors are promoted as potential strategies to stay “safe” when partying or socializing. In the last year, about eight in ten student respondents said they stayed with the same group of friends (82%) and ate before or during drinking (81%) at least some of the time. Seven in ten kept track of the number of drinks they’ve had, while two-thirds chose not to drink while partying or socializing. Six in ten students set a maximum number of drinks they would consume (62%) and avoided drinking games (59%). About half said they alternated alcoholic and non-alcoholic beverages (52%) and paced the number of drinks consumed to one or fewer per hour (50%), at least some of the time while partying or socializing in the last year.

Please note, students were allowed to select more than one behavior and percentages will not add to 100.

More than three-quarters (78%) of students said they have used a designated driver when partying or socializing in the last 12 months. Fewer, six in ten have chosen not to drink so they can act as they designated driver. Three-quarters of students also reported stopping a friend from driving under the influence of drugs or alcohol in the last year.

Other Behaviors When Partying/Socializing, Last 12 Months

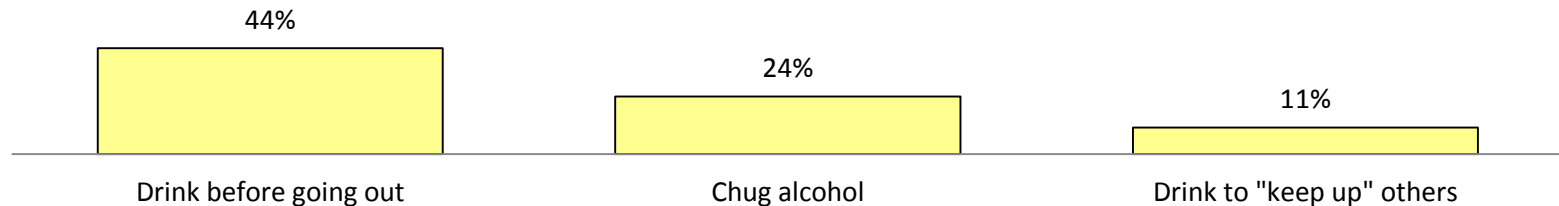


Note: chart includes students responding they participated in the behavior some of the time, most of the time, or always when partying or socializing in the last year. It excludes students responding not applicable or don't drink.

Other Behaviors When Partying or Socializing

Other behaviors may increase the risk of adverse experiences due to partying or socializing. In the last year, nearly half of student respondents said at least some of the time they “pre-gamed” or started drinking before going out. A quarter reported chugging alcohol, while fewer, one in ten, said they drank to “keep up” with others at least some of the time while socializing or partying in the last year.

**Other Behaviors When Partying/Socializing, Last 12 Months
2016**

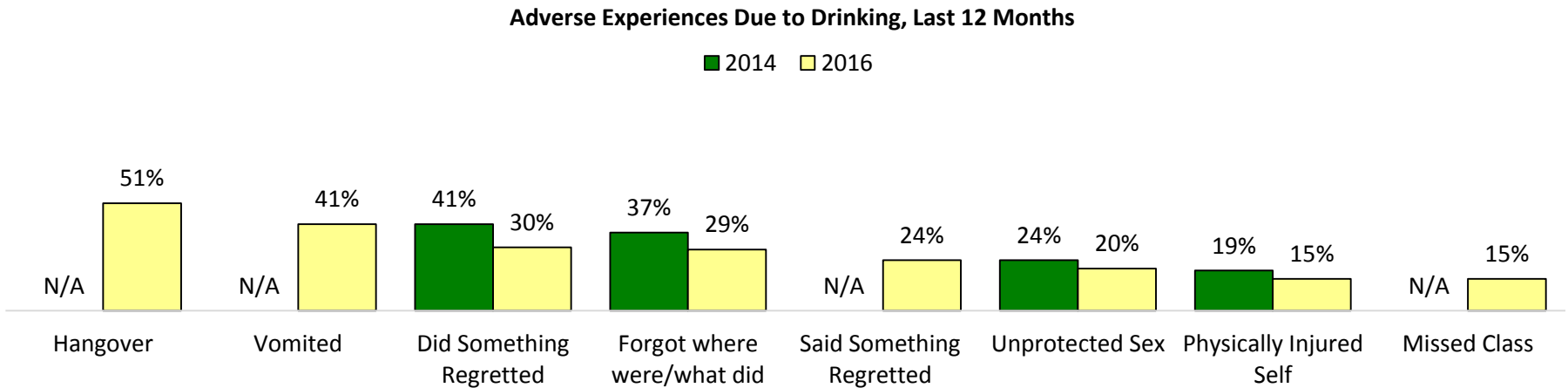


Note: chart includes students responding they participated in the behavior some of the time, most of the time, or always when partying or socializing in the last year. It excludes students responding not applicable or don't drink.

