



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

ESSEX WESTFORD SD



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>

We would especially like to thank the students and schools in Essex Westford SD who participated in the 2019 YRBS.

This report includes the results for the following schools:

High Schools

ESSEX COMMUNITY ED CTR

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Middle Schools

ALBERT D LAWTON SCHOOL

ESSEX MIDDLE SCHOOL

WESTFORD ELEMENTARY SCHOOL

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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
- 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.

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.

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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 the following specific populations are noted throughout the statewide report:

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

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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>

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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).

Key Terms and Statistical Differences Used in the Report

Each table includes a note about any statistical differences between the overall Vermont and Essex Westford SD prevalence rates.

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

SU or SD = All students in Essex Westford SD

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Demographics

Sex	VT	SD
Female	48	49
Male	52	51

Grade	VT	SD
9th grade	25	24
10th grade	25	24
11th grade	25	23
12th grade	25	29

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Demographics

Race	VT	SD
Students of Color	16	17
White, non-Hispanic	84	83

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

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Essex Westford SD High School Results

Violence and Unintentional Injuries

Physical Violence	VT	SD	Statistical Differences
Were in a physical fight, past year	18	15	SU/SD is lower than VT
Carried a weapon on school property, past 30 days	5	3	SU/SD is lower than VT
Were threatened or injured with a weapon on school property, past 30 days	7	5	SU/SD is lower than VT
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	6	3	SU/SD is lower than VT

Bullying	VT	SD	Statistical Differences
Were electronically bullied	16	13	SU/SD is lower than VT
Were bullied, past 30 days	17	13	SU/SD is lower than VT
Bullied someone, past 30 days	10	6	SU/SD is lower than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Violence and Unintentional Injuries

Sexual and Dating Violence	VT	SD	Statistical Differences
Report someone has ever done sexual things to them that they did not want	18	17	
Experienced physical dating violence	8	6	SU/SD is lower than VT
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	23	SU/SD is lower than VT
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	31	SU/SD is higher than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Violence and Unintentional Injuries

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

Motor Vehicle Safety, Among Students Who Drive	VT	SD	Statistical Differences
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	38	SU/SD is higher than VT
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	6	5	
Drove a car or other vehicle when they had been using marijuana, past 30 days	15	18	SU/SD is higher than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Violence and Unintentional Injuries

Unintentional Injuries & Prevention	VT	SD	Statistical Differences
Rarely or never wore a helmet when skiing or snowboarding, past year	11	9	
Had a concussion from playing a sport or being physically active, past year	18	14	SU/SD is lower than VT
Had a sunburn, past year	73	75	

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Mental Health

Mental Health	VT	SD	Statistical Differences
Did something to purposely hurt themselves without wanting to die, past year	19	14	SU/SD is lower than VT
Felt sad or hopeless, past year	31	27	SU/SD is lower than VT
Made a plan about how they would attempt suicide, past year	13	11	SU/SD is lower than VT
Attempted suicide, past year	7	5	SU/SD is lower than VT

. = Too few students to report

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Essex Westford SD High School Results

Lifetime Substance Use

Tobacco, Alcohol, or Marijuana Use Before Age 13	VT	SD	Statistical Differences
First tried cigarette smoking before age 13 years	7	4	SU/SD is lower than VT
Drank alcohol before age 13	13	8	SU/SD is lower than VT
Tried marijuana for the first time before age 13 years	6	4	SU/SD is lower than VT

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	VT	SD	Statistical Differences
Ever tried cigarette smoking	22	16	SU/SD is lower than VT
Ever used an electronic vapor product	50	47	SU/SD is lower than VT
Ever used a flavored tobacco product	27	24	SU/SD is lower than VT
Ever drank alcohol	55	51	SU/SD is lower than VT
Ever used marijuana	40	38	SU/SD is lower than VT

. = Too few students to report

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Essex Westford SD High School Results

Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse	VT	SD	Statistical Differences
Ever used a prescription drug	12	10	SU/SD is lower than VT
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	9	8	
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	6	

