
2011 Vermont Youth Risk Behavior Survey Report

Report for Southwest Vermont Supervisory Union

Every other year, since 1993, the Department of Health Division of Alcohol and Drug Abuse Programs and the Department of Education Student Health and Learning team sponsor the Vermont Youth Risk Behavior Survey (YRBS). The YRBS measures the prevalence of behaviors that contribute to the leading causes of death, disease, and injury among youth.

Participation by schools and individual students is voluntary. To protect student privacy, the questionnaire and survey process are anonymous. It is impossible to identify an individual student's responses.

Survey Changes in 2011

Before 2011, students in grades 8-12 took the Vermont Youth Risk Behavior Survey. In 2011, we conducted two surveys: a **high school survey** of students in grades 9-12, and a **middle school survey** of students in grades 6-8.

All results in the high school survey report are for grades 9-12 only. For the questions on the 2011 high school survey, we recalculated results from previous years for grades 9-12 for comparative purposes. Those results are at the end of this report.

About this Report

The results appear in data tables by gender and grade unless otherwise noted. All results are percentages of students who responded affirmatively. Percentages were suppressed with an asterisk (*) if five or fewer students reported affirmatively, either overall or by grade or gender.

Thank You

We thank the principals and superintendents who chose to participate, the teachers and school staff who administered or in other ways supported the survey, and the students who took the time and effort to share a piece of their lives with us. We also thank the Centers for Disease Control and Prevention, Division of Adolescent and School Health for sponsoring the survey through a cooperative agreement with the Vermont Department of Education, and the CDC and Westat for technical assistance.

Table of Contents

BACKGROUND INFORMATION	
How to Use the YRBS	3
A Word of Caution	4
About the Surveys	5
HIGH SCHOOL SURVEY RESULTS	15
Sample Demographics	16
Personal Safety	17
Alcohol, Tobacco, and Other Drug Use	21
Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use.....	28
Sexual Behavior and Orientation	30
Body Image	33
Nutrition.....	35
Physical Activity.....	36
Youth Assets	37
MIDDLE SCHOOL SURVEY RESULTS.....	39
Sample Demographics	40
Personal Safety	41
Alcohol, Tobacco, and Other Drug Use	45
Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use.....	49
Body Image	51
Nutrition.....	52
Physical Activity.....	53
Youth Assets	55
RECALCULATED HIGH SCHOOL RESULTS	57

How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we can focus prevention efforts and determine whether school policies and community programs are having the intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, for planning and evaluating programs, and for comparing Vermont students with other students nationwide.

- **Start the Conversation:** Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?
- **Increase Awareness:** The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.
- **Plan and Evaluate Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities, and can inform strategies to address those weaknesses.

Remember to Look at the Positive Side: In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

A Word of Caution

The YRBS represents the most complete and most recent information available about risk behaviors among Vermont students. However, the YRBS has some limitations that you should keep in mind when interpreting the results.

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. We run over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These precautions can reduce some sources of error, but not all.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** It is natural to want to know how individual supervisory unions or school districts compare to the state overall or to each other. We urge caution in making such comparisons because the statewide results are weighted and the local results are not. As a result, it is possible that apparent differences, especially small differences, are due to demographic characteristics rather than to true differences in prevalence. Furthermore, small differences may not be statistically different and may simply be a function of normal sampling error.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer the most important question: Why are they doing it?

Personal Safety

Feeling safe – whether at school, in a car, or in a relationship – fosters positive adolescent development. The high school and middle school surveys included questions on fighting, bullying, seat belt use, safety at school, helmet use, and suicidality. The high school survey included additional questions on driving behaviors, dating violence, and self harm.

- Physical fighting is a marker for problem behaviors¹ and is associated with serious injury.^{2,3} Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.^{4,5,6}
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,^{7,8} poor academic achievement,⁸ and violent behavior.⁹
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.¹⁰ Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.¹¹
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.¹² Despite this, less than one quarter of bicyclists wear helmets.¹²
- In 2009, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.¹³ Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.¹⁴

Alcohol, Tobacco, and Other Drugs

Early use of alcohol, tobacco, and other drugs is associated with myriad problems later in life. The high school and middle school surveys asked about tobacco, alcohol, marijuana, inhalant, and prescription drug use. The surveys also asked the age at which students first used alcohol, cigarettes, and marijuana. The high school survey asked additional questions on other drug use, such as heroin, methamphetamines, and hallucinogens. Both surveys asked about ease of availability of alcohol, cigarettes, and marijuana, peer disapproval of use of these substances, perceived parental disapproval of use, and the risk of harm associated with use of these substances.

- Alcohol use is a major contributing factor in about half of all homicides and sexual assaults,¹⁵ and about one-third of all motor vehicle crash fatalities.¹⁶ Heavy drinking among youth has been linked to violence, academic and job problems, suicidal behavior, trouble with law enforcement authorities, risky sexual behavior, and use of cigarettes, marijuana, cocaine, and other illegal drugs.^{17,18}
- Tobacco use is the single most preventable cause of death in the United States,¹⁹ contributing to more than one of every five deaths.²⁰ Cigarette smoking increases the risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.¹⁹
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.²¹ Other reactions include feelings of distrust, anxiety, or depression.²¹ In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.²²
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.²³
- Multi-year results from the Monitoring the Future survey indicate that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases.²⁴ As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.²⁴ Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.²⁴

Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing. The middle school survey did not ask any questions about sex.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,²⁵ and negative effects on social and psychological development.²⁶ Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.²⁷
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.²⁸ STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.²⁶ Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.²⁹
- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.³⁰

Body Image

Negative feelings about weight and body image often develop in adolescence. The high school and middle school surveys included questions about weight perception and weight control. The high school survey asked for students' height and weight to calculate body mass index, and about use of artificial tanning devices.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.³¹ Obesity in childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.³² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.³³ Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.²⁰
- However, overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.^{34,35} 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 that can lead to abnormal physical and psychological development.^{36,37}
- Indoor tanning increases risk for melanoma and non-melanoma cancers. In the U.S., the incidence of melanoma is increasing more rapidly than that of any other cancer, particularly among girls and women between the ages of 15 and 39. Some evidence suggests that repeated UV irradiation, and the use of indoor tanning beds specifically, may have important behavioral consequences, including mood changes, pain, and physical dependency.³⁸

Nutrition and Physical Activity

Nutritious eating and physical activity are two cornerstones of healthy adolescent development. The high school and middle school surveys asked about breakfast consumption, physical activity, physical education classes, and television, computer, and video game use. The high school survey also asked about consumption of fruits, vegetables, soda, and sugar-sweetened beverages.