Adverse Experiences: Due to Drinking Alcohol

When drinking there can be many adverse experiences, ranging from things like a hangover to thoughts of suicide or trouble with the police. In 2016, half of student respondents said that when drinking in the last 12 months they experienced a hangover. Four in ten had vomited, while about three in ten did something they later regretted (30%) or forgot where they were or what they did (29%).

A quarter of students reported that while drinking in the last year they said something they regretted. Two in ten had unprotected sex. Fifteen percent reported physically injuring themselves or missing class as a result of drinking in the last year.

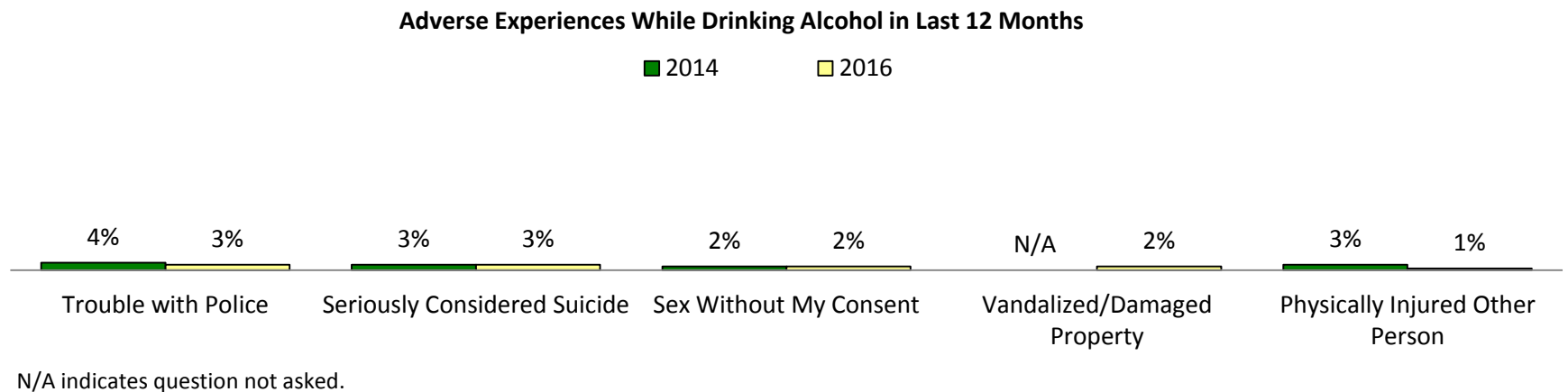


N/A indicates question not asked.

Note: chart excludes students responding not applicable or don't drink.

Adverse Experiences: While Drinking Alcohol

Few students reported experiencing the following while drinking in the last 12 months: trouble with the police (3%), considered suicide (3%), sex without providing consent (2%), vandalizing property (2%), and physically injuring another person (1%).



Impaired Riding

Fourteen percent of student respondents said that in the last year they rode in a car at least once, with a driver who had been drinking alcohol. More, about a quarter (23%), had ridden with a driver who had been using marijuana.

**Rode with Driver Under the Influence of Alcohol or Marijuana, Last 12 Months
2016**



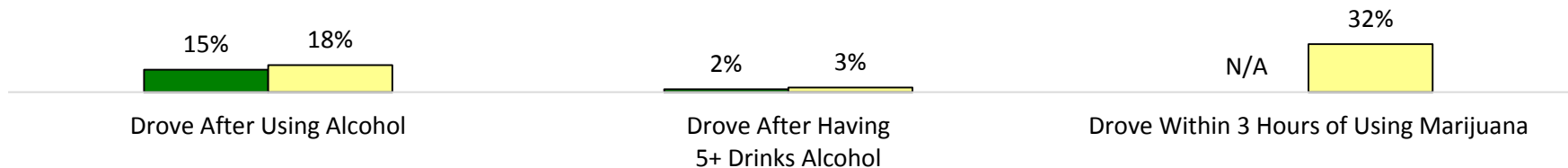
Impaired Driving

Among students that used alcohol in the last 30 days and drove, less than two in ten (18%) said they drove after drinking alcohol in the last month. Relatively few students, three percent, reported driving after having five or more alcoholic drinks in the last month.

About a third (32%) of students that used marijuana in the last month and drove, drove within three hours of using marijuana.

