

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL

REPORT FOR BENNINGTON RUTLAND SU (SU006)

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 <http://healthvermont.gov/yrbs>

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The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who participate in the Youth Risk Behavior Survey each year.

Visit the Vermont Department of Health YRBS website at: www.healthvermont.gov/yrbs

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 unintended 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 sex of sexual contacts

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

Methodology

The YRBS is conducted every two years during the spring semester. In Vermont, 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. During the spring semester schools were asked to set aside a class period, such during all math classes or during a specific period, to administer the survey. Students were read a set of directions and completed a self-administered paper and pencil questionnaire.

In addition, 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. 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. These precautions can reduce some sources of error, but not all.

Additional 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>

Using the YRBS Results

Using the YRBS to engage 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>](http://www.upforlearning.org/initiatives/getting-to-y)

Populations in Focus

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, when possible, health-related factors and behaviors experienced by the following populations are noted:

- Sex (biological)
- Grade
- Race, Ethnicity
- Sexual Orientation

Populations presented vary depending on the size of the SU/SD or district. Smaller area may have limitations based on sample size that prevent all populations to be included.

To maintain anonymity and confidence in results, data is suppressed when the numerator is < 5 or the denominator is < 50 students. Suppression is indicated by a dot (.) and 'Too few students'.

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 for the overall estimates by comparing the local and statewide results. Comparisons are also made for students within a local area, such as between male and female students in a particular SU/SD.

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, indicating that the difference is caused by something other than random chance.

Smaller groups (e.g. a SU/SD, female students, etc.) tend to have wider confidence intervals, thus when compared with another group the two may not be statistically different. In other words, when comparing the responses of two or more groups, the overall percent's may look very different, but the two numbers are not statistically different.

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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 BENNINGTON RUTLAND SU (SU006) REPORT
 MIDDLE SCHOOL RESULTS

SECTION 1: DEMOGRAPHICS

MIDDLE SCHOOL DEMOGRAPHICS		
	SU/SD	VT
Overall	308	16701

		SU/SD	VT
Sex	Male	54%	52%
	Female	46%	48%
Grade	6th Grade	28%	24%
	7th Grade	35%	39%
	8th Grade	38%	37%
Race / Ethnicity	White, non-Hispanic (WnH)	97%	81%
	Students of Color (REM)	3%	19%
Sexual Orientation	Heterosexual (Het)	96%	93%
	Lesbian, Gay, or Bisexual (LGB)	4%	7%

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SECTION 2: PERSONAL SAFETY
 VIOLENCE AND BULLYING

WERE EVER IN A PHYSICAL FIGHT			
		SU/SD	VT
Overall		35%	42%
Sex	Male	55%	56%
	Female	12%	27%
Grade	Grade 6	.	40%
	Grade 7	43%	43%
	Grade 8	.	43%

Overall Differences: State vs SU
 VT and SU are Similar
 Within SU Differences
 Males > Females
 Too few students in at least one grade

WERE EVER BULLIED ON SCHOOL PROPERTY			
		SU/SD	VT
Overall		29%	44%
Sex	Male	21%	39%
	Female	39%	50%
Grade	Grade 6	.	44%
	Grade 7	32%	45%
	Grade 8	31%	44%

Overall Differences: State vs SU
 VT > SU
 Within SU Differences
 Too few students in at least one grade

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SECTION 2: PERSONAL SAFETY
 VIOLENCE AND BULLYING

WERE EVER ELECTRONICALLY BULLIED

		SU/SD	VT	
Overall		17%	24%	Overall Differences: State vs SU
Sex	Male	8%	16%	VT > SU
	Female	27%	33%	Within SU Differences
Grade	Grade 6	.	18%	Females > Males
	Grade 7	22%	24%	Too few students in at least one grade
	Grade 8	14%	28%	

WERE BULLIED, PAST 30 DAYS

		SU/SD	VT	
Overall		14%	22%	Overall Differences: State vs SU
Sex	Male	12%	17%	VT > SU
	Female	18%	26%	Within SU Differences
Grade	Grade 6	.	22%	Too few students in at least one grade
	Grade 7	12%	22%	
	Grade 8	19%	21%	

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SECTION 2: PERSONAL SAFETY
 VIOLENCE AND BULLYING

BULLIED SOMEONE ELSE, PAST 30 DAYS

		SU/SD	VT	
Overall		6%	8%	Overall Differences: State vs SU
Sex	Male	5%	8%	VT and SU are Similar
	Female	.	8%	Within SU Differences
Grade	Grade 6	.	7%	Too few students by sex
	Grade 7	.	8%	Too few students in at least one grade
	Grade 8	10%	9%	

DID NOT GO TO SCHOOL BECAUSE THEY FELT UNSAFE AT SCHOOL OR ON THEIR WAY TO OR FROM SCHOOL, PAST 30 DAYS

		SU/SD	VT	
Overall		4%	8%	Overall Differences: State vs SU
Sex	Male	.	7%	VT > SU
	Female	8%	10%	Within SU Differences
Grade	Grade 6	.	8%	Too few students by sex
	Grade 7	.	8%	Too few students in at least one grade
	Grade 8	.	9%	