Lifetime Substance Use - Other Drug Use	VT	SD	Statistical Differences
Ever used cocaine	4	3	SU/SD is lower than VT
Ever used inhalants	7	6	
Ever used heroin	2	2	
Ever used methamphetamines	2	2	

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Essex Westford SD High School Results

Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	SD	Statistical Differences
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	27	
Currently smoked cigarettes or cigars or used smokeless tobacco	10	8	SU/SD is lower than VT
Tried to quit using all tobacco products, past year	44	41	

Past 30 Day Tobacco Use	VT	SD	Statistical Differences
Currently smoked cigarettes	7	4	SU/SD is lower than VT
Currently used an electronic vapor product	26	25	
Currently used smokeless tobacco	3	2	SU/SD is lower than VT
Currently smoked cigars	6	4	SU/SD is lower than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Past 30 Day Substance Use

Past 30 Day Alcohol and Other Drug Use	VT	SD	Statistical Differences
Currently drank alcohol	31	32	
Currently were binge drinking	15	16	
Currently used marijuana	27	28	SU/SD is higher than VT
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	5	

. = Too few students to report

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Essex Westford SD High School Results

Other Substance Use Related Topics

Substance Use Exposure and Prevention	VT	SD	Statistical Differences
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	61	
Most of the time or always see ads for cigarettes or other tobacco products	50	49	

Substance Use on School Property	VT	SD	Statistical Differences
Attended school under the influence of alcohol or other illegal drugs, past year	15	15	
Were offered, sold, or given an illegal drug on school property, past year	19	23	SU/SD is higher than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Peer Use	VT	SD	Statistical Differences
Think it is wrong or very wrong for someone their age to use electronic vapor products	56	58	
Think it is wrong or very wrong for someone their age to drink alcohol	53	52	
Think it is wrong or very wrong for someone their age to use marijuana	51	51	

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs	VT	SD	Statistical Differences
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	84	87	SU/SD is higher than VT
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	72	SU/SD is higher than VT
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	81	SU/SD is higher than VT

. = Too few students to report

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access	VT	SD	Statistical Differences
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	73	76	SU/SD is higher than VT
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	67	70	SU/SD is higher than VT
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	61	

. = Too few students to report

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Essex Westford SD High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Harm	VT	SD	Statistical Differences
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	29	32	SU/SD is higher than VT
Think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	39	41	
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	23	26	SU/SD is higher than VT

. = Too few students to report

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Essex Westford SD High School Results

Sexual Health

HIV and STD Testing	VT	SD	Statistical Differences
Were ever tested for human immunodeficiency virus (HIV)	13	11	SU/SD is lower than VT
Were ever tested for a sexually transmitted disease (STD)	11	9	SU/SD is lower than VT

Sexual Activity	VT	SD	Statistical Differences
Ever had sexual intercourse	40	36	SU/SD is lower than VT
Had sexual intercourse for the first time before age 13 years	3	2	
Had sexual intercourse with four or more persons during their life	9	8	
Were currently sexually active	31	28	SU/SD is lower than VT

. = Too few students to report

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

Prescription Birth Control Use, Among Sexually Active Students	VT	SD	Statistical Differences
Used birth control pills before last sexual intercourse, among sexually active students	32	36	
Used a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing), among sexually active students	4	3	
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon)	19	17	

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Sexual Health

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

Condom & Birth Control Use, Among Sexually Active Students	VT	SD	Statistical Differences
Used a condom during last sexual intercourse, among sexually active students	54	55	
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring	56	56	
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	21	23	
Did not use any method to prevent pregnancy	6	8	SU/SD is higher than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	VT	SD	Statistical Differences
Were obese	13	9	SU/SD is lower than VT
Were overweight	14	12	SU/SD is lower than VT
Described themselves as slightly or very overweight	31	26	SU/SD is lower than VT
Were trying to lose weight	43	40	SU/SD is lower than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Weight, Physical Activity, and Nutrition