Drove or Rode with Someone Under the Influence of Alcohol or Marijuana Last 30 Days Current Users Who Drive

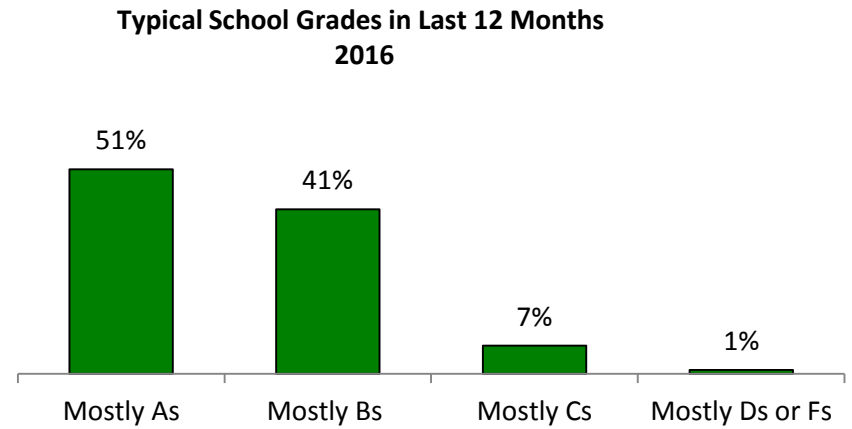
■ 2014 ■ 2016



N/A indicates not asked in 2014.

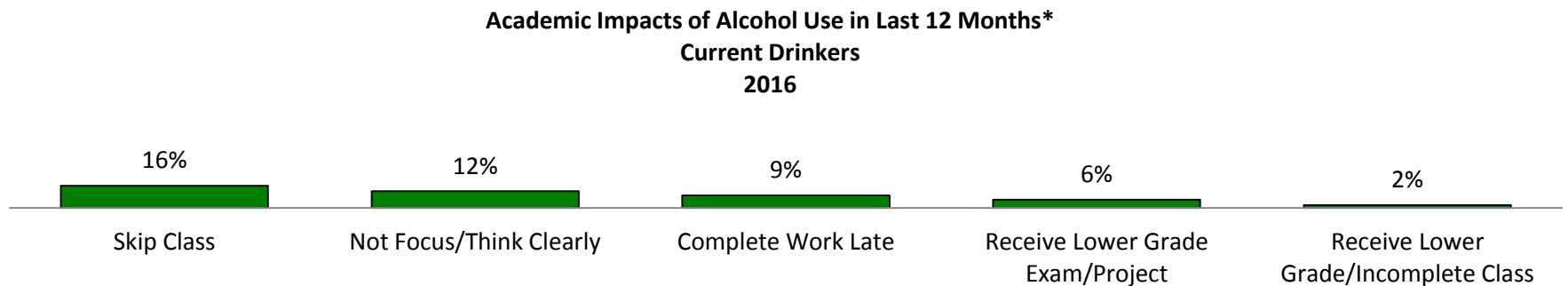
Academic Performance

Nearly all students said that their typical grades are either A's or B's (92%). Seven percent reported getting mostly C's, while only one percent typically receives D's or F's.



Academic Performance: Alcohol Use

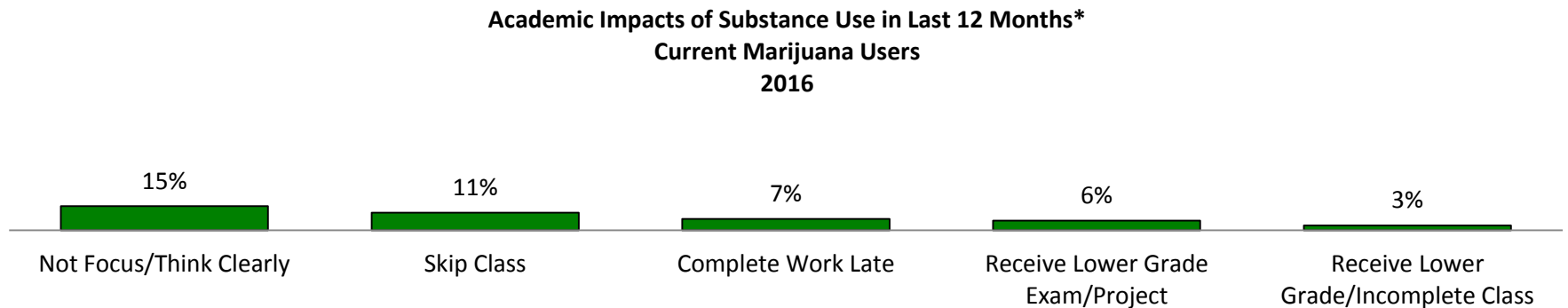
Sixteen percent of students who currently drink, said they skipped a class because of alcohol use in the last year. Slightly fewer, twelve percent said alcohol use resulted in their not being able to focus or think clearly. One in ten completed work late, six percent received a lower grade on an exam or project, and two percent got a lower grade or incomplete in a class due to alcohol use.



*Categories not mutually exclusive.

Academic Performance: Substance Use

Fifteen percent of current marijuana users said use of substances resulted in their not being able to focus or think clearly in the last year. One in ten, skipped class as a result of substance use in the last year. Less than one in ten completed work late (7%), received a lower grade on an exam or project (6%), or received a lower or incomplete grade in a class (3%).