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SECTION 2: PERSONAL SAFETY

CAR SAFETY

SEATBELT USE			
	SU/SD	VT	
Never	.	1%	Too few students
Rarely	.	1%	Too few students
Sometimes	.	3%	Too few students
Most of the time	23%	18%	
Always	73%	76%	

RARELY OR NEVER WEAR A SEAT BELT				
		SU/SD	VT	
Overall	.	2%	Overall Differences: State vs SU	
Sex	Male	.	3%	Too few students
	Female	.	2%	Within SU Differences
Grade	Grade 6	.	1%	Too few students by sex
	Grade 7	.	2%	Too few students in at least one grade
	Grade 8	.	3%	

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SECTION 2: PERSONAL SAFETY

CAR SAFETY

EVER RODE WITH A DRIVER WHO HAD BEEN DRINKING ALCOHOL

		SU/SD	VT	
Overall		22%	22%	Overall Differences: State vs SU
Sex	Male	17%	20%	VT and SU are Similar
	Female	29%	24%	Within SU Differences
Grade	Grade 6	.	15%	Too few students in at least one grade
	Grade 7	20%	21%	
	Grade 8	.	27%	

EVER RODE WITH A DRIVER WHO HAD BEEN USING MARIJUANA

		SU/SD	VT	
Overall		7%	9%	Overall Differences: State vs SU
Sex	Male	.	7%	VT and SU are Similar
	Female	11%	10%	Within SU Differences
Grade	Grade 6	.	5%	Too few students by sex
	Grade 7	.	8%	
	Grade 8	.	12%	

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SECTION 2: PERSONAL SAFETY
 INJURY PREVENTION

HELMET USE WHEN RIDING A BICYCLE

	SU/SD	VT
Never wear a helmet	16%	16%
Rarely wear a helmet	10%	15%
Sometimes wear a helmet	14%	15%
Most of the time wear a helmet	28%	25%
Always wear a helmet	31%	28%

RARELY OR NEVER WEAR A BICYCLE HELMET

	SU/SD	VT	
Overall	27%	31%	Overall Differences: State vs SU
Sex	Male	31%	VT and SU are Similar
	Female	22%	Within SU Differences
Grade	Grade 6	.	Too few students in at least one grade
	Grade 7	29%	
	Grade 8	.	

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SECTION 2: PERSONAL SAFETY
 INJURY PREVENTION

HELMET USE WHEN SKIING OR SNOWBOARDING

	SU/SD	VT	
Never wear a helmet	.	5%	Too few students
Rarely wear a helmet	.	2%	Too few students
Sometimes wear a helmet	.	2%	Too few students
Most of the time wear a helmet	8%	7%	
Always wear a helmet	85%	83%	

RARELY OR NEVER WEAR A HELMET WHEN SKIING OR SNOWBOARDING

	SU/SD	VT	
Overall	.	7%	Overall Differences: State vs SU
Sex			
Male	.	8%	Too few students
Female	.	6%	Within SU Differences
Grade			
Grade 6	.	7%	Too few students by sex
Grade 7	.	8%	Too few students in at least one grade
Grade 8	.	7%	

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SECTION 2: PERSONAL SAFETY

INJURY PREVENTION

HAD A CONCUSSION FROM PLAYING A SPORT OR BEING PHYSICALLY ACTIVE

		SU/SD	VT	
Overall		17%	17%	Overall Differences: State vs SU
Sex	Male	19%	19%	VT and SU are Similar
	Female	13%	16%	Within SU Differences
Grade	Grade 6	.	17%	Too few students in at least one grade
	Grade 7	13%	17%	
	Grade 8	15%	18%	

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SECTION 2: PERSONAL SAFETY
 TOBACCO EXPOSURE AND PREVENTION

**WERE IN THE SAME ROOM WITH SOMEONE WHO WAS SMOKING
 CIGARETTES, PAST 7 DAYS**

		SU/SD	VT	
Overall		23%	26%	Overall Differences: State vs SU
Sex	Male	19%	25%	VT and SU are Similar
	Female	27%	27%	Within SU Differences
Grade	Grade 6	.	21%	Too few students in at least one grade
	Grade 7	.	27%	
	Grade 8	.	29%	

**WERE IN THE SAME CAR WITH SOMEONE WHO WAS SMOKING CIGARETTES,
 PAST 7 DAYS**

		SU/SD	VT	
Overall		10%	19%	Overall Differences: State vs SU
Sex	Male	8%	17%	VT > SU
	Female	12%	20%	Within SU Differences
Grade	Grade 6	.	15%	Too few students in at least one grade
	Grade 7	15%	19%	
	Grade 8	10%	20%	

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SECTION 2: PERSONAL SAFETY
 TOBACCO EXPOSURE AND PREVENTION

**SEE TOBACCO ADS WHEN GOING TO A GROCERY STORE,
 SUPERMARKET, OR CONVENIENCE STORE**

	SU/SD	VT
Never	8%	9%
Rarely	11%	14%
Sometimes	32%	27%
Most of the time	31%	29%
Always	18%	21%

**MOST OF THE TIME OR ALWAYS SEE ADS FOR CIGARETTES OR OTHER
 TOBACCO PRODUCTS**

	SU/SD	VT	
Overall	49%	50%	Overall Differences: State vs SU
Sex	Male	47%	VT and SU are Similar
	Female	52%	Within SU Differences
Grade	Grade 6	.	Too few students in at least one grade
	Grade 7	44%	
	Grade 8	.	

