

# A look at the 2021 YRBS Results

## SMPC Meeting

September 2023

# About the YRBS

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The Vermont Youth Risk Behavior Survey (YRBS) is part of a national school-based surveillance system conducted by the Centers for Disease Control and Prevention (CDC). The YRBS monitors 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
- Sexual behaviors related to unintended pregnancy and sexually transmitted diseases (STDs), including HIV infection
- Alcohol and other drug use including attitudes and perceptions of use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Social determinants of health
- Youth assets





2021 Survey Updates  
and Changes



Special Considerations



Highlights from 2021  
Results

2021  
YRBS

# New and Modified Questions

	HS	MS
Exposure to community violence	●	●
Screen time	●	●
Where usually sleep (housing insecurity)	●	●
Poor mental health	●	●
Feeling nervous, anxious, or on edge	●	●
Able to talk to an adult about feelings		●
Unfair treatment	●	
Having a disability or long-term health problem	●	
Additional response options for sexual identity were added	●	●
Revised definition of marijuana	●	●

## Changes to Definitions

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**2017:** Marijuana also is called grass, pot, or weed.

**2019:** Marijuana also is called pot, weed, or cannabis.

**2021:** Marijuana also is called pot or weed. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

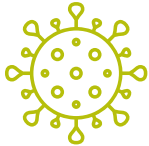


# Special Considerations for 2021

**Caution should be used when interpreting and comparing the 2021 results to other years.**



**DELAYED ADMINISTRATION:** The Vermont YRBS is typically administered during the spring semester of the school year. However, due to COVID-19 and related school closures, the 2021 survey took place in the fall.



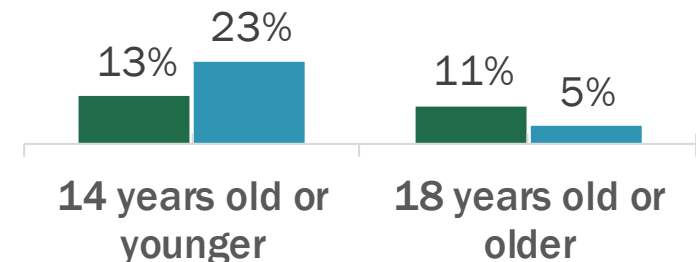
**Covid-19:** Disruptions, remote learning, lack of social interactions, limits on extracurricular activities



**Age:** Age including social interaction, developing independence and autonomy influence behaviors and experiences

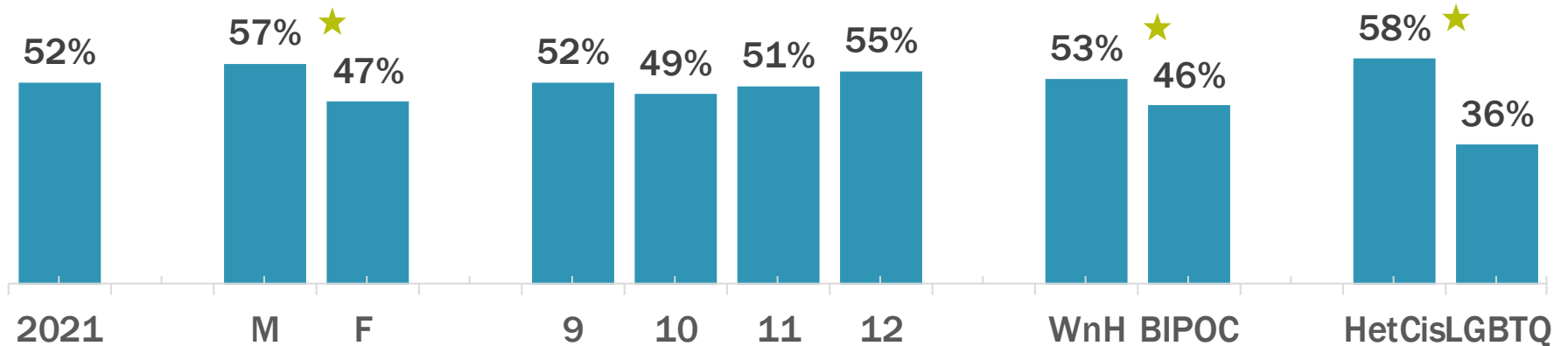
## Differences in Age Among High School Students

■ 2019 ■ 2021



What do  
we know?