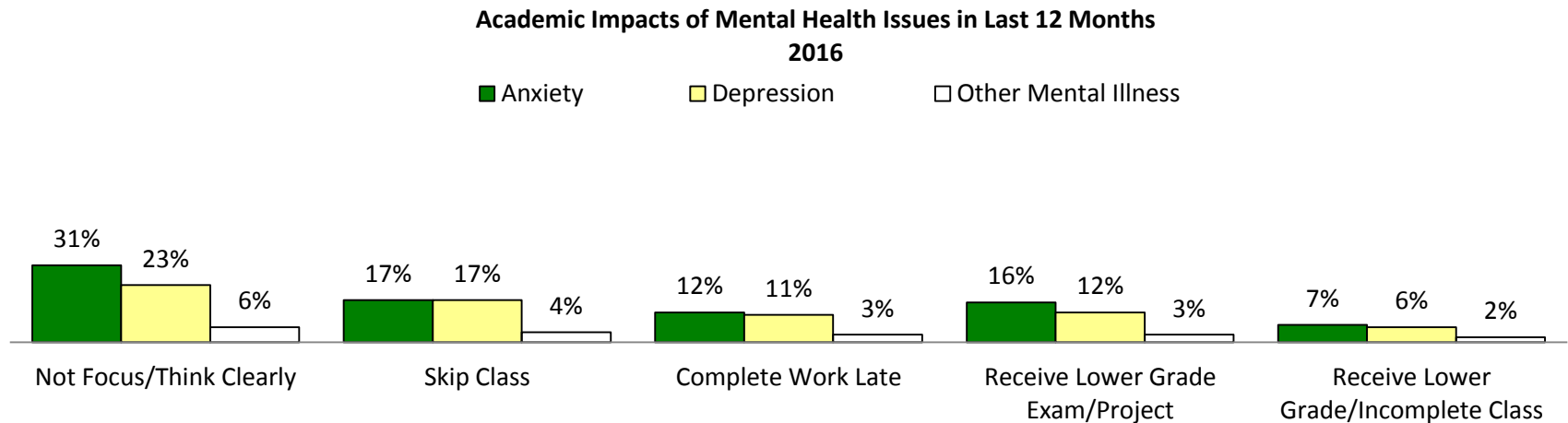
*Categories not mutually exclusive.

Academic Performance: Mental Health

One in three student respondents said that anxiety resulted in their not being able to focus or think clearly in the last year. Half as many students, 17%, said anxiety resulted in their skipping classes, while 16% reported anxiety resulted in their receiving a lower grade on an exam or project. Twelve percent completed school work late and seven percent received a lower or incomplete grade in class due to anxiety in the last year.

About a quarter of student respondents reported that depression caused them to not be able to focus or think clearly during the last year. Seventeen percent skipped class, while one in ten completed work late (11%) or received a lower grade on an exam or project (12%) due to depression. Few, six percent, received a lower or incomplete grade in a class because of depression.

The impact of other mental illnesses on academic performance is less than that from anxiety and depression.



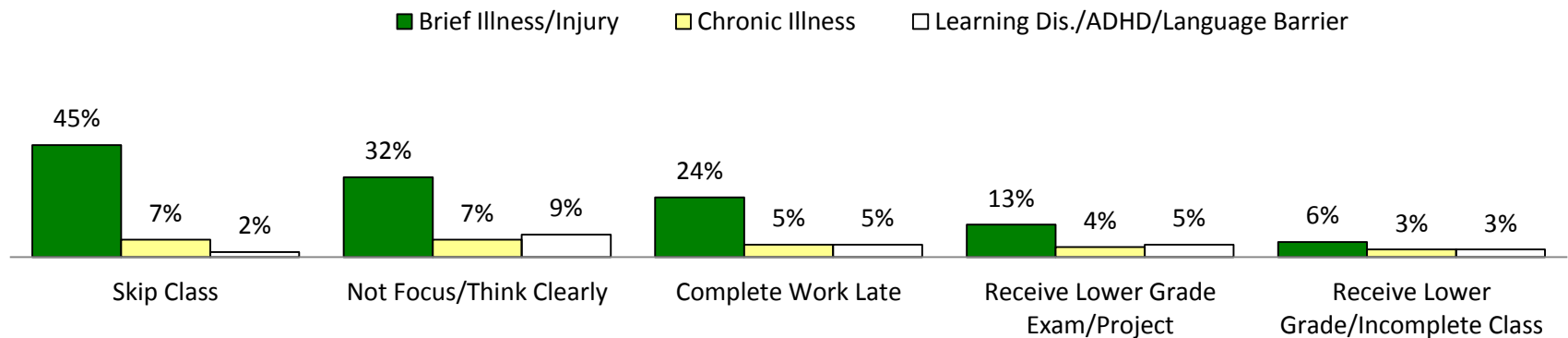
Academic Performance: Physical Health or Other Challenges

Brief illnesses and injuries had significant impacts on students' academic performance in the last year. More than four in ten (45%) said a brief illness or injury caused them to miss class in the last year. A third said a brief illness or injury resulted in the inability to focus or think clearly, while a quarter said they completed work late. Thirteen percent received a lower grade on an exam or project and half as many (6%) got a lower or incomplete grade in a class due to a brief illness or injury.

