



# 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Lamoille County



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The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who participate in the Youth Risk Behavior Survey each year.

Copies of the questionnaires, state-wide reports, data briefs, and additional sub-state reports are available online.

Visit the Vermont Department of Health YRBS website at:  
<https://www.HealthVermont.gov/yrbs>

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### About the YRBS

The Youth Risk Behavior Survey (YRBS) is a national school-based survey that monitors the health-risk behaviors that contribute to the leading causes of death and disability among youth and young adults.

These include:

- Behaviors that contribute to unintentional injuries
- Violence
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Sexual health behaviors related to pregnancy and STDs

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement

### About the YRBS

In Vermont, the Department of Health works with the Agency of Education and the Centers for Disease Control and Prevention (CDC) to administer the YRBS. It is typically conducted every two years during the spring semester. The YRBS was first administered among students in 8th through 12th grades in 1993. Since 2011, Vermont has conducted two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

The middle school and high school surveys differ slightly. The middle school survey is shorter and focuses more on lifetime behaviors and includes questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, sexual activity, nutrition, physical activity, youth assets, and other factors related to health equity. The high school survey includes questions on these topics as well as more in-depth questions on current behaviors such as driving behaviors and self-reported height and weight.

Copies of the 2021 Vermont high school and middle school surveys as well as previous surveys can be found online at:

<https://www.HealthVermont.gov/yrbs>

## Methodology

The YRBS is a biennial school-based survey. In Vermont, students in all public schools and select independent schools across the state are invited to participate in the YRBS. Historically, this has always taken place in the Spring semester. However, due to the COVID-19 pandemic and remote learning, the CDC allowed for the survey to be delayed to the Fall semester later in 2021.

Survey procedures were designed to protect the privacy of students. The YRBS is confidential, anonymous, and optional for students. All students are read a standard set of directions and asked to complete the self-administered survey. Completion of the survey depends on a student's ability to read and complete the questionnaire independently or with the use of computer assisted technology (e.g., screen readers). Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data. Students can decline participation at any time or skip any questions they do not wish to answer. In addition, to protect student's anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

In 2019, Vermont began administering a web-based version of the YRBS. Students complete the YRBS online using a unique, random login code to access the survey online. No survey logic or skip patterns are used to ensure that all students complete the survey in approximately the same time frame, regardless of how they answer a question.

For more information on the delayed administration and how it may have impacted the 2021 results, please see "Understanding the 2021 YRBS Results" on the Vermont Department of Health YRBS webpage at: <https://www.HealthVermont.gov/yrbs>

## Using the YRBS

### Engaging students, schools, and communities

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, school and community organizations 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.

Participate in Getting to 'Y': Getting to Y provides an opportunity for students to take a lead in bringing meaning to their own Youth Risk Behavior Survey data and taking steps to strengthen their school and community based on their findings. Schools and districts across the state form teams to analyze local level data, identify areas of strength and concern, and create a preliminary action plan. Through the Getting to 'Y' program, students attend a training day where they learn tools and strategies to examine data, explore root causes, and create next action steps. In addition, teams plan and host a community dialogue event to share their executive summary with the school and community.

For more information on upcoming Getting to Y trainings, newsletters, and resources visit Getting to Y at <http://www.upforlearning.org/initiatives/getting-to-y>

## How Accurate are the Results?

Research indicates data of this nature may be gathered as credibly from adolescents as from adults. The anonymous survey design and survey environment encourages students to be honest and forthright.

Numerous precautions are taken to ensure the reliability and validity of the results. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn.

The results in this report are weighted by sex, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of middle school students in grades 6 through 8 (middle school survey) and high school students grades 9 through 12 (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

More information on survey reliability including "Do students tell the truth" is available on the Vermont Department of Health YRBS webpage at: <https://www.HealthVermont.gov/yrbs>

## Understanding and Interpreting the Results

### Statistical Differences

Throughout this report, statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups.

A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently students responded to an item. Sometimes, when comparing the responses of two or more groups, the overall percent may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically.