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SECTION 2: PERSONAL SAFETY
 TOBACCO EXPOSURE AND PREVENTION

WERE ASKED BY A DOCTOR, DENTIST, OR NURSE IF THEY SMOKED, PAST YEAR

		SU/SD	VT	
Overall		35%	30%	Overall Differences: State vs SU
Sex	Male	35%	30%	VT and SU are Similar
	Female	34%	31%	Within SU Differences
Grade	Grade 6	.	18%	Too few students in at least one grade
	Grade 7	.	29%	
	Grade 8	.	40%	

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SECTION 3: MENTAL HEALTH

FELT SAD OR HOPELESS, PAST YEAR				
		SU/SD	VT	
Overall		16%	19%	Overall Differences: State vs SU
Sex	Male	11%	12%	VT and SU are Similar
	Female	22%	26%	Within SU Differences
Grade	Grade 6	.	16%	Too few students in at least one grade
	Grade 7	14%	18%	
	Grade 8	.	22%	

EVER SERIOUSLY THOUGHT ABOUT KILLING THEMSELVES				
		SU/SD	VT	
Overall		11%	18%	Overall Differences: State vs SU
Sex	Male	9%	12%	VT > SU
	Female	14%	23%	Within SU Differences
Grade	Grade 6	.	13%	Too few students in at least one grade
	Grade 7	14%	17%	
	Grade 8	10%	22%	

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SECTION 3: MENTAL HEALTH

EVER MADE A PLAN ABOUT HOW THEY WOULD KILL THEMSELVES

		SU/SD	VT	
Overall		11%	12%	Overall Differences: State vs SU
Sex	Male	9%	8%	VT and SU are Similar
	Female	13%	16%	Within SU Differences
Grade	Grade 6	.	7%	Too few students in at least one grade
	Grade 7	9%	11%	
	Grade 8	17%	16%	

EVER ATTEMPTED SUICIDE

		SU/SD	VT	
Overall		2%	6%	Overall Differences: State vs SU
Sex	Male	.	3%	VT > SU
	Female	.	8%	Within SU Differences
Grade	Grade 6	.	3%	Too few students by sex
	Grade 7	.	5%	
	Grade 8	.	8%	

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SECTION 4: SUBSTANCE USE

LIFETIME USE

EVER SMOKED A WHOLE CIGARETTE				
		SU/SD	VT	
Overall		.	7%	Overall Differences: State vs SU
Sex	Male	.	7%	Too few students
	Female	.	7%	Within SU Differences
Grade	Grade 6	.	4%	Too few students by sex
	Grade 7	.	7%	Too few students in at least one grade
	Grade 8	.	10%	

EVER USED AN ELECTRONIC VAPOR PRODUCT				
		SU/SD	VT	
Overall		4%	9%	Overall Differences: State vs SU
Sex	Male	.	9%	VT > SU
	Female	.	8%	Within SU Differences
Grade	Grade 6	.	3%	Too few students by sex
	Grade 7	.	8%	Too few students in at least one grade
	Grade 8	.	14%	

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SECTION 4: SUBSTANCE USE
 LIFETIME USE

EVER USED A FLAVORED TOBACCO PRODUCT

		SU/SD	VT	
Overall		.	5%	Overall Differences: State vs SU
Sex	Male	.	5%	Too few students
	Female	.	5%	Within SU Differences
Grade	Grade 6	.	2%	Too few students in at least one grade
	Grade 7	.	5%	
	Grade 8	.	6%	

EVER DRANK ALCOHOL

		SU/SD	VT	
Overall		11%	19%	Overall Differences: State vs SU
Sex	Male	12%	20%	VT > SU
	Female	11%	17%	Within SU Differences
Grade	Grade 6	.	10%	Too few students in at least one grade
	Grade 7	11%	17%	
	Grade 8	13%	26%	

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SECTION 4: SUBSTANCE USE
 LIFETIME USE

EVER USED MARIJUANA				
		SU/SD	VT	
Overall		.	7%	Overall Differences: State vs SU
Sex	Male	.	7%	Too few students
	Female	.	7%	Within SU Differences
Grade	Grade 6	.	2%	Too few students by sex
	Grade 7	.	6%	Too few students in at least one grade
	Grade 8	.	11%	

EVER USED INHALANTS				
		SU/SD	VT	
Overall		.	4%	Overall Differences: State vs SU
Sex	Male	.	4%	Too few students
	Female	.	4%	Within SU Differences
Grade	Grade 6	.	3%	
	Grade 7	.	4%	
	Grade 8	.	5%	

