



# 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

CALEDONIA COUNTY



## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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>

## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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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 and 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
- Sexual Orientation and gender identity

In Vermont, the YRBS has been conducted during the spring semester of odd years since 1993.

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### Methodology

The Department of Health works with the Agency of Education and the CDC to conduct two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of middle school students in grades 6 through 8. These surveys are conducted as a census at all public schools and select independent schools across the state.

The middle school and high school surveys differ slightly. The shorter middle school survey 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 as well as self-reported height and weight, driving behaviors, and other drugs used.

Student participation in the YRBS is anonymous and voluntary.

In addition, to protect students 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.

### How Accurate are the Results?

Numerous precautions are taken to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (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. These precautions can reduce some sources of error, but not all.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn. Only states with an overall response rate of at least 60% are weighted based on gender, grade, and race/ethnicity.

Information about the methodology of the national, state, and large urban school district YRBS has been described elsewhere and can be found online from the CDC's Healthy Youth-DASH website at: <https://www.cdc.gov/healthyyouth/data/yrbs/methods>

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

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## Populations in Focus

Adverse health outcomes and behaviors experienced by specific populations are not intrinsic to youth themselves and are often instead due to social, economic and environmental inequities. The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. To identify disparities and help tell the complex story of youth across Vermont, health-related factors and behaviors experienced by the following specific populations are noted throughout this report:

- Sex (biological)
- Grade
- Race, Ethnicity
- Sexual Orientation / Gender Identity

Please note: Due to the small sample size, all students of color were grouped into a “SOC” category to compare to white, non-Hispanic students. For similar reasons, lesbian, gay, bisexual, and transgender students were grouped into a “LGBT” category to compare to heterosexual/cisgender students.

## Using the YRBS Results

### 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.

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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>

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

### Understanding and Interpreting the Results

The results in this report are weighted by gender, 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 six through eight (middle school survey) and high school students grades nine through twelve (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

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 difference between the overall percentages 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 difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

This report includes the overall results or prevalence for all students in Vermont as well as the overall results and results by demographics for students in Caledonia County

### Key Terms and Statistical Differences Used in the Report

Each table includes a note about any statistical differences between the overall VT and Caledonia County prevalence rates.

When subpopulations are included, statistical comparisons between subpopulations of students within Caledonia County are also noted.

Throughout this report you will see the following key terms and statistical notations.

### Key Terms

- . = Too few students to report
- VT = All students in Vermont
- County = All students in Caledonia County
- M = Male students in Caledonia County
- F = Female students in Caledonia County
- Older = Students in grades 11 and 12
- Younger = Students in grades 9 and 10
- WnH = White, non-Hispanic students in Caledonia County
- SOC = Students of color in Caledonia County
- Het = Heterosexual or cisgender students in Caledonia County
- LGBT = Lesbian, gay, bisexual, or transgender students in Caledonia County

### Statistical Differences

Some subgroups of students defined by where they live, sex, race/ethnicity, grade in school, and sexual orientation / gender identity status have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity, and social problems. Statistical differences, including differences between VT and Caledonia County students as well as differences within Caledonia County by sex, grade, race, and sexual orientation / gender identity are noted by the following notations:

$\alpha$  = Students across VT are statistically different than students in Cal.

$\beta$  = Male students are statistically different from female students

$\epsilon$  = 11th and 12th grade students are statistically different from 9th and 10th grade students; 6th grade students are significantly different from 7th and 8th grade students

$\iota$  = 8th grade students are significantly different from 6th and 7th grade students

$\delta$  = Results statistically increase or decrease with each grade

$\zeta$  = Students of color (SOC) are statistically different from white, non-Hispanic (WnH) students

$\theta$  = Lesbian, gay, bisexual and transgender (LGBT) students are statistically different from heterosexual and cisgender (HET) students

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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## HIGH SCHOOL RESULTS



## Demographics

Sex	VT	Cal.
Female	48	50
Male	52	50

Grade	VT	Cal.
9th grade	25	20
10th grade	25	22
11th grade	25	21
12th grade	25	37

## Demographics

Race	VT	Cal.
Students of Color	16	24
White, non-Hispanic	84	76

Sexual Orientation / Gender Identity	VT	Cal.
Lesbian, Gay, Bisexual, or Transgender	14	13
Heterosexual / Cisgender	86	87

