



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

ORANGE 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>

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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).

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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 Orange County

Key Terms and Statistical Differences Used in the Report

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

When subpopulations are included, statistical comparisons between subpopulations of students within Orange 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 Orange County
- M = Male students in Orange County
- F = Female students in Orange County
- Older = Students in grades 11 and 12
- Younger = Students in grades 9 and 10
- WnH = White, non-Hispanic students in Orange County
- SOC = Students of color in Orange County
- Het = Heterosexual or cisgender students in Orange County
- LGBT = Lesbian, gay, bisexual, or transgender students in Orange 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 Orange County students as well as differences within Orange County by sex, grade, race, and sexual orientation / gender identity are noted by the following notations:

- α = Students across VT are statistically different than students in Orange
- β = Male students are statistically different from female students
- ε = 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
- ι = 8th grade students are significantly different from 6th and 7th grade students
- δ = Results statistically increase or decrease with each grade
- ζ = Students of color (SOC) are statistically different from white, non-Hispanic (WnH) students
- θ = Lesbian, gay, bisexual and transgender (LGBT) students are statistically different from heterosexual and cisgender (HET) students

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HIGH SCHOOL RESULTS

Demographics

Sex	VT	Orange
Female	48	46
Male	52	54

Grade	VT	Orange
9th grade	25	27
10th grade	25	24
11th grade	25	25
12th grade	25	24

Demographics

Race	VT	Orange
Students of Color	16	12
White, non-Hispanic	84	88

Sexual Orientation / Gender Identity	VT	Orange
Lesbian, Gay, Bisexual, or Transgender	14	17
Heterosexual / Cisgender	86	83

Violence and Unintentional Injuries

Physical Violence	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences			
													α	β	ε	ζ
Were in a physical fight, past year	18	23	28	17	29	26	20	16	20	41	21	31	α	β	ε	ζ
Carried a weapon on school property, past 30 days	5	7	10	4	3	8	11	6	7	7	7	9	α	β		
Were threatened or injured with a weapon on school property, past 30 days	7	6	6	5	6	8	6	3	6	6	5	7				
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	6	5	5	3	5	7	4	9				

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Violence and Unintentional Injuries

Bullying	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	β	θ
Were electronically bullied, past year	16	21	13	30	25	21	21	15	20	24	17	39	α	β	θ
Were bullied, past 30 days	17	20	15	26	26	19	17	18	18	30	17	32	β	ζ	θ
Bullied someone, past 30 days	10	10	10	10	11	12	9	7	9	19	9	12		ζ	

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Violence and Unintentional Injuries

Sexual and Dating Violence	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	β	θ
Report someone has ever done sexual things to them that they did not want	18	22	10	37	18	23	28	20	22	21	16	49	α	β	θ
Experienced physical dating violence, past year	8	7	7	7	9	.	6	11	7	13	7	6			
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	32	23	42	34	32	33	29	31	40	29	45	β	θ	
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	30	26	35	28	33	30	29	29	37	29	37	β		

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Violence and Unintentional Injuries

Motor Vehicle Safety	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Rode with a driver who had been drinking alcohol, past 30 days	17	19	16	23	19	18	20	19	18	24	19	20	
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	23	24	21	28	18	25	25	28	23	31	22	34	θ

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Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive													Statistical Differences	
	VT	Orange	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	30	29	32	12	9	43	46	31	30	32	26	α	ε
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	6	6	7	6	8	.	8	7	5	18	6	.		ζ
Drove a car or other vehicle when they had been using marijuana, past 30 days	15	16	15	17	9	7	20	23	15	25	12	32	ε	θ

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention	VT	Orange											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	14	17	9	9	19	11	20	13	.	12	.		
Had a concussion from playing a sport or being physically active, past year	18	18	17	18	20	19	18	14	18	20	17	19		
Had a sunburn, past year	73	73	68	79	73	72	71	76	77	43	75	70	β	ζ

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Mental Health

Mental Health	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	β	θ
Did something to purposely hurt themselves without wanting to die, past year	19	22	11	35	21	26	21	19	21	29	15	53	α	β	θ
Felt sad or hopeless, past year	31	32	20	47	31	35	32	30	30	47	25	61	β	ζ	θ
Made a plan about how they would attempt suicide, past year	13	15	9	22	15	19	13	13	14	25	10	37	β	ζ	θ
Attempted suicide, past year	7	8	5	11	6	11	7	6	6	17	4	21	β	ζ	θ