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SECTION 4: SUBSTANCE USE

LIFETIME USE

**EVER TOOK PRESCRIPTION PAIN MEDICINE WITHOUT A DOCTOR'S
 PRESCRIPTION OR DIFFERENTLY THAN HOW A DOCTOR TOLD THEM TO
 USE IT**

		SU/SD	VT	
Overall		.	2%	Overall Differences: State vs SU
Sex	Male	.	2%	Too few students
	Female	.	3%	Within SU Differences
Grade	Grade 6	.	1%	Too few students by sex
	Grade 7	.	2%	Too few students in at least one grade
	Grade 8	.	3%	

**EVER TOOK A PRESCRIPTION STIMULANT WITHOUT A DOCTOR'S
 PRESCRIPTION OR DIFFERENTLY THAN HOW A DOCTOR TOLD THEM TO
 USE IT**

		SU/SD	VT	
Overall		.	2%	Overall Differences: State vs SU
Sex	Male	.	2%	Too few students
	Female	.	2%	Within SU Differences
Grade	Grade 6	.	1%	
	Grade 7	.	2%	
	Grade 8	.	2%	

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SECTION 4: SUBSTANCE USE

CURRENT USE

USED TOBACCO PRODUCTS, PAST YEAR				
		SU/SD	VT	
Overall		.	5%	Overall Differences: State vs SU
Sex	Male	.	6%	Too few students
	Female	.	5%	Within SU Differences
Grade	Grade 6	.	3%	Too few students by sex
	Grade 7	.	5%	Too few students in at least one grade
	Grade 8	.	7%	

SMOKED CIGARETTES OR CIGARS OR USED SMOKELESS TOBACCO OR ELECTRONIC VAPOR PRODUCTS, PAST 30 DAYS				
		SU/SD	VT	
Overall		.	5%	Overall Differences: State vs SU
Sex	Male	.	5%	Too few students
	Female	.	4%	Within SU Differences
Grade	Grade 6	.	2%	Too few students by sex
	Grade 7	.	4%	Too few students in at least one grade
	Grade 8	.	7%	

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SECTION 4: SUBSTANCE USE

CURRENT USE

SMOKED CIGARETTES OR CIGARS OR USED SMOKELESS TOBACCO, PAST 30 DAYS

		SU/SD	VT	
Overall		.	3%	Overall Differences: State vs SU
Sex	Male	.	3%	Too few students
	Female	.	2%	Within SU Differences
Grade	Grade 6	.	1%	Too few students by sex
	Grade 7	.	2%	Too few students in at least one grade
	Grade 8	.	4%	

SMOKED CIGARETTES, PAST 30 DAYS

		SU/SD	VT	
Overall		.	2%	Overall Differences: State vs SU
Sex	Male	.	2%	Too few students
	Female	.	2%	Within SU Differences
Grade	Grade 6	.	1%	Too few students by sex
	Grade 7	.	2%	Too few students in at least one grade
	Grade 8	.	3%	

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SECTION 4: SUBSTANCE USE

CURRENT USE

AMONG CURRENT USERS: TYPICAL NUMBER OF CIGARETTES SMOKED

	SU/SD	VT	
Less than 1 cigarette	.	33%	Too few students
1 cigarette	.	23%	Too few students
2 to 5 cigarettes	.	23%	Too few students
6 to 10 cigarettes	.	6%	Too few students
11 to 20 cigarettes	.	.	Too few students
More than 20 cigarettes	.	14%	Too few students

USED AN ELECTRONIC VAPOR PRODUCT PAST 30 DAYS

	SU/SD	VT	
Overall	.	4%	Overall Differences: State vs SU
Sex			Too few students
Male	.	4%	
Female	.	3%	Within SU Differences
Grade			Too few students by sex
Grade 6	.	1%	
Grade 7	.	3%	Too few students in at least one grade
Grade 8	.	6%	

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SECTION 4: SUBSTANCE USE

CURRENT USE

AMONG CURRENT USERS: REASONS FOR USING AN ELECTRONIC VAPOR PRODUCT

	SU/SD	VT	
Friend/family used them	.	38%	Too few students
To try to quit other tobacco products	.	3%	Too few students
Cost less	.	1%	Too few students
Easier to get	.	1%	Too few students
Less harmful	.	7%	Too few students
Available in flavors	.	13%	Too few students
Used for some other reason	.	36%	Too few students

AMONG CURRENT USERS: ELECTRONIC VAPOR PRODUCT SOURCE

	SU/SD	VT	
Bought them in a store	.	3%	Too few students
I got them on the Internet	.	9%	Too few students
Someone else bought them	.	10%	Too few students
Borrowed them	.	44%	Too few students
A person 18 or older gave me	.	9%	Too few students
Took them from a store	.	4%	Too few students
Some other way	.	21%	Too few students

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SECTION 4: SUBSTANCE USE

CURRENT USE

**AMONG CURRENT USERS: FREQUENCY OF ELECTRONIC VAPOR
 PRODUCT USE**

	SU/SD	VT	
1 or 2 days	.	49%	Too few students
3 to 5 days	.	16%	Too few students
6 to 9 days	.	10%	Too few students
10 to 19 days	.	6%	Too few students
20 to 29 days	.	5%	Too few students
All 30 days	.	15%	Too few students