## About half of all high school students agree or strongly agree that they matter to people in their community.



★ Significant differences; ↗ increases by grade level

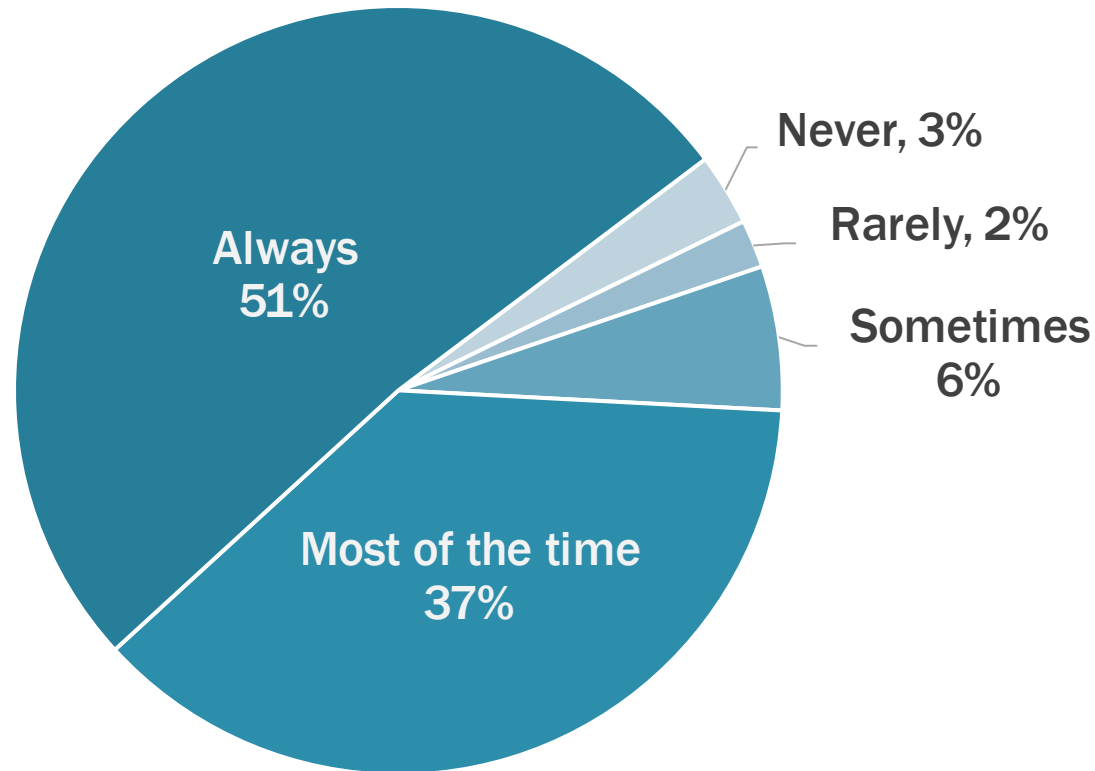
**36%** of LGBTQ+ high school students, feel valued in their community compared to **58%** of Heterosexual Cisgender students.