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Lifetime Substance Use

Tobacco, Alcohol, or Marijuana Use Before Age 13	VT	Orange	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
First tried cigarette smoking before age 13 years	7	8	8	8	7	8	10	7	7	15	7	14	ζ θ
Drank alcohol before age 13	13	15	16	14	22	15	14	8	13	27	14	18	ε ζ
Tried marijuana for the first time before age 13 years	6	6	6	7	7	7	7	4	6	12	4	13	θ

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Lifetime Substance Use

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	VT	Orange											Statistical Differences			
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	α	ε	ζ	θ
Ever tried cigarette smoking	22	27	27	28	19	24	33	34	26	40	26	39	α	ε	ζ	θ
Ever used an electronic vapor product	50	50	47	54	41	46	55	60	51	51	50	54	ε			
Ever used a flavored tobacco product	27	30	27	32	20	26	36	38	30	32	28	39	ε			
Ever drank alcohol	55	57	53	62	44	53	60	72	56	65	55	68	β	ε		θ
Ever used marijuana	40	42	40	44	29	38	47	55	42	47	40	53	ε			θ

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Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse													Statistical Differences
	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Ever used a prescription drug	12	13	12	14	14	13	14	10	12	18	11	21	θ
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	9	10	8	12	11	10	11	7	9	12	8	15	
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	8	8	7	7	8	9	7	7	13	6	13	θ

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Lifetime Substance Use

Lifetime Substance Use - Other Drug Use	VT	Orange											Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Ever used cocaine	4	3	3	3	3	3	4	.	3	7	2	5		
Ever used inhalants	7	10	10	9	13	11	7	7	8	19	8	16	α	ζ θ
Ever used heroin	2	1	2	.	.	3	.	.	1	.	1	.		
Ever used methamphetamines	2	2	2	2	3	4	.	.	2	6	1	.		

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	28	26	31	19	25	35	35	28	35	27	36	ε
Currently smoked cigarettes or cigars or used smokeless tobacco	10	11	13	10	5	10	14	17	11	19	10	17	ε ζ
Tried to quit using all tobacco products, past year	44	42	43	42	40	46	37	48	40	.	43	.	

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Currently smoked cigarettes	7	8	8	8	4	7	11	11	7	15	7	14	ε ζ
Currently used an electronic vapor product	26	26	23	29	18	23	33	31	25	34	25	33	ε
Currently used smokeless tobacco	3	5	8	.	3	4	6	7	5	7	5	.	α
Currently smoked cigars	6	7	9	4	3	4	7	13	7	10	6	9	β ε

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Drug Use	VT	Orange	Gender		Grade Level				Race/Ethnicity		Sexual Orientation		Statistical Differences
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Currently drank alcohol	31	28	25	32	18	26	32	38	27	41	26	40	ε ζ θ
Binge drank, past 30 days	15	12	11	13	8	8	15	17	11	19	11	17	α ε
Currently used marijuana	27	26	24	29	20	22	30	34	26	31	23	40	ε θ
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	4	5	4	5	4	6	3	4	9	3	9	θ

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Orange
1 or 2 days	32
3 to 5 days	25
6 to 9 days	12
10 to 19 days	.
20 to 29 days	.
All 30 days	24

Number of Cigarettes Smoked, Among Current Users	Orange
Less than 1 cigarette	29
1 cigarette	28
2 to 5 cigarettes	24
6 to 10 cigarettes	.
11 to 20 cigarettes	.
More than 20 cigarettes	8

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users

	Orange
1 or 2 days	17
3 to 5 days	16
6 to 9 days	8
10 to 19 days	14
20 to 29 days	8
All 30 days	37

Primary Reason for EVP Use, Among Current Users

	Orange
Friend/family used them	15
To try to quit other tobacco	12
Cost less than other tobacco	.
Easier to get than other	.
Less harmful than other	8
Available in flavors	10
Used for some other reason	52

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Source of EVP, Among Current Users	Orange
Bought them in a store	15
I got them on the Internet	.
Someone else bought them	26
Borrowed them	34
Someone gave them to me	8
Took them from a store	.
Some other way	13

Type of EVP Used, Among Current Users	Orange
JUUL /rechargeable w pods	80
Vape Pen/recharge e-cig	5
Disposable e-cig/vaping	.
Mods with refillable tanki	9
Other e-vapor product	4
Not sure	.