SMOKED CIGARS, PAST 30 DAYS

	SU/SD	VT	
Overall	.	1%	Overall Differences: State vs SU
Sex			
Male	.	1%	Too few students
Female	.	1%	Within SU Differences
Grade			
Grade 6	.	1%	
Grade 7	.	1%	
Grade 8	.	2%	

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SECTION 4: SUBSTANCE USE

CURRENT USE

USED SMOKELESS TOBACCO, PAST 30 DAYS

		SU/SD	VT	
Overall		.	1%	Overall Differences: State vs SU
Sex	Male	.	2%	Too few students
	Female	.	1%	Within SU Differences
Grade	Grade 6	.	1%	
	Grade 7	.	1%	
	Grade 8	.	2%	

TRIED TO QUIT USING ALL TOBACCO PRODUCTS, AMONG STUDENTS WHO USED ANY IN PAST YEAR

		SU/SD	VT	
Overall		.	36%	Overall Differences: State vs SU
Sex	Male	.	36%	Too few students
	Female	.	38%	Within SU Differences
Grade	Grade 6	.	30%	
	Grade 7	.	35%	
	Grade 8	.	40%	

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SECTION 4: SUBSTANCE USE

CURRENT USE

DRANK ALCOHOL, PAST 30 DAYS				
		SU/SD	VT	
Overall		1%	7%	Overall Differences: State vs SU
Sex	Male	.	6%	VT > SU
	Female	.	6%	Within SU Differences
Grade	Grade 6	.	2%	Too few students by sex
	Grade 7	.	5%	Too few students in at least one grade
	Grade 8	.	10%	

BINGE DRANK, PAST 30 DAYS				
		SU/SD	VT	
Overall		.	2%	Overall Differences: State vs SU
Sex	Male	.	2%	Too few students
	Female	.	1%	Within SU Differences
Grade	Grade 6	.	0%	Too few students by sex
	Grade 7	.	1%	Too few students in at least one grade
	Grade 8	.	3%	

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SECTION 4: SUBSTANCE USE

CURRENT USE

**AMONG CURRENT USERS: LARGEST AMOUNT OF ALCOHOL
 CONSUMED**

	SU/SD	VT	
1 or 2 drinks	.	63%	Too few students
3 drinks	.	10%	Too few students
4 drinks	.	7%	Too few students
5 drinks	.	6%	Too few students
6 or 7 drinks	.	4%	Too few students
8 or 9 drinks	.	2%	Too few students
10 or more drinks	.	9%	Too few students

USED MARIJUANA, PAST 30 DAYS

	SU/SD	VT	
Overall	.	4%	Overall Differences: State vs SU
Sex			Too few students
Male	.	4%	
Female	.	4%	Within SU Differences
Grade			Too few students by sex
Grade 6	.	1%	
Grade 7	.	3%	Too few students in at least one grade
Grade 8	.	7%	

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SECTION 4: SUBSTANCE USE
 PERCEPTIONS ABOUT USE

THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR AGE TO SMOKE CIGARETTES

		SU/SD	VT	
Overall		99%	95%	Overall Differences: State vs SU
Sex	Male	98%	95%	SU > VT
	Female	.	95%	Within SU Differences
Grade	Grade 6	.	98%	Males > Females
	Grade 7	98%	95%	Too few students in at least one grade
	Grade 8	100%	93%	

THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR AGE TO DRINK ALCOHOL

		SU/SD	VT	
Overall		95%	89%	Overall Differences: State vs SU
Sex	Male	95%	89%	SU > VT
	Female	95%	90%	Within SU Differences
Grade	Grade 6	.	95%	Too few students in at least one grade
	Grade 7	92%	91%	
	Grade 8	97%	84%	

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 MIDDLE SCHOOL RESULTS

SECTION 4: SUBSTANCE USE
 PERCEPTIONS ABOUT USE

THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR AGE TO USE MARIJUANA

		SU/SD	VT	
Overall		94%	90%	Overall Differences: State vs SU
Sex	Male	98%	90%	SU > VT
	Female	90%	90%	Within SU Differences
Grade	Grade 6	.	97%	Too few students in at least one grade
	Grade 7	96%	91%	
	Grade 8	89%	84%	

THINK THEIR PARENTS OR GUARDIANS FEEL IT WOULD BE WRONG OR VERY WRONG FOR THEM TO SMOKE CIGARETTES

		SU/SD	VT	
Overall		97%	95%	Overall Differences: State vs SU
Sex	Male	97%	95%	VT and SU are Similar
	Female	96%	95%	Within SU Differences
Grade	Grade 6	.	96%	Too few students in at least one grade
	Grade 7	98%	95%	
	Grade 8	.	95%	

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SECTION 4: SUBSTANCE USE
 PERCEPTIONS ABOUT USE

THINK THEIR PARENTS OR GUARDIANS FEEL IT WOULD BE WRONG OR VERY WRONG FOR THEM TO DRINK ALCOHOL

		SU/SD	VT	
Overall		87%	85%	Overall Differences: State vs SU
Sex	Male	85%	84%	VT and SU are Similar
	Female	89%	87%	Within SU Differences
Grade	Grade 6	.	87%	Too few students in at least one grade
	Grade 7	91%	86%	
	Grade 8	85%	83%	