While this report notes statistical differences, we encourage you to consider meaningful differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

### Data Suppression

For some questions, not enough students respond to be able to report an estimate. In those instances, a dot (.) indicating “too few students” is noted in the table. Reportable estimates include a numerator of at least 5 students and denominator of 50 or more students.

### Subgroup Comparisons

Some subgroups have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity and social problems.

To draw as many statistically meaningful comparisons among groups as possible, some populations have been grouped together. When included, all American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic /Latino students were grouped into a "BIPOC" category to compare to white, non-Hispanic students. Similarly, all lesbian, gay, bisexual, or other non-heterosexual sexual orientation and transgender students were grouped into a "LGBTQ+" category to compare to heterosexual/cisgender students.

### Key Terms and Statistical Differences

Each table includes the overall statewide and county prevalence rates (%). Prevalence rates by subpopulations are included at the local level. Overall statistical comparisons between the statewide and county rates as well as statistical differences within a county by subpopulations are indicated within each table. These are noted using following key terms and statistical differences:

VT = All students in Vermont

County = All students in Lamoille County

M = Male students

F = Female students

WnH = White, non-Hispanic students

BIPOC = American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic /Latino students

Het/Cis = Heterosexual and cisgender students

LGBTQ+ = Transgender, lesbian, gay, bisexual, other sexual orientation, and questioning or unsure if they are transgender students

. = Too few students to report

\* = Significant differences between groups

# = Significantly increases/decreases with each grade level

+ = Older (11th/12th grade) students are significantly different from younger (9th/10th grade) students

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## Special Considerations for 2021

The Vermont YRBS is typically administered during the spring semester of the school year. However, due to COVID-19 and related school closures, the CDC allowed for the 2021 YRBS to be delayed and administered during the fall semester. Students in Vermont took the survey between September and December 2021.

Prevalence estimates for the 2021 VT YRBS and comparisons with previous YRBS data have likely been impacted by some significant factors unique to 2021, including the COVID-19 pandemic and the delay of the survey. Students who participated in the 2021 YRBS were facing different educational and social experiences compared to those of previous participants. Disruptions, including remote learning, lack of social interactions and extracurricular activities, are likely reflected in the survey results.

Age can influence the risk behavior prevalence estimates. Because students took the survey in the fall semester (September-December 2021) instead of the spring semester (January-June 2021), the average age of survey participants was younger than in past years. As seen in other states with a fall 2021 YRBS administration, some risk behavior prevalence estimates may be lower due to the change in age of student participants.

Caution should be used when interpreting and comparing the 2021 results to other years.

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# 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

## HIGH SCHOOL RESULTS

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## Demographics

Overall	N
Lamoille County	621

Sex	N	%
Male	287	50
Female	327	50

Year in School	N	%
9th grade	221	27
10th grade	169	24
11th grade	132	25
12th grade	96	24

N = Unweighted number of students; % = Weighted percent

## Demographics

Race / Ethnicity	N	%
BIPOC	89	14
White, non-Hispanic	525	86

Sexual Orientation / Gender Identity	N	%
LGBTQ+	203	34
Heterosexual/Cisgender	394	66

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

N = Unweighted number of students; % = Weighted percent

## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County High School Results

## Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH		LGBTQ	HetCis
Were in a physical fight	16	16	15	17	20	20	11	11	+	26	14	*	20	14
Carried a weapon on school property	4	4	3	5	3	5	4	.		7	3		5	3
Were threatened or injured with a weapon on school property	7	7	8	6	11	10	4	.	+	8	7		13	4

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH		LGBTQ	HetCis
Were electronically bullied	17	20	23	16	27	18	16	16		25	19		29	15
Were bullied	17	20	*	25	15	*	28	23	15	15	+	20	20	34
Bullied someone	9	11	12	10	15	14	7	9		16	11		15	10

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County High School Results

## Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Report someone has ever done sexual things to them that they did not want	21	26 *	39	13 *	19	29	26	33	27	26	46	17 *
Experienced physical dating violence	8	10	11	8	6	15	.	14	15	9	17	7 *
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times	29	26	31	21	34	28	18	24	35	25	46	17 *