# Family Connectedness: Know Whereabouts

\* New in 2021

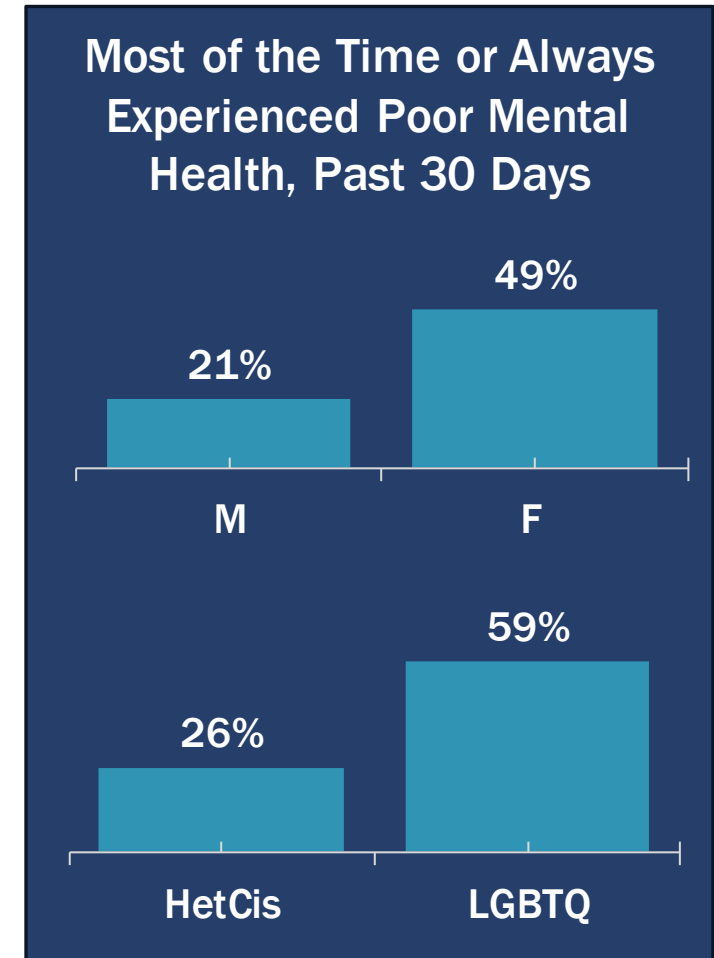
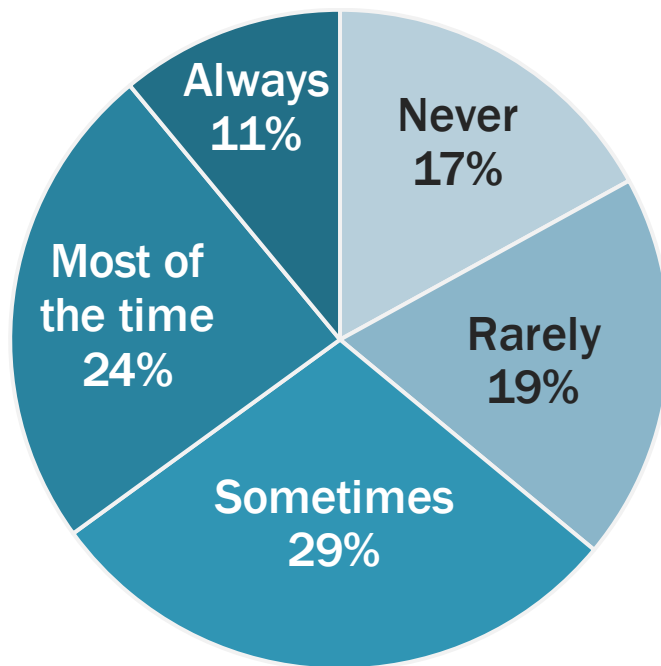
Nearly nine in ten high school students (88%) report that their parents or other adults in their family know where they are going or with whom they will be with always or most of the time.