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.³⁹⁻⁴³
- In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.⁴⁴⁻⁴⁵
- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁴⁶ The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.⁴⁶
- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.⁴⁷⁻⁵⁰
- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity⁵¹ and violent or aggressive behavior.⁵²⁻⁵⁴ Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

Measures of Youth Assets

Adolescent achievement requires sources of positive influence. The high school and middle school surveys asked about school and community connectivity as well as parental conversations about school. The high school survey asked additional questions about volunteerism and grades earned in school.

- Above-average school performance is one of many developmental assets, or factors promoting positive development. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.⁵⁵
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.⁵⁶ A national study of adolescent health found that youth who reported a "connectedness" to their parents/family and school were the least likely to engage in risky behaviors.⁵⁷ Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.⁵⁷
- Research shows that involvement in constructive, supervised extracurricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and delinquency.⁵⁸ In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.⁵⁹
- Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.

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2011 Vermont High School Youth Risk Behavior Survey

Results for Southwest Vermont SU

Participation Rates

	Grade				Gender		All
	9	10	11	12	F	M	
Participated	201	209	194	192	374	423	804
Enrolled	235	253	262	285	504	531	1035
Participation Rate	86%	82%	73%	67%	74%	79%	78

Based on October 1, 2010 enrollment. Some students did not indicate grade or gender.

Demographics

Age

	2011
14 or younger	10%
15	23%
16	26%
17	24%
18 or older	16%

Race and Ethnicity

	2011
White non-Hispanic	88%
Racial or ethnic minority	12%

Mother's Education

	2011
High school or less	35%
Some college	17%
College graduate	27%
Graduate or professional degree after college	10%
Not sure	10%

Personal Safety

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Ride bicycles	72%	79%	75%	68%	66%	62%	81%

Of students who ride bicycles, percent who wear helmets:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Always	16%	21%	12%	16%	17%	20%	14%
Most of the time	13%	15%	14%	13%	10%	15%	12%
Sometimes	14%	15%	18%	13%	10%	16%	13%
Rarely or never	56%	49%	56%	58%	62%	49%	61%

Personal Safety

Percent of students who wear seatbelts when riding in a car:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Always	56%	54%	59%	54%	59%	56%	57%
Most of the time	25%	29%	26%	22%	23%	27%	24%
Sometimes	10%	10%	9%	14%	9%	10%	11%
Rarely or never	8%	8%	6%	10%	8%	7%	9%

Percent of students who, in the past 30 days:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Rode in a car or other vehicle driven by someone who had been drinking alcohol	16%	12%	15%	18%	18%	14%	17%
Drove a car or other vehicle after drinking	5%	*	6%	6%	9%	3%	7%
Rode in a car or other vehicle driven by someone who had been smoking marijuana	27%	14%	26%	31%	38%	27%	27%
Drove a car or other vehicle after smoking marijuana	12%	*	12%	11%	22%	8%	15%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Carried a weapon such as a gun, knife or club on school property, past 30 days	8%	5%	9%	9%	9%	3%	13%
Did not go to school because they felt unsafe, past 30 days	4%	5%	5%	*	5%	5%	4%
Were threatened or injured with a weapon at school, past 12 months	6%	6%	9%	7%	4%	6%	7%
Were in a physical fight, past 12 months	22%	28%	27%	19%	14%	17%	26%
Were in a physical fight on school property, past 12 months	8%	11%	8%	8%	6%	5%	11%
Were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend, past 12 months	9%	6%	9%	11%	9%	8%	10%
Were physically forced to have sexual intercourse, ever	6%	5%	8%	7%	5%	10%	3%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Were bullied, past 30 days	16%	20%	20%	12%	10%	20%	12%
Bullied someone else, past 30 days	16%	17%	19%	19%	10%	16%	17%
Were electronically bullied, past 12 months	20%	23%	23%	16%	16%	31%	10%
Caused purposeful harm to themselves such as by cutting or burning, past 12 months	15%	21%	17%	14%	10%	24%	8%
Felt sad or hopeless almost every day for two weeks or more in a row, past 12 months	24%	29%	24%	20%	24%	32%	17%
Made a suicide plan, past 12 months	11%	12%	14%	11%	8%	15%	7%
Made a suicide attempt, past 12 months	5%	6%	6%	3%	4%	6%	4%

For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight, or when teasing is done in a friendly way. Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Ever drank alcohol other than a few sips	60%	43%	54%	70%	74%	58%	62%
Had first drink other than a few sips before age 13	14%	11%	13%	17%	16%	8%	20%
Drank alcohol, past 30 days	32%	20%	24%	36%	50%	28%	36%
Had five or more drinks of alcohol in a row, past 30 days	20%	10%	13%	23%	34%	14%	26%
Drank alcohol on 3 to 9 of the past 30 days	11%	4%	9%	13%	20%	10%	12%
Drank alcohol on 10 or more of the past 30 days	4%	*	*	6%	6%	*	7%
Binged on 3 or more of the past 30 days	7%	*	5%	6%	13%	2%	10%
Drank alcohol on school property, past 30 days	2%	*	*	3%	*	*	3%

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Among students who drank in the past 30 days:

Usual type of beverage consumed, past 30 days

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Liquor, such as rum, gin, vodka, or whiskey	51%	46%	57%	40%	57%	53%	49%
Beer	32%	27%	21%	40%	34%	18%	41%
Other alcoholic beverages, such as Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, or Twisted Tea	14%	24%	17%	16%	8%	26%	7%
Wine	3%	*	*	*	*	*	*

Usual source of alcohol, past 30 days

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Someone gave it to me	44%	50%	40%	51%	39%	53%	39%
Gave someone money to buy it for me	33%	*	34%	31%	42%	26%	37%
Got it or stole it from home	13%	26%	13%	13%	8%	16%	11%
Purchased from a store, liquor store; or restaurant	6%	*	*	*	*	*	6%
Stole it from a store or restaurant	4%	*	*	*	*	*	7%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Ever smoked a whole cigarette	33%	20%	31%	35%	48%	33%	34%
Smoked before age 13	13%	11%	15%	13%	14%	13%	14%
Smoked cigarettes, past 30 days	21%	13%	19%	21%	32%	20%	22%
Smoked on 20 or more of the past 30 days	11%	7%	9%	12%	18%	10%	12%
Smoked every day, past 30 days	9%	6%	7%	8%	16%	8%	11%
Used chewing tobacco, past 30 days	14%	8%	11%	18%	20%	4%	24%
Smoked cigars, past 30 days	13%	7%	11%	13%	22%	6%	20%
Used snus, ever	19%	11%	18%	25%	24%	10%	27%

Alcohol, Tobacco, and Other Drug Use

Among students who smoked in the past 30 days:

Usual source of cigarettes, past 30 days

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Bought them in a store or from a vending machine	25%	*	*	18%	53%	16%	32%
Gave someone else money to buy them for me	33%	32%	50%	35%	22%	33%	33%
Borrowed (or bummed) them from someone else; Person 18 years or older gave them to me; took them from a store or family member	28%	44%	24%	35%	20%	37%	21%
Some other way	13%	24%	21%	*	*	14%	13%