Chronic illnesses had less impact on student academics, compared with brief illnesses and injuries. Less than one in ten students said a chronic illness caused them to skip a class (7%), not be able to focus or think clearly (7%), complete work late (5%), receive a lower grade on an exam or project (4%), and receive a lower or incomplete grade in a class (3%).

Respondents said that a learning disability, ADHD, or language barrier had relatively little impact on their academics. About one in ten said a learning or language issue resulted in their inability to focus or think clearly, while one in twenty said they completed work late and received a lower grade on an exam or project. Three percent received a lower or incomplete grade in class and two percent skipped a class due to a learning disability, ADHD, or a language barrier.

**Academic Impacts of Physical Health or Other Challenges in Last 12 Months
2016**

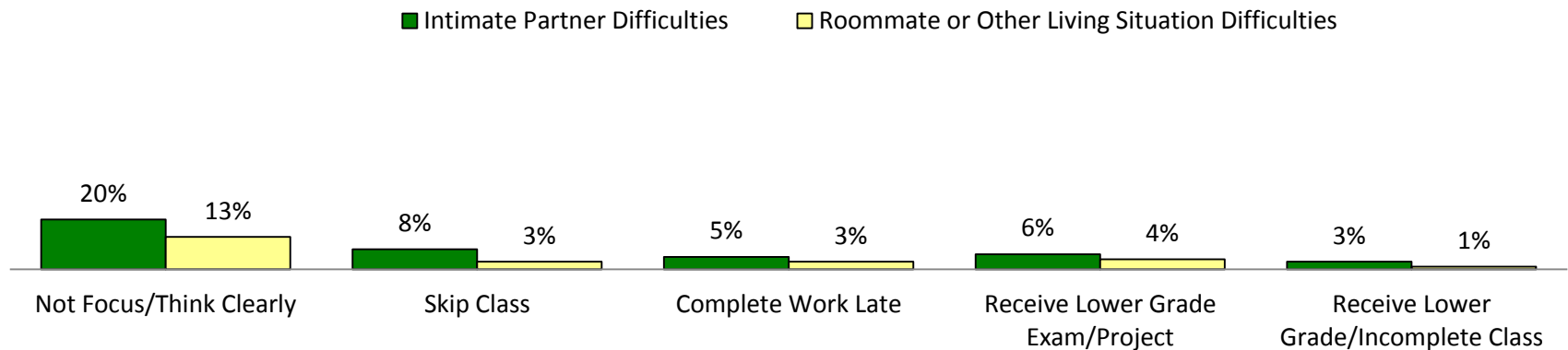


Academic Performance: Intimate & Roommate Relationships

Intimate partner and other relationships can impact one's academic performance. Two in ten students said difficulties in an intimate partner relationship cause them to not be able to focus or think clearly. Less than one in ten said these types of issues resulted in their skipping class (8%), completing work late (5%), receiving a lower grade on an exam or project (6%), and receiving a lower or incomplete grade in a class (3%).

Difficulties in roommate relationships resulted in 13% of students not being able to focus or think clearly. Less than one in twenty students said roommate relationships caused them to skip a class (3%), complete work late (3%), receive a lower grade on an exam or project (4%), and receive a lower or incomplete grade in a class (1%).

**Academic Impacts of Intimate Partner and Roommate Relationships in Last 12 Months
2016**



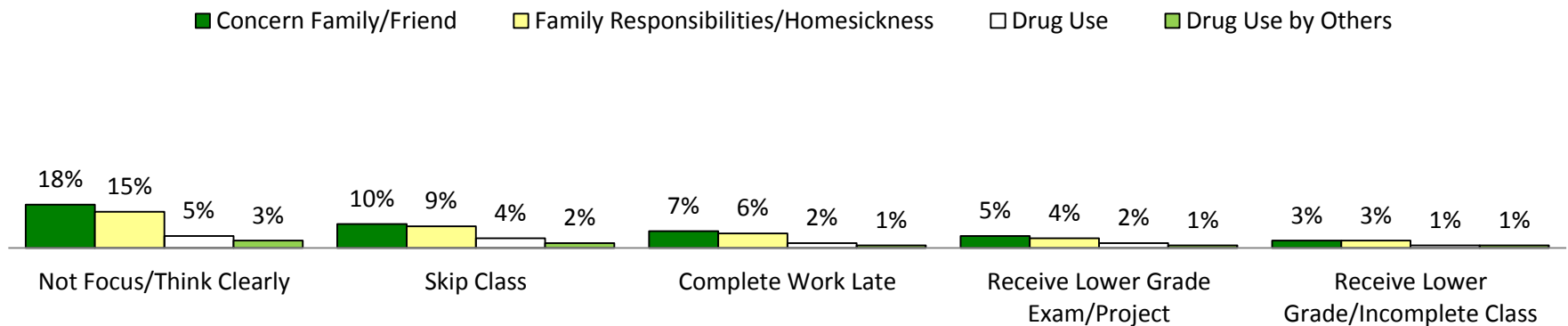
Academic Performance: Other Relationship Difficulties

About two in twenty (18%) of student respondents reported that concern for a family member or friend caused them to not be able to focus or think clearly in the last year. One in ten skipped class due to concern for family or a friend, while seven percent completed work late. One in twenty students received a lower grade on an exam or project and three percent got a lower or incomplete grade in a class, due to concern for a family member or friend in the last year.