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not go to school because they felt unsafe at school or on their way to or from school	9	8	7	8	8	9	4	11	16	7 *	13	5 *
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	16	23 *	24	24	30	19	23	19	33	22	31	21 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Rode with a driver who had been drinking alcohol	16	18	20	17	16	20	17	21		12	20	18	19
Rode in a car or other vehicle driven by someone who had been using marijuana	19	25 *	30	21	19	28	28	28		24	26	34	22 *

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Texted or e-mailed while driving a car or other vehicle	33	34	33	35	17	12	34	60	+	.	33	30	36
Drove a car or other vehicle when they had been drinking alcohol	6	8	7	9	.	6	6	12		.	7	9	8
Drove a car or other vehicle when they had been using marijuana	10	14 *	16	12	9	14	11	20		16	14	19	13

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## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County High School Results

## Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Had at least one sunburn	76	76	85	67	*	76	79	77	73		55	79	*	79	76
Rarely or never wore a bicycle helmet	45	42	43	41		40	50	36	43		47	41		48	40
Had a concussion from playing a sport or being physically active	15	14	15	13		19	19	9	9	+	19	14		14	13

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## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County High School Results

## Mental Health

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Reported that their mental health was most of the time or always not good	35	33	44	20	*	27	39	31	34		32	33	53	24	*
Have been bothered by feeling nervous, anxious, or on edge most of the time or always	36	37	51	23	*	32	38	38	40		34	38	62	25	*
Felt sad or hopeless	30	29	41	18	*	30	34	26	27		29	30	52	19	*

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis			
Did something to purposely hurt themselves without wanting to die	22	22	33	12	*	19	28	23	20		24	22	45	12	*		
Made a plan about how they would attempt suicide	14	15	21	9	*	13	23	12	11		21	14	30	8	*		
Attempted suicide	7	9	*	13	6	*	9	18	5	.	+	18	8	*	19	5	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

## Sexual Health

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Were ever tested for human immunodeficiency virus (HIV)	6	5	5	4	.	10	4	.		.	5	8	3
Were ever tested for a sexually transmitted disease (STD)	6	6	9	4	.	9	6	8		.	6	8	6

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Ever had sexual intercourse	32	31	35	28	15	29	32	51	+	26	33	32	31
Had sexual intercourse for the first time before age 13 years	3	4	3	5	4	6	.	.		.	4	4	3
Had sexual intercourse with four or more persons during their life	7	8	6	11	.	7	6	20	+	10	8	11	8

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Were currently sexually active	24	25	28	22	11	22	25	43	+	18	26	24	27

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## Sexual Health

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Drank alcohol or used drugs before last sexual intercourse	21	27	25	.	.	.	.	.	.	25	.	21
Used a condom during last sexual intercourse	49	58	57	.	.	.	.	.	.	59	.	64
Used birth control pills before last sexual intercourse with opposite-sex partner	31	28	33	.	.	.	.	.	.	29	.	24
Used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner	18	19	24	.	.	.	.	.	.	21	.	22
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner	53	51	62	.	.	.	.	.	.	54	.	52
Used both a condom during last sexual intercourse and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner	18	24	32	.	.	.	.	.	.	26	.	24

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Sexual Health

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner	7	10	.	.	.	.	.	.	.	9	.	11

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

## Lifetime Substance Use

	VT	County		F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Ever smoked cigarettes	18	22	*	21	24	16	17	23	33	+	32	21	23	22
Ever used an electronic vapor product	33	35		37	33	26	33	38	42	+	39	34	42	33
Ever used a flavored tobacco product	18	19		20	17	10	17	21	27	+	15	19	21	17

	VT	County		F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Ever drank alcohol	47	53	*	59	47	#	40	42	62	68	+	56	53	58	51
Ever used marijuana	31	36	*	41	33		25	31	40	50	+	36	36	44	34

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

## Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Lifetime prescription drug use	10	9	12	7	10	13	5	10	12	9	15	7	*
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	8	7	10	5	8	11	5	5	10	7	12	5	*
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	5	5	5	5	5	5	.	7	.	5	7	4	

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Ever used cocaine	2	2	2	3	.	4	.	.	9	1	*	4	2
Ever used inhalants	7	9	9	9	9	12	7	8	13	8	14	7	
Ever used heroin	1	2	.	3	.	.	.	.	.	1	.	1	
Ever used methamphetamines	2	2	.	3	.	.	.	.	.	1	3	.	