Physical Activity	VT	SD	Statistical Differences
Did not participate in at least 60 minutes of physical activity on at least 1 day	14	13	
Were physically active at least 60 minutes per day on all 7 days	22	19	SU/SD is lower than VT
Were physically active at least 60 minutes per day on 5 or more days, past week	46	43	SU/SD is lower than VT
Played video or computer games or used a computer 3 or more hours per day	48	51	SU/SD is higher than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Weight, Physical Activity, and Nutrition

Physical Activity at School	VT	SD	Statistical Differences
Report they participate in physical activity or other short breaks during class at least 1x per week	62	52	SU/SD is lower than VT
Report they participate in physical activity or other short breaks during class, every day	23	18	SU/SD is lower than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Weight, Physical Activity, and Nutrition

Soda and Sugar-Sweetened Beverage Consumption	VT	SD	Statistical Differences
Did not drink any soda or sugar-sweetened beverages, past week	23	25	SU/SD is higher than VT
Drank a can, bottle, or glass of a sugar-sweetened beverage, past week	18	14	SU/SD is lower than VT
Drank soda or sugar-sweetened beverages 2+ times per day, past week	10	8	SU/SD is lower than VT
Drank soda or sugar-sweetened beverages 3+ times per day, past week	5	4	SU/SD is lower than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Weight, Physical Activity, and Nutrition

Water Consumption, Past Week	VT	SD	Statistical Differences
Drank one or more glasses per day of water	79	83	SU/SD is higher than VT
Drank two or more glasses per day of water	70	75	SU/SD is higher than VT
Drank three or more glasses per day of water	54	57	SU/SD is higher than VT

Fruit and Vegetable Consumption	VT	SD	Statistical Differences
Ate 5+ fruits/vegetables every day, past week	21	19	SU/SD is lower than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Weight, Physical Activity, and Nutrition

Fruit Consumption, Past Week	VT	SD	Statistical Differences
Did not eat fruit or drink 100% fruit juices	6	3	SU/SD is lower than VT
Ate fruit or drank 100% fruit juices one or more times per day	62	67	SU/SD is higher than VT
Ate fruit or drank 100% fruit juices two or more times per day	31	30	

Vegetable Consumption, Past Week	VT	SD	Statistical Differences
Did not eat vegetables	5	3	SU/SD is lower than VT
Ate vegetables one or more times per day	72	72	
Ate vegetables two or more times per day	37	35	
Ate vegetables three or more times per day	19	18	

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Weight, Physical Activity, and Nutrition

Breakfast Consumption	VT	SD	Statistical Differences
Did not eat breakfast, past week	11	10	SU/SD is lower than VT
Ate breakfast on at least 5 days, past week	54	58	SU/SD is higher than VT
Ate breakfast on all 7 days	37	42	SU/SD is higher than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Social Determinants of Health

Social Determinants of Health	VT	SD	Statistical Differences
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	3	SU/SD is lower than VT
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	2	
Have a physical disability, emotional problems, or learning disability	30	28	SU/SD is lower than VT

Social Determinants of Health	VT	SD	Statistical Differences
Described their grades in school as mostly A's or B's	78	85	SU/SD is higher than VT
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	83	SU/SD is higher than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Youth Assets and Other Protective Factors

Protective Factors - Family	VT	SD	Statistical Differences
Did not eat dinner at home with parents, past week	9	6	SU/SD is lower than VT
Ate dinner at home with parent at least 2x, past week	86	89	SU/SD is higher than VT
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	75	77	SU/SD is higher than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD High School Results

Youth Assets and Other Protective Factors

Protective Factors - School Connectedness	VT	SD	Statistical Differences
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	78	77	
Strongly agree or agree that their school has clear rules and consequences for behavior	56	55	
Do not participate in any afterschool activities	34	32	SU/SD is lower than VT
Spend 10 or more hours participating in afterschool activities	24	29	SU/SD is higher than VT

Protective Factors - Community	VT	SD	Statistical Differences
Strongly agree or agree that in their community they feel like they matter to people	58	64	SU/SD is higher than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Demographics

