



2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Rutland 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 Rutland 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

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.

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

Demographics

Overall	N
Rutland County	129 6

Sex	N	%
Male	663	53
Female	619	47

Year in School	N	%
9th grade	409	28
10th grade	364	25
11th grade	321	25
12th grade	188	22

N = Unweighted number of students; % = Weighted percent

Demographics

Race / Ethnicity	N	%
BIPOC	200	16
White, non-Hispanic	1074	84

Sexual Orientation / Gender Identity	N	%
LGBTQ+	330	25
Heterosexual/Cisgender	928	75

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
Rutland 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	21 *	16	26 *	27	24	18	14	38	18 *	25	20
Carried a weapon on school property	4	5	3	8 *	4	7	3	7	15	4 *	8	5
Were threatened or injured with a weapon on school property	7	9	8	9	11	10	7	7	17	7 *	15	7 *

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Were electronically bullied	17	21 *	28	15 *	20	23	20	23	26	20	35	17 *
Were bullied	17	20 *	24	15 *	22	21	21	13	30	18 *	32	16 *
Bullied someone	9	13 *	11	15	13	13	12	13	23	11 *	16	12

. = 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

Rutland 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	23	36	11 *	16	24	28	24	+	28	22	42	17	*
Experienced physical dating violence	8	11 *	12	10	7	10	12	13		26	8 *	21	7	*
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times	29	35 *	41	30 *	32	40	33	37		44	34	51	30	*

	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	8	7	8	9	6	7		14	7 *	17	4	*
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	16	22 *	22	22	21	22	24	22		40	19 *	30	20	*

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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	17	19	15	16	16	16	20		25	16	*	23	15	*	
Rode in a car or other vehicle driven by someone who had been using marijuana	19	23	*	26	21	15	20	26	32	+	35	21	*	33	20	*

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis			
Texted or e-mailed while driving a car or other vehicle	33	33	39	29	*	9	15	40	54	+	42	32	37	33		
Drove a car or other vehicle when they had been drinking alcohol	6	6	6	6		6	6	3	9		17	4	*	12	4	*
Drove a car or other vehicle when they had been using marijuana	10	14	*	13	15	7	9	13	24	+	25	12	*	22	12	*

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Rutland 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	75	85	67	*	74	75	80	72		56	79	*	74	76
Rarely or never wore a bicycle helmet	45	59	*	55	62	57	58	59	64		69	57	*	59	59
Had a concussion from playing a sport or being physically active	15	18	*	16	21	17	18	17	23		27	17	*	18	18

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Rutland 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	38 *	54	24 *	30	40	42	42	+	45	37	66	30 *
Have been bothered by feeling nervous, anxious, or on edge most of the time or always	36	39	57	23 *	32	40	43	42		42	39	67	30 *
Felt sad or hopeless	30	33 *	43	23 *	30	35	35	34		37	32	54	26 *

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did something to purposely hurt themselves without wanting to die	22	23	32	15 *	24	24	25	20	32	22 *	48	16 *
Made a plan about how they would attempt suicide	14	15	20	11 *	12	18	14	17	18	15	32	10 *
Attempted suicide	7	9 *	10	8	7	11	9	9	16	8 *	19	6 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	8	7	8	5	7	7	13		17	6 *	8	7
Were ever tested for a sexually transmitted disease (STD)	6	6	6	6	2	6	4	12		12	5 *	5	6

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Ever had sexual intercourse	32	34	33	35	13	29	43	58	# +	40	33	35	35
Had sexual intercourse for the first time before age 13 years	3	5 *	3	7 *	4	6	6	5		15	4 *	8	4
Had sexual intercourse with four or more persons during their life	7	9 *	8	10	2	8	9	18	+	15	8 *	8	10

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Were currently sexually active	24	25	27	23	7	21	34	42	# +	32	24	25	26

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County High School Results

Sexual Health

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Drank alcohol or used drugs before last sexual intercourse	21	29 *	21	37 *	.	33	27	28	42	26	32	28
Used a condom during last sexual intercourse	49	46	48	45	.	56	43	44	38	48	43	48
Used birth control pills before last sexual intercourse with opposite-sex partner	31	30	34	25	.	26	34	32	.	32	34	29
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	15	14	15	.	13	12	21	.	17	9	17
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	50	53	46	.	43	51	59 +	.	54	46	51
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	17	21	13	.	16	15	22	.	19	15	17

