



2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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 Windham 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
Windham County	108 4

Sex	N	%
Male	529	52
Female	544	48

Year in School	N	%
9th grade	306	27
10th grade	297	26
11th grade	220	22
12th grade	257	24

N = Unweighted number of students; % = Weighted percent

Demographics

Race / Ethnicity	N	%
BIPOC	178	16
White, non-Hispanic	890	84

Sexual Orientation / Gender Identity	N	%
LGBTQ+	320	30
Heterosexual/Cisgender	734	70

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

Windham 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	17	11	22	*	16	14	22	14		23	15	*	16	16	
Carried a weapon on school property	4	3	2	4		.	2	4	5	+	6	2		4	2	
Were threatened or injured with a weapon on school property	7	16	*	16	16		12	18	21	13		17	16		18	15

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis			
Were electronically bullied	17	23	*	29	18	*	25	27	24	15	+	28	22		34	19	*
Were bullied	17	17		23	11	*	19	20	16	12	+	20	16		24	13	*
Bullied someone	9	9		9	10		6	11	11	8		12	9		9	10	

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Windham 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	25 *	38	13 *	18	24	26	32	+	30	24	43	18 *
Experienced physical dating violence	8	8	8	8	6	6	10	9		14	7 *	11	6
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times	29	35 *	43	28 *	27	40	37	36		43	34	49	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	39 *	42	36	33	37	48	40	+	41	39	47	37 *
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	16	22 *	21	23	18	24	24	21		28	21	26	21

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Windham 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	14	16	13	11	17	17	12		16	14	15	14
Rode in a car or other vehicle driven by someone who had been using marijuana	19	23 *	27	18 *	15	19	29	28	+	24	23	26	21

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Texted or e-mailed while driving a car or other vehicle	33	31	34	29	9	12	36	51	+	21	33 *	23	34 *
Drove a car or other vehicle when they had been drinking alcohol	6	4	4	5	.	4	6	4		5	4	4	4
Drove a car or other vehicle when they had been using marijuana	10	11	11	11	.	8	13	13	+	11	11	12	10

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Windham 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	78	82	75	*	80	76	78	80		50	84	*	75	81
Rarely or never wore a bicycle helmet	45	48	47	49		46	43	52	54		60	46	*	42	51
Had a concussion from playing a sport or being physically active	15	14	12	16		15	13	15	12		16	13		10	15

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Windham 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	40 *	55	25 *	36	37	43	43	42	39	63	30 *
Have been bothered by feeling nervous, anxious, or on edge most of the time or always	36	41 *	57	25 *	37	37	42	47 +	40	41	65	31 *
Felt sad or hopeless	30	34 *	47	22 *	28	33	36	41 +	43	33 *	56	26 *

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did something to purposely hurt themselves without wanting to die	22	24	34	13 *	19	26	30	21	30	23	48	14 *
Made a plan about how they would attempt suicide	14	16 *	20	12 *	13	16	20	17	23	15 *	33	10 *
Attempted suicide	7	8	10	6 *	7	9	9	8	11	7	16	5 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	9	7	6	5	7	13	+	10	7	10	7
Were ever tested for a sexually transmitted disease (STD)	6	8 *	11	5 *	2	5	7	17	+	5	8	10	7

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Ever had sexual intercourse	32	37 *	38	36	16	29	46	59	# +	30	39	37	38
Had sexual intercourse for the first time before age 13 years	3	3	3	3	3	4	.	2		.	3	5	2
Had sexual intercourse with four or more persons during their life	7	8	7	8	2	5	11	13	+	6	8	9	7

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Were currently sexually active	24	27 *	30	24	9	21	33	47	# +	21	28	26	28

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Windham 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	22	24	20	.	30	24	18		.	23	33	18	*	
Used a condom during last sexual intercourse	49	44	39	50	.	53	44	39		.	47	37	48		
Used birth control pills before last sexual intercourse with opposite-sex partner	31	26	32	19	.	23	22	30		.	27	21	27		
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	24	*	25	24	.	14	25	32	+	.	24	32	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	54		62	46	*	.	40	53	65	+	.	55	57	53
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	15		17	12	.	16	15	16		.	17	15	15	