Percent who tried to quit, past 12 months

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Tried to quit	57%	70%	51%	55%	58%	70%	47%

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Were in the same room with someone who was smoking, past 7 days	57%	50%	55%	56%	65%	59%	55%
Were in the same car with someone who was smoking, past 7 days	46%	42%	43%	47%	52%	49%	43%
Were asked about smoking by a health professional, past 12 months	45%	43%	43%	44%	50%	50%	41%
Discussed dangers of smoking with parents or guardian, past 12 months	35%	47%	33%	30%	29%	31%	37%
Think that out of 100 Vermont high school students, 56 or more smoke cigarettes	20%	19%	19%	20%	23%	22%	18%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Used marijuana, ever	48%	31%	47%	52%	63%	48%	47%
Used marijuana before age 13	10%	7%	11%	10%	12%	5%	15%
Used marijuana, past 30 days	29%	17%	27%	31%	41%	26%	32%
Used marijuana on 3 to 9 of the past 30 days	6%	6%	5%	6%	7%	6%	6%
Used marijuana on 10 or more of the past 30 days	13%	3%	12%	16%	23%	9%	17%
Used marijuana on school property, past 30 days	7%	3%	8%	6%	10%	5%	9%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Used cocaine, past 30 days	4%	*	6%	5%	5%	3%	6%
Used inhalants, ever	9%	8%	10%	7%	11%	8%	10%
Used heroin, ever	4%	*	5%	*	5%	2%	5%
Used methamphetamines, ever	3%	*	4%	*	5%	3%	4%
Used hallucinogens, ever	9%	3%	9%	10%	15%	5%	13%
Used the prescription stimulant Ritalin or Adderall not prescribed to them, ever	7%	3%	6%	8%	11%	5%	8%
Used a prescription pain reliever such as OxyContin, Vicodin, or other prescription pain reliever not prescribed to them, ever	16%	9%	12%	19%	26%	14%	18%
Used a prescription pain reliever or a prescription stimulant not prescribed to them, ever	17%	9%	12%	20%	27%	15%	19%
Were offered, sold, or given an illegal drug on school property, past 12 months	19%	15%	20%	19%	24%	14%	24%

* Suppressed due to small cell sizes (≤ 5 students)

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

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

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Smoke cigarettes	86%	95%	87%	85%	76%	87%	85%
Drink alcohol	77%	88%	83%	75%	61%	81%	74%
Smoke marijuana	81%	91%	84%	80%	69%	84%	78%

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

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Smoke cigarettes	68%	81%	71%	67%	52%	73%	63%
Drink alcohol	55%	73%	61%	47%	36%	61%	49%
Smoke marijuana	57%	72%	61%	54%	41%	64%	51%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think people their age greatly risk harming themselves (physically or in other ways) if they:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Smoke one or more packs of cigarettes per day	58%	51%	59%	63%	60%	60%	56%
Have five or more drinks of alcohol once or twice each weekend	41%	43%	43%	41%	34%	47%	35%
Smoke marijuana regularly	32%	39%	35%	29%	26%	39%	26%

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

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Cigarettes	76%	54%	75%	83%	93%	72%	79%
Alcohol	69%	56%	62%	77%	80%	65%	72%
Marijuana	68%	49%	69%	75%	79%	65%	71%

Sexual Behavior and Orientation

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Had sexual intercourse, ever	51%	38%	66%	50%	53%
First had sexual intercourse before age 13	5%	5%	5%	2%	7%
Had sexual intercourse with four or more people during their life	14%	8%	19%	13%	14%
Had sexual intercourse at least once in the past three months	41%	29%	54%	42%	40%
Had oral sex, ever	52%	40%	64%	51%	52%
Had a HIV test, ever	16%	11%	22%	23%	10%

Sexual Behavior and Orientation

Among students who had sex in the past 3 months:

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Used drugs or alcohol before last sexual intercourse	14%	14%	14%	8%	19%
Used a condom for last sexual intercourse	60%	67%	56%	56%	64%

Method used to prevent pregnancy during last sexual intercourse

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Condoms	40%	44%	38%	31%	49%
Prescription birth control including pills, rings, implants, injections, IUDs	40%	33%	44%	48%	32%
No method	10%	13%	9%	12%	9%
Withdrawal	5%	*	6%	6%	5%
Some other method/not sure	4%	5%	4%	*	5%

* Suppressed due to small cell sizes (≤ 5 students)

Sexual Behavior and Orientation

Sexual orientation

	Sex	
	Female	Male
Heterosexual	86%	94%
Gay or lesbian	2%	1%
Bisexual	10%	3%
Not sure	2%	2%

With whom have you had sexual contact?

	Sex	
	Female	Male
Females	*	59%
Males	52%	*
Both	7%	2%
Never had sexual contact	39%	38%

* Suppressed due to small cell sizes (≤ 5 students)

Body Image

Percent of students who are:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Overweight (85th BMI Percentile)	15%	16%	19%	12%	12%	14%	16%
Obese (95th BMI Percentile)	15%	14%	17%	13%	14%	13%	16%

BMI=body mass index; weight in kilograms divided by height in meters, squared

Percent of students who think that they are:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Underweight	11%	12%	12%	12%	9%	7%	15%
About the right weight	56%	58%	52%	59%	54%	53%	59%
Overweight	33%	30%	35%	29%	37%	40%	26%

Body Image

Percent of students who are trying to:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Lose weight	47%	48%	52%	45%	43%	64%	32%
Gain weight	13%	12%	12%	16%	11%	3%	21%
Stay the same weight	20%	21%	18%	18%	24%	18%	22%
Not trying to do anything about weight	20%	19%	18%	21%	22%	15%	25%

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Skipped meals to lose weight or keep from gaining weight, past 30 days	23%	24%	23%	20%	23%	33%	13%
Used an indoor tanning device such as a sunlamp, sunbed, or tanning booth, past 30 days	9%	10%	7%	11%	10%	17%	3%

Nutrition

Percent of students who, during the past seven days:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Ate fruits and vegetables five or more times per day	19%	18%	20%	20%	20%	17%	21%
Ate two or more servings of fruit or fruit juice per day	31%	30%	32%	34%	30%	30%	33%
Ate three or more servings of vegetables per day	12%	10%	15%	11%	13%	12%	12%
Ate breakfast seven of the past seven days	39%	38%	45%	38%	34%	37%	41%
Ate breakfast at least three of the past seven days	73%	71%	82%	67%	71%	73%	73%
Ate breakfast zero of the past seven days	10%	9%	6%	13%	13%	8%	12%
Drank a can, bottle, or glass of soda or pop at least once per day	23%	16%	25%	24%	27%	20%	25%
Drank a can, bottle, or glass of a sugar-sweetened beverage such as lemonade, sweetened tea or coffee drinks, sports drinks, energy drinks, Snapple, or Sunny Delight at least once per day	21%	16%	22%	25%	23%	17%	25%

