



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Race & Ethnicity



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

Table of Contents

About the YRBS	4
Methodology	4
How Accurate are the Results?	5
Populations in Focus	5
Using the YRBS Results	6
Understanding and Interpreting the Results	7
High School Results	8
Demographics.....	9
Violence and Unintentional Injuries.....	11
Mental Health.....	14
Lifetime Substance Use.....	15
Past 30 Day Substance Use.....	17
Other Substance Use Related Topics.....	19
Perceptions of Substance Use.....	20
Sexual Health.....	22
Weight, Physical Activity, and Nutrition.....	24
Social Determinants of Health.....	26
Youth Assets and Other Protective Factors.....	27
Middle School Results	28
Demographics.....	29
Violence and Unintentional Injuries.....	31
Mental Health.....	33
Lifetime Substance Use.....	34
Past 30 Day Substance Use.....	35
Other Substance Use Related Topics.....	36
Perceptions of Substance Use.....	37
Sexual Health.....	39
Physical Activity, and Nutrition.....	40
Social Determinants of Health.....	42
Youth Assets and Other Protective Factors.....	43

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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.

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. Completion of the survey depends on a student's ability to read and complete the questionnaire independently. Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data.

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.

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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/healthyouth/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>

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 specific populations of youth are analyzed.

This report focuses on the specific health disparities experienced by students of color.

Note: Although differences exist by race and ethnicity, due to the sample size, all students of color were grouped into a "SOC" category to compare to white, non-Hispanic students.

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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.

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>

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

Race & Ethnicity

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Sex	VT
Female	48
Male	52

Grade	VT
9th grade	25
10th grade	25
11th grade	25
12th grade	25

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

Race / Ethnicity	VT
Students of Color	16
White, non-Hispanic	84

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Race / Ethnicity (unweighted)	VT
Asian/Pacific Islander/Native Hawaiian	4
Black/African American	3
Hispanic/Latino	5
Native American/Alaska Native	1
Multiracial	5
White, non-Hispanic	83

Violence and Unintentional Injuries

Physical Violence	WnH	SOC	
Were in a physical fight, past year	17	24	SOC > WnH
Carried a weapon on school property, past 30 days	4	8	SOC > WnH
Were threatened or injured with a weapon on school property, past 30 days	6	11	SOC > WnH
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	6	10	SOC > WnH

Bullying	WnH	SOC	
Were electronically bullied, past year	16	17	
Were bullied, past 30 days	17	20	SOC > WnH
Bullied someone, past 30 days	9	14	SOC > WnH

. = Too few students to report

Violence and Unintentional Injuries

Sexual and Dating Violence	WnH	SOC	
Report someone has ever done sexual things to them that they did not want	17	20	SOC > WnH
Experienced physical dating violence, past year	7	11	SOC > WnH
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times, past year	27	32	SOC > WnH
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	SOC > WnH

Motor Vehicle Safety	WnH	SOC	
Rode with a driver who had been drinking alcohol, past 30 days	17	19	
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	23	24	

. = Too few students to report

Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive	WnH	SOC	
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	37	
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	5	13	SOC > WnH
Drove a car or other vehicle when they had been using marijuana, past 30 days	14	20	SOC > WnH

Unintentional Injuries	WnH	SOC	
Rarely or never wore a helmet when skiing or snowboarding, past year	9	19	SOC > WnH
Had a concussion from playing a sport or being physically active, past year	17	23	SOC > WnH
Had a sunburn, past year	78	47	SOC < WnH

. = Too few students to report

Mental Health

Mental Health	WnH	SOC	
Did something to purposely hurt themselves without wanting to die, past year	18	22	SOC > WnH
Felt sad or hopeless, past year	30	34	SOC > WnH
Made a plan about how they would attempt suicide, past year	13	17	SOC > WnH
Attempted suicide, past year	6	10	SOC > WnH

. = Too few students to report

Lifetime Substance Use

Used Tobacco, Alcohol, or Marijuana Before Age 13	WnH	SOC	
First tried cigarette smoking before age 13 years	6	12	SOC > WnH
Drank alcohol before age 13	12	18	SOC > WnH
Tried marijuana for the first time before age 13 years	5	9	SOC > WnH

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	WnH	SOC	
Ever tried cigarette smoking	21	28	SOC > WnH
Ever used an electronic vapor product	50	47	SOC < WnH
Ever used a flavored tobacco product	27	26	
Ever drank alcohol	56	53	SOC < WnH
Ever used marijuana	41	38	SOC < WnH