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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	7	7	7	.	.	8	8	.	6	10	6

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham County High School Results

Lifetime Substance Use

	VT	County		F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Ever smoked cigarettes	18	22	*	24	20	13	22	28	26	+	25	22	28	20	*
Ever used an electronic vapor product	33	39	*	42	35	23	39	47	47	+	42	38	42	38	
Ever used a flavored tobacco product	18	24	*	27	22	14	23	29	30	+	26	24	29	22	*

	VT	County		F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Ever drank alcohol	47	49		54	43	29	48	55	63	+	48	49	52	48	
Ever used marijuana	31	38	*	43	34	19	38	44	52	+	38	38	46	36	*

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Lifetime Substance Use

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

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

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Lifetime Substance Use

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

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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	21	*	24	19	11	20	31	23	# +	24	21	24	20
Currently smoked cigarettes or cigars or used smokeless tobacco	7	9	*	8	11	3	10	16	10	+	10	9	10	9

	VT	County		F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Currently smoked cigarettes	5	7	*	6	8	2	7	13	6	+	9	7	9	6
Currently used an electronic vapor product	16	19	*	22	17	10	19	28	21	# +	22	19	22	18
Currently smoked cigars	3	3		1	5	*	2	2	5	3	.	3	2	3
Currently used smokeless tobacco	3	3		1	5	*	.	3	5	5	+	3	.	4
Tried to quit using all tobacco products	49	53		54	51		.	66	51	43	.	53	51	55

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Current Substance Use

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Currently drank alcohol	25	26	31	22	*	11	20	37	38	# +	24	27	27	27
Currently were binge drinking	12	13	16	11		4	10	19	21	# +	12	13	13	14
Reported that the largest number of drinks they had in a row was 10 or more	3	2	.	4		.	2	4	3	+	.	2	2	3

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Currently used marijuana	20	25	*	30	21	*	11	26	34	32	+	27	25	31	24	*

	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	2	2		.	2	2	2		3	2	2	2

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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	37	29	.	.
Currently smoked 11+ cigarettes, among current users	15	9
Currently smoked 20+ cigarettes, among current users	13	6
Currently smoked cigarettes daily, among current users	21	17	14	.	.
Currently smoked cigarettes frequently (20+ days), among current users	25	20	18	.	.

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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	21	19	24	.	15	23	27	.	19	16	24
Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among current users	4	7	.	12	.	.	9	10	.	8	.	9
Used electronic vapor products mainly because they were curious about them, among current users	13	13	14	12	.	17	14	.	.	14	15	12
Currently used electronic vapor products daily, among current users	30	25	24	25	.	26	27	27	.	24	27	22
Used EVP 10+ days, among current users	42	38	37	39	.	36	38	38	.	37	42	35
Currently used electronic vapor products frequently (20+ days), among current users	42	38	37	39	.	36	38	38	.	37	42	35

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Windham 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	58	58	58	.	56	60	60	.	57	54	59
Reported that the largest number of drinks they had in a row was 10 or more, among current users	13	10	.	19	.	.	14	8	.	9	8	10
Currently drank 10+ days, among current users	13	10	6	16 *	.	14	9	7	.	8	8	11
Currently drank 20+ days, among current users	6	6	.	10	.	.	7	6	.	4	.	6
Currently drank everyday, among current users	4	4	.	8	.	.	7	.	.	3	.	4

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	76	73	79	.	70	78	80		.	76	76	77
Currently used marijuana 10+ times, among current users	42	46	46	45	.	42	44	47		.	45	51	43
Currently used marijuana 20+ times, among current users	30	30	27	34	.	22	34	31		.	31	32	29
Usually used marijuana by vaping it, among current users	10	11	12	10	.	20	12	.	+	.	11	10	11