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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	11	11	10	.	12	8	10	.	9	15	10

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County High School Results

Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Ever smoked cigarettes	18	22 *	22	22	11	21	23	34	+	36	19 *	29	20 *
Ever used an electronic vapor product	33	40 *	46	36 *	25	39	45	57	+	47	39	47	39
Ever used a flavored tobacco product	18	22 *	23	22	13	17	25	36	+	37	19 *	29	20 *

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Ever drank alcohol	47	50	54	46 *	33	45	58	67	# +	49	50	53	50
Ever used marijuana	31	35 *	37	34	16	33	41	55	+	42	34	42	33 *

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Rutland County High School Results

Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis			
Lifetime prescription drug use	10	11	12	11	10	15	9	12	25	9	*	18	9	*	
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	8	10	*	11	9	9	13	6	11	23	8	*	17	7	*
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	6	5	7	3	8	4	10	17	5	*	10	5	*	

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis				
Ever used cocaine	2	5	*	3	6	*	3	4	4	8	17	2	*	7	3	*
Ever used inhalants	7	11	*	11	10	10	14	9	9	21	9	*	20	7	*	
Ever used heroin	1	3	*	2	4	1	3	2	4	13	1	*	5	1	*	
Ever used methamphetamines	2	3	*	1	4	2	4	2	4	13	1	*	6	2	*	

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Rutland 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	10 *	8	12	8	12	8	12	24	7 *	16	8 *
First tried a tobacco product flavored to taste before age 13 years	27	8 *	7	9	8	9	7	9	23	5 *	14	6 *
Had first drink of alcohol before age 13 years	13	19 *	17	20	20	21	16	17	28	17 *	26	16 *
Tried marijuana for the first time before age 13 years	5	8 *	6	9	6	10	8	8	18	6 *	12	7 *

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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	22	*	24	22	13	19	26	33	+	33	21	*	27	21
Currently smoked cigarettes or cigars or used smokeless tobacco	7	10	*	8	12	4	11	11	14	+	21	8	*	12	9

	VT	County		F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Currently smoked cigarettes	5	8	*	7	9	3	9	8	14	+	17	7	*	11	8
Currently used an electronic vapor product	16	20	*	23	19	12	17	24	31	+	29	19	*	25	19
Currently smoked cigars	3	4		3	6	2	6	3	6		14	3	*	6	4
Currently used smokeless tobacco	3	4		2	6	*	2	5	5	3	13	2	*	5	3
Tried to quit using all tobacco products	49	52		56	49	53	46	47	62		59	51		50	55

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Current Substance Use

	VT	County	F	M	9th	10th	11th	12th	#	+	BIPOC	WnH	LGBTQ	HetCis	
Currently drank alcohol	25	23	26	21	10	20	32	36	#	+	23	24	27	23	
Currently were binge drinking	12	12	13	11	5	11	15	21		+	19	11	*	13	12
Reported that the largest number of drinks they had in a row was 10 or more	3	4	2	5	2	5	3	6			12	2	*	6	3

	VT	County	F	M	9th	10th	11th	12th	#	+	BIPOC	WnH	LGBTQ	HetCis		
Currently used marijuana	20	23	23	22	9	22	28	34		+	30	21	*	30	20	*

	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	3	2	3	1	4	2	4			12	1	*	7	1	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
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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	52	*	.	55	41	.	46
Currently smoked 11+ cigarettes, among current users	15	24		.	34	10	.	15
Currently smoked 20+ cigarettes, among current users	13	23		.	32	10	.	15
Currently smoked cigarettes daily, among current users	21	32	*	.	35	21	.	25
Currently smoked cigarettes frequently (20+ days), among current users	25	40	*	.	41	30	.	34

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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	15	16	13	.	15	17	.	.	14	15	14
Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among current users	4	2
Used electronic vapor products mainly because they were curious about them, among current users	13	10	12	8	.	13	.	.	.	11	7	12
Currently used electronic vapor products daily, among current users	30	37	29	44	.	38	40	44	44	35	32	39
Used EVP 10+ days, among current users	42	46	44	48	.	46	49	54	49	46	42	48
Currently used electronic vapor products frequently (20+ days), among current users	42	46	44	48	.	46	49	54	49	46	42	48

