

# Key Findings from the 2019 Vermont High School Youth Risk Behavior Survey

YRBS 2019 Results

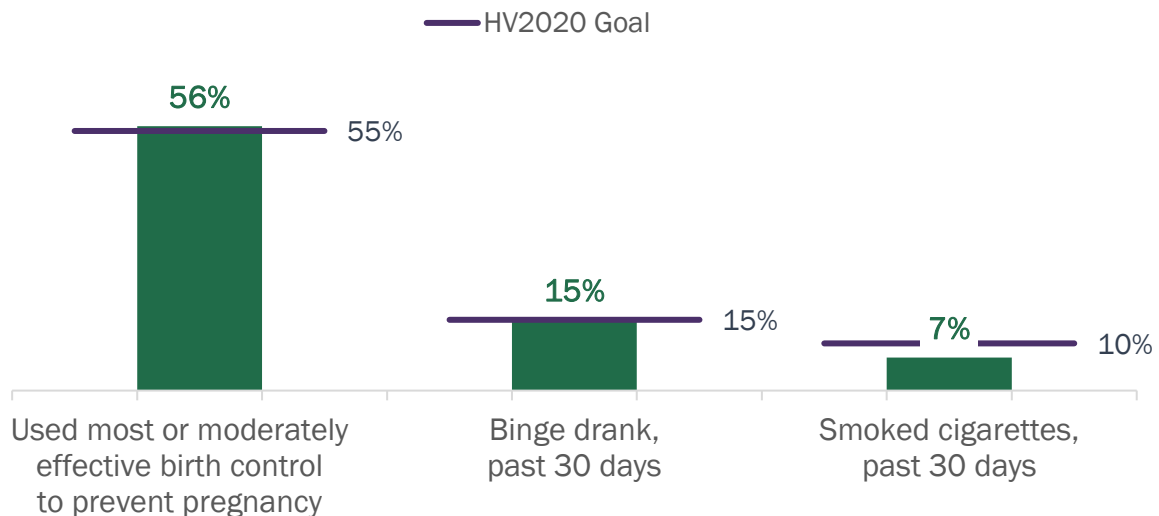
January 2020

The 2019 high school YRBS was conducted among students in grades 9-12 during the 2019 spring semester. Results from the 2019 report indicate many risk behaviors and health-related factors have made significant improvements over the past decade and since 2017. Other risk behaviors or health-related factors worsened statistically during these time frames.

## Many youth risk behaviors and health-related factors show significant improvements.

Improvements have been observed in many health-related behaviors among high school students. Notably, contraceptive use, alcohol use, and cigarette use all showed significant improvements, meeting or exceeding the Healthy Vermonter 2020 Goals.

### In 2019 three high school Healthy Vermonter 2020 indicators met or exceeded their goal



## A few areas of concern emerged in 2019.

Since 2017, several risk behaviors and health-related factors have worsened. While changes from one year to the next do not necessarily reflect a changing trend, they may reflect things to watch more closely.

### Marijuana Use and Primary Method of Use.

Marijuana use during the past 30 days significantly increased from 24% in 2017 to 27% in 2019. Among current marijuana users, vaping as the primary method of use significantly increased more than eight times from 2% in 2017 to 17% in 2019.

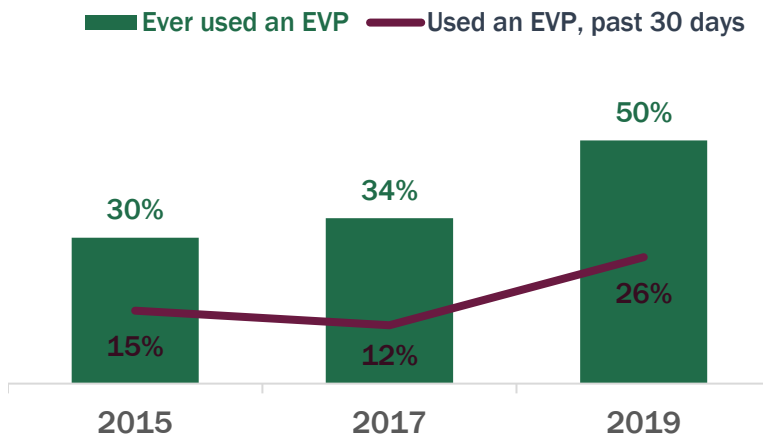
### Primarily vaped when using marijuana, among current users



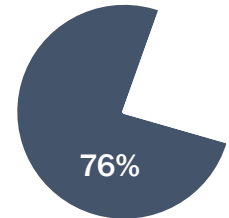
## 2019 YRBS: Key Findings

**Electronic Vapor Product Use.** Use of EVP, or vaping, has been included on the Vermont YRBS since 2015. Since 2015, lifetime and current EVP use has significantly increased with current use more than doubling between 2017 and 2019.

### Lifetime and current electronic vapor product use



Three quarters of current EVP users primarily used JUUL or other pod type devices.



### Vermont 2019 YRBS

The Vermont Youth Risk Behavior Survey (YRBS) is part of 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 including:

- Behaviors that contribute to unintentional injuries and violence,
- Behaviors related to personal safety,
- Sexual behaviors related to unintended pregnancy and sexually transmitted infections, including HIV infection,
- Alcohol and other drug use,
- Tobacco use,
- Behaviors related to nutrition and physical activity, and
- Protective factors.

Additional information about the Vermont YRBS, including complete 2019 High School YRBS report is available at: [www.healthvermont.gov/yrbs](http://www.healthvermont.gov/yrbs). The full 2019 report, including middle school results, should be available online March 2020.

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