Violence and Unintentional Injuries

Physical Violence	VT	Cal.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Were in a physical fight, past year	18	16	22	11	22	19	16	11	16	18	17	17	$\beta$ $\epsilon$
Carried a weapon on school property, past 30 days	5	7	10	3	5	.	8	10	6	8	7	7	$\beta$ $\epsilon$
Were threatened or injured with a weapon on school property, past 30 days	7	6	5	7	9	8	5	4	6	8	4	21	$\theta$
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	6	5	4	7	4	10	4	4	6	5	4	12	$\theta$

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## Violence and Unintentional Injuries

Bullying	VT	Cal.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences	
			M	F	9th	10th	11th	12th					$\epsilon$	$\theta$
Were electronically bullied, past year	16	14	12	16	20	18	10	11	15	12	13	21	$\epsilon$	
Were bullied, past 30 days	17	18	15	20	26	19	11	17	19	15	17	26	$\epsilon$	$\theta$
Bullied someone, past 30 days	10	11	13	9	13	9	11	12	11	12	10	20		$\theta$

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## Violence and Unintentional Injuries

Sexual and Dating Violence	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													$\beta$	$\theta$
Report someone has ever done sexual things to them that they did not want	18	18	11	25	13	21	22	18	20	13	16	40	$\beta$	$\theta$
Experienced physical dating violence, past year	8	8	8	9	6	9	10	8	9	6	7	18		$\theta$
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times, past year	28	30	25	36	34	32	30	28	32	27	27	49		$\theta$
Have sent or received a revealing or sexual photo of someone using social media, email, or texting on their smartphone, computer, iPad or other tablet, past 30 days	27	26	28	23	22	23	29	28	27	21	24	33		

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Violence and Unintentional Injuries

Motor Vehicle Safety	VT	Cal.											Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Rode with a driver who had been drinking alcohol, past 30 days	17	17	13	21	21	16	18	14	18	13	15	28	$\beta$	$\theta$
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	23	19	19	19	11	25	16	21	20	14	15	42	$\alpha$	$\theta$

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Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive													Statistical Differences	
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	38	32	45	9	17	49	51	39	31	37	.	$\beta$	$\varepsilon$
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	6	7	8	6	.	5	5	10	6	17	6	.		$\zeta$
Drove a car or other vehicle when they had been using marijuana, past 30 days	15	9	12	7	.	5	5	17	8	15	7	.	$\alpha$	$\varepsilon$

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention	VT	Ca.											Statistical Differences			
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT				
Rarely or never wore a helmet when skiing or snowboarding, past year	11	10	13	4	5	8	8	14	9	11	8	.				$\beta$
Had a concussion from playing a sport or being physically active, past year	18	17	17	18	25	23	19	9	16	22	17	18				$\varepsilon$
Had a sunburn, past year	73	69	62	76	79	68	69	64	79	37	70	69	$\alpha$	$\beta$	$\zeta$	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Caledonia County High School Results

## Mental Health

Mental Health	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													$\beta$	$\theta$
Did something to purposely hurt themselves without wanting to die, past year	19	19	12	25	18	24	19	15	20	16	13	55	$\beta$	$\theta$
Felt sad or hopeless, past year	31	31	26	37	24	37	34	31	33	26	25	65	$\beta$	$\theta$
Made a plan about how they would attempt suicide, past year	13	14	11	16	13	16	14	12	13	16	9	36		$\theta$
Attempted suicide, past year	7	6	5	7	6	11	6	3	6	6	4	18	$\varepsilon$	$\theta$

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Lifetime Substance Use

Tobacco, Alcohol, or Marijuana Use Before Age 13	VT	Cal.	Gender		Grade				Race		Sexual Orientation		Statistical Differences
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
First tried cigarette smoking before age 13 years	7	6	7	5	5	8	6	5	6	5	5	10	
Drank alcohol before age 13	13	13	14	12	16	18	11	9	11	18	13	14	ε ζ
Tried marijuana for the first time before age 13 years	6	4	4	4	4	5	5	.	3	5	3	7	α

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## Lifetime Substance Use

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	VT	Ca.			9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
			M	F									$\alpha$	$\varepsilon$	$\theta$
Ever tried cigarette smoking	22	26	26	25	10	24	27	34	23	32	23	39	$\alpha$	$\varepsilon$	$\theta$
Ever used an electronic vapor product	50	43	44	42	29	45	46	49	46	35	42	54	$\alpha$	$\varepsilon$	$\zeta$ $\theta$
Ever used a flavored tobacco product	27	26	25	26	13	24	25	34	27	22	24	39		$\varepsilon$	$\theta$
Ever drank alcohol	55	54	54	54	39	52	57	62	55	52	53	63		$\varepsilon$	
Ever used marijuana	40	30	31	28	13	32	32	36	32	21	26	50	$\alpha$	$\varepsilon$	$\zeta$ $\theta$