Physical Activity

Percent of students who were physically active on:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Seven of the past seven days	29%	36%	31%	26%	23%	21%	36%
Zero of the past seven days	16%	14%	16%	15%	21%	21%	13%

Percent of students who attend physical education classes:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Every day during an average school week	28%	50%	41%	12%	9%	32%	25%
At least one day during an average school week	30%	53%	43%	14%	10%	33%	28%

Percent of students who, on an average school day, watch TV, play video or computer games, or use a computer for something that is not school work:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Three or more hours	41%	40%	47%	35%	40%	33%	48%
Five or more hours	12%	13%	15%	8%	11%	8%	15%

Youth Assets

Grades earned in school

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Mostly As	28%	26%	27%	29%	32%	28%	29%
Mostly Bs	44%	40%	45%	38%	52%	46%	41%
Mostly Cs	16%	18%	16%	19%	10%	16%	16%
Mostly Ds or Fs	4%	6%	*	5%	*	3%	4%
None/not sure	8%	10%	9%	9%	4%	7%	9%

Percent of students who talk with their parents about school:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
About every day	36%	36%	40%	31%	36%	38%	34%
About once or twice a week	29%	30%	27%	32%	28%	31%	28%
About once or twice a month	15%	13%	15%	17%	17%	13%	17%
Less than once a month	9%	11%	8%	10%	6%	9%	8%
Never	11%	9%	11%	10%	13%	10%	11%

* Suppressed due to small cell sizes (≤ 5 students)

Youth Assets

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Volunteer one or more hours in an average week	48%	45%	43%	48%	58%	48%	49%
Volunteer three or more hours in an average week	20%	13%	18%	21%	29%	19%	20%

Percent of students who agree or strongly agree:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Teachers really care about you and give you a lot of encouragement	52%	55%	42%	47%	63%	47%	55%
Students help decide what goes on in your school	36%	43%	33%	38%	31%	37%	35%
In your community, you feel like you matter to people	41%	40%	42%	40%	42%	39%	42%

2011 Vermont Middle School Youth Risk Behavior Survey

Results for Southwest Vermont SU

Participation Rates

	Grade			Gender		All
	6	7	8	F	M	
Participated	113	225	202	282	260	542
Enrolled	133	248	237	316	302	618
Participation Rate	85%	91%	85%	89%	85%	88%

Based on October 1, 2010 enrollment. Some students did not indicate grade or gender.

Demographics

Age

	All
	2011
11 or younger	9%
12	29%
13	39%
14 or older	22%

Race and Ethnicity

	All
	2011
White non-Hispanic	87%
Racial or ethnic minority	13%

Personal Safety

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Ride bicycles	88%	94%	89%	84%	86%	91%

Of students who ride bicycles, percent who wear helmets:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Always	24%	27%	26%	20%	28%	19%
Most of the time	19%	20%	19%	17%	19%	18%
Sometimes	18%	15%	21%	16%	17%	19%
Rarely or never	39%	38%	34%	47%	36%	43%

Personal Safety

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Rollerblade or skateboard	43%	45%	45%	40%	41%	45%

Of students who rollerblade or skateboard, percent who wear helmets:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Always	28%	40%	30%	18%	35%	21%
Most of the time	13%	*	14%	14%	14%	11%
Sometimes	11%	*	12%	10%	10%	12%
Rarely or never	49%	42%	44%	59%	42%	56%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who wear seatbelts when riding in a car:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Always	72%	73%	74%	69%	73%	71%
Most of the time	17%	19%	15%	19%	18%	17%
Sometimes	8%	5%	8%	8%	8%	8%
Rarely or never	3%	*	3%	3%	*	5%

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Yes	21%	14%	16%	29%	22%	20%
No	65%	68%	65%	63%	65%	65%
Not sure	18%	20%	22%	11%	17%	19%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Were ever in a physical fight	49%	43%	51%	49%	32%	67%
Did not go to school because felt unsafe, past 30 days	9%	13%	8%	8%	10%	8%
Were ever bullied on school property	47%	40%	49%	48%	48%	46%
Were ever electronically bullied	33%	26%	32%	37%	42%	23%
Were bullied, past 30 days	31%	31%	35%	26%	32%	29%
Bullied someone else, past 30 days	20%	10%	26%	19%	19%	21%
Ever seriously thought about killing themselves	20%	25%	15%	23%	22%	18%
Ever made a suicide plan	12%	12%	9%	15%	14%	10%
Ever attempted suicide	7%	7%	5%	8%	9%	4%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Ever had a drink of alcohol other than a few sips	23%	12%	14%	38%	21%	25%
Had first drink other than a few sips before age 11	9%	11%	4%	13%	8%	10%
Drank alcohol, past 30 days	8%	*	3%	16%	6%	10%
Had five or more drinks of alcohol in a row, past 30 days	4%	*	*	8%	3%	4%

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Tried cigarette smoking, even one or two puffs, ever	15%	8%	13%	21%	14%	16%
Smoked before age 11	5%	*	4%	7%	4%	6%
Smoked in past 30 days	4%	*	3%	5%	5%	3%
Used chewing tobacco, past 30 days	2%	*	*	4%	*	4%
Smoked cigars, past 30 days	2%	*	*	4%	*	2%
Used snus, ever	4%	*	*	7%	2%	5%

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Were in the same room with someone who was smoking, past 7 days	45%	38%	43%	51%	47%	43%
Were in the same car with someone who was smoking, past 7 days	37%	36%	33%	42%	39%	35%
Were asked about smoking by a health professional, past 12 months	23%	16%	20%	31%	25%	21%
Discussed dangers of smoking with parents or guardian, past 12 months	48%	62%	49%	40%	51%	45%
Think that out of 100 Vermont high school students, 56 or more smoke cigarettes	21%	22%	22%	18%	23%	18%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Used marijuana, ever	9%	*	4%	18%	6%	12%
Used marijuana before age 11	2%	*	*	5%	*	3%
Used marijuana, past 30 days	6%	*	3%	12%	5%	7%
Used inhalants, ever	8%	*	9%	9%	9%	7%
Misused prescription drugs, ever	4%	*	*	8%	3%	5%

* Suppressed due to small cell sizes (≤ 5 students)

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Smoke cigarettes	97%	98%	97%	96%	97%	96%
Drink alcohol	91%	92%	96%	86%	92%	91%
Smoke marijuana	94%	97%	97%	90%	95%	93%