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	60	58	64	.	62	55	68	.	55	52	64
Reported that the largest number of drinks they had in a row was 10 or more, among current users	13	17	9	27 *	.	26	10	17	.	11	19	17
Currently drank 10+ days, among current users	13	18 *	16	20	.	22	14	18	.	13	20	17
Currently drank 20+ days, among current users	6	9	5	13	.	13	5	9	.	5	14	7
Currently drank everyday, among current users	4	6	.	11	.	11	.	.	.	3	12	4

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	75	75	75	.	72	74	77	71	76	70	79
Currently used marijuana 10+ times, among current users	42	56 *	43	68 *	.	53	59	62	62	55	49	61
Currently used marijuana 20+ times, among current users	30	47 *	35	57 *	.	45	43	57	54	45	43	50
Usually used marijuana by vaping it, among current users	10	10	10	10	.	8	11	15	.	12	5	13

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	53	58	48	*	45	49	53	66	+	48	54	55	53		
Were offered, sold, or given an illegal drug on school property	12	12	12	13		10	11	13	15		20	11	*	17	10	*
Attended school under the influence of alcohol or other illegal drugs	10	13	*	12	13	7	15	12	18		22	11	*	18	11	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	61	63	59	47	60	66	72	+	64	60	59	62
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	65	61	*	68	56	*	50	65	68	64	+	62	61
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	54	59	*	61	57		41	57	65	74	+	62	58

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	61	*	60	63	74	59	57	51	+	58	61	58	62
Think it is wrong or very wrong for someone their age to drink alcohol	55	54		48	59	#	53	45	42	+	54	53	51	54
Think it is wrong or very wrong for someone their age to use marijuana	55	54		52	56	72	55	48	37	+	49	54	46	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	87	*	89	84	92	87	84	81	+	81	88	84	88
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	71	72		72	71	84	75	67	57	+	72	71	71	71
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	77	73	*	76	71	85	73	71	62	+	69	74	64	76 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County High School Results

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	37	40	33	39	40	34	33		35	37	39	35
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	35	38	33	39	39	32	31		41	34	40	34
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	25	25	28	22	30	28	22	16	+	27	24	20	26

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Rutland County High School Results

Obesity, Overweight, and Weight Perceptions

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Were overweight	14	16	17	16	18	18	15	15	21	16	22	15
Were obese	14	18 *	14	22 *	17	21	18	17	20	18	22	17

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Described themselves as slightly or very overweight	29	35 *	39	31 *	35	42	32	29 +	43	34	46	31 *
Were trying to lose weight	41	47 *	60	35 *	49	50	48	40	47	47	55	44 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	13		14	12		11	14	15	12		17	12	22	10	*
Were physically active at least 60 minutes per day on 5 or more days	53	57	*	49	64	*	60	55	55	57		54	57	40	63	*
Were physically active at least 60 minutes per day on all 7 days	28	34	*	25	42	*	38	32	30	36		32	34	18	40	*
Spent 3 or more hours per day on screen time	73	73		77	70	*	74	73	73	72		74	74	80	71	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Rutland 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	17	15	18	18	19	17	12	28	15	*	14	17

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis		
Did not eat fruit or drink 100% fruit juices	6	8	6	9	6	9	7	9	9	7		7	8	
Ate fruit or drank 100% fruit juices one or more times per day	58	55	51	59	*	60	54	51	56	65	54	*	55	55
Ate fruit or drank 100% fruit juices two or more times per day	27	26	23	28		30	26	23	22	34	24	*	22	26

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County High School Results

Nutrition

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not eat vegetables	5	8 *	8	9	9	10	7	6	10	8	9	7
Ate vegetables one or more times per day	70	62 *	63	61	60	62	58	69	66	61	61	63
Ate vegetables two or more times per day	34	28 *	26	29	28	28	25	28	36	26 *	30	27
Ate vegetables three or more times per day	17	15	13	16	16	15	14	13	27	12 *	15	14