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Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse													Statistical Differences
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Ever used a prescription drug	12	11	11	11	11	10	11	11	11	11	8	23	θ
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	9	8	8	8	9	7	8	9	9	8	7	17	θ
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	7	7	6	7	5	5	6	9	6	8	5	17	θ

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## Lifetime Substance Use

Lifetime Substance Use - Other Drug Use	VT	Cal.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Ever used cocaine	4	3	3	2	.	3	.	4	2	4	2	8	θ
Ever used inhalants	7	6	7	5	9	8	7	3	6	7	5	12	θ
Ever used heroin	2	1	1	.	.	.	.	.	1	3	.	.	
Ever used methamphetamines	2	2	2	2	.	2	.	.	2	.	1	.	

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Cal.	Gender		Grade Level				Race/Ethnicity		Sexual Orientation		Statistical Differences
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	26	28	25	12	26	25	35	29	19	25	34	ε ζ
Currently smoked cigarettes or cigars or used smokeless tobacco	10	12	16	8	7	11	9	17	14	7	11	22	β ζ θ
Tried to quit using all tobacco products, past year	44	45	45	46	.	57	.	39	39	.	47	.	

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Currently smoked cigarettes	7	8	10	6	3	7	5	12	9	6	6	20	$\theta$
Currently used an electronic vapor product	26	24	25	23	10	25	23	31	26	18	22	33	$\epsilon$
Currently used smokeless tobacco	3	4	6	2	3	4	4	4	5	.	4	.	$\beta$
Currently smoked cigars	6	5	8	2	2	5	5	5	5	3	4	10	$\beta$

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Drug Use	VT	Cal.			9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
			M	F									$\alpha$	$\epsilon$	$\theta$
Currently drank alcohol	31	24	24	23	16	22	25	28	25	21	22	35	$\alpha$	$\epsilon$	$\theta$
Binge drank, past 30 days	15	10	10	10	5	7	10	15	11	7	9	20	$\alpha$	$\epsilon$	$\theta$
Currently used marijuana	27	18	20	16	6	19	16	24	19	13	14	36	$\alpha$	$\epsilon$	$\theta$
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	5	4	5	4	5	.	6	5	5	3	15			$\theta$

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Cal.
1 or 2 days	36
3 to 5 days	13
6 to 9 days	16
10 to 19 days	10
20 to 29 days	9
All 30 days	16

Number of Cigarettes Smoked, Among Current Users	Cal.
Less than 1 cigarette	32
1 cigarette	28
2 to 5 cigarettes	34
6 to 10 cigarettes	.
11 to 20 cigarettes	.
More than 20 cigarettes	.

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Cal.
1 or 2 days	21
3 to 5 days	10
6 to 9 days	17
10 to 19 days	16
20 to 29 days	10
All 30 days	25

Primary Reason for EVP Use, Among Current Users	Cal.
Friend/family used them	22
To try to quit other tobacco	8
Cost less than other tobacco	.
Easier to get than other	.
Less harmful than other	11
Available in flavors	10
Used for some other reason	45

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Source of EVP, Among Current Users	Cal.
Bought them in a store	25
I got them on the Internet	3
Someone else bought them	20
Borrowed them	35
Someone gave them to me	8
Took them from a store	.
Some other way	9

Type of EVP Used, Among Current Users	Cal.
JUUL /rechargeable w pods	81
Vape Pen/recharge e-cig	7
Disposable e-cig/vaping	.
Mods with refillable tanki	6
Other e-vapor product	.
Not sure	.

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Alcohol Use, Among Current Users	Cal.
1 or 2 days	47
3 to 5 days	28
6 to 9 days	15
10 to 19 days	6
20 to 29 days	.
All 30 days	.

Largest Amount of Alcohol Consumed in One Sitting, Among Current Users	Cal.
1 or 2 drinks	43
3 drinks	8
4 drinks	4
5 drinks	16
6 or 7 drinks	11
8 or 9 drinks	8
10 or more drinks	10

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Cal.
1 or 2 times	35
3 to 9 times	22
10 to 19 times	12
20 to 39 times	13
40 or more times	18

Primary Way Marijuana was Used, Among Current Users	Cal.
Smoked it	78
Ate in food	.
Drank in tea or other drink	.
Vaporized	11
Dabbed it	8
Some other way	.