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Smoke cigarettes	93%	96%	95%	88%	95%	91%
Drink alcohol	85%	94%	90%	74%	86%	84%
Smoke marijuana	90%	97%	96%	78%	92%	87%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think people their age greatly risk harming themselves (physically or in other ways) if they:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Smoke one or more packs of cigarettes per day	70%	69%	69%	71%	68%	72%
Have five or more drinks of alcohol once or twice each weekend	53%	55%	57%	48%	55%	51%
Smoke marijuana regularly	67%	74%	73%	56%	68%	66%

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Cigarettes	28%	15%	21%	43%	22%	35%
Alcohol	31%	14%	25%	48%	27%	36%
Marijuana	18%	7%	11%	32%	16%	20%

Body Image

Percent of students who think that they are:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Underweight	16%	18%	17%	13%	13%	18%
About the right weight	55%	49%	57%	56%	57%	53%
Overweight	29%	33%	27%	30%	30%	29%

Percent of students who are trying to:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Lose weight	53%	53%	48%	58%	58%	47%
Gain weight	8%	10%	10%	5%	5%	11%
Stay the same weight	27%	28%	28%	25%	24%	30%
Not trying to do anything about weight	12%	9%	14%	12%	13%	12%

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Skipped meals to lose weight or keep from gaining weight, past 30 days	23%	20%	21%	26%	27%	18%

Nutrition

Percent of students who ate breakfast on:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Seven of the past seven days	40%	47%	38%	39%	34%	47%
At least three of the past seven days	70%	74%	73%	65%	64%	76%
Zero of the past seven days	14%	14%	13%	16%	18%	11%

Physical Activity

Percent of students who were physically active on:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Seven of the past seven days	34%	37%	34%	32%	29%	39%
Zero of the past seven days	8%	12%	7%	7%	10%	7%

Percent of students who attend physical education classes:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Every day during an average school week	*	*	*	*	*	*
At least one day during an average school week	98%	100%	98%	99%	100%	97%

* Suppressed due to small cell sizes (≤ 5 students)

Physical Activity

Percent of students who, on an average school day, watch TV:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Three or more hours	26%	27%	26%	26%	22%	30%
Five or more hours	8%	12%	7%	8%	5%	11%

Percent of students who, on an average school day, play video or computer games or use a computer for something that is not school work:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Three or more hours	32%	32%	33%	32%	25%	40%
Five or more hours	13%	15%	11%	13%	9%	17%

Youth Assets

Percent of students who, in the past 7 days, went online for something that was not for school:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Zero or one day	25%	34%	27%	18%	22%	28%
Two or three days	19%	25%	19%	16%	21%	17%
Four or five days	14%	15%	16%	12%	15%	13%
Six or seven days	41%	25%	38%	53%	41%	41%

Percent of students who talk with their parents about school:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
About every day	46%	54%	49%	37%	45%	46%
About once or twice a week	28%	20%	26%	36%	28%	28%
About once or twice a month	12%	12%	13%	13%	13%	12%
Less than once a month	7%	5%	7%	8%	8%	6%
Never	7%	9%	6%	8%	6%	8%

Youth Assets

Percent of students who agree or strongly agree:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Teachers really care about you and give you a lot of encouragement	62%	77%	60%	56%	68%	56%
Students help decide what goes on in your school	43%	52%	42%	40%	42%	45%
In your community, you feel like you matter to people	48%	41%	51%	47%	48%	47%

Vermont High School Youth Risk Behavior Survey

Recalculated Results for Southwest Vermont SU

Before 2011, students in grades 8-12 took the Vermont Youth Risk Behavior Survey. In 2011, we conducted a high school survey of students in grades 9-12, and a middle school survey of students in grades 6-8.

All results in the 2011 high school survey report are for grades 9-12 only. The following pages contain rates from previous surveys recalculated for grades 9-12, overall and by gender, for comparison to 2011. Rates by grade did not change.

This section of the report includes only the variables on the 2011 YRBS. # = question was not asked that year.

Personal Safety - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	75%	71%	77%	77%	80%	80%
Rode with drinking driver, past 30 days	23%	20%	19%	19%	19%	19%
Drove after drinking, past 30 days	7%	7%	6%	6%	8%	5%
Rode with marijuana user, past 30 days	29%	33%	27%	26%	26%	27%
Drive after marijuana use, past 30 days	13%	13%	11%	11%	11%	12%
Carried a weapon on school property, past 30 days	9%	6%	6%	7%	8%	9%
Did not go to school because felt unsafe, past 30 days	5%	4%	5%	3%	4%	4%
Threatened or injured with weapon on school property, past 12 months	6%	6%	6%	6%	7%	4%
In physical fight, past 12 months	25%	26%	24%	25%	24%	23%
In physical fight at school, past 12 months	12%	13%	10%	13%	11%	9%

Personal Safety - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	80%	77%	82%	83%	86%	83%
Rode with drinking driver, past 30 days	23%	17%	18%	18%	19%	17%
Drove after drinking, past 30 days	6%	4%	3%	3%	6%	3%
Rode with marijuana user, past 30 days	30%	33%	28%	27%	26%	28%
Drive after marijuana use, past 30 days	11%	9%	7%	10%	10%	10%
Carried a weapon on school property, past 30 days	4%	2%	2%	1%	3%	3%
Did not go to school because felt unsafe, past 30 days	5%	5%	5%	4%	3%	5%
Threatened or injured with weapon on school property, past 12 months	5%	4%	4%	3%	4%	3%
In physical fight, past 12 months	18%	19%	18%	18%	18%	19%
In physical fight at school, past 12 months	7%	11%	8%	9%	8%	7%

Personal Safety - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	70%	66%	73%	71%	74%	78%
Rode with drinking driver, past 30 days	22%	22%	19%	21%	18%	20%
Drove after drinking, past 30 days	8%	9%	9%	8%	9%	7%
Rode with marijuana user, past 30 days	28%	32%	25%	26%	25%	25%
Drive after marijuana use, past 30 days	14%	18%	15%	12%	13%	14%
Carried a weapon on school property, past 30 days	14%	10%	10%	13%	14%	14%
Did not go to school because felt unsafe, past 30 days	4%	4%	5%	3%	5%	3%
Threatened or injured with weapon on school property, past 12 months	7%	8%	8%	9%	9%	5%
In physical fight, past 12 months	31%	32%	30%	33%	30%	26%
In physical fight at school, past 12 months	16%	16%	13%	16%	14%	10%

Personal Safety - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	15%	13%	12%
Bullied someone, past 30 days	#	#	#	18%	17%	15%
Electronically bullied, past 12 months	#	#	#	#	#	15%
Hit by boy/girlfriend on purpose, past 12 months	10%	9%	8%	7%	8%	9%
Purposefully hurt self without wanting to die, ever	#	#	#	#	19%	15%
Planned suicide, past 12 months	18%	16%	11%	11%	10%	9%
Attempted suicide, past 12 months	9%	8%	6%	6%	8%	6%