## Poor Mental Health

\* New in 2021

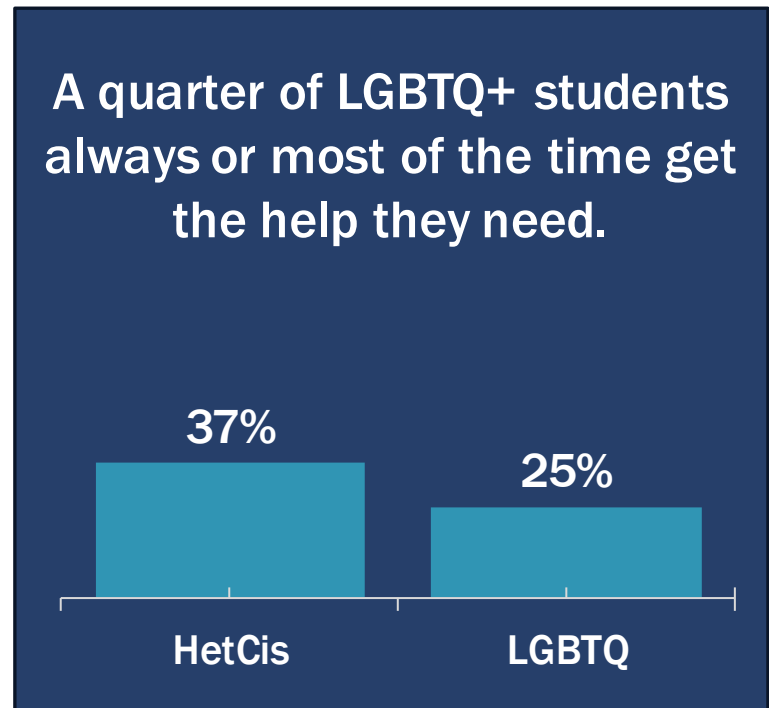
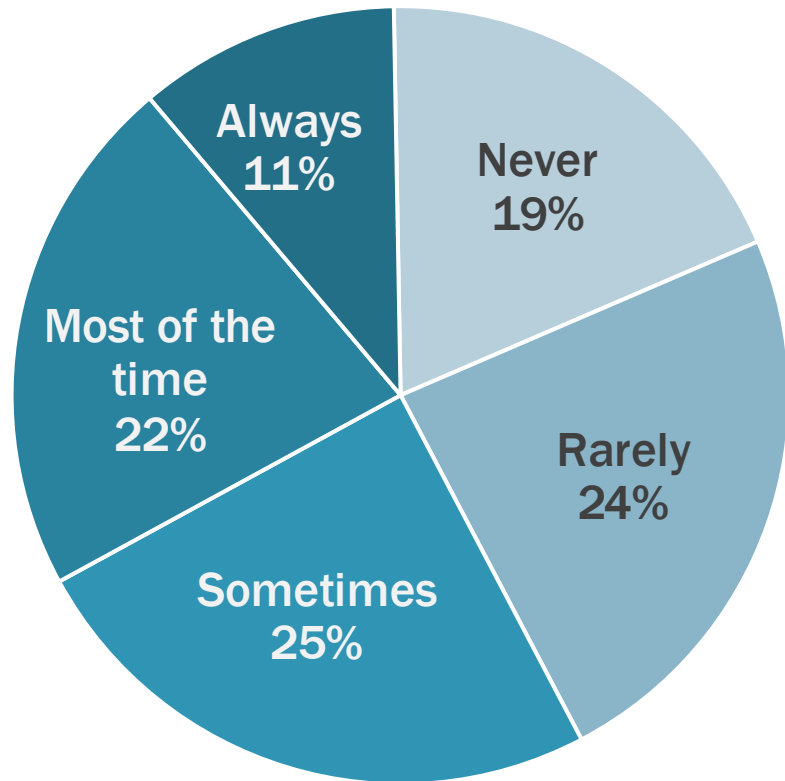
A third of high school students (35%) reported experiencing poor mental health including stress, anxiety, and depression at least most of the time during the past 30 days.



# Access to Help

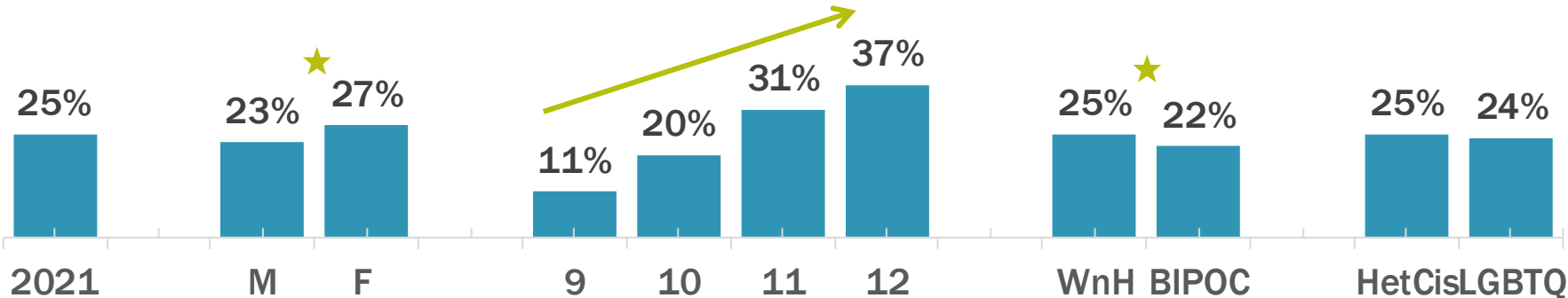
\* New in 2021

When feeling sad, angry, hopeless, or anxious, a third of high school students reported that they could always or at least most of the time get the kind of help they need.