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

## Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
First tried cigarette smoking before age 13 years	6	7	8	6	8	7	5	6	16	5 *	11	5 *
First tried a tobacco product flavored to taste before age 13 years	27	4 *	5	4	4	6	5	.	6	4	7	3
Had first drink of alcohol before age 13 years	13	15	15	14	22	14	12	11	23	14	17	14
Tried marijuana for the first time before age 13 years	5	7	8	5	8	6	8	.	10	6	11	5 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

Current Substance Use

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	18	20	21	19	11	21	21	28	25	19	22	19
Currently smoked cigarettes or cigars or used smokeless tobacco	7	9	6	12	3	10	6	16	13	8	8	9

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Currently smoked cigarettes	5	6	5	8	3	5	5	14	.	6	7	6
Currently used an electronic vapor product	16	18	20	16	10	17	18	26	21	17	21	17
Currently smoked cigars	3	5	2	7 *	.	6	4	8	6	5	3	5
Currently used smokeless tobacco	3	3	2	5	.	4	.	.	.	3	.	4
Tried to quit using all tobacco products	49	50	50	49	.	.	.	.	.	51	.	50

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

Current Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Currently drank alcohol	25	29 *	31	28	11	25	36	45	+	25	30	29	30
Currently were binge drinking	12	13	13	14	4	13	17	19	+	10	14	10	16
Reported that the largest number of drinks they had in a row was 10 or more	3	3	.	6	.	4	6	.		.	3	.	3

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Currently used marijuana	20	25 *	28	23	14	23	28	36	+	20	26	33	22 *

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	2	2	3	2	.	4	.	.		.	2	4	2

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

Substance Use Among Current Users

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Currently smoked cigarettes on 10+ days, among current users	35	.	.	.	.	.	.	.	.	.	.	.
Currently smoked 11+ cigarettes, among current users	15	.	.	.	.	.	.	.	.	.	.	.
Currently smoked 20+ cigarettes, among current users	13	.	.	.	.	.	.	.	.	.	.	.
Currently smoked cigarettes daily, among current users	21	.	.	.	.	.	.	.	.	.	.	.
Currently smoked cigarettes frequently (20+ days), among current users	25	.	.	.	.	.	.	.	.	.	.	.

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

Substance Use Among Current Users

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Usually use JUUL or other rechargeable device that uses pods, among current users	19	25	25	.	.	.	.	.	.	28	.	30
Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among current users	4	.	.	.	.	.	.	.	.	.	.	.
Used electronic vapor products mainly because they were curious about them, among current users	13	16	15	.	.	.	.	.	.	16	.	19
Currently used electronic vapor products daily, among current users	30	37	35	.	.	.	.	.	.	38	.	36
Used EVP 10+ days, among current users	42	51	49	.	.	.	.	.	.	51	.	51
Currently used electronic vapor products frequently (20+ days), among current users	42	51	49	.	.	.	.	.	.	51	.	51

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

Substance Use Among Current Users

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Currently binge drank, among current users	57	55	48	64	.	.	.	.	.	56	.	64
Reported that the largest number of drinks they had in a row was 10 or more, among current users	13	12	.	23	.	.	.	.	.	13	.	14
Currently drank 10+ days, among current users	13	13	8	19	.	.	.	.	.	13	.	16
Currently drank 20+ days, among current users	6	5	.	.	.	.	.	.	.	5	.	.
Currently drank everyday, among current users	4	.	.	.	.	.	.	.	.	.	.	.