Personal Safety - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	15%	15%	12%
Bullied someone, past 30 days	#	#	#	14%	15%	12%
Electronically bullied, past 12 months	#	#	#	#	#	20%
Hit by boy/girlfriend on purpose, past 12 months	10%	8%	7%	7%	7%	9%
Purposefully hurt self without wanting to die, ever	#	#	#	#	25%	22%
Planned suicide, past 12 months	24%	20%	13%	14%	12%	12%
Attempted suicide, past 12 months	13%	12%	7%	9%	8%	9%

Personal Safety - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	15%	11%	11%
Bullied someone, past 30 days	#	#	#	22%	20%	16%
Electronically bullied, past 12 months	#	#	#	#	#	10%
Hit by boy/girlfriend on purpose, past 12 months	10%	11%	9%	7%	10%	9%
Purposefully hurt self without wanting to die, ever	#	#	#	#	10%	9%
Planned suicide, past 12 months	11%	12%	9%	8%	8%	6%
Attempted suicide, past 12 months	4%	6%	4%	4%	6%	4%

Alcohol - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	78%	77%	72%	71%	68%	66%
Drank alcohol prior to age 13	28%	26%	22%	18%	19%	17%
Consumed alcohol, past 30 days	46%	43%	37%	40%	39%	37%
Binged on alcohol, past 30 days	28%	28%	24%	25%	27%	23%
3 or more days drinking, past 30 days	24%	25%	22%	20%	22%	18%
10 or more days drinking, past 30 days	7%	6%	6%	6%	6%	6%
3 or more days bingeing, past 30 days	13%	13%	12%	10%	12%	11%
Drank on school property, past 30 days	5%	6%	3%	2%	4%	2%

Alcohol - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	78%	79%	72%	72%	69%	67%
Drank alcohol prior to age 13	24%	21%	20%	14%	16%	12%
Consumed alcohol, past 30 days	48%	44%	36%	39%	40%	34%
Binged on alcohol, past 30 days	25%	28%	20%	22%	26%	18%
3 or more days drinking, past 30 days	21%	23%	18%	16%	23%	15%
10 or more days drinking, past 30 days	5%	4%	4%	4%	5%	3%
3 or more days bingeing, past 30 days	10%	10%	9%	8%	11%	7%
Drank on school property, past 30 days	4%	5%	1%	1%	4%	1%

Alcohol - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	78%	76%	71%	69%	66%	66%
Drank alcohol prior to age 13	30%	30%	25%	23%	21%	20%
Consumed alcohol, past 30 days	44%	42%	37%	40%	36%	39%
Binged on alcohol, past 30 days	31%	29%	27%	28%	28%	28%
3 or more days drinking, past 30 days	26%	26%	25%	23%	21%	21%
10 or more days drinking, past 30 days	9%	8%	7%	9%	7%	8%
3 or more days bingeing, past 30 days	15%	16%	15%	12%	12%	14%
Drank on school property, past 30 days	6%	7%	5%	4%	4%	4%

Alcohol - All

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	45%	41%
Usually consumed beer	#	#	#	#	31%	40%
Usually consumed alcopops	#	#	#	#	21%	13%
Usually consumed wine or wine coolers	#	#	#	#	3%	6%
Someone gave alcohol to me	#	#	#	#	#	43%
Gave someone money to buy alcohol for me	#	#	#	#	#	32%
Got or stole alcohol from home	#	#	#	#	#	15%
Bought in a store	#	#	#	#	#	7%
Stole alcohol from a store or restaurant	#	#	#	#	#	3%

Alcohol - Females

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	44%	38%
Usually consumed beer	#	#	#	#	22%	32%
Usually consumed alcopops	#	#	#	#	31%	21%
Usually consumed wine or wine coolers	#	#	#	#	3%	8%
Someone gave alcohol to me	#	#	#	#	#	49%
Gave someone money to buy alcohol for me	#	#	#	#	#	35%
Got or stole alcohol from home	#	#	#	#	#	14%
Bought in a store	#	#	#	#	#	2%
Stole alcohol from a store or restaurant	#	#	#	#	#	0%

Alcohol - Males

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	47%	42%
Usually consumed beer	#	#	#	#	42%	46%
Usually consumed alcopops	#	#	#	#	8%	7%
Usually consumed wine or wine coolers	#	#	#	#	3%	4%
Someone gave alcohol to me	#	#	#	#	#	39%
Gave someone money to buy alcohol for me	#	#	#	#	#	30%
Got or stole alcohol from home	#	#	#	#	#	16%
Bought in a store	#	#	#	#	#	11%
Stole alcohol from a store or restaurant	#	#	#	#	#	4%

Tobacco - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	59%	53%	48%	45%	39%	38%
Smoked cigarettes, past 30 days	36%	30%	28%	26%	24%	22%
Smoked daily, past 30 days	16%	19%	13%	13%	9%	11%
Smoked first cigarette prior to age 13	27%	26%	22%	19%	17%	15%
Smoked 11 or more cigarettes on days smoked, past 30 days	6%	5%	6%	5%	4%	3%
Smoked 20 or more cigarettes on days smoked, past 30 days	1%	1%	1%	1%	2%	2%
Used chewing tobacco, past 30 days	10%	12%	13%	13%	13%	16%
Smoked cigars, past 30 days	13%	12%	11%	#	#	11%

Tobacco - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	63%	57%	52%	45%	38%	39%
Smoked cigarettes, past 30 days	38%	31%	28%	23%	24%	22%
Smoked daily, past 30 days	18%	20%	12%	12%	9%	11%
Smoked first cigarette prior to age 13	25%	26%	22%	17%	15%	14%
Smoked 11 or more cigarettes on days smoked, past 30 days	6%	5%	5%	5%	4%	2%
Smoked 20 or more cigarettes on days smoked, past 30 days	1%	1%	0%	0%	2%	1%
Used chewing tobacco, past 30 days	3%	4%	3%	4%	6%	6%
Smoked cigars, past 30 days	6%	6%	4%	#	#	3%

Tobacco - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	56%	49%	44%	45%	39%	37%
Smoked cigarettes, past 30 days	33%	29%	27%	28%	23%	22%
Smoked daily, past 30 days	15%	18%	13%	14%	9%	10%
Smoked first cigarette prior to age 13	30%	27%	22%	22%	17%	15%
Smoked 11 or more cigarettes on days smoked, past 30 days	6%	5%	7%	6%	5%	4%
Smoked 20 or more cigarettes on days smoked, past 30 days	1%	2%	2%	3%	2%	3%
Used chewing tobacco, past 30 days	16%	19%	22%	23%	20%	25%
Smoked cigars, past 30 days	21%	18%	17%	#	#	17%