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	56	50	44	53	54	62	+	51	53	61	50	*		
Were offered, sold, or given an illegal drug on school property	12	14	*	16	12	9	17	17	14	21	13	*	21	12	*	
Attended school under the influence of alcohol or other illegal drugs	10	14	*	17	12	*	5	16	20	18	+	16	14	20	12	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	65	*	71	61	*	53	63	71	76	+	62	66	69	64
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	65	65		69	61	*	52	64	73	74	+	64	66	65	66
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	54	64	*	69	60	*	54	59	72	74	+	65	65	71	62 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	63	*	58	68	*	71	67	56	58	+	58	64	56	66	*
Think it is wrong or very wrong for someone their age to drink alcohol	55	57		53	61	*	71	60	51	43	+	59	56	55	57	
Think it is wrong or very wrong for someone their age to use marijuana	55	46	*	42	50		61	51	35	34	+	46	46	39	48	*

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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	87	90	93	89	86	86	+	84	90	85	90	*		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	71	75	*	70	79	*	87	80	70	59	+	77	74	73	75	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	77	70	*	64	74	*	83	72	65	57	+	70	69	62	72	*

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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	34	*	37	31	35	29	35	37		31	34	35	33
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	36		38	34	36	37	40	32		37	36	43	33 *
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	25	19	*	20	18	24	22	16	14	+	18	19	13	21 *

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Obesity, Overweight, and Weight Perceptions

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Were overweight	14	14	13	15	18	15	13	11	15	14	13	14
Were obese	14	14	11	16	13	12	16	15	21	13 *	19	12 *

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Described themselves as slightly or very overweight	29	30	31	29	26	32	33	30	34	30	41	26 *
Were trying to lose weight	41	42	54	31 *	41	45	40	44	49	41	53	38 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	16	10	*	11	14	13	14		19	12	*	23	9	*
Were physically active at least 60 minutes per day on 5 or more days	53	54	46	62	*	58	54	52	49		43	56	*	33	63	*
Were physically active at least 60 minutes per day on all 7 days	28	30	22	38	*	34	34	29	22	+	16	32	*	13	37	*
Spent 3 or more hours per day on screen time	73	77	*	76	78	73	77	81	78		80	77		84	75	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	12 *	9	16 *	12	11	12	14	13	12	9	14

	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	6	5	5	5	9	5	6	5
Ate fruit or drank 100% fruit juices one or more times per day	58	52 *	47	57 *	54	51	50	53	52	52	48	53
Ate fruit or drank 100% fruit juices two or more times per day	27	21 *	15	27 *	22	20	20	19	20	21	14	23 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Windham County High School Results

Nutrition

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not eat vegetables	5	5	5	4	6	3	6	3	7	4	6	4
Ate vegetables one or more times per day	70	64 *	62	66	63	67	62	65	63	64	62	66
Ate vegetables two or more times per day	34	27 *	24	29	26	28	23	29	26	27	23	28
Ate vegetables three or more times per day	17	11 *	10	12	12	10	10	12	10	11	9	11

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not eat breakfast	16	17	18	15	17	18	17	14	17	17	21	15 *
Ate breakfast on all 7 days	33	27 *	18	35 *	27	26	26	28	22	28	19	30 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	19	17	21	19	15	19	23	23	18	19	19
Did not drink a bottle or glass of plain water	4	3	2	4	2	5	3	3	4	3	3	3
Drank a bottle or glass of plain water one or more times per day	77	76	75	78	73	78	78	77	78	76	76	78
Drank a bottle or glass of plain water two or more times per day	68	68	65	70	65	70	70	67	67	68	65	70
Drank a bottle or glass of plain water three or more times per day	52	52	48	56 *	49	53	55	52	51	52	48	54

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	9	*	10	8	9	7	11	9	13	8	13	7	*
Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan	16	19	*	19	18	17	19	18	21	17	18	22	16	