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not eat breakfast	16	20 *	21	20	19	23	24	15	24	20	25	19
Ate breakfast on all 7 days	33	25 *	19	31 *	28	23	26	22	24	25	19	27 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	25 *	19	29 *	23	26	21	29	31	23	29	23
Did not drink a bottle or glass of plain water	4	7 *	4	10 *	6	9	7	6	14	6 *	8	7
Drank a bottle or glass of plain water one or more times per day	77	71 *	73	69	71	72	71	70	71	71	70	72
Drank a bottle or glass of plain water two or more times per day	68	63 *	65	62	64	66	62	62	61	63	61	64
Drank a bottle or glass of plain water three or more times per day	52	49	49	49	48	51	46	50	49	49	45	50

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County High School Results

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	8	8	8	8	9	8	6	11	8	14	6	*
Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan	16	15	14	15	11	16	15	16	20	14	19	13	

	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	4	3	5	2	4	5	5	10	3	*	5	3	
Most of the time or always went hungry because there was not enough food in their home	2	2	2	3	.	4	3	3	6	2	*	4	2	
Think their families subjective social status is worse than other families	2	3	2	4	2	5	.	4	9	2	*	7	2	*

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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	21	26	16 *	21	26	20	18	39	18 *	42	15 *
Most of the time or always get the kind of help they need	33	29 *	26	33	34	27	28	26	27	30	25	31

	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	71 *	70	72	79	73	64	66 +	63	73 *	64	73 *
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	86	90	82 *	89	87	85	83	80	87	85	87

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	67 *	67	66	64	61	67	78	+	57	68 *	64	68
Strongly agree or agree that their school has clear rules and consequences for behavior	55	48 *	38	57 *	53	47	46	46		47	48	38	51 *

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Spend 10 or more hours participating in afterschool activities	25	28	30	26	26	27	28	30		24	29	20	31 *
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	69	63 *	73	53 *	60	62	65	64		58	64	63	63

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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	43 *	37	49 *	48	39	41	47	38	44	31	48 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

Overall	N
Rutland County	838

Sex	N	%
Male	424	52
Female	399	48

Grade	N	%
6th grade	96	17
7th grade	368	40
8th grade	373	43

Race	N	%
BIPOC	123	16
White, non-Hispanic	652	84

N = Unweighted number of students; % = Weighted percent

Demographics

LGBTQ+	N	%
LGBTQ+	231	31
Heterosexual/Cisgender	541	69

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	16		18	15	11	12	23	20	16	23	14	*
Have ever ridden in a car driven by someone who had been using marijuana	10	13	*	13	12	6	10	17	24	11	20	11	*
Did not always wear a seat belt	20	25	*	22	27	16	22	31	32	24	28	25	
Never or rarely wear a seatbelt	2	2		2	3	.	2	3	4	2	2	2	

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Had a concussion from playing a sport or being physically active	15	15		13	17	19	15	13	17	15	11	17	
Rarely or never wore a bicycle helmet	25	34	*	35	32	29	30	40	47	30	40	32	
Rarely or never wore a helmet when rollerblading or skateboarding	31	43	*	42	40	.	37	53	59	37	51	41	

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Rutland 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	44 *	31	57 *	39	43	47	56	42 *	50	44
Were ever bullied on school property	41	50 *	57	43 *	50	50	49	62	47 *	62	44 *
Were ever electronically bullied	29	38 *	44	31 *	37	36	39	45	36	55	32 *
Were bullied	24	28 *	35	22 *	34	28	26	40	26 *	42	22 *
Bullied someone	8	9	8	10	11	7	9	15	7 *	9	8

	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	12	19	5 *	.	10	16	21	11 *	26	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	12	12	10	15	10	13	22	10 *	21	8 *

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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	70	75	65	*	62	67	75	58	72	*	67	72

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	27 *	38	15 *	24	22	33	38	24 *	52	17 *
Have most of the time or always been bothered by feeling nervous, anxious, or on edge	24	29 *	41	16 *	23	27	33	36	28	53	20 *
Felt sad or hopeless	22	27 *	36	18 *	27	24	31	36	26	50	19 *
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose	18	19	27	11 *	11	18	24	27	18	41	11 *

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Ever seriously thought about killing themselves	18	21 *	27	15 *	14	18	27	27	21	47	12 *
Ever made a plan about how they would kill themselves	13	16	20	11 *	7	13	22	27	14 *	31	10 *
Ever tried to kill themselves	6	7	8	6	.	6	10	12	6	15	4 *