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Other Substance Use Related Topics

Substance Use Exposure and Prevention	VT	Cal.	Gender		Grade Level				Race/Ethnicity		Sexual Orientation		Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	$\beta$	$\varepsilon$
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	61	56	66	57	53	67	65	63	54	60	67	$\beta$	$\varepsilon$
Most of the time or always see ads for cigarettes or other tobacco products	50	45	43	48	51	46	44	42	51	27	45	55	$\alpha$	$\zeta$

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Other Substance Use Related Topics

Substance Use on School Property	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													$\alpha$	$\theta$
Attended school under the influence of alcohol or other illegal drugs, past year	15	8	9	7	5	10	3	12	8	9	7	20	$\alpha$	$\theta$
Were offered, sold, or given an illegal drug on school property, past year	19	12	13	12	13	16	12	10	13	11	12	17	$\alpha$	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Caledonia County High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Peer Use	VT	Cal.	Gender		Grade Level				Race/Ethnicity		Sexual Orientation		Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Think it is wrong or very wrong for someone their age to use electronic vapor products	56	58	59	58	76	57	60	50	58	60	60	46	$\varepsilon$	$\theta$
Think it is wrong or very wrong for someone their age to drink alcohol	53	55	55	55	75	56	51	47	56	54	56	49	$\varepsilon$	
Think it is wrong or very wrong for someone their age to use marijuana	51	60	58	62	83	56	54	54	57	70	63	42	$\alpha$	$\varepsilon$ $\zeta$ $\theta$

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs	VT	Cal.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	84	83	79	87	90	86	87	75	85	78	85	75	$\beta$ $\epsilon$
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	66	62	70	80	65	66	60	68	62	67	61	$\beta$ $\epsilon$
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	77	75	80	87	75	79	72	76	81	80	67	$\theta$

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access													Statistical Differences		
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	73	69	72	66	54	65	67	81	73	58	70	67	α	ε	ζ
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	67	63	60	67	66	61	65	62	69	47	63	67	α		ζ
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	53	52	53	35	54	58	58	59	32	50	69	α	ε	ζ θ

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Perceptions of Substance Use

Perceptions of Substance Use - Harm													Statistical Differences				
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT					
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	29	31	28	35	43	33	25	29	33	28	33	27					ε
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	39	41	40	43	43	46	39	38	41	43	42	35					
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	23	30	27	33	43	32	25	25	27	42	32	17	α	ε	ζ	θ	

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## Sexual Health

HIV and STD Testing	VT	Cal.	M		9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
			F										
Were ever tested for human immunodeficiency virus (HIV)	13	12	10	15	9	13	13	14	13	12	11	19	
Were ever tested for a sexually transmitted disease (STD)	11	11	8	13	8	9	10	13	12	8	10	17	

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## Sexual Health

Sexual Activity	VT	Ca.	M		9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
			F										
Ever had sexual intercourse	40	40	42	38	19	34	47	52	42	34	40	47	$\epsilon$
Had sexual intercourse for the first time before age 13 years	3	3	4	2	3	3	.	2	2	4	1	7	$\theta$
Had sexual intercourse with four or more persons during their life	9	11	13	8	.	8	13	15	10	11	9	17	$\epsilon$
Were currently sexually active	31	32	32	33	15	24	39	42	35	23	32	37	$\epsilon$ $\zeta$

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## Sexual Health

## Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Prescription Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used birth control pills before last sexual intercourse, among sexually active students	32	32	28	36	.	.	27	39	35	.	35	.	
Used a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing), among sexually active students	4	6	5	6	.	.	7	.	5	.	5	.	
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon), among sexually active students	19	16	11	21	.	.	14	21	18	.	16	.	

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## Sexual Health

## Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used a condom during last sexual intercourse, among sexually active students	54	56	57	55	.	.	65	50	54	.	59	.	
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	56	54	45	63	.	.	48	64	58	.	55	.	$\beta$ $\varepsilon$
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, among sexually active students	21	21	13	28	.	.	21	20	22	.	22	.	$\beta$

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students	VT	Cal.			9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
			M	F									
Did not use any method to prevent pregnancy, among sexually active students	6	6	5	6	.	.	.	.	6	.	4	.	