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Alcohol Use, Among Current Users	Orange
1 or 2 days	50
3 to 5 days	22
6 to 9 days	12
10 to 19 days	10
20 to 29 days	.
All 30 days	5

Largest Amount of Alcohol Consumed in One Sitting, Among Current Users	Orange
1 or 2 drinks	42
3 drinks	6
4 drinks	6
5 drinks	14
6 or 7 drinks	10
8 or 9 drinks	8
10 or more drinks	14

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users

Orange

1 or 2 times	28
3 to 9 times	27
10 to 19 times	14
20 to 39 times	8
40 or more times	23

Primary Way Marijuana was Used, Among Current Users

Orange

Smoked it	77
Ate in food	6
Drank in tea or other drink	.
Vaporized	10
Dabbed it	5
Some other way	2

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Other Substance Use Related Topics

Substance Use Exposure and Prevention													Statistical Differences
	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	60	60	60	58	55	62	66	61	54	60	61	
Most of the time or always see ads for cigarettes or other tobacco products	50	51	49	53	53	47	50	51	51	49	50	54	

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Other Substance Use Related Topics

Substance Use on School Property													Statistical Differences	
	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Attended school under the influence of alcohol or other illegal drugs, past year	15	15	14	16	9	19	19	13	13	25	11	30		ζ θ
Were offered, sold, or given an illegal drug on school property, past year	19	18	18	18	14	20	21	18	18	20	17	24		

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Orange County High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Peer Use													Statistical Differences	
	VT	Orange	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	61	68	57	47	59	50	60	50		ε
Think it is wrong or very wrong for someone their age to drink alcohol	53	55	56	54	63	65	47	44	55	50	55	54		ε
Think it is wrong or very wrong for someone their age to use marijuana	51	53	53	52	64	63	45	38	54	45	56	36		ε θ

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs													Statistical Differences			
	VT	Orange	M	F	9th	10th	11th	12th	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	84	82	81	82	88	85	77	75	83	72	83	74				ε
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	68	66	70	79	73	62	55	69	57	68	65				ε
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	71	71	71	81	72	69	60	72	61	74	61	α	ε	θ	

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access													Statistical Differences
	VT	Orange	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	72	70	75	65	67	75	83	74	68	72	72	ε
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	67	67	64	72	66	69	65	71	68	65	67	64	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	64	59	69	51	63	66	76	64	65	62	70	β ε

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Perceptions of Substance Use

Perceptions of Substance Use - Harm													Statistical Differences
	VT	Orange	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	29	27	30	30	24	29	31	29	27	28	30	
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	40	37	44	41	40	38	42	41	34	39	47	
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	23	21	20	23	23	22	24	16	21	19	23	14	

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Sexual Health

HIV and STD Testing	VT	Orange	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Were ever tested for human immunodeficiency virus (HIV)	13	15	14	17	9	10	19	25	15	21	14	21	ε
Were ever tested for a sexually transmitted disease (STD)	11	13	8	19	6	6	20	21	13	13	12	19	β ε

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Sexual Health

Sexual Activity	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences
Ever had sexual intercourse	40	43	41	46	22	36	57	61	43	48	44	46	ε
Had sexual intercourse for the first time before age 13 years	3	3	3	3	3	3	4	3	3	7	3	5	
Had sexual intercourse with four or more persons during their life	9	8	7	10	.	5	14	13	8	7	7	13	ε
Were currently sexually active	31	32	29	36	16	26	45	44	33	30	33	34	ε

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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	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used birth control pills before last sexual intercourse, among sexually active students	32	33	34	32	.	21	41	34	32	.	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	.	8	.	.	.	10	6	.	5	.	
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon), among sexually active students	19	21	16	26	.	23	23	19	22	.	20	.	