Fifteen percent of students said they couldn't focus or think clearly because of family responsibilities or homesickness in the last year. About one in ten (9%) skipped class and six percent completed work late because of family responsibilities or homesickness. Less than one in twenty received a lower grade on an exam or project (4%) and a lower or incomplete grade in a class (3%).

Drug use, either personally or by others had little impact on student academic performance.

**Academic Impacts of Other Relationship Difficulties in Last 12 Months
2016**

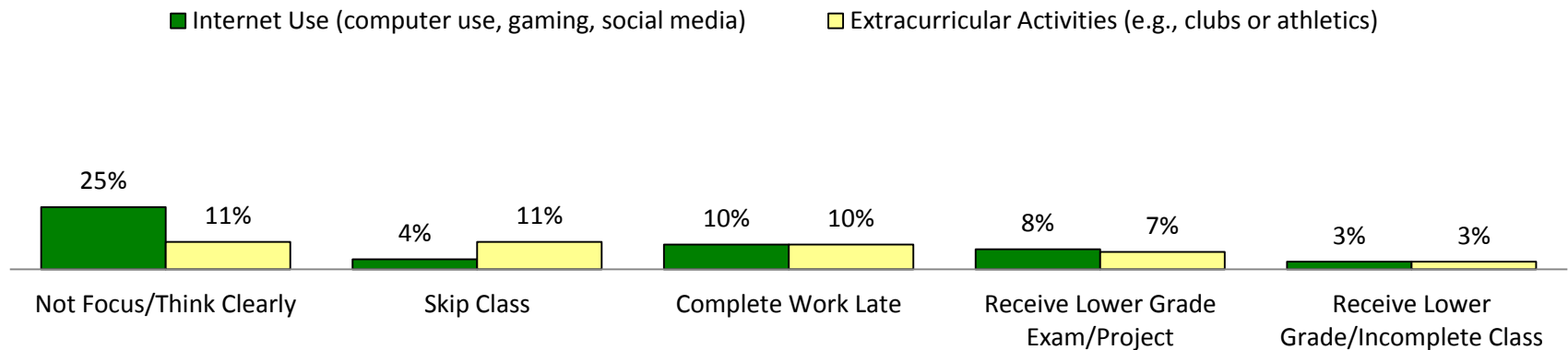


Academic Performance: Non-School Activities

A quarter of student respondents said that internet use, including computer use, gaming, and social media, resulted in their not being able to focus or think clearly during the previous year. One in ten completed work late due to internet use. Fewer, less than one in ten said internet use resulted in their skipping class (4%), receiving a lower grade on an exam or project (8%), or getting a lower or incomplete grade for a class (3%) during the last year.

One in ten student respondents reported that participation in extracurricular activities caused them to not be able to focus or think clearly (11%), skip class (11%), or complete work late (10%) in the last year. Seven percent said extracurricular activities resulted in their getting a lower grade on an exam or project, while few (3%) got a lower or incomplete grade in a class due to extracurricular activities in the last year.

**Academic Impacts of Non-School Activities in Last 12 Months
2016**



Sexual Violence and Campus Climate

Included in the 2016 Vermont College Health Survey was an optional module on sexual violence and campus climate. This module was included to address Title IX and Clery act areas of concern. Questions in the module are based upon the Campus Climate Survey Validation Study report and toolkit for schools.

Eight of the nine schools participating in the 2016 College Health Survey also included the sexual violence and campus climate optional module.

Information about White House Task Force to Protect Students from Sexual Violence can be found online at:

- U.S. Department of Justice, Protecting Students from Sexual Assault: <http://www.NotAlone.gov>
- Bureau of Justice Statistics Research and Development Series, Campus Climate Survey Validation Study report: <http://www.bjs.gov/content/pub/pdf/ccsvsfr.pdf>

Sexual Violence and Campus Climate

Among students at schools completing the sexual violence module, more than one in ten (14%) have experienced attempted or actual sexual contact by someone using or threatening physical violence. Nine percent have had someone use or threaten physical force in attempting sexual contact, while 12% said someone used or threatened physical force in forcing sexual contact.