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## Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	VT	Cal.											Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Were obese	13	14	15	13	12	12	16	15	15	10	11	32		$\theta$
Were overweight	14	15	13	16	19	16	13	12	15	14	15	13		
Described themselves as slightly or very overweight	31	34	26	42	30	32	31	38	36	27	31	55	$\beta$	$\theta$
Were trying to lose weight	43	44	30	59	43	47	42	45	43	47	41	60	$\beta$	$\theta$

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## Weight, Physical Activity, and Nutrition

Physical Activity													Statistical Differences	
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Did not participate in at least 60 minutes of physical activity on at least one day, past week	14	15	13	17	8	18	16	17	13	23	12	25		$\zeta$ $\theta$
Were physically active at least 60 minutes per day every day, past week	22	28	36	20	37	23	23	28	29	25	30	17	$\alpha$ $\beta$	$\theta$
Were physically active at least 60 minutes per day on 5 or more days, past week	46	55	56	53	64	53	50	54	57	47	59	38	$\alpha$	$\theta$
Play video or computer games or used a computer 3 or more hours per day	48	43	45	40	43	43	35	47	43	43	41	62	$\alpha$	$\theta$

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## Weight, Physical Activity, and Nutrition

Physical Activity at School													Statistical Differences
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Report they participate in physical activity or other short breaks during class at least 1x per week	62	62	65	58	70	59	64	57	60	65	62	57	
Report they participate in physical activity or other short breaks during class, every day	23	31	33	28	34	28	36	28	31	29	31	27	$\alpha$

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## Weight, Physical Activity, and Nutrition

Soda and Sugar-Sweetened Beverage Consumption													Statistical Differences
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not drink any soda or sugar-sweetened beverages, past week	23	23	19	26	23	19	21	26	22	25	22	24	
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	18	20	25	14	17	19	25	19	20	19	18	22	$\beta$
Drank soda or sugar-sweetened beverages 2+ times per day, past week	10	10	13	6	8	8	14	8	10	9	9	9	$\beta$
Drank soda or sugar-sweetened beverages 3+ times per day, past week	5	4	5	2	3	4	3	4	4	5	3	7	

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## Weight, Physical Activity, and Nutrition

Water Consumption													Statistical Differences
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Drank one or more glasses per day of water, past week	79	80	76	84	80	78	81	81	80	79	80	85	$\beta$
Drank two or more glasses per day of water, past week	70	70	68	72	66	66	72	74	72	65	70	70	
Drank three or more glasses per day of water, past week	54	54	55	54	49	49	55	61	56	50	56	46	$\varepsilon$

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Weight, Physical Activity, and Nutrition

Fruit and Vegetable Consumption	VT	Cal.											Statistical Differences
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Ate 5+ fruits/vegetables every day, past week	21	21	18	24	26	24	16	18	22	19	21	17	ε

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## Weight, Physical Activity, and Nutrition

Fruit Consumption													Statistical Differences
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat fruit or drink 100% fruit juices, past week	6	7	9	4	5	10	8	5	6	8	7	9	$\beta$
Ate fruit or drank 100% fruit juices one or more times per day, past week	62	57	53	61	64	58	55	53	57	58	58	49	$\alpha$
Ate fruit or drank 100% fruit juices two or more times per day, past week	31	31	28	33	35	36	23	29	31	30	31	23	$\varepsilon$

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## Weight, Physical Activity, and Nutrition

Vegetable Consumption													Statistical Differences
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat vegetables, past week	5	4	6	2	.	4	6	4	4	.	4	.	$\beta$
Ate vegetables one or more times per day, past week	72	75	73	78	75	75	72	78	76	73	76	70	
Ate vegetables two or more times per day, past week	37	40	39	41	40	38	37	42	40	39	41	34	
Ate vegetables three or more times per day, past week	19	18	18	19	22	20	19	15	20	15	18	22	

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## Weight, Physical Activity, and Nutrition

Breakfast Consumption	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Did not eat breakfast, past week	11	10	10	11	10	11	15	8	12	6	9	19	ζ θ
Ate breakfast on at least 5 days, past week	54	59	62	57	62	56	58	60	56	70	62	40	α ζ θ
Ate breakfast on all 7 days, past week	37	39	41	37	42	35	39	40	36	50	41	25	ζ θ

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## Social Determinants of Health

Social Determinants of Health	VT	Cal.			9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
			M	F									
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	5	4	5	5	8	.	4	4	5	4	7	
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	2	3	2	3	.	4	.	2	3	2	.	
Have a physical disability, emotional problems, or learning disability	30	28	24	31	21	26	30	31	29	25	23	52	θ

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Social Determinants of Health

Social Determinants of Health	VT	Ca.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences		
			M	F	9th	10th	11th	12th					$\alpha$	$\beta$	$\zeta$
Described their grades in school as mostly A's or B's	78	85	80	91	85	83	87	86	86	84	86	80	$\alpha$	$\beta$	
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	79	71	87	79	73	84	81	77	86	80	75	$\alpha$	$\beta$	$\zeta$

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## Youth Assets and Other Protective Factors