. = Too few students to report

Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse	WnH	SOC	
Ever used a prescription drug	11	17	SOC > WnH
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	8	13	SOC > WnH
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	6	10	SOC > WnH

Lifetime Substance Use - Other Drug Use	WnH	SOC	
Ever used cocaine	3	7	SOC > WnH
Ever used inhalants	7	11	SOC > WnH
Ever used heroin	1	5	SOC > WnH
Ever used methamphetamines	1	5	SOC > WnH

. = Too few students to report

Past 30 Day Substance Use

Past 30 Day Tobacco Use	WnH	SOC	
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	28	
Currently smoked cigarettes or cigars or used smokeless tobacco	10	12	SOC > WnH
Tried to quit using all tobacco products, past year	44	45	

Past 30 Day Tobacco Use	WnH	SOC	
Currently smoked cigarettes	6	10	SOC > WnH
Currently used an electronic vapor product	27	25	
Currently used smokeless tobacco	3	5	SOC > WnH
Currently smoked cigars	5	8	SOC > WnH

. = Too few students to report

Past 30 Day Substance Use

Past 30 Day Alcohol and Other Use	WnH	SOC	
Currently drank alcohol	32	28	SOC < WnH
Binge drank, past 30 days	15	14	
Currently used marijuana	27	26	
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	4	8	SOC > WnH

. = Too few students to report

Other Substance Use Related Topics

Substance Use on School Property	WnH	SOC	
Attended school under the influence of alcohol or other illegal drugs, past year	14	18	SOC > WnH
Were offered, sold, or given an illegal drug on school property, past year	19	20	

Substance Use Exposure and Prevention	WnH	SOC	
Were asked by a doctor, dentist, or nurse if they smoked, past year	62	59	SOC < WnH
Most of the time or always see ads for cigarettes or other tobacco products	52	43	SOC < WnH

. = Too few students to report

Perceptions of Substance Use

Perceptions of Substance Use - Peer Use	WnH	SOC	
Think it is wrong or very wrong for someone their age to use electronic vapor products	56	57	
Think it is wrong or very wrong for someone their age to drink alcohol	52	56	SOC > WnH
Think it is wrong or very wrong for someone their age to use marijuana	50	54	SOC > WnH

Perceptions of Substance Use - Parental Disapproval	WnH	SOC	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	85	82	SOC < WnH
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	70	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	75	

. = Too few students to report

Perceptions of Substance Use

Perceptions of Substance Use - Harm	WnH	SOC	
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	28	29	
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	42	SOC > WnH
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	22	27	SOC > WnH

Perceptions of Substance Use - Ease of Access	WnH	SOC	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	74	67	SOC < WnH
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	69	61	SOC < WnH
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	63	57	SOC < WnH

. = Too few students to report

Sexual Health

HIV and STD Testing	WnH	SOC	
Were ever tested for human immunodeficiency virus (HIV)	12	15	SOC > WnH
Were ever tested for a sexually transmitted disease (STD)	11	13	SOC > WnH

Sexual Activity	WnH	SOC	
Ever had sexual intercourse	40	38	
Had sexual intercourse for the first time before age 13 years	2	6	SOC > WnH
Had sexual intercourse with four or more persons during their life	8	11	SOC > WnH
Were currently sexually active	31	27	SOC < WnH

. = Too few students to report

Sexual Health

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

Substance Use, Among Sexually Active Students	WnH	SOC	
Drank alcohol or used drugs before last sexual intercourse, among sexually active students	19	31	SOC > WnH

Condom & Birth Control Use, Among Sexually Active Students	WnH	SOC	
Used a condom during last sexual intercourse, among sexually active students	55	51	
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	58	46	SOC < WnH
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	22	14	SOC < WnH
Did not use any method to prevent pregnancy, among sexually active students	5	10	SOC > WnH

. = Too few students to report

Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	WnH	SOC
Were obese	13	13
Were overweight	14	14
Described themselves as slightly or very overweight	31	30
Were trying to lose weight	43	42

Physical Activity	WnH	SOC	
Did not participate in at least 60 minutes of physical activity on at least one day, past week	13	18	SOC > WnH
Were physically active at least 60 minutes per day on 5 or more days, past week	47	42	SOC < WnH
Were physically active at least 60 minutes per day every day, past week	22	22	
Play video or computer games or used a computer 3 or more hours per day	48	49	