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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	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used a condom during last sexual intercourse, among sexually active students	54	49	58	40	.	45	46	53	48	.	52	.	β
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	56	60	53	67	.	48	67	62	60	.	60	.	
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	20	23	17	.	.	23	21	19	.	21	.	

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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	Orange	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Did not use any method to prevent pregnancy, among sexually active students	6	7	5	8	.	12	7	.	6	.	4	.	

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Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	VT	Orange											Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Were obese	13	15	16	14	15	15	15	15	15	14	21	14	23		θ
Were overweight	14	14	11	18	12	15	14	16	16	14	17	14	16		β
Described themselves as slightly or very overweight	31	32	23	43	32	33	29	34	34	32	34	29	46		β θ
Were trying to lose weight	43	42	29	58	43	44	40	41	41	42	44	40	56		β θ

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Weight, Physical Activity, and Nutrition

Physical Activity	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													α	θ
Did not participate in at least 60 minutes of physical activity on at least one day, past week	14	15	10	20	13	13	15	18	15	14	12	27	β	θ
Were physically active at least 60 minutes per day every day, past week	22	27	36	16	26	21	30	30	26	31	31	9	α	β θ
Were physically active at least 60 minutes per day on 5 or more days, past week	46	50	59	40	47	49	53	52	50	49	57	24	α	β θ
Play video or computer games or used a computer 3 or more hours per day	48	43	42	44	47	36	40	49	43	48	41	52	α	

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Weight, Physical Activity, and Nutrition

Physical Activity at School	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													α	ε
Report they participate in physical activity or other short breaks during class at least 1x per week	62	66	68	64	71	69	60	62	65	72	66	62	α	ε
Report they participate in physical activity or other short breaks during class, every day	23	29	34	23	31	25	32	27	28	35	32	17	α	β θ

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Weight, Physical Activity, and Nutrition

Soda and Sugar-Sweetened Beverage Consumption	VT	Orange			9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
			M	F										
Did not drink any soda or sugar-sweetened beverages, past week	23	21	17	26	18	24	19	22	21	20	21	22		β
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	18	20	24	16	17	21	25	19	19	30	19	24		β
Drank soda or sugar-sweetened beverages 2+ times per day, past week	10	11	12	9	9	11	12	11	10	16	9	18		θ
Drank soda or sugar-sweetened beverages 3+ times per day, past week	5	5	7	3	5	6	6	5	4	11	4	9	β	ζ

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Weight, Physical Activity, and Nutrition

Water Consumption													Statistical Differences
	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Drank one or more glasses per day of water, past week	79	79	78	81	74	78	82	83	80	76	78	87	
Drank two or more glasses per day of water, past week	70	72	71	72	67	70	74	75	73	66	71	80	
Drank three or more glasses per day of water, past week	54	55	57	51	50	56	54	60	55	53	54	60	

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Weight, Physical Activity, and Nutrition

Fruit and Vegetable Consumption	VT	Orange											Statistical Differences
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Ate 5+ fruits/vegetables every day, past week	21	21	24	18	20	23	25	18	20	29	22	18	

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Weight, Physical Activity, and Nutrition

Fruit Consumption													Statistical Differences
	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat fruit or drink 100% fruit juices, past week	6	5	7	4	4	7	7	4	5	9	5	4	
Ate fruit or drank 100% fruit juices one or more times per day, past week	62	61	60	62	62	61	59	61	61	62	63	54	
Ate fruit or drank 100% fruit juices two or more times per day, past week	31	30	31	30	30	28	31	31	30	35	31	26	

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Weight, Physical Activity, and Nutrition

Vegetable Consumption													Statistical Differences
	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat vegetables, past week	5	5	6	3	4	4	7	5	4	7	5	.	
Ate vegetables one or more times per day, past week	72	71	71	71	71	72	71	68	71	72	70	71	
Ate vegetables two or more times per day, past week	37	36	39	32	37	38	39	29	35	44	36	36	
Ate vegetables three or more times per day, past week	19	19	22	16	18	21	22	15	18	29	20	16	ζ

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Weight, Physical Activity, and Nutrition

Breakfast Consumption	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
Did not eat breakfast, past week	11	11	11	10	9	11	12	11	10	17	10	13		
Ate breakfast on at least 5 days, past week	54	48	53	44	54	41	50	48	50	35	50	42	α	ζ
Ate breakfast on all 7 days, past week	37	35	40	29	40	27	36	36	37	20	37	22	β	ζ θ