Protective Factors - Family	VT	Cal.			9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
			M	F									$\alpha$	$\varepsilon$	$\zeta$
Did not eat dinner at home with parents, past week	9	18	21	16	9	17	20	23	11	43	17	18	$\alpha$	$\varepsilon$	$\zeta$
Ate dinner at home with parent at least 2x, past week	86	77	74	81	87	75	77	74	84	55	79	75	$\alpha$		$\zeta$
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	75	65	62	68	81	66	63	58	70	48	67	57	$\alpha$	$\varepsilon$	$\zeta$

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Youth Assets and Other Protective Factors

Protective Factors - School Connectedness													Statistical Differences
	VT	Cal.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	78	81	78	84	77	78	80	87	82	78	82	81	α
Strongly agree or agree that their school has clear rules and consequences for behavior	56	66	65	67	78	64	58	66	64	71	67	58	α
Do not participate in any afterschool activities	34	31	35	27	30	26	32	35	35	22	31	36	ζ
Spend 10 or more hours participating in afterschool activities	24	23	24	23	24	25	21	23	23	24	25	20	

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Youth Assets and Other Protective Factors

Protective Factors - Community	VT	Cal.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Strongly agree or agree that in their community they feel like they matter to people	58	55	57	53	56	49	55	58	57	49	60	29	θ

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# 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

## MIDDLE SCHOOL RESULTS

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Demographics

Sex	VT	Cal.
Female	49	48
Male	51	52

Grade	VT	Cal.
6th grade	24	31
7th grade	38	32
8th grade	38	37



## Demographics

Race	VT	Cal.
Students of Color	19	15
White, non-Hispanic	81	85

Sexual Orientation / Gender Identity	VT	Cal.
Lesbian, Gay, Bisexual, or Transgender	11	12
Heterosexual / Cisgender	89	88

## Violence and Unintentional Injuries

Violence	VT	Cal.										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Were ever in a physical fight	41	45	57	31	38	45	50	44	52	46	55	$\beta$	
Did not go to school because they felt they would be unsafe at school or on their way to or from school, past 30 days	9	8	6	10	7	7	10	8	10	6	17		$\theta$
Report someone has ever done sexual things to them that they did not want	10	10	4	16	5	11	12	9	14	8	28	$\beta$	$\theta$

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## Violence and Unintentional Injuries

Bullying	VT	Cal.										Statistical Differences		
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	$\alpha$	$\beta$	$\theta$
Were ever bullied on school property	45	50	44	56	45	51	53	49	54	46	74	$\alpha$	$\beta$	$\theta$
Were ever electronically bullied	24	26	17	36	25	28	27	25	30	25	42	$\beta$		$\theta$
Were bullied, past 30 days	24	26	19	31	28	27	23	24	29	22	36	$\beta$		$\theta$
Bullied someone, past 30 days	9	11	13	8	11	10	11	10	16	10	8			

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## Violence and Unintentional Injuries

Unintentional Injuries & Prevention												Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Rarely or never wear a bicycle helmet	26	34	33	35	29	34	38	32	47	36	37	$\alpha$	$\zeta$
Rarely or never wear a helmet when skiing or snowboarding	6	8	8	8	7	10	8	7	.	8	.		
Had a concussion from playing a sport or being physically active, past year	19	20	23	17	19	20	22	20	26	20	20		
Had a sunburn, past year	66	64	61	67	59	64	67	67	47	68	49		$\zeta$ $\theta$

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Violence and Unintentional Injuries

Motor Vehicle Safety													Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Rarely or never wear a seat belt	2	3	3	3	.	.	6	3	5	4	.		$\alpha$	
Ever rode with a driver who had been drinking alcohol	20	23	21	25	16	19	32	24	21	25	30			i
Have ever ridden in a car driven by someone who had been using marijuana	10	14	12	17	10	11	21	14	21	15	22		$\alpha$	i

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## Mental Health

Mental Health												Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Ever seriously thought about killing themselves	18	20	17	23	16	18	25	20	24	17	43		θ
Ever made a plan about how they would kill themselves	12	13	11	15	8	12	17	12	23	11	29		ζ θ
Ever tried to kill themselves	6	7	6	8	5	6	10	7	11	6	19		θ
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	18	20	14	26	14	18	26	19	33	17	48	β	ζ θ
Felt sad or hopeless, past year	23	24	16	31	21	21	28	24	31	20	52	β	θ