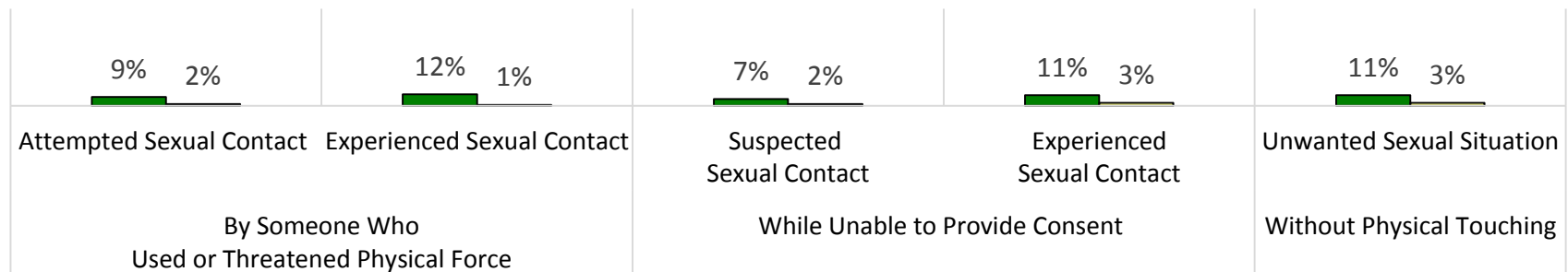
While unable to provide consent, twelve percent of students either suspected or experienced sexual contact. Seven percent of students suspected and 11% have experienced sexual contact while unable to provide consent.

Eleven percent of students have experienced an unwanted sexual situation without physical touching. Examples of non-touching sexual situations include sexual harassment, someone exposing sexual parts of their body to you, being seen by a “peeping Tom”, and someone sharing sexual photos or movies with you.

Few students at schools completing the sexual violence module have experienced any type of sexual violence in the last year.

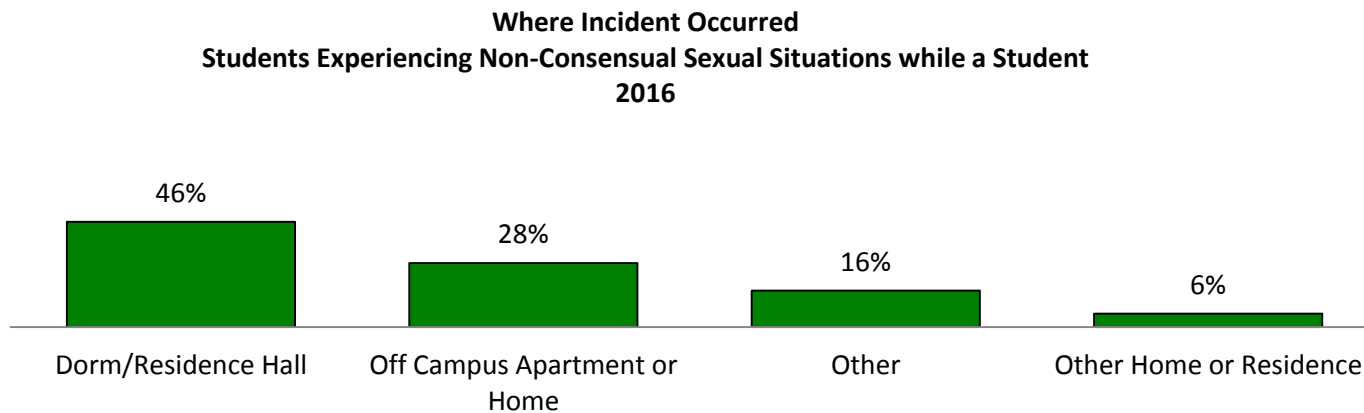
**Experiences with Sexual Violence
2016**

■ Ever ■ Last 12 Months



Sexual Violence and Campus Climate

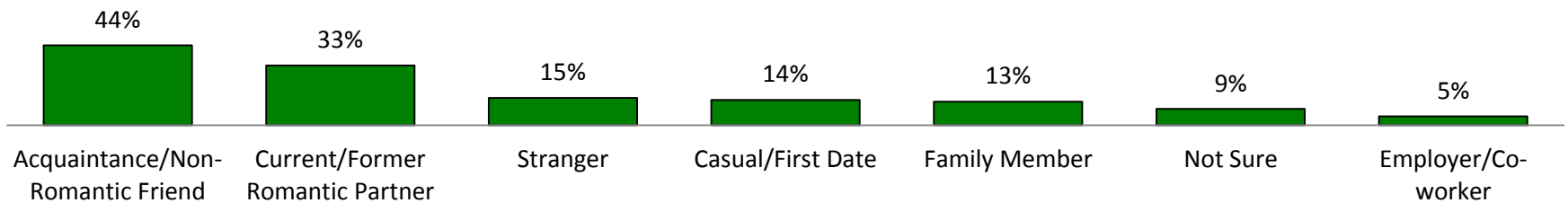
Nearly half (46%) of students experiencing a non-consensual sexual situation while a student said the incident happened in a dormitory or residence hall. More than a quarter (28%) said the situation happened in an off campus apartment or home.