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

Substance Use Among Current Users

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt, among current users	76	89 *	90	88	.	.	.	.	.	90	89	88
Currently used marijuana 10+ times, among current users	42	42	43	41	.	.	.	.	.	43	47	39
Currently used marijuana 20+ times, among current users	30	27	26	28	.	.	.	.	.	28	30	25
Usually used marijuana by vaping it, among current users	10	6	.	.	.	.	.	.	.	5	.	7

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

Substance Use Exposure and Prevention

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis		
Were asked by a doctor, dentist, or nurse if they smoked	49	46	45	46	33	52	53	47	38	47	55	43		
Were offered, sold, or given an illegal drug on school property	12	12	12	12	13	15	10	10	10	13	14	11		
Attended school under the influence of alcohol or other illegal drugs	10	10	15	6	*	8	14	6	13	12	10	17	8	*

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## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County High School Results

## Perceptions of Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	58	62	64	60	48	58	62	80	+	66	61	64	62
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	65	69	73	65	52	66	70	89	+	64	70	77	66 *
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	54	60	*	60	60	47	64	63	68	61	60	65	59

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## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County High School Results

## Perceptions of Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Think it is wrong or very wrong for someone their age to use electronic vapor products	67	66	62	70	69	70	68	58		75	65	62	69		
Think it is wrong or very wrong for someone their age to drink alcohol	55	50	*	46	53	66	52	43	37	+	52	49	49		
Think it is wrong or very wrong for someone their age to use marijuana	55	50	*	48	51	66	48	40	45	+	45	50	37	56	*

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## Perceptions of Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	90	89	91	87	89	90	92	86		80	91	87	90		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	71	65	*	62	68	80	69	63	48	+	61	65	63	66	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	77	71	*	70	73	82	70	70	61	+	65	72	59	76	*

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## Perceptions of Substance Use

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	39	42	44	41	42	45	45	38	41	43	46	41
Think people greatly risk harming themselves, physically or in other ways, if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	37	34	39	30	37	35	35	30	43	33	38	33
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	25	23	24	22	30	23	21	16	30	21	16	25

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## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County High School Results

## Obesity, Overweight, and Weight Perceptions

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Were overweight	14	13	13	13	18	12	10	12	14	13	10	14
Were obese	14	13	11	16	12	16	16	9	19	12	20	10 *

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Described themselves as slightly or very overweight	29	28	29	26	27	29	30	25	37	26	34	25
Were trying to lose weight	41	40	50	29 *	44	44	39	31	44	39	50	35 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

## Physical Activity

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Did not participate in at least 60 minutes of physical activity on at least 1 day	13	14	17	11	11	11	12	22	11	14	20	9	*
Were physically active at least 60 minutes per day on 5 or more days	53	53	43	64	* 53	56	55	48	51	53	30	65	*
Were physically active at least 60 minutes per day on all 7 days	28	25	16	35	* 27	27	27	20	28	25	10	33	*
Spent 3 or more hours per day on screen time	73	75	77	74	71	75	74	83	77	75	81	74	

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

## Nutrition

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Ate 5+ fruits/vegetables every day, past week	18	23 *	19	27	20	28	22	22	28	22	17	25

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not eat fruit or drink 100% fruit juices	6	5	5	6	5	6	.	8	.	6	7	4
Ate fruit or drank 100% fruit juices one or more times per day	58	60	53	68 *	65	62	62	53	65	60	54	63
Ate fruit or drank 100% fruit juices two or more times per day	27	30	25	35 *	32	36	24	29	37	29	23	32

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

## Nutrition

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Did not eat vegetables	5	3	2	5	3	.	4	.	.	4	.	4	
Ate vegetables one or more times per day	70	75	*	73	76	71	81	79	69	80	74	71	77
Ate vegetables two or more times per day	34	37		35	39	31	45	43	30	37	37	31	39
Ate vegetables three or more times per day	17	20		17	22	17	22	21	18	24	19	18	20

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Did not eat breakfast	16	13	16	10	15	12	9	16	17	13	17	10	
Ate breakfast on all 7 days	33	35	30	42	*	37	38	35	32	35	35	30	39