Sex	VT	SD
Female	49	50
Male	51	50

Grade	VT	SD
6th grade	24	34
7th grade	38	32
8th grade	38	34

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Demographics

Race	VT	SD
Students of Color	19	18
White, non-Hispanic	81	82

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

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Violence and Unintentional Injuries

Violence	VT	SD	Statistical Differences
Were ever in a physical fight	41	31	SU/SD is lower than VT
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	7	SU/SD is lower than VT
Report someone has ever done sexual things to them that they did not want	10	6	SU/SD is lower than VT

Bullying	VT	SD	Statistical Differences
Were ever bullied on school property	45	36	SU/SD is lower than VT
Were ever electronically bullied	24	17	SU/SD is lower than VT
Were bullied, past 30 days	24	18	SU/SD is lower than VT
Bullied someone, past 30 days	9	5	SU/SD is lower than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Violence and Unintentional Injuries

Unintentional Injuries & Prevention	VT	SD	Statistical Differences
Rarely or never wear a bicycle helmet	33	33	
Had a concussion from playing a sport or being physically active, past year	19	15	SU/SD is lower than VT
Rarely or never wear a helmet when skiing or snowboarding	6	6	
Had a sunburn, past year	66	66	

Motor Vehicle Safety	VT	SD	Statistical Differences
Rarely or never wear a seat belt	85	84	
Ever rode with a driver who had been drinking alcohol	20	17	SU/SD is lower than VT
Have ever ridden in a car driven by someone who had been using marijuana	10	6	SU/SD is lower than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Mental Health

Mental Health	VT	SD	Statistical Differences
Ever seriously thought about killing themselves	18	15	SU/SD is lower than VT
Ever made a plan about how they would kill themselves	12	10	SU/SD is lower than VT
Ever tried to kill themselves	6	4	SU/SD is lower than VT
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	18	15	SU/SD is lower than VT
Felt sad or hopeless, past year	23	17	SU/SD is lower than VT

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Lifetime Substance Use

Lifetime Substance Use	VT	SD	Statistical Differences
Ever tried a cigarette	7	5	SU/SD is lower than VT
Ever tried a flavored tobacco product	8	6	SU/SD is lower than VT
Ever used an electronic vapor product	16	11	SU/SD is lower than VT
Ever drank alcohol	20	15	SU/SD is lower than VT
Ever used marijuana	7	6	SU/SD is lower than VT
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	6	6	
Ever used inhalants	5	4	SU/SD is lower than VT

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Lifetime Substance Use

Substance Use Before Age 11	VT	SD	Statistical Differences
Tried cigarette smoking for the first time before age 11 years	3	2	SU/SD is lower than VT
Drank alcohol for the first time before age 11 years	9	8	SU/SD is lower than VT
Tried marijuana for the first time before age 11 years	1	1	SU/SD is lower than VT

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Essex Westford SD Middle School Results

Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	SD	Statistical Differences
Currently smoked cigarettes or cigars or used smokeless tobacco	2	2	
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	9	6	SU/SD is lower than VT
Currently smoked cigarettes	2	2	
Currently used an electronic vapor product	8	6	SU/SD is lower than VT
Currently used smokeless tobacco	1	1	SU/SD is lower than VT
Currently smoked cigars	1	1	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Past 30 Day Substance Use

Past 30 Day Alcohol and Other Substance Use	VT	SD	Statistical Differences
Currently drank alcohol	7	5	SU/SD is lower than VT
Binge drank, past 30 days	2	1	SU/SD is lower than VT
Currently used marijuana	5	3	SU/SD is lower than VT

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Essex Westford SD Middle School Results

Other Substance Use Related Topics

Tobacco Use Exposure & Prevention	VT	SD	Statistical Differences
Were asked by a doctor, dentist, or nurse if they smoked	33	27	SU/SD is lower than VT
Most of the time or always see ads for cigarettes or other tobacco products	46	45	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong	VT	SD	Statistical Differences
Think it is wrong or very wrong for someone their age to use electronic vapor products	84	87	SU/SD is higher than VT