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Social Determinants of Health

Social Determinants of Health	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences				
													α	β	ζ	θ	
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	3	4	2	2	3	4	3	2	9	3	4					ζ
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	2	2	2	.	.	.	4	2	6	1	5					
Have a physical disability, emotional problems, or learning disability	30	34	27	43	33	34	37	34	33	48	28	62	α	β	ζ	θ	

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Social Determinants of Health

Social Determinants of Health	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	ε	θ
Described their grades in school as mostly A's or B's	78	71	69	75	67	62	71	86	71	74	75	58	α	ε	θ
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	70	62	80	69	65	70	77	71	70	72	66	α	β	

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Youth Assets and Other Protective Factors

Protective Factors - Family													Statistical Differences
	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat dinner at home with parents, past week	9	11	12	9	7	9	12	14	10	19	10	13	ζ
Ate dinner at home with parent at least 2x, past week	86	86	85	87	88	88	84	83	87	78	87	82	
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	75	73	73	72	76	75	70	70	74	65	74	69	

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Youth Assets and Other Protective Factors

Protective Factors - School Connectedness													Statistical Differences	
	VT	Orange	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	80	80	80	77	77	83	84	82	69	83	71	ζ	θ
Strongly agree or agree that their school has clear rules and consequences for behavior	56	52	57	47	54	49	53	54	52	56	55	41	β	θ
Do not participate in any afterschool activities	34	41	41	40	38	38	46	41	41	38	39	48	α	
Spend 10 or more hours participating in afterschool activities	24	24	26	21	24	23	22	26	23	30	26	15		θ

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Youth Assets and Other Protective Factors

Protective Factors - Community	VT	Orange	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	β	θ
Strongly agree or agree that in their community they feel like they matter to people	58	54	59	48	51	51	56	58	55	48	60	34	α	β	θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

Sex	VT	Orange
Female	49	48
Male	51	52

Grade	VT	Orange
6th grade	24	20
7th grade	38	42
8th grade	38	38

Demographics

Race	VT	Orange
Students of Color	19	14
White, non-Hispanic	81	86

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

Violence and Unintentional Injuries

Violence	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
Were ever in a physical fight	41	42	54	30	42	41	44	40	63	43	56	β	ζ
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	10	8	13	13	8	10	9	20	9	18		ζ
Report someone has ever done sexual things to them that they did not want	10	12	5	19	20	9	11	11	21	10	32	β	θ

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Violence and Unintentional Injuries

Bullying	VT	Orange										Statistical Differences		
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Were ever bullied on school property	45	47	38	57	50	45	47	48	49	45	65	β	θ	
Were ever electronically bullied	24	28	17	39	29	26	30	26	37	27	50	β	θ	
Were bullied, past 30 days	24	26	19	34	34	26	22	24	42	22	54	β	ζ θ	
Bullied someone, past 30 days	9	11	12	10	14	10	10	10	18	9	22		θ	

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention												Statistical Differences	
	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Rarely or never wear a bicycle helmet	26	32	33	31	28	33	34	29	48	34	23	α	ζ
Rarely or never wear a helmet when skiing or snowboarding	6	9	11	7	.	8	12	7	15	10	.	α	
Had a concussion from playing a sport or being physically active, past year	19	18	19	17	22	14	20	17	24	17	25		
Had a sunburn, past year	66	66	62	71	66	63	69	67	63	68	66		

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Violence and Unintentional Injuries

Motor Vehicle Safety												Statistical Differences	
	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Rarely or never wear a seat belt	2	2	2	1	.	2	.	2	.	2	.		
Ever rode with a driver who had been drinking alcohol	20	24	22	26	23	24	24	24	32	23	38	α	
Have ever ridden in a car driven by someone who had been using marijuana	10	14	12	17	11	12	19	13	22	13	23	α	

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Mental Health

Mental Health	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
												β	θ
Ever seriously thought about killing themselves	18	20	14	26	20	17	23	18	27	16	56	β	θ
Ever made a plan about how they would kill themselves	12	12	7	17	9	12	13	11	18	9	35	β	θ
Ever tried to kill themselves	6	4	2	6	.	4	5	4	6	2	21		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	11	30	14	20	24	20	27	16	60	β	θ
Felt sad or hopeless, past year	23	23	14	32	17	23	26	21	34	18	63	β	θ