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## Lifetime Substance Use

Lifetime Substance Use	VT	Cal.										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Ever tried a cigarette	7	12	11	12	6	8	19	11	16	12	19	$\alpha$	i
Ever tried a flavored tobacco product	8	11	12	9	8	7	16	11	13	11	19	$\alpha$	i
Ever used an electronic vapor product	16	18	18	17	9	14	29	18	24	19	29		i
Ever drank alcohol	20	24	24	23	14	21	33	24	27	25	34		i
Ever used marijuana	7	9	9	10	4	5	16	9	13	9	20		i $\theta$
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	6	5	5	6	3	7	6	5	8	6	7		
Ever used inhalants	5	6	6	6	6	6	8	6	9	6	19		$\theta$

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## Lifetime Substance Use

Substance Use Before Age 11	VT	Cal.										Statistical Differences
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Tried cigarette smoking for the first time before age 11 years	3	4	4	3	3	3	6	4	5	4	8	
Drank alcohol for the first time before age 11 years	9	11	12	9	10	10	12	10	13	11	15	
Tried marijuana for the first time before age 11 years	1	2	3	1	2	.	3	2	.	1	.	

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## Past 30 Day Substance Use

Past 30 Day Tobacco Use												Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Currently smoked cigarettes or cigars or used smokeless tobacco	2	4	4	4	.	3	7	4	7	4	8	$\alpha$	
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	9	11	11	10	6	8	17	11	14	12	16		i
Currently smoked cigarettes	2	3	2	4	.	.	5	2	5	2	7		
Currently used an electronic vapor product	8	10	10	10	5	7	16	10	12	11	14		i
Currently used smokeless tobacco	1	2	3	.	.	.	4	3	.	3	.	$\alpha$	
Currently smoked cigars	1	1	.	.	.	.	.	.	.	.	.		

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## Past 30 Day Substance Use

Past 30 Day Alcohol and Other Substance Use	Statistical Differences											
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Currently drank alcohol	7	10	10	10	3	8	16	10	11	10	15	$\alpha$
Binge drank, past 30 days	2	2	2	3	.	.	5	2	5	3	.	
Currently used marijuana	5	6	5	6	.	4	10	5	10	6	12	

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Cal.
1 or 2 days	45
3 to 9 days	16
10 to 29 days	17
Every day	22

Number of Cigarettes Smoked, Among Current Users	Cal.
1 or Less	65
2 to 5 cigarettes	24
6 to 10 cigarettes	6
11 or more cigarettes	5

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Cal.
1 or 2 days	45
3 to 9 days	30
10 to 29 days	17
Every day	8

Access to EVP, Among Current Users	Cal.
Bought them in a store or online	2
Borrowed them	49
Someone else bought them or someone gave them to me	22
Took them from a store	4
Some other way	22

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Reason for EVP Use, Among Current Users	Cal.
Friend/family used them	30
Easier to get than other	4
Less harmful than other	5
Available in flavors	9
Used for some other reason	52

Type of EVP Used, Among Current Users	Cal.
JUUL / pod-type device	58
Vape Pen / rechargeable e-cigarette	11
Disposable e-cigarette / vaping device	1
Mods with refillable tank	19
Other electronic vapor product	3
Not sure	8

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Cal.
1 or 2 times	37
3 to 9 times	32
10 to 19 times	17
20+ times	13

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Other Substance Use Related Topics

Tobacco Use Exposure & Prevention	VT	Cal.										Statistical Differences			
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT				
Were asked by a doctor, dentist, or nurse if they smoked	33	31	29	33	17	30	43	33	32	33	34		δ	ε	ι
Most of the time or always see ads for cigarettes or other tobacco products	46	47	45	49	40	43	56	49	46	49	66			ι	θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Caledonia County Middle School Results

Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong	Statistical Differences											
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Think it is wrong or very wrong for someone their age to use electronic vapor products	84	85	85	85	90	90	75	85	77	83	77	i

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Caledonia County Middle School Results

Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs												Statistical Differences
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	92	92	90	93	92	94	89	92	86	92	92	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	87	87	85	88	90	91	81	88	80	87	85	i
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	91	90	92	94	92	88	92	84	92	87	

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## Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access												Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	29	26	25	26	16	23	36	25	31	27	39		i
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	36	33	39	23	34	48	37	32	37	57		i    θ
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	18	15	20	9	16	25	17	25	18	36		θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY  
Caledonia County Middle School Results

Perceptions of Substance Use

Perceptions of Substance Use - Harm													Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	45	44	42	46	51	46	36	44	38	41	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	45	38	34	42	43	41	31	39	30	36	38	$\alpha$		
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	48	46	51	62	49	37	50	34	47	35	$\varepsilon$	$\zeta$	

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## Sexual Health

Sexual Activity & Condom Use	VT	Cal.										Statistical Differences
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Ever had sexual intercourse	5	7	9	5	2	4	13	6	14	7	15	i
Used a condom during last sexual intercourse, among those who have has sexual intercourse	58	58	.	.	.	.	.	.	.	.	.	