	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	2		2	3	2	3	.	2	3	2	3	2	
Most of the time or always went hungry because there was not enough food in their home	2	1		1	2	1	2	1	
Think their families subjective social status is worse than other families	2	3		2	4	3	3	.	4	4	3	5	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	22 *	31	12 *	22	21	22	21	41	18 *	40	14 *
Most of the time or always get the kind of help they need	33	31	28	33	31	30	28	33	25	32	26	33

	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	73	69	76 *	78	75	72	65 +	65	74 *	65	76 *
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	89	90	89	90	88	94	87	88	90	91	89

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Windham 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	61	71	77	77	+	64	73	*	68	72		
Strongly agree or agree that their school has clear rules and consequences for behavior	55	43	*	35	51	*	52	41	37	41	+	41	43	34	46	*

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH		LGBTQ	HetCis	
Spend 10 or more hours participating in afterschool activities	25	27	27	27	21	30	27	30		16	29	*	17	32	*
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	69	65	*	72	59	*	58	64	64	75	+	64	66	64	66

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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	49	44	55	*	49	46	54	49		42	51	35	55	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

Overall	N
Windham County	600

Sex	N	%
Male	317	54
Female	276	46

Grade	N	%
6th grade	99	19
7th grade	231	38
8th grade	269	43

Race	N	%
BIPOC	102	17
White, non-Hispanic	457	83

N = Unweighted number of students; % = Weighted percent

Demographics

LGBTQ+	N	%
LGBTQ+	186	33
Heterosexual/Cisgender	363	67

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

Windham County Middle School Results

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	13	15	12	8	11	17	17	13	15	12
Have ever ridden in a car driven by someone who had been using marijuana	10	9	14	5 *	9	7	12	10	10	14	8
Did not always wear a seat belt	20	19	21	16	13	15	24	21	17	24	16
Never or rarely wear a seatbelt	2	3	3	2	.	.	4	.	2	3	2

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Had a concussion from playing a sport or being physically active	15	14	14	13	14	13	14	14	13	15	12
Rarely or never wore a bicycle helmet	25	28	29	28	24	28	30	33	26	25	31
Rarely or never wore a helmet when rollerblading or skateboarding	31	36	41	30	.	27	48	.	33	43	35

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	38	30	45	*	29	41	40	47	36	38	38	
Were ever bullied on school property	41	39	49	31	*	31	41	41	39	39	48	37	
Were ever electronically bullied	29	27	35	19	*	19	23	33	26	27	37	24	*
Were bullied	24	26	31	21	*	20	26	29	29	26	34	24	
Bullied someone	8	9	11	7		4	10	11	12	8	11	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	11	19	5	*	4	10	16	12	12	19	9	*

	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	18	*	23	13	*	10	17	21	24	17	24	16	*

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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	67	69	65	70	66	66	54	70 *	67	67

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham 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	21	28	14	*	10	18	28	18	22	33	16	*
Have most of the time or always been bothered by feeling nervous, anxious, or on edge	24	23	34	14	*	12	19	32	27	24	38	19	*
Felt sad or hopeless	22	20	27	14	*	13	17	26	26	20	33	15	*
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose	18	17	23	11	*	12	14	21	16	18	32	9	*

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Ever seriously thought about killing themselves	18	15	18	12		7	15	18	21	14	26	10	*
Ever made a plan about how they would kill themselves	13	11	16	6	*	10	9	14	12	12	21	7	*
Ever tried to kill themselves	6	5	9	3	*	.	7	6	8	5	11	3	*

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Sexual Health

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

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Windham County Middle School Results

Lifetime Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis		
Ever tried cigarette smoking	6	6	8	4	.	3	10	9	5	8	5		
Ever used an electronic vapor product	9	9	13	6	*	.	9	13	11	9	15	7	*
Ever use a flavored tobacco product	5	6	10	3	*	.	4	10	7	7	8	5	