Other Drug Use - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	55%	52%	49%	48%	44%	46%
Tried marijuana prior to age 13	15%	14%	14%	11%	12%	12%
Used marijuana, past 30 days	31%	32%	27%	26%	27%	28%
Used marijuana 10 or more times, past 30 days	15%	16%	13%	13%	12%	14%
Used marijuana on school property, past 30 days	9%	13%	9%	9%	7%	8%
Used cocaine, past 30 days	5%	5%	3%	5%	7%	6%
Use inhalants, ever	19%	18%	14%	6%	12%	9%
Used heroin, ever	5%	3%	2%	2%	5%	4%
Used methamphetamines, ever	11%	9%	7%	4%	6%	4%
Used hallucinogens, ever	21%	18%	14%	12%	13%	11%
Were offered, sold, or given drugs on school property, past 12 months	34%	33%	26%	24%	21%	22%

Other Drug Use - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	57%	51%	48%	47%	44%	45%
Tried marijuana prior to age 13	12%	10%	9%	6%	10%	7%
Used marijuana, past 30 days	29%	30%	23%	25%	25%	26%
Used marijuana 10 or more times, past 30 days	12%	14%	8%	9%	10%	11%
Used marijuana on school property, past 30 days	7%	9%	5%	7%	6%	7%
Used cocaine, past 30 days	3%	4%	3%	3%	4%	4%
Use inhalants, ever	18%	18%	13%	6%	14%	9%
Used heroin, ever	2%	1%	1%	2%	4%	2%
Used methamphetamines, ever	8%	8%	7%	3%	6%	2%
Used hallucinogens, ever	19%	16%	12%	9%	11%	5%
Were offered, sold, or given drugs on school property, past 12 months	33%	29%	23%	19%	20%	19%

Other Drug Use - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	52%	53%	50%	49%	43%	47%
Tried marijuana prior to age 13	17%	18%	18%	17%	15%	17%
Used marijuana, past 30 days	33%	33%	31%	26%	27%	29%
Used marijuana 10 or more times, past 30 days	19%	19%	18%	17%	14%	15%
Used marijuana on school property, past 30 days	11%	16%	12%	12%	9%	9%
Used cocaine, past 30 days	6%	6%	4%	5%	9%	7%
Use inhalants, ever	18%	18%	15%	7%	11%	9%
Used heroin, ever	8%	5%	3%	3%	6%	5%
Used methamphetamines, ever	13%	11%	7%	6%	7%	5%
Used hallucinogens, ever	21%	21%	16%	14%	16%	16%
Were offered, sold, or given drugs on school property, past 12 months	35%	37%	29%	29%	23%	25%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	81%	82%	85%	86%	87%	88%
Parents would think it is wrong/very wrong for you to drink	79%	79%	80%	78%	79%	78%
Parents would think it is wrong/very wrong for you to smoke marijuana	89%	87%	87%	87%	87%	85%
Wrong/very wrong for someone your age to smoke	54%	59%	64%	67%	71%	69%
Wrong/very wrong for someone your age to drink alcohol	48%	46%	52%	48%	47%	49%
Wrong/very wrong for someone your age to smoke marijuana	59%	55%	58%	59%	63%	59%
Easy/very easy to obtain cigarettes	80%	77%	80%	81%	76%	76%
Easy/very easy to obtain alcohol	71%	72%	71%	71%	72%	67%
Easy/very easy to obtain marijuana	70%	69%	66%	68%	66%	62%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	82%	83%	84%	86%	88%	90%
Parents would think it is wrong/very wrong for you to drink	82%	83%	83%	82%	80%	80%
Parents would think it is wrong/very wrong for you to smoke marijuana	90%	90%	88%	88%	90%	87%
Wrong/very wrong for someone your age to smoke	52%	56%	63%	70%	71%	70%
Wrong/very wrong for someone your age to drink alcohol	48%	47%	51%	53%	51%	50%
Wrong/very wrong for someone your age to smoke marijuana	59%	56%	60%	64%	65%	63%
Easy/very easy to obtain cigarettes	81%	79%	80%	79%	75%	75%
Easy/very easy to obtain alcohol	72%	70%	72%	71%	71%	66%
Easy/very easy to obtain marijuana	70%	69%	64%	67%	65%	62%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	80%	82%	85%	85%	85%	86%
Parents would think it is wrong/very wrong for you to drink	78%	75%	78%	75%	79%	76%
Parents would think it is wrong/very wrong for you to smoke marijuana	88%	85%	85%	86%	85%	84%
Wrong/very wrong for someone your age to smoke	56%	61%	65%	64%	70%	69%
Wrong/very wrong for someone your age to drink alcohol	48%	45%	53%	44%	44%	49%
Wrong/very wrong for someone your age to smoke marijuana	59%	55%	57%	54%	60%	56%
Easy/very easy to obtain cigarettes	79%	76%	79%	82%	78%	77%
Easy/very easy to obtain alcohol	69%	75%	69%	71%	72%	69%
Easy/very easy to obtain marijuana	68%	69%	67%	70%	68%	63%

Sexual Behavior and Orientation - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	48%	45%	46%	48%	45%	51%
Had sex, past 3 months	36%	34%	35%	37%	35%	#
Had sex before age 13	6%	6%	5%	5%	6%	6%
4 or more sexual partners in lifetime	12%	13%	13%	12%	13%	14%
3 or more sexual partners in last 3 months	3%	4%	4%	4%	5%	#
Used alcohol or drugs prior to last sex (among sexually active)	26%	29%	22%	19%	23%	21%
Used condom at last sex (among sexually active)	62%	64%	63%	66%	69%	65%
Heterosexual	#	#	#	94%	91%	94%
Gay or lesbian, bisexual, not sure	#	#	#	6%	9%	6%

Sexual Behavior and Orientation - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	47%	45%	45%	49%	46%	51%
Had sex, past 3 months	39%	37%	36%	40%	37%	#
Had sex before age 13	2%	4%	4%	2%	3%	3%
4 or more sexual partners in lifetime	10%	13%	12%	11%	11%	13%
3 or more sexual partners in last 3 months	2%	3%	2%	2%	3%	#
Used alcohol or drugs prior to last sex (among sexually active)	23%	25%	17%	17%	19%	16%
Used condom at last sex (among sexually active)	55%	57%	54%	58%	65%	57%
Heterosexual	#	#	#	92%	88%	91%
Gay or lesbian, bisexual, not sure	#	#	#	8%	12%	9%

Sexual Behavior and Orientation - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	47%	45%	46%	46%	43%	50%
Had sex, past 3 months	32%	32%	33%	34%	32%	#
Had sex before age 13	8%	8%	7%	7%	9%	9%
4 or more sexual partners in lifetime	13%	12%	14%	13%	14%	15%
3 or more sexual partners in last 3 months	3%	6%	6%	6%	8%	#
Used alcohol or drugs prior to last sex (among sexually active)	27%	34%	26%	21%	28%	26%
Used condom at last sex (among sexually active)	69%	71%	73%	74%	74%	71%
Heterosexual	#	#	#	96%	94%	97%
Gay or lesbian, bisexual, not sure	#	#	#	4%	6%	3%