Physical Activity at School	WnH	SOC	
Report they participate in physical activity or other short breaks during class at least 1x per week	61	64	SOC > WnH

. = Too few students to report

Weight, Physical Activity, and Nutrition

Nutrition	WnH	SOC	
Ate fruit or drank 100% fruit juices two or more times per day, past week	30	34	SOC > WnH
Ate vegetables three or more times per day, past week	18	23	SOC > WnH
Ate 5+ fruits/vegetables every day, past week	21	26	SOC > WnH
Drank three or more glasses per day of water, past week	54	50	SOC < WnH
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	17	21	SOC > WnH

Breakfast	WnH	SOC	
Did not eat breakfast, past week	11	14	SOC > WnH
Ate breakfast on all 7 days, past week	37	35	

. = Too few students to report

Social Determinants of Health

Social Determinants of Health	WnH	SOC	
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	8	SOC > WnH
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	4	SOC > WnH
Think their family's subjective social status is worse than other families	2	5	SOC > WnH
Have a physical disability, emotional problems, or learning disability	30	31	
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	74	
Described their grades in school as mostly A's or B's	79	75	SOC < WnH

. = Too few students to report

Youth Assets and Other Protective Factors

Protective Factors - Family	WnH	SOC	
Did not eat dinner at home with parents, past week	8	18	SOC > WnH
Ate dinner at home with parent at least 2x, past week	88	78	SOC < WnH
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	76	66	SOC < WnH

Protective Factors - School Connectedness	WnH	SOC	
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	79	70	SOC < WnH
Strongly agree or agree that their school has clear rules and consequences for behavior	56	56	
Do not participate in any afterschool activities	33	35	
Spend 10 or more hours participating in afterschool activities	24	21	SOC < WnH

Protective Factors - Community	WnH	SOC	
Strongly agree or agree that in their community they feel like they matter to people	59	53	SOC < WnH

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Race & Ethnicity

. = Too few students to report

Demographics

Sex	VT
Female	49
Male	51

Grade	VT
6th grade	24
7th grade	38
8th grade	38

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

Race / Ethnicity	VT
Students of Color	19
White, non-Hispanic	81

. = Too few students to report

Demographics

Race / Ethnicity (unweighted)	VT
Asian/Pacific Islander/Native Hawaiian	3
Black/African American	3
Hispanic/Latino	6
Native American/Alaska Native	2
Multiracial	5
White, non-Hispanic	81

. = Too few students to report

Violence and Unintentional Injuries

Violence	WnH	SOC	
Were ever in a physical fight	39	52	SOC > WnH
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	8	13	SOC > WnH
Report someone has ever done sexual things to them that they did not want	9	13	SOC > WnH

Bullying	WnH	SOC	
Were ever bullied on school property	45	46	SOC > WnH
Were ever electronically bullied	24	28	SOC > WnH
Were bullied, past 30 days	23	27	SOC > WnH
Bullied someone, past 30 days	9	12	SOC > WnH

Motor Vehicle Safety	WnH	SOC	
Rarely or never wear a seat belt	1	4	SOC > WnH
Ever rode with a driver who had been drinking alcohol	21	20	
Have ever ridden in a car driven by someone who had been using marijuana	10	14	SOC > WnH

Violence and Unintentional Injuries

Unintentional Injuries & Prevention	WnH	SOC	
Rarely or never wear a bicycle helmet	25	37	SOC > WnH
Rarely or never wear a helmet when skiing or snowboarding	5	10	SOC > WnH
Had a concussion from playing a sport or being physically active, past year	18	23	SOC > WnH
Had a sunburn, past year	71	46	WnH > SOC

Mental Health

Mental Health	WnH	SOC	
Felt sad or hopeless, past year	22	30	SOC > WnH
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	17	23	SOC > WnH
Ever seriously thought about killing themselves	18	23	SOC > WnH
Ever made a plan about how they would kill themselves	11	18	SOC > WnH
Ever tried to kill themselves	6	10	SOC > WnH

Lifetime Substance Use

Lifetime Substance Use	WnH	SOC	
Ever tried a cigarette	7	11	SOC > WnH
Ever tried a flavored tobacco product	8	11	SOC > WnH
Ever used an electronic vapor product	15	21	SOC > WnH
Ever drank alcohol	20	25	SOC > WnH
Ever used marijuana	7	12	SOC > WnH
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	5	8	SOC > WnH
Ever used inhalants	5	7	SOC > WnH