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Lifetime Substance Use

Lifetime Substance Use	VT	Orange										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Ever tried a cigarette	7	9	8	9	5	7	11	8	13	8	14		
Ever tried a flavored tobacco product	8	9	7	10	.	7	13	8	13	9	17		
Ever used an electronic vapor product	16	19	19	20	10	15	28	18	30	20	29	α	ι
Ever drank alcohol	20	23	22	24	13	19	32	22	33	23	39		ι θ
Ever used marijuana	7	7	7	8	.	5	12	6	12	6	18		θ
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	6	4	5	3	6	3	5	3	10	4	8		
Ever used inhalants	5	5	4	6	.	5	6	4	11	5	12		

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Lifetime Substance Use

Substance Use Before Age 11	VT	Orange										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Tried cigarette smoking for the first time before age 11 years	3	3	2	4	.	3	2	2	.	2	.		
Drank alcohol for the first time before age 11 years	9	10	11	9	12	7	12	9	23	11	14		ζ
Tried marijuana for the first time before age 11 years	1	1	.	.	100		

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Past 30 Day Substance Use

Past 30 Day Tobacco Use												Statistical Differences	
	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Currently smoked cigarettes or cigars or used smokeless tobacco	2	4	3	4	.	2	6	3	10	3	.		ζ
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	9	11	10	12	.	10	15	10	19	10	24		θ
Currently smoked cigarettes	2	2	2	3	100	.	4	2	.	2	.		
Currently used an electronic vapor product	8	10	8	12	.	8	14	9	14	8	23		θ
Currently used smokeless tobacco	1	2	2	8	.	.		
Currently smoked cigars	1	2	1	2	100	.	3	1	.	.	.		

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Substance Use												Statistical Differences			
	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT				
Currently drank alcohol	7	6	6	7	100	4	12	6	10	5	16				
Binge drank, past 30 days	2	1	.	2	100	.	3	2	.	.	.				
Currently used marijuana	5	4	4	5	.	4	7	4	9	4	15				

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users

Orange

1 or 2 days	34
3 to 9 days	34
10 to 29 days	13
Every day	20

Number of Cigarettes Smoked, Among Current Users

Orange

1 or Less	59
2 to 5 cigarettes	22
11 or more cigarettes	20

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Orange
1 or 2 days	56
3 to 9 days	21
10 to 29 days	17
Every day	7

Access to EVP, Among Current Users	Orange
Bought them in a store or online	3
Borrowed them	55
Someone else bought them or someone gave them to me	20
Took them from a store	3
Some other way	18

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Reason for EVP Use, Among Current Users

	Orange
Friend/family used them	32
To try to quit other tobacco	3
Easier to get than other	3
Less harmful than other	7
Available in flavors	5
Used for some other reason	50

Type of EVP Used, Among Current Users

	Orange
JUUL / pod-type device	68
Vape Pen / rechargeable e-cigarette	12
Mods with refillable tank	8
Other electronic vapor product	3
Not sure	9

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Orange
1 or 2 times	32
3 to 9 times	35
10 to 19 times	22
20+ times	11

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Other Substance Use Related Topics

Tobacco Use Exposure & Prevention	Statistical Differences											
	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Were asked by a doctor, dentist, or nurse if they smoked	33	29	24	34	22	26	35	28	38	30	.	
Most of the time or always see ads for cigarettes or other tobacco products	46	48	50	46	35	48	54	48	49	52	47	

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Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong	Statistical Differences												
	VT	Orange	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	81	83	78	90	87	70	81	74	81	66	i	θ

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs												Statistical Differences	
	VT	Orange	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	88	86	91	93	90	83	89	81	89	85	α	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	87	83	80	86	88	85	78	83	80	84	73	α	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	88	87	89	95	90	83	90	80	89	84	α	ζ

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access												Statistical Differences	
	VT	Orange	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	29	28	31	14	21	45	28	41	31	32		i
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	41	36	45	30	38	49	42	41	41	51		
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	20	16	24	11	15	31	19	32	20	31		i ζ