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

## Nutrition

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Drank a can, bottle, or glass of a sugar-sweetened beverage	18	16	14	19	16	17	15	18	20	16	20	15	
Did not drink a bottle or glass of plain water	4	4	3	5	4	4	4	.	.	4	5	3	
Drank a bottle or glass of plain water one or more times per day	77	80	78	81	80	77	85	76	78	80	74	84	*
Drank a bottle or glass of plain water two or more times per day	68	72	71	74	72	73	70	73	73	72	67	76	
Drank a bottle or glass of plain water three or more times per day	52	56	54	58	53	59	59	54	53	56	52	60	

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## Social Determinants of Health

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Have a disability or long-term health problem that keeps them from doing everyday activities	7	6	6	6	7	9	6	.	8	6	8	5
Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan	16	11	*	10	12	11	12	11	10	9	11	11

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Usually did not sleep in their parent's or guardian's home	3	3	1	5	4	4	.	.	.	3	4	3
Most of the time or always went hungry because there was not enough food in their home	2	2	3	2	3	.	.	.	.	2	5	.
Think their families subjective social status is worse than other families	2	3	3	3	.	.	5	.	.	3	3	3

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## Protective Factors

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Are sometimes, most of the time or always treated badly or unfairly because of their race, ethnicity, sexual orientation, gender identity, or age	19	17	22	12 *	22	15	16	16	23	16	34	10	*
Most of the time or always get the kind of help they need	33	32	28	37	33	28	33	32	24	33	20	39	*

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Ate dinner at home with at least one of their parents or other adult family member on four or more days	74	76	74	79	83	78	76	69	76	76	62	85	*
Reported that their parents or other adults in their family most of the time or always know where they are going or with whom they will be	88	90	91	88	91	89	92	85	89	90	87	92	

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County High School Results

## Protective Factors

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	70	71	71	71	65	67	78	74	+	73	71	66	75	
Strongly agree or agree that their school has clear rules and consequences for behavior	55	50	*	47	53	56	51	49	45	59	49	38	57	*

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Spend 10 or more hours participating in afterschool activities	25	27	28	27	20	29	26	34		15	29	*	17	33	*
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	69	67	73	62	*	57	57	77	79	+	65	68	64	71	

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Protective Factors

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Strongly agree or agree that in their community they feel like they matter to people	52	55	51	59	53	56	56	55	47	56	39	64	*

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# 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

## MIDDLE SCHOOL RESULTS

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## Demographics

Overall	N
Lamoille County	589

Sex	N	%
Male	280	47
Female	295	53

Grade	N	%
6th grade	115	20
7th grade	224	37
8th grade	247	43

Race	N	%
BIPOC	80	15
White, non-Hispanic	472	85

N = Unweighted number of students; % = Weighted percent

## Demographics

LGBTQ+	N	%
LGBTQ+	147	28
Heterosexual/Cisgender	390	72

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

N = Unweighted number of students; % = Weighted percent

## Unintentional Injuries, Personal Safety, and Violence

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis		
Ever rode with a driver who had been drinking alcohol	15	21	*	23	19	16	23	22	18	23	31	19	*	
Have ever ridden in a car driven by someone who had been using marijuana	10	15	*	15	15	.	15	20	27	13	*	24	12	*
Did not always wear a seat belt	20	20		21	19	17	19	23	29	20	26	19		
Never or rarely wear a seatbelt	2	2		2	3	.	3	.	.	2	5	1		

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Had a concussion from playing a sport or being physically active	15	16		13	20	16	15	18	32	14	*	19	16
Rarely or never wore a bicycle helmet	25	23		20	25	17	22	27	28	23	28	20	
Rarely or never wore a helmet when rollerblading or skateboarding	31	35		34	34	.	28	48	.	32	50	29	*

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## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County Middle School Results

## Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M		6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Were ever in a physical fight	38	35	22	48 *		34	40	30	50	32 *		40	32
Were ever bullied on school property	41	39	41	36		37	44	36	45	38		55	32 *
Were ever electronically bullied	29	27	34	17 *		19	33	25	32	27		49	21 *
Were bullied	24	22	28	14 *		27	21	20	29	21		40	15 *
Bullied someone	8	7	7	7		11	5	6	12	6		9	6