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## Physical Activity, and Nutrition

Physical Activity: 60 min per day	VT	Cal.										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	9	11	11	12	14	12	9	11	14	8	18	$\alpha$	$\theta$
Were physically active at least 60 minutes per day on 5 or more days, past week	56	53	58	48	45	60	54	55	46	59	29	$\beta$	$\theta$
Were physically active at least 60 minutes per day on all 7 days, past week	30	28	35	22	22	33	30	30	27	31	18	$\beta$	

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## Physical Activity, and Nutrition

Physical Inactivity	VT	Cal.											Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Watch television 1 hour or less per day	42	49	50	48	45	51	51	49	54	50	50	$\alpha$		
Watch television 3 or more hours per day	22	30	33	27	27	30	32	30	33	29	34	$\alpha$		

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## Physical Activity, and Nutrition

Physical Inactivity												Statistical Differences
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Play video or computer games or used a computer 1 hour or less per day	58	59	64	54	53	60	64	58	66	60	69	$\beta$
Play video or computer games or used a computer 3 or more hours per day	41	45	48	42	38	44	52	45	51	45	58	$\alpha$

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## Physical Activity, and Nutrition

Physical Activity at School	VT	Cal.										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Participate in physical activity or other short breaks during class at least once a week	80	81	80	83	82	85	76	82	81	82	74		
Participate in physical activity or other short breaks during class everyday	64	64	58	69	63	61	66	64	63	60	78	$\beta$	$\theta$

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## Physical Activity, and Nutrition

Walk or Bike To/From School												Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Walk or ride a bike to school at least once a week when weather permits	74	79	78	79	78	84	74	79	68	78	75		$\alpha$
Walk or ride their bike to school every day when weather permits	11	8	8	8	9	5	9	7	12	7	9		$\alpha$

Sport Team Participation												Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Play on at least one sports team, past year	72	65	67	64	61	68	67	66	68	72	34		$\alpha$ $\theta$

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## Physical Activity, and Nutrition

Water Consumption												Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Drank one or more glasses per day of water, past week	78	75	73	76	71	78	75	77	71	76	72		
Drank two or more glasses per day of water, past week	71	70	70	70	66	72	71	72	66	71	68		
Drank three or more glasses per day of water, past week	56	56	55	57	50	61	56	58	54	55	55		

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Physical Activity, and Nutrition

Breakfast Consumption	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences		
												$\alpha$	$\beta$	$\epsilon$
Did not eat breakfast, past week	9	7	6	8	7	6	8	7	9	6	11			
Ate breakfast on 5 or more days, past week	36	40	33	48	29	45	44	41	41	41	48	$\alpha$	$\beta$	$\epsilon$
Ate breakfast on all 7 days, past week	46	43	51	34	55	39	37	42	44	40	38	$\beta$	$\epsilon$	

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## Social Determinants of Health

Social Determinants of Health	VT	Cal.										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Described their grades in school as mostly A's or B's	66	57	54	61	50	56	63	61	48	61	45	$\alpha$	$\theta$
Reported in their home people most of the time or always speak a language other than English	6	3	3	4	4	3	4	2	14	3	.	$\alpha$	$\zeta$
Most of the time or always went hungry because there was not enough food in their home, past 30 days	3	3	2	3	4	3	.	2	6	3	.		

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## Youth Assets and Other Protective Factors

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## Youth Assets and Other Protective Factors

Family Engagement												Statistical Differences	
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Did not eat dinner at home with at least one of their parents or other adult family member, past week	6	7	7	6	5	6	8	7	6	6	7		
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	92	91	90	91	92	90	89	90	91	92	89		
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	85	82	83	81	83	85	80	83	79	84	85		
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	61	64	58	66	63	56	61	58	61	57		

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## Youth Assets and Other Protective Factors

School Connectedness	Statistical Differences											
	VT	Cal.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Have at least one teacher or other adult in their school that they can talk to if they have a problem	72	73	75	71	78	71	70	72	68	74	57	θ
Strongly agree or agree that their school has clear rules and consequences for behavior	64	65	71	61	72	65	61	64	65	66	58	β

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Youth Assets and Other Protective Factors

Community Connectedness	VT	Cal.										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Strongly agree or agree that in their community they feel like they matter to people	59	55	61	49	56	53	55	57	47	58	36	$\beta$	$\theta$

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