THINK THEIR PARENTS OR GUARDIANS FEEL IT WOULD BE WRONG OR VERY WRONG FOR THEM TO USE MARIJUANA

		SU/SD	VT	
Overall		92%	92%	Overall Differences: State vs SU
Sex	Male	90%	92%	VT and SU are Similar
	Female	95%	92%	Within SU Differences
Grade	Grade 6	.	95%	Too few students in at least one grade
	Grade 7	98%	92%	
	Grade 8	85%	89%	

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SECTION 4: SUBSTANCE USE
 PERCEPTIONS ABOUT USE

THINK CIGARETTES WOULD BE SORT OF EASY OR VERY EASY TO GET

		SU/SD	VT	
Overall		19%	22%	Overall Differences: State vs SU
Sex	Male	18%	22%	VT and SU are Similar
	Female	21%	21%	Within SU Differences
Grade	Grade 6	.	13%	Too few students in at least one grade
	Grade 7	17%	20%	
	Grade 8	.	28%	

THINK ALCOHOL WOULD BE SORT OF EASY OR VERY EASY TO GET

		SU/SD	VT	
Overall		41%	37%	Overall Differences: State vs SU
Sex	Male	43%	37%	VT and SU are Similar
	Female	40%	37%	Within SU Differences
Grade	Grade 6	.	24%	Too few students in at least one grade
	Grade 7	42%	35%	
	Grade 8	47%	48%	

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SECTION 4: SUBSTANCE USE
 PERCEPTIONS ABOUT USE

THINK MARIJUANA WOULD BE SORT OF EASY OR VERY EASY TO GET

		SU/SD	VT	
Overall		11%	15%	Overall Differences: State vs SU
Sex	Male	10%	15%	VT and SU are Similar
	Female	13%	15%	Within SU Differences
Grade	Grade 6	.	6%	Too few students in at least one grade
	Grade 7	8%	13%	
	Grade 8	22%	23%	

THINK PEOPLE GREATLY RISK HARMING THEMSELVES IF THEY SMOKE ONE OR MORE PACKS OF CIGARETTES PER DAY

		SU/SD	VT	
Overall		79%	72%	Overall Differences: State vs SU
Sex	Male	77%	71%	VT and SU are Similar
	Female	82%	74%	Within SU Differences
Grade	Grade 6	.	76%	Too few students in at least one grade
	Grade 7	82%	72%	
	Grade 8	86%	70%	

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SECTION 4: SUBSTANCE USE
 PERCEPTIONS ABOUT USE

**THINK PEOPLE GREATLY RISK HARMING THEMSELVES IF THEY BINGE
 DRINK EACH WEEKEND**

		SU/SD	VT	
Overall		41%	48%	Overall Differences: State vs SU
Sex	Male	37%	45%	VT and SU are Similar
	Female	45%	51%	Within SU Differences
Grade	Grade 6	.	50%	Too few students in at least one grade
	Grade 7	45%	48%	
	Grade 8	.	46%	

**THINK PEOPLE GREATLY RISK HARMING THEMSELVES IF THEY USE
 MARIJUANA REGULARLY**

		SU/SD	VT	
Overall		59%	59%	Overall Differences: State vs SU
Sex	Male	57%	56%	VT and SU are Similar
	Female	63%	62%	Within SU Differences
Grade	Grade 6	.	73%	Too few students in at least one grade
	Grade 7	62%	60%	
	Grade 8	48%	48%	

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SECTION 5: SEXUAL ACTIVITY

EVER HAD SEXUAL INTERCOURSE				
		SU/SD	VT	
Overall		.	5%	Overall Differences: State vs SU
Sex	Male	.	6%	Too few students
	Female	.	4%	Within SU Differences
Grade	Grade 6	.	2%	Too few students by sex
	Grade 7	.	4%	Too few students in at least one grade
	Grade 8	.	8%	

EVER HAD ORAL SEX				
		SU/SD	VT	
Overall		.	6%	Overall Differences: State vs SU
Sex	Male	.	6%	Too few students
	Female	.	5%	Within SU Differences
Grade	Grade 6	.	1%	Too few students by sex
	Grade 7	.	4%	Too few students in at least one grade
	Grade 8	.	9%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION

PHYSICAL ACTIVITY

**DAYS ENGAGED IN AT LEAST 60 MIN OF PHYSICAL ACTIVITY,
 PAST WEEK**

	SU/SD	VT	
0 days	6%	7%	
1 day	4%	4%	
2 days	5%	7%	
3 days	6%	10%	VT > SU
4 days	17%	11%	SU > VT
5 days	16%	15%	
6 days	13%	11%	
7 days	34%	34%	

WERE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY ON ALL 7 DAYS

	SU/SD	VT	
Overall	34%	34%	Overall Differences: State vs SU
Sex			
Male	39%	42%	VT and SU are Similar
Female	28%	26%	Within SU Differences
Grade			
Grade 6	.	38%	Too few students in at least one grade
Grade 7	34%	35%	
Grade 8	.	30%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION

PHYSICAL ACTIVITY

WERE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY ON 5 OR MORE DAYS

		SU/SD	VT	
Overall		63%	60%	Overall Differences: State vs SU
Sex	Male	63%	66%	VT and SU are Similar
	Female	62%	54%	Within SU Differences
Grade	Grade 6	.	63%	Too few students in at least one grade
	Grade 7	60%	60%	
	Grade 8	.	57%	

WERE NOT PHYSICALLY ACTIVE PAST WEEK

		SU/SD	VT	
Overall		6%	7%	Overall Differences: State vs SU
Sex	Male	.	7%	VT and SU are Similar
	Female	.	7%	Within SU Differences
Grade	Grade 6	.	7%	Too few students by sex
	Grade 7	.	7%	
	Grade 8	.	8%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION

PHYSICAL ACTIVITY

PHYSICAL ACTIVITY BREAKS AT SCHOOL, TYPICAL WEEK			
	SU/SD	VT	
0 days	.	25%	Too few students
1 day	.	7%	Too few students
2 days	5%	8%	
3 days	8%	8%	
4 days	8%	5%	
5 days	75%	46%	SU > VT

GET NO PHYSICAL ACTIVITY BREAKS WHILE THEY ARE AT SCHOOL

	SU/SD	VT	
Overall	.	25%	Overall Differences: State vs SU
Sex	Male	. 24%	Too few students
	Female	. 25%	Within SU Differences
Grade	Grade 6	. 16%	Too few students by sex
	Grade 7	. 26%	Too few students in at least one grade
	Grade 8	. 29%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION

PHYSICAL ACTIVITY

RIDE A BIKE OR WALK TO SCHOOL WHEN WEATHER PERMITS			
	SU/SD	VT	
0 days	94%	77%	SU > VT
1 day	3%	3%	
2 days	.	3%	Too few students
3 days	.	4%	Too few students
4 days	.	2%	Too few students
5 days	.	10%	Too few students

WALK OR RIDE THEIR BIKE TO SCHOOL EVERYDAY				
		SU/SD	VT	
Overall		.	10%	Overall Differences: State vs SU
Sex	Male	.	12%	Too few students
	Female	.	9%	Within SU Differences
Grade	Grade 6	.	11%	
	Grade 7	.	10%	
	Grade 8	.	10%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION

PHYSICAL ACTIVITY

WATCH TELEVISION, TYPICAL SCHOOL DAY

	SU/SD	VT	
No TV on average school day	28%	18%	SU > VT
Less than 1 hour per day	26%	23%	
1 hour per day	13%	18%	
2 hours per day	21%	20%	
3 hours per day	10%	10%	
4 hours per day	.	4%	Too few students
5 or more hours per day	.	6%	Too few students

WATCHED TV 3+ HOURS PER DAY

	SU/SD	VT	
Overall	13%	20%	Overall Differences: State vs SU
Sex			VT > SU
Male	10%	20%	
Female	16%	20%	Within SU Differences
Grade			Too few students in at least one grade
Grade 6	.	18%	
Grade 7	18%	20%	
Grade 8	9%	21%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION

PHYSICAL ACTIVITY

COMPUTER AND VIDEO GAME USE, TYPICAL SCHOOL DAY

	SU/SD	VT	
No playing video/computer game	10%	12%	VT > SU
Less than 1 hour per day	20%	17%	
1 hour per day	17%	15%	
2 hours per day	21%	18%	
3 hours per day	14%	14%	
4 hours per day	7%	8%	
5 or more hours per day	10%	16%	

PLAYED VIDEO OR COMPUTER GAMES OR USED A COMPUTER 3+ HOURS PER DAY

	SU/SD	VT	
Overall	32%	38%	Overall Differences: State vs SU
Sex			VT and SU are Similar
Male	30%	39%	Within SU Differences
Female	33%	37%	
Grade			Too few students in at least one grade
Grade 6	.	29%	
Grade 7	41%	38%	
Grade 8	34%	45%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION

NUTRITION

BREAKFAST CONSUMPTION, PAST WEEK			
	SU/SD	VT	
0 days	6%	7%	Too few students
1 day	.	4%	
2 days	7%	7%	
3 days	6%	7%	
4 days	6%	6%	
5 days	10%	8%	
6 days	9%	9%	
7 days	51%	52%	

DID NOT EAT BREAKFAST, PAST WEEK				
		SU/SD	VT	
Overall		6%	7%	Overall Differences: State vs SU
Sex	Male	.	6%	VT and SU are Similar
	Female	6%	7%	Within SU Differences
Grade	Grade 6	.	5%	Too few students by sex
	Grade 7	8%	7%	Too few students in at least one grade
	Grade 8	.	7%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION

NUTRITION

GLASSES OF WATER CONSUMED PER DAY, PAST WEEK

	SU/SD	VT	
Did not drink water	.	3%	Too few students
1 to 3 times	8%	9%	
4 to 6 times	10%	10%	
1 time per day	5%	6%	
2 times per day	16%	16%	
3 times per day	18%	19%	
4 or more times per day	43%	37%	