Sexual Violence and Campus Climate

More than four in ten students experiencing a non-consensual sexual situation while a student said it occurred with an acquaintance or non-romantic friend. A third said the incident was with a current or former romantic partner, while 15% said it was perpetrated by a stranger. About one in ten said the person they had a non-consensual situation with was a casual or first date (14%), family member (13%), or they weren't sure (9%). One in twenty said the incident was with an employer or co-worker.

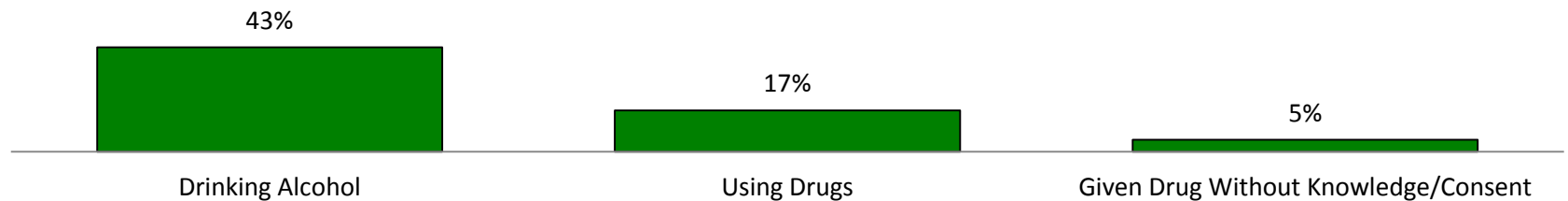
Who Incident Occurred With
Students Experiencing Non-Consensual Sexual Situations while a Student
2016



Sexual Violence and Campus Climate

Six in ten students experiencing a non-consensual sexual experience as a student said they were drinking alcohol or using drugs prior to the incident. One in twenty said they were given a drug without their knowledge or consent before the non-consensual sexual experience.

**Use of Alcohol or Drugs Prior to the Unwanted Sexual Experience
Students Experiencing Non-Consensual Sexual Situations while a Student
2016**



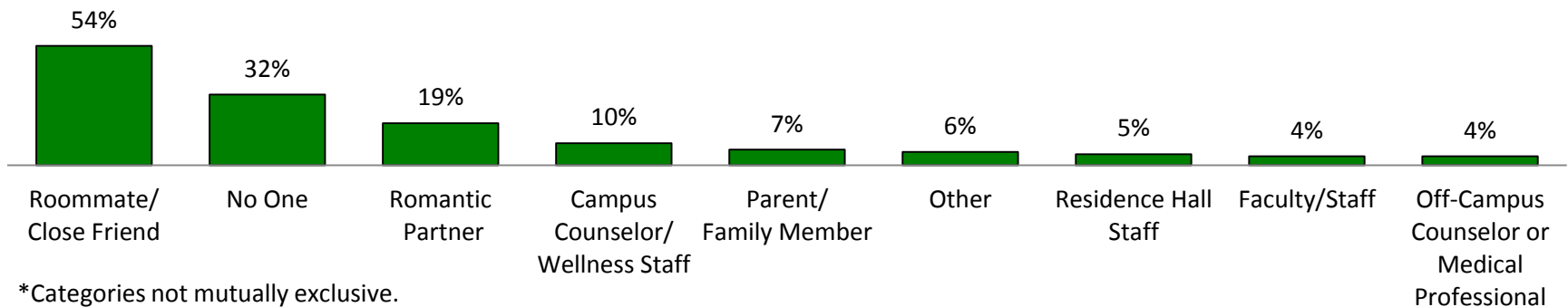
Sexual Violence and Campus Climate

A third of students experiencing a non-consensual sexual situation while a student said they told no one about the incident.

More than half told their roommate or a close friend about the incident and two in ten told a romantic partner. One in ten students experiencing a non-consensual sexual situation reported the incident to a campus counselor or wellness staff member. Less than one in ten students with a non-consensual sexual situation told a parent or family member (7%), residence hall staff (5%), a faculty or staff member (4%), or an off-campus counselor or medical profession (4%).

Please note, students were allowed to identify more than one person who they told about their experience. As a result, percentages do not total 100.

Who Told About Unwanted Sexual Experience*
Students Experiencing Non-Consensual Sexual Situations while a Student
2016



*Categories not mutually exclusive.

Thank You

The Vermont Department of Health would like to acknowledge the Vermont Colleges and Universities who participated in the College Health Survey. Your dedication and support in completing the survey is appreciated. Participating Colleges and Universities include:

- Castleton University
- Community College of Vermont
- Green Mountain College
- Johnson State College
- Lyndon State College
- Marlboro College
- Sterling College
- University of Vermont
- Vermont Technical College

Please contact the College Health Survey coordinator with any questions:

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