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis		
Ever drank alcohol	15	15	20	11	*	13	12	18	15	14	22	12	*
Ever tried marijuana	5	6	10	4	*	.	4	10	11	6	9	6	
Ever used inhalants	4	4	6	2	*	.	5	5	5	4	7	3	

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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	2	4	.	.	.	4	.	2	4	2
Drank alcohol for the first time before age 11 years	8	7	9	5	7	6	7	7	6	9	5
Tried marijuana for the first time before age 11 years	1	1	2	.	.	.	2	.	1	.	1

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Windham 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	9	4	.	5	9	6	6	8	6
Currently smoked cigarettes or used electronic vapor products	5	5	9	2 *	.	4	7	4	6	8	5

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

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham County Middle School Results

Current Substance Use

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Currently drank alcohol	5	5	9	3 *		.	3	9	5	5	6	5
Currently used marijuana	3	4	6	2		.	3	6	.	4	5	4
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	5	7	8	6		6	6	9	9	7	10	6

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Windham 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	29	28	25	20	35	34	29	26	30

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Windham 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	19	23	14	16	10	27	23	18	26	16		
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	32	27	*	32	22	12	25	34	29	28	35	23	*
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	15	17	21	13	10	12	23	22	17	23	14		

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Windham 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	87	82	91	*	91	88	85	80	88	82	88
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	94	93	92	94		93	96	91	89	94	94	92
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	88	92	*	92	92	87	94	91	93	92	90	92
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	90	89	91		94	93	86	86	90	86	91

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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	48	47	50	42	47	52	42	51	48	48
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	41	44	39	35	44	42	40	42	44	38
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	48	44	46	43	51	41	44	47	44	39	46

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Physical Activity

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Spent 3 or more hours per day on screen time	57	60	62	59	46	57	68	60	61	70	60
Did not participate in at least 60 minutes of physical activity on at least 1 day	9	10	9	11	13	11	9	11	9	10	10
Were physically active at least 60 minutes per day on 5 or more days	60	57	59	56	62	57	55	57	59	40	65 *
Were physically active at least 60 minutes per day on all 7 days	35	36	35	36	44	31	36	39	35	22	42 *

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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	86	90	83	93	88	81	89	85	86	87
Played on at least one sports team	64	53 *	59	48	58	52	51	43	55	38	60 *
Walk or bike to school at least 1x	24	21	22	20	17	20	23	32	19 *	20	22
Walk or ride their bike to school on five days	12	11	12	10	12	9	13	13	10	10	12

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Windham County Middle School Results

Nutrition

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Did not eat breakfast	12	12	16	9	10	8	16	13	11	15	11
Ate breakfast on all 7 days	45	43	34	52 *	55	44	37	44	42	31	46 *

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Did not drink a bottle or glass of plain water	3	3	3	2	.	.	3	.	2	4	2
Drank a bottle or glass of plain water one or more times per day	77	77	75	79	79	77	77	75	79	70	81 *
Drank a bottle or glass of plain water two or more times per day	70	72	68	75	76	70	72	70	73	64	76 *
Drank a bottle or glass of plain water three or more times per day	55	56	51	61	64	56	54	58	56	45	62 *

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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	.	2	.	1	
Usually did not sleep in their parent's or guardian's home	2	1	2	.	.	2	.	.	1	.	2	
Reported in their home people most of the time or always speak a language other than English	7	5	5	5	.	5	5	14	3	*	7	4

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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	86	81	89	92	84	84	85	85	80	88		
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	61	54	69	*	66	64	57	59	64	44	70	*

	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	68	63	74	*	63	74	66	68	70	55	76	*
Strongly agree or agree that their school has clear rules and consequences for behavior	67	72	*	65	79	*	74	83	63	75	72	67	74

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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	13	16	10	7	12	16	14	13	18	12			
Strongly agree or agree that in their community they feel like they matter to people	55	60	*	53	67	*	66	66	53	66	60	43	68	*

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