Past 30 Day Substance Use

Past 30 Day Tobacco Use	WnH	SOC	
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	8	12	SOC > WnH
Currently smoked cigarettes or cigars or used smokeless tobacco	2	4	SOC > WnH

Past 30 Day Tobacco Use	WnH	SOC	
Currently smoked cigarettes	1	3	SOC > WnH
Currently used an electronic vapor product	8	11	SOC > WnH
Currently used smokeless tobacco	1	2	SOC > WnH
Currently smoked cigars	1	2	SOC > WnH

Past 30 Day Alcohol and Other Substance Use	WnH	SOC	
Currently drank alcohol	7	10	SOC > WnH
Currently used marijuana	4	8	SOC > WnH

Other Substance Use Related Topics

Tobacco Use Exposure & Prevention	WnH	SOC
Were asked by a doctor, dentist, or nurse if they smoked	34	35
Most of the time or always see ads for cigarettes or other tobacco products	48	46

Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong	WnH	SOC	
Think it is wrong or very wrong for someone their age to use electronic vapor products	84	78	WnH > SOC

Believe Parents Would Think It is Wrong or Very Wrong to Use	WnH	SOC	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	93	88	WnH > SOC
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	87	85	WnH > SOC
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	88	WnH > SOC

Perceptions of Substance Use

Believe People Greatly Risk Harm from Substance Use	WnH	SOC
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	45	42
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	44	47
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	46

Think it is Easy or Very Easy to Access	WnH	SOC	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	29	34	SOC > WnH
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	41	39	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	24	SOC > WnH

Sexual Health

Sexual Activity & Condom Use	WnH	SOC	
Ever had sexual intercourse	5	9	SOC > WnH
Used a condom during last sexual intercourse, among those who have has sexual intercourse	59	55	

Physical Activity, and Nutrition

Physical Activity: 60 min per day	WnH	SOC	
Did not participate in at least 60 minutes of physical activity on at least 1 day	8	11	SOC > WnH
Were physically active at least 60 minutes per day on 5 or more days	58	53	WnH > SOC
Were physically active at least 60 minutes per day on all 7 days	29	31	

Physical Inactivity	WnH	SOC	
Watched television 3 or more hours per day	21	26	SOC > WnH
Played video or computer games or used a computer 3 or more hours per day	41	44	SOC > WnH

Walk or Bike To/From School	WnH	SOC	
Walk or ride a bike to school at least once a week when weather permits	25	33	SOC > WnH
Walk or ride their bike to school every day when weather permits	11	15	SOC > WnH

Physical Activity, and Nutrition

Sport Team Participation	WnH	SOC	
Did not play on any sports teams, past year	27	32	SOC > WnH
Play on one sports team, past year	21	23	
Play on two sports team, past year	20	20	
Play on three or more sports team, past year	32	26	WnH > SOC

Water Consumption	WnH	SOC	
Drank three or more glasses per day of water, past week	56	58	

Breakfast Consumption	WnH	SOC	
Did not eat breakfast	8	12	SOC > WnH
Ate breakfast on 5 or more days, past week	65	58	WnH > SOC
Ate breakfast on all 7 days	46	42	WnH > SOC

Social Determinants of Health

Social Determinants of Health	WnH	SOC	
Described their grades in school as mostly A's or B's	68	64	WnH > SOC
Reported in their home people most of the time or always speak a language other than English	3	20	SOC > WnH
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	4	SOC > WnH

Youth Assets and Other Protective Factors

Protective Factors - Family	WnH	SOC	
Did not eat dinner at home with at least one of their parents or other adult family member, past week	5	8	SOC > WnH
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	93	88	WnH > SOC
Ate dinner at home with at least one of their parents or other adult family member on four or more days	86	80	WnH > SOC
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	58	WnH > SOC

Protective Factors - School	WnH	SOC	
Have at least one teacher or other adult in their school that they can talk to if they have a problem	73	66	WnH > SOC
Strongly agree or agree that their school has clear rules and consequences for behavior	65	60	WnH > SOC

Protective Factors - Community	WnH	SOC	
Strongly agree or agree that in their community they feel like they matter to people	60	53	WnH > SOC

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

The Vermont Youth Risk Behavior Survey is a collaborative project between the CDC, Vermont Department of Health and Agency of Education.

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