	VT	County	F	M		6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Report someone has ever done sexual things to them that they did not want	10	10	15	2 *		.	11	11	12	9		22	6 *

	VT	County	F	M		6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Did not go to school because they felt unsafe at school or on their way to or from school	10	8	8	8		6	10	7	12	7		14	6 *

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Unintentional Injuries, Personal Safety, and Violence

	VT	County		F	M		6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Had a sunburn, past year	67	72	*	79	64	*	74	67	74	51	75	*	74	71

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County Middle School Results

## Mental Health

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis		
Reported that their mental health was most of the time or always not good	22	23	32	10	*	14	20	29	23	23	48	15	*	
Have most of the time or always been bothered by feeling nervous, anxious, or on edge	24	23	33	11	*	12	22	30	33	23	53	14	*	
Felt sad or hopeless	22	21	27	12	*	15	21	24	35	20	*	46	13	*
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose	18	20	26	10	*	12	19	24	24	20	47	12	*	

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Ever seriously thought about killing themselves	18	20	22	14	*	9	21	23	25	19	42	13	*
Ever made a plan about how they would kill themselves	13	13	15	9		7	14	16	18	13	29	9	*
Ever tried to kill themselves	6	6	7	4		.	4	10	8	6	14	4	*

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## Sexual Health

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Ever had sexual intercourse	3	4	3	3	.	2	5	8	3	5	4
Used a condom during last sexual intercourse	44	.	.	.	.	.	.	.	.	.	.

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County Middle School Results

## Lifetime Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Ever tried cigarette smoking	6	7	8	5	.	7	9	13	6	12	5	*
Ever used an electronic vapor product	9	11	12	10	6	9	15	19	10	19	9	*
Ever use a flavored tobacco product	5	5	6	5	.	3	9	10	5	8	5	

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis		
Ever drank alcohol	15	16	14	17	8	16	19	24	15	24	14	*	
Ever tried marijuana	5	7	6	7	.	5	10	15	5	*	14	4	*
Ever used inhalants	4	4	5	3	.	4	6	.	4	6	4		

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## Lifetime Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Tried cigarette smoking for the first time before age 11 years	3	3	3	3	.	4	2	.	3	6	2	
Drank alcohol for the first time before age 11 years	8	8	7	9	7	9	8	14	8	13	7 *	
Tried marijuana for the first time before age 11 years	1	3	*	2	3	.	2	4	.	3	6	2

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## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County Middle School Results

## Current Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	5	7	7	6	.	6	10	15	6	*	11	6
Currently smoked cigarettes or used electronic vapor products	5	6	7	5	.	5	9	13	6		11	5

	VT	County	F	M	6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Currently smoked cigarettes	1	2	2	.	.	.	3	.	1		4	1
Currently used an electronic vapor product	5	6	7	5	.	5	9	10	6		11	5
Currently used smokeless tobacco	1	.	.	.	.	.	.	.	.		.	.
Currently smoked cigars	1	.	.	.	.	.	.	.	.		.	.

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County Middle School Results

Current Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Currently drank alcohol	5	4	4	3	.	.	7	11	3 *	7	3
Currently used marijuana	3	4	2	5	.	3	4	9	3 *	8	2 *
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	5	5	5	4	5	5	5	.	5	6	4

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County Middle School Results

Substance Use Among Current Users

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Used cigarettes on 1-2 days, among current users	43	.	.	.	.	.	.	.	.	.	.
Smoke 1 or fewer cigarettes, among current users	62	.	.	.	.	.	.	.	.	.	.
Used EVP on 1-2 days, among current users	46	.	.	.	.	.	.	.	.	.	.
Used electronic vapor products mainly because they were curious about them, among current users	16	.	.	.	.	.	.	.	.	.	.
Usually used JUUL or other rechargeable device that uses pods, among current users	19	.	.	.	.	.	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

## Substance Use Among Current Users

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Used alcohol on 1-2 days, among current users	69	.	.	.	.	.	.	.	.	.	.
Had 1 to 2 drinks, among current users	65	.	.	.	.	.	.	.	.	.	.
Used marijuana 1-2 times, among current users	42	.	.	.	.	.	.	.	.	.	.