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Sexual Health

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Ever had sexual intercourse	3	5	4	6	.	2	9	9	4	8	4
Used a condom during last sexual intercourse	44

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County Middle School Results

Lifetime Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Ever tried cigarette smoking	6	7	6	8	.	5	10	13	6	11	6
Ever used an electronic vapor product	9	11	10	10	.	8	15	16	10	19	8 *
Ever use a flavored tobacco product	5	6	7	5	.	6	7	8	5	10	4 *

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Ever drank alcohol	15	17	15	18	12	15	20	20	17	24	15 *
Ever tried marijuana	5	6	6	5	.	3	10	11	5	10	4 *
Ever used inhalants	4	6	6	6	5	5	7	6	6	10	4 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County Middle School Results

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	4	4	.	2	5	9	3	*	4	4
Drank alcohol for the first time before age 11 years	8	10	8	12	11	9	11	16	9		13	10
Tried marijuana for the first time before age 11 years	1	1	1	1	.	.	2	.	1		3	.

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	6	5	6	.	5	8	7	6	12	3	*
Currently smoked cigarettes or used electronic vapor products	5	5	5	5	.	4	8	6	5	12	3	*

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

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County Middle School Results

Current Substance Use

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

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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

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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	28	24	31	12	29	32	33	28	28	29

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	22	19	10	15	30	30	20	26	20
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	32	31	34	28	18	27	40	35	32	38	31
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	15	17	19	15	10	11	25	21	16	25	15 *

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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	88	87	89	95	90	84	79	89	*	83	90
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	94	94	93	94	94	95	92	89	94		90	95
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	88	88	90	87	89	89	87	87	88		84	90
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	91	92	91	95	94	87	87	92		88	92

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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	53	51	55	62	55	47	46	54	43	56	*
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	40	40	49	38	38	40	40	38	40	
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	48	47	47	48	60	51	39	43	47	40	49	

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland 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	64	*	65	61	56	58	72	67	63	74	61	*	
Did not participate in at least 60 minutes of physical activity on at least 1 day	9	10		12	9	12	10	9	11	10	19	7	*	
Were physically active at least 60 minutes per day on 5 or more days	60	60		56	65	65	61	57	56	61	38	69	*	
Were physically active at least 60 minutes per day on all 7 days	35	35		29	42	#	39	39	30	41	34	18	41	*

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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	87	87	87	88	86	87	88	87	82	89	*
Played on at least one sports team	64	61	62	61	59	63	59	57	62	42	69	*
Walk or bike to school at least 1x	24	25	22	27	27	25	23	31	23	26	24	
Walk or ride their bike to school on five days	12	14	13	15	17	15	13	17	14	17	13	

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Rutland County Middle School Results

Nutrition

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Did not eat breakfast	12	16	*	17	14	8	16	19	24	15	24	14	*
Ate breakfast on all 7 days	45	36	*	27	45	#	39	30	34	36	24	39	*

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Did not drink a bottle or glass of plain water	3	4		3	5	.	5	3	4	4	6	3	
Drank a bottle or glass of plain water one or more times per day	77	72	*	69	75	70	71	73	73	72	58	78	*
Drank a bottle or glass of plain water two or more times per day	70	66	*	60	71	#	67	66	68	65	51	73	*
Drank a bottle or glass of plain water three or more times per day	55	50	*	45	55	#	51	49	56	49	38	56	*

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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	3	3	3	.	3	3	6	2	5	2
Usually did not sleep in their parent's or guardian's home	2	2	2	2	.	3	2	4	2	3	1
Reported in their home people most of the time or always speak a language other than English	7	4	*	3	5	3	4	9	3	*	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	83	*	78	88	*	86	86	78	81	83	71	86	*
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	49	*	44	55	*	51	52	46	40	51	33	55	*

	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	*	62	65		73	63	59	67	61	57	65	
Strongly agree or agree that their school has clear rules and consequences for behavior	67	68		63	73	*	77	73	59	64	69	62	69	

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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	18	*	17	18		15	17	21		36	15	*	25	17	*
Strongly agree or agree that in their community they feel like they matter to people	55	47	*	41	53	*	51	49	43		37	49		26	56	*

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