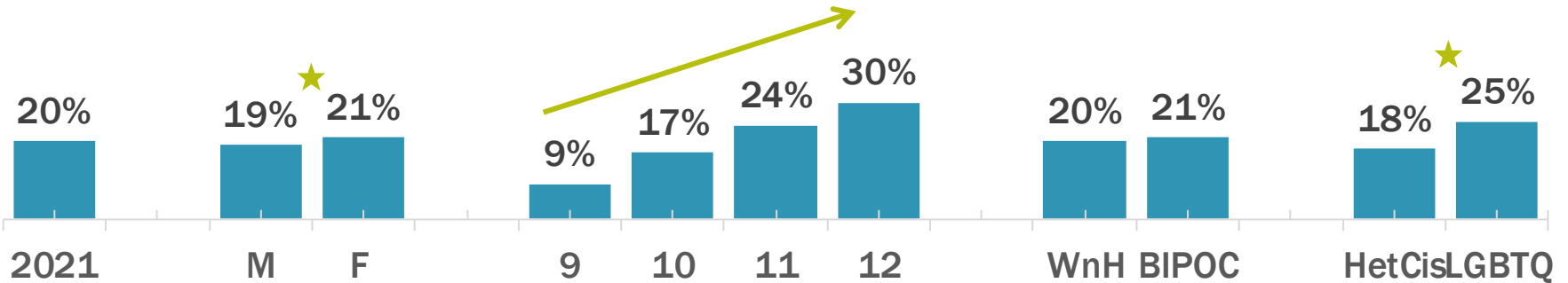


# Current Alcohol and Marijuana Use

## A Quarter of High School Students Drank Alcohol During the Past 30 Days

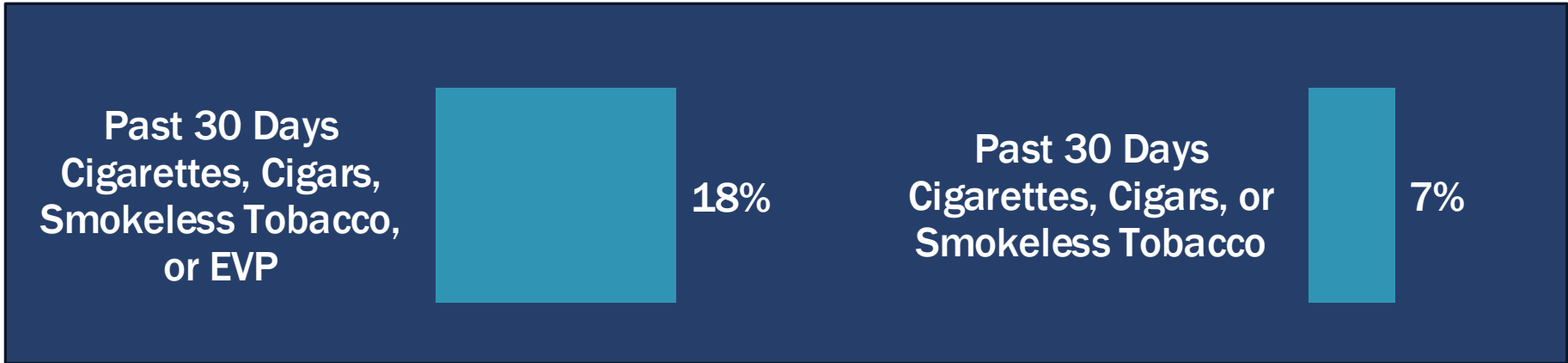


## One in Five High School Students Used Marijuana During the Past 30 Days

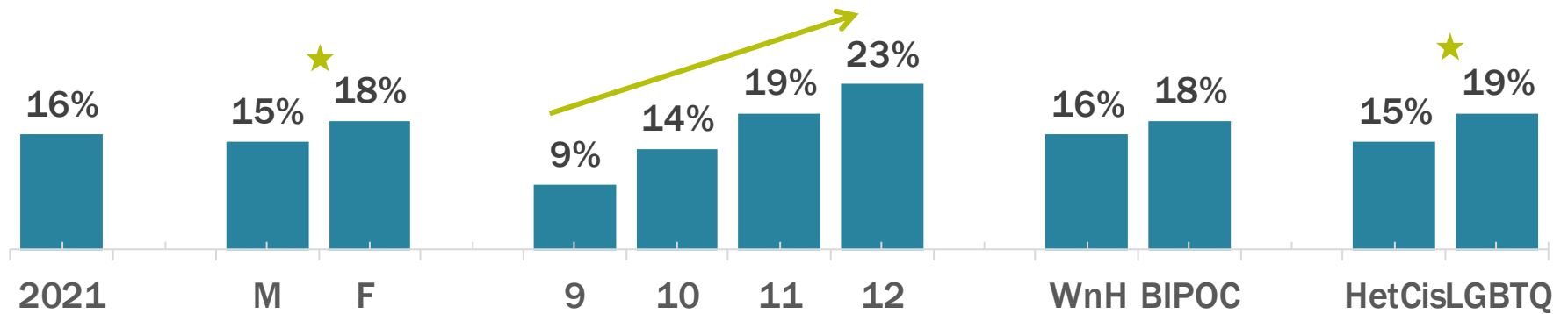


★ Significant differences; ↗ increases by grade level

# Current Tobacco Use



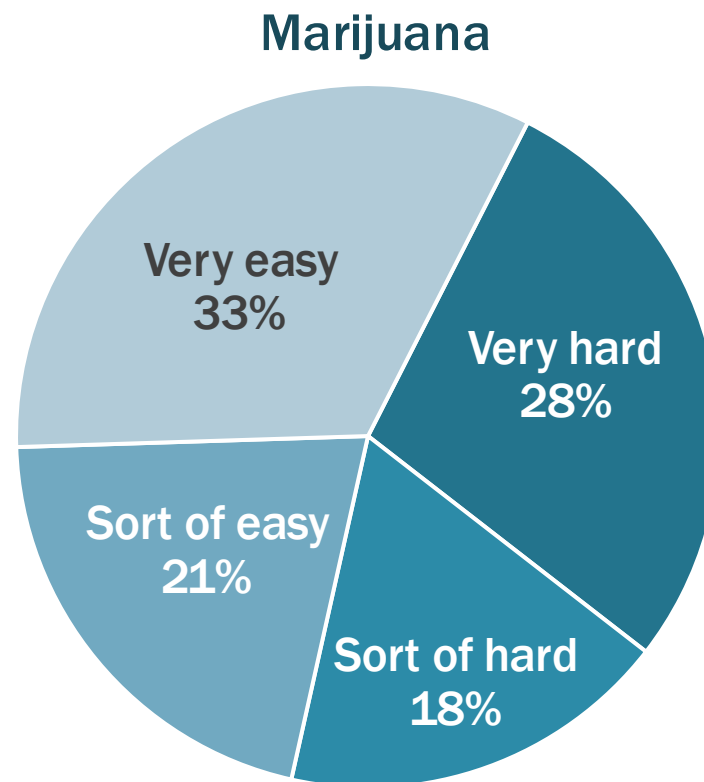
During the Last 30 Days, 16% of Students Used an Electronic Vapor Product



★ Significant differences; ↗ increases by grade level

## Perceived Availability

Most students believe it would be sort of or very easy to get alcohol or marijuana if they wanted to get it.



## Perceived Risk of Harm

Most students believe people have a great or moderate risk of harming themselves, physically or in other ways if they binge drink each weekend or use marijuana regularly.

Binge Drink Each Weekend



Use Marijuana Regularly





# Questions?

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[www.HealthVermont.gov/YRBS](http://www.HealthVermont.gov/YRBS)

## Statewide report:

<https://www.healthvermont.gov/sites/default/files/document/hsi-yrbs-2021-full-report.pdf>

## Special considerations for 2021:

<https://www.healthvermont.gov/sites/default/files/document/hsi-yrbs-2021-special-considerations.pdf>



# Learn the Signs of an Overdose

LIKE UNRESPONSIVENESS  
AND ABNORMAL  
BREATHING,  
SO YOU  
CAN TAKE  
ACTION



KNOW THE  
SIGNS

VERMONT  
DEPARTMENT OF HEALTH

KNOW OD

## Overview of Vermont's Social Autopsy Examining 2021 Data

Nicole Rau Mitiguy, MPH  
Division of Substance Use Programs  
September 2023

VERMONT  
DEPARTMENT OF HEALTH

# Information from DCF helps inform multi-generational approaches to mitigating risk and impact.

**Of the 92 people born in and after 1982 who died of an overdose in 2021:**

**49% were involved with FSD as children.**

**28% were involved with FSD as parents.**

**In 2020, 31% were involved with FSD as children.**

**In 2020, 25% were involved with FSD as parents.**

**3Squares Vermont is used more by people who died of an overdose in 2021 compared to fuel benefits or Reach Up.**