Believe Parents Would Think It Is Wrong or Very Wrong to Use	VT	SD	Statistical Differences
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	92	94	SU/SD is higher than VT
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	87	90	SU/SD is higher than VT
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	95	SU/SD is higher than VT

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Perceptions of Substance Use

Believe People Greatly Risk Harm from Substance Use	VT	SD	Statistical Differences
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	45	55	SU/SD is higher than VT
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	53	SU/SD is higher than VT
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	57	SU/SD is higher than VT

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Perceptions of Substance Use

Think it is Easy or Very Easy to Access	VT	SD	Statistical Differences
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	29	27	SU/SD is lower than VT
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	42	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	17	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Sexual Health

Sexual Activity & Condom Use	VT	SD	Statistical Differences
Ever had sexual intercourse	5	4	SU/SD is lower than VT
Used a condom during last sexual intercourse, among those who have has sexual intercourse	58	42	SU/SD is lower than VT

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Physical Activity, and Nutrition

Physical Activity: 60 min per day	VT	SD	Statistical Differences
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	9	8	
Were physically active at least 60 minutes per day on 5 or more days, past week	56	62	SU/SD is higher than VT
Were physically active at least 60 minutes per day on all 7 days, past week	30	31	

Physical Inactivity, Average School Day	VT	SD	Statistical Differences
Watch television 1 hour or less per day	58	60	SU/SD is higher than VT
Watch television 3 or more hours per day	22	19	SU/SD is lower than VT

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Physical Activity, and Nutrition

Physical Inactivity, Average School Day	VT	SD	Statistical Differences
Play video or computer games or used a computer 1 hour or less per day	42	46	SU/SD is higher than VT
Play video or computer games or used a computer 3 or more hours per day	41	36	SU/SD is lower than VT

Physical Activity at School	VT	SD	Statistical Differences
Participate in physical activity or other short breaks during class at least once a week	80	77	SU/SD is lower than VT
Participate in physical activity or other short breaks during class everyday	36	38	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Physical Activity, and Nutrition

Walk or Bike To/From School	VT	SD	Statistical Differences
Walk or ride a bike to school at least once a week when weather permits	26	45	SU/SD is higher than VT
Walk or ride their bike to school every day when weather permits	11	19	SU/SD is higher than VT

Sport Team Participation	VT	SD	Statistical Differences
Play on at least one sports team, past year	72	78	SU/SD is higher than VT

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Physical Activity, and Nutrition

Water Consumption, Past Week	VT	SD	Statistical Differences
Drank one or more glasses per day of water, past week	78	81	SU/SD is higher than VT
Drank two or more glasses per day of water, past week	71	76	SU/SD is higher than VT
Drank three or more glasses per day of water, past week	56	62	SU/SD is higher than VT

Breakfast Consumption	VT	SD	Statistical Differences
Did not eat breakfast, past week	9	7	SU/SD is lower than VT
Ate breakfast on 5 or more days, past week	64	71	SU/SD is higher than VT
Ate breakfast on all 7 days, past week	46	52	SU/SD is higher than VT

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Social Determinants of Health

Social Determinants of Health	VT	SD	Statistical Differences
Described their grades in school as mostly A's or B's	66	64	
Reported in their home people most of the time or always speak a language other than English	6	9	SU/SD is higher than VT
Most of the time or always went hungry because there was not enough food in their home, past 30 days	3	2	SU/SD is lower than VT

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Youth Assets and Other Protective Factors

Family Engagement	VT	SD	Statistical Differences
Did not eat dinner at home with at least one of their parents or other adult family member, past week	6	6	
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	85	86	
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	92	92	
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	59	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Essex Westford SD Middle School Results

Youth Assets and Other Protective Factors

School Connectedness	VT	SD	Statistical Differences
Have at least one teacher or other adult in their school that they can talk to if they have a problem	72	71	
Strongly agree or agree that their school has clear rules and consequences for behavior	64	70	SU/SD is higher than VT

Community Connectedness	VT	SD	Statistical Differences
Strongly agree or agree that in their community they feel like they matter to people	59	67	SU/SD is higher than VT

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