DRANK THREE OR MORE GLASSES PER DAY OF WATER

	SU/SD	VT	
Overall	61%	56%	Overall Differences: State vs SU
Sex	Male	56%	VT and SU are Similar
	Female	66%	Within SU Differences
Grade	Grade 6	.	Too few students in at least one grade
	Grade 7	58%	
	Grade 8	52%	

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SECTION 7: SOCIAL DETERMINANTS OF HEALTH

**WENT HUNGRY BECAUSE THERE WAS NOT ENOUGH FOOD AT HOME,
 PAST 30 DAYS**

	SU/SD	VT	
Never	77%	77%	
Rarely	18%	14%	
Sometimes	3%	7%	
Most of the time	.	1%	Too few students
Always	.	1%	Too few students

**MOST OF THE TIME OR ALWAYS WENT HUNGRY BECAUSE THERE WAS NOT
 ENOUGH FOOD IN THEIR HOME**

	SU/SD	VT	
Overall	.	2%	Overall Differences: State vs SU
Sex			Too few students
Male	.	2%	
Female	.	2%	Within SU Differences
Grade			Too few students by sex
Grade 6	.	2%	
Grade 7	.	2%	Too few students in at least one grade
Grade 8	.	2%	

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SECTION 7: SOCIAL DETERMINANTS OF HEALTH

BORN OUTSIDE THE U.S.				
		SU/SD	VT	
Overall		8%	6%	Overall Differences: State vs SU
Sex	Male	.	6%	VT and SU are Similar
	Female	12%	6%	Within SU Differences
Grade	Grade 6	.	7%	Too few students by sex
	Grade 7	10%	5%	Too few students in at least one grade
	Grade 8	.	6%	

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SECTION 8: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

ATE DINNER WITH AT LEAST ONE PARENT, PAST WEEK

	SU/SD	VT	
0 days	.	5%	Too few students
1 day	.	2%	Too few students
2 days	3%	2%	
3 days	.	3%	Too few students
4 days	7%	4%	SU > VT
5 days	7%	7%	
6 days	14%	10%	
7 days	64%	66%	

ATE DINNER AT HOME WITH AT LEAST ONE OF THEIR PARENTS ON 4+ DAYS, PAST WEEK

		SU/SD	VT	
Overall		93%	88%	Overall Differences: State vs SU
Sex	Male	96%	89%	VT and SU are Similar
	Female	89%	87%	Within SU Differences
Grade	Grade 6	.	90%	Too few students in at least one grade
	Grade 7	96%	89%	
	Grade 8	89%	86%	

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SECTION 8: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

BELIEVE SCHOOL HAS RULES AND CONSEQUENCES FOR BEHAVIORS

	SU/SD	VT	
Strongly agree	25%	28%	SU > VT
Agree	44%	43%	
Not sure	14%	17%	
Disagree	13%	8%	
Strongly disagree	4%	5%	

STRONGLY AGREE OR AGREE THAT THEIR SCHOOL HAS CLEAR RULES AND CONSEQUENCES FOR BEHAVIOR

	SU/SD	VT		
Overall	69%	71%	Overall Differences: State vs SU	
Sex	Male	67%	72%	VT and SU are Similar
	Female	71%	69%	Within SU Differences
Grade	Grade 6	.	77%	Too few students in at least one grade
	Grade 7	62%	72%	
	Grade 8	64%	66%	

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SECTION 8: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

**BELIEVE THERE IS AT LEAST ONE ADULT IN THEIR SCHOOL THAT THEY
 CAN TALK TO IF THEY HAVE A PROBLEM**

		SU/SD	VT	
Overall		76%	76%	Overall Differences: State vs SU
Sex	Male	78%	76%	VT and SU are Similar
	Female	73%	76%	Within SU Differences
Grade	Grade 6	.	79%	Too few students in at least one grade
	Grade 7	75%	75%	
	Grade 8	67%	75%	

GRADES EARNED IN SCHOOL

	SU/SD	VT	
Mostly A's	60%	46%	SU > VT
Mostly B's	34%	38%	
Mostly C's	6%	12%	VT > SU
Mostly D's	.	3%	Too few students
Mostly F's	.	1%	Too few students

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SECTION 8: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

BELIEVE THEY MATTER TO PEOPLE IN THEIR COMMUNITY			
	SU/SD	VT	
Strongly agree	27%	27%	Too few students
Agree	42%	36%	
Not sure	25%	24%	
Disagree	6%	7%	
Strongly disagree	.	5%	

STRONGLY AGREE OR AGREE THAT IN THEIR COMMUNITY THEY FEEL LIKE THEY MATTER TO PEOPLE				
		SU/SD	VT	
Overall		69%	64%	Overall Differences: State vs SU
Sex	Male	66%	68%	VT and SU are Similar
	Female	72%	60%	Within SU Differences
Grade	Grade 6	.	67%	Too few students in at least one grade
	Grade 7	73%	65%	
	Grade 8	.	60%	