Body Image - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	14%	15%	16%	16%	14%	14%
BMI >95th percentile	8%	10%	11%	13%	15%	15%
Underweight	15%	17%	15%	12%	13%	13%
Right weight	53%	53%	52%	55%	58%	57%
Overweight	32%	30%	33%	32%	29%	30%
Trying to lose weight	46%	45%	44%	47%	45%	47%
Trying to gain weight	15%	13%	12%	11%	11%	11%
Trying to stay at current weight	20%	15%	17%	19%	21%	20%
Doing nothing about weight	20%	27%	27%	23%	23%	22%

Body Image - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	10%	14%	16%	14%	12%	13%
BMI >95th percentile	6%	7%	9%	10%	11%	10%
Underweight	12%	13%	10%	9%	9%	7%
Right weight	47%	50%	50%	54%	57%	60%
Overweight	41%	37%	40%	37%	34%	33%
Trying to lose weight	62%	63%	58%	61%	60%	65%
Trying to gain weight	4%	5%	5%	4%	3%	2%
Trying to stay at current weight	19%	11%	16%	16%	20%	17%
Doing nothing about weight	16%	22%	20%	19%	17%	15%

Body Image - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	18%	15%	16%	18%	16%	15%
BMI >95th percentile	10%	14%	14%	15%	20%	19%
Underweight	18%	19%	20%	16%	17%	17%
Right weight	59%	56%	54%	56%	60%	55%
Overweight	23%	25%	27%	28%	23%	27%
Trying to lose weight	30%	28%	29%	33%	29%	32%
Trying to gain weight	25%	21%	19%	17%	20%	18%
Trying to stay at current weight	21%	19%	18%	22%	22%	22%
Doing nothing about weight	24%	32%	34%	27%	30%	28%

Nutrition - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	41%	34%	35%	31%	36%	34%
3 or more servings of vegetables per day, past week	11%	9%	11%	13%	16%	13%
5 or more servings of fruit/vegetables per day, past week	18%	16%	21%	19%	25%	22%
Breakfast on 7 or more days, past week	#	#	#	#	39%	38%
Breakfast on 3 or more days, past week	#	#	#	#	75%	72%
Breakfast on 0 days, past week	#	#	#	#	10%	11%
1 or more servings of soda per day, past week	#	#	#	#	24%	24%

Nutrition - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	41%	34%	36%	31%	35%	31%
3 or more servings of vegetables per day, past week	9%	11%	11%	12%	16%	12%
5 or more servings of fruit/vegetables per day, past week	17%	17%	22%	18%	25%	19%
Breakfast on 3 or more days, past week	#	#	#	#	76%	73%
Breakfast on 7 or more days, past week	#	#	#	#	36%	34%
1 or more servings of soda per day, past week	#	#	#	#	18%	18%

Nutrition - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	40%	35%	33%	30%	37%	37%
3 or more servings of vegetables per day, past week	12%	8%	11%	14%	15%	15%
5 or more servings of fruit/vegetables per day, past week	18%	14%	19%	20%	25%	26%
Breakfast on 3 or more days, past week	#	#	#	#	74%	71%
Breakfast on 7 or more days, past week	#	#	#	#	42%	42%
1 or more servings of soda per day, past week	#	#	#	#	30%	30%

Physical Activity - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	25%	26%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	12%	17%
P.E. at least once per week	34%	42%	38%	37%	33%	36%
P.E. five days per week	30%	37%	33%	33%	29%	32%
Watched tv/used computer for fun, 3 or more hours per day	#	36%	46%	43%	42%	42%
Watched tv/used computer for fun, 5 or more hours per day	#	10%	13%	13%	14%	12%

Physical Activity - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	18%	13%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	14%	25%
P.E. at least once per week	32%	44%	38%	34%	33%	32%
P.E. five days per week	28%	39%	35%	31%	31%	29%
Watched tv/used computer for fun, 3 or more hours per day	#	30%	45%	39%	38%	37%
Watched tv/used computer for fun, 5 or more hours per day	#	7%	13%	9%	11%	8%

Physical Activity - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	31%	37%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	9%	10%
P.E. at least once per week	36%	40%	37%	41%	32%	40%
P.E. five days per week	31%	34%	31%	34%	27%	35%
Watched tv/used computer for fun, 3 or more hours per day	#	40%	47%	47%	47%	46%
Watched tv/used computer for fun, 5 or more hours per day	#	14%	13%	16%	16%	15%

Youth Assets - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	26%	29%	33%	36%	31%
Earned mostly Bs	#	47%	45%	43%	44%	42%
Earned mostly Cs	#	17%	16%	14%	13%	16%
Earned mostly Ds or Fs	#	5%	5%	4%	2%	4%
Not sure/not graded	#	5%	5%	6%	5%	8%
Parents talk to you about school at least once a week	72%	72%	72%	75%	74%	73%
Volunteer, 1 or more hours per week	#	43%	44%	38%	42%	41%
Volunteer, 3 or more hours per week	#	17%	21%	17%	15%	16%
Agree/strongly agree that students help decide what goes on at school	#	41%	42%	40%	48%	48%
Agree/strongly agree that you matter to your community	#	37%	36%	37%	38%	42%

Youth Assets - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	32%	37%	40%	38%	32%
Earned mostly Bs	#	47%	44%	43%	44%	47%
Earned mostly Cs	#	14%	13%	11%	11%	12%
Earned mostly Ds or Fs	#	2%	2%	2%	1%	3%
Not sure/not graded	#	4%	5%	5%	6%	6%
Parents talk to you about school at least once a week	73%	73%	75%	77%	75%	73%
Volunteer, 1 or more hours per week	#	46%	50%	42%	46%	43%
Volunteer, 3 or more hours per week	#	16%	25%	17%	17%	17%
Agree/strongly agree that students help decide what goes on at school	#	41%	41%	40%	49%	51%
Agree/strongly agree that you matter to your community	#	34%	36%	37%	34%	36%

Youth Assets - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	21%	22%	26%	35%	30%
Earned mostly Bs	#	48%	45%	42%	43%	38%
Earned mostly Cs	#	19%	20%	19%	16%	19%
Earned mostly Ds or Fs	#	7%	7%	6%	2%	4%
Not sure/not graded	#	5%	6%	7%	4%	8%
Parents talk to you about school at least once a week	71%	71%	69%	72%	74%	73%
Volunteer, 1 or more hours per week	#	42%	39%	33%	38%	39%
Volunteer, 3 or more hours per week	#	18%	18%	16%	14%	16%
Agree/strongly agree that students help decide what goes on at school	#	42%	43%	40%	47%	44%
Agree/strongly agree that you matter to your community	#	39%	36%	37%	41%	47%