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level

## Substance Use Screenings and Prevention

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Were asked by a doctor, dentist, or nurse if they smoked	27	22	*	25	18	12	17	30	20	23	25	23

. = Too few students to report; \* = Statistical differences between groups; # = Significantly increases/decreases with each grade level



2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County Middle School Results

Perceptions about Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis		
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	18	21	24	18	8	16	29	21	21	28	18	*	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	32	34	37	28	23	31	40	35	34	42	32		
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	15	18	19	16	6	15	25	^	26	17	32	14	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County Middle School Results

Perceptions about Substance Use

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Think it is wrong or very wrong for someone their age to use electronic vapor products	89	86	*	84	89	95	86	82	89	85	78	87	*
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	94	97	*	96	97	97	97	96	94	97	94	98	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	88	89		89	90	97	88	86	86	90	84	91	*
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	92		93	92	99	93	89	89	93	89	93	

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## Perceptions about Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	51	52	57	48	65	48	51	54	51	48	54
Think people greatly risk harming themselves, physically or in other ways, if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	40	40	43	38	41	42	39	39	41	40	40
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	48	44	48	41	67	46	33 ^	36	44	33	49 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Lamoille County Middle School Results

## Physical Activity

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Spent 3 or more hours per day on screen time	57	56		59	52	35	58	65	63	56	67	53	*
Did not participate in at least 60 minutes of physical activity on at least 1 day	9	7	*	5	8	.	6	9	10	6	8	6	
Were physically active at least 60 minutes per day on 5 or more days	60	68	*	67	71	83	65	64	67	67	59	72	*
Were physically active at least 60 minutes per day on all 7 days	35	39		30	49	#	40	33	43	37	24	44	*

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## Physical Activity

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Report they participate in physical activity or other short breaks during class	88	89	91	88	92	89	89	86	90	84	92	*
Played on at least one sports team	64	67	73	63	#	82	62	65	55	69	*	*
Walk or bike to school at least 1x	24	13	*	11	15	19	10	13	21	12	13	13
Walk or ride their bike to school on five days	12	5	*	6	5	7	4	6	10	5	6	5

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## 2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

## Lamoille County Middle School Results

## Nutrition

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Did not eat breakfast	12	13	16	9	*	.	12	18	16	13	18	11
Ate breakfast on all 7 days	45	44	35	56	*	65	40	38	43	43	26	49

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Did not drink a bottle or glass of plain water	3	3	.	5		.	4	3	.	3	.	2
Drank a bottle or glass of plain water one or more times per day	77	78	77	81		83	75	78	72	79	70	81
Drank a bottle or glass of plain water two or more times per day	70	71	68	77	*	74	71	71	64	72	60	76
Drank a bottle or glass of plain water three or more times per day	55	55	50	61	*	58	60	49	50	55	43	58

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## Social Determinants of Health

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Most of the time or always went hungry because there was not enough food in their home	2	2	3	.	.	2	3	.	3	.	2
Usually did not sleep in their parent's or guardian's home	2	2	2	3	.	4	.	7	1 *	.	2
Reported in their home people most of the time or always speak a language other than English	7	5 *	4	4	11	4	2	19	3 *	5	5

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## Protective Factors

	VT	County	F	M	6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis	
Ate dinner at home with at least one of their parents or other adult family member on four or more days	87	88	87	91	95	88	85	78	90	*	81	91	*
Most of the time or always feel that they are able to talk to an adult in their family or another caring adult about their feelings	59	57	58	58	75	58	48	50	57		34	64	*

	VT	County	F	M	6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis	
Have at least one teacher or other adult in their school that they can talk to if they have a problem	67	63	*	60	66	70	58	63	67	62	54	66	*
Strongly agree or agree that their school has clear rules and consequences for behavior	67	66		62	70	81	66	60	64	66	60	67	

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## Protective Factors

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	13	14	15	12	5	17	15	21	13	20	12	*
Strongly agree or agree that in their community they feel like they matter to people	55	54	52	58	64	54	51	55	54	34	62	*

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