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Perceptions of Substance Use

Perceptions of Substance Use - Harm												Statistical Differences	
	VT	Orange	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	38	39	37	50	38	32	37	33	39	19	α	θ
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	39	38	39	55	39	31	39	41	39	33	α	ε
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	46	45	47	60	50	33	45	39	47	31		i

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Sexual Health

Sexual Activity & Condom Use	VT	Orange										Statistical Differences		
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Ever had sexual intercourse	5	7	5	8	.	3	11	7	7	6	16			θ
Used a condom during last sexual intercourse, among those who have has sexual intercourse	58	52			

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Physical Activity, and Nutrition

Physical Activity: 60 min per day												Statistical Differences	
	VT	Orange	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	7	6	9	9	6	9	7	7	4	8		
Were physically active at least 60 minutes per day on 5 or more days, past week	56	57	62	51	46	60	59	59	53	63	40	β	θ
Were physically active at least 60 minutes per day on all 7 days, past week	30	30	34	25	25	31	31	30	31	34	13		θ

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Physical Activity, and Nutrition

Physical Inactivity												Statistical Differences	
	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Watch television 1 hour or less per day	42	44	44	43	45	45	42	43	54	43	54		
Watch television 3 or more hours per day	22	22	23	21	24	24	19	22	27	20	34		

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Physical Activity, and Nutrition

Physical Inactivity												Statistical Differences	
	VT	Orange	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	57	62	53	52	56	61	57	63	58	73		
Play video or computer games or used a computer 3 or more hours per day	41	43	44	41	40	42	45	43	43	42	60		θ

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Physical Activity, and Nutrition

Physical Activity at School												Statistical Differences	
	VT	Orange	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	82	82	82	92	83	77	81	86	82	85		
Participate in physical activity or other short breaks during class everyday	64	66	63	70	65	63	71	65	71	65	69		

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Physical Activity, and Nutrition

Walk or Bike To/From School												Statistical Differences	
	VT	Orange	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	83	81	86	82	82	85	84	81	84	72	α	
Walk or ride their bike to school every day when weather permits	11	7	8	5	10	7	5	6	9	6	15	α	θ

Sport Team Participation												Statistical Differences	
	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Play on at least one sports team, past year	72	68	66	70	73	70	64	68	72	72	59		

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Physical Activity, and Nutrition

Water Consumption												Statistical Differences	
	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Drank one or more glasses per day of water, past week	78	76	77	74	68	76	79	77	70	80	69		
Drank two or more glasses per day of water, past week	71	68	70	67	57	69	72	69	66	72	59		
Drank three or more glasses per day of water, past week	56	54	57	52	48	52	60	55	51	59	44		

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Physical Activity, and Nutrition

Breakfast Consumption	VT	Orange										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Did not eat breakfast, past week	9	9	5	12	10	9	8	8	13	8	13	β	
Ate breakfast on 5 or more days, past week	36	38	32	45	33	34	45	37	47	37	52	β	
Ate breakfast on all 7 days, past week	46	44	51	36	52	46	38	45	34	43	33	β	

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Social Determinants of Health

Social Determinants of Health	VT	Orange	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
Described their grades in school as mostly A's or B's	66	63	58	70	58	64	66	65	58	67	45	β	θ
Reported in their home people most of the time or always speak a language other than English	6	3	2	4	.	2	4	2	12	2	.	α	ζ
Most of the time or always went hungry because there was not enough food in their home, past 30 days	3	2	2	3	5	.	.	2	.	1	8		θ

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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	Orange	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	8	7	11	6	8	7	9	7	9		
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	92	90	90	90	85	93	89	90	88	90	87		
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	85	83	84	81	80	87	79	82	82	84	68		θ
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	62	64	60	63	66	58	61	65	64	43		θ

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Youth Assets and Other Protective Factors

School Connectedness	VT	Orange										Statistical Differences		
			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	74	74	73	84	70	72	74	67	76	58			θ
Strongly agree or agree that their school has clear rules and consequences for behavior	64	59	62	56	80	55	52	58	58	59	54	α	ε	

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Youth Assets and Other Protective Factors

Community Connectedness	VT	Orange										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	54	59	49	61	53	53	56	48	60	25			θ

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