



# 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

ORLEANS COUNTY



## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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

Copies of the questionnaires, state-wide reports, data briefs, and additional sub-state reports are available online.

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

## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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## About the YRBS

The Youth Risk Behavior Survey (YRBS) is a national school-based survey that monitors the health-risk behaviors that contribute to the leading causes of death and disability among youth and young adults. These include:

- Behaviors that contribute to unintentional injuries and violence
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Sexual health behaviors related to pregnancy and STDs

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement
- Sexual Orientation and gender identity

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

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### Methodology

The Department of Health works with the Agency of Education and the CDC to conduct two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of middle school students in grades 6 through 8. These surveys are conducted as a census at all public schools and select independent schools across the state.

The middle school and high school surveys differ slightly. The shorter middle school survey focuses more on lifetime behaviors and includes questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, sexual activity, nutrition, physical activity, youth assets, and other factors related to health equity. The high school survey includes questions on these topics as well as more in-depth questions on current behaviors as well as self-reported height and weight, driving behaviors, and other drugs used.

Student participation in the YRBS is anonymous and voluntary.

In addition, to protect students anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

### How Accurate are the Results?

Numerous precautions are taken to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers. These precautions can reduce some sources of error, but not all.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn. Only states with an overall response rate of at least 60% are weighted based on gender, grade, and race/ethnicity.

Information about the methodology of the national, state, and large urban school district YRBS has been described elsewhere and can be found online from the CDC's Healthy Youth-DASH website at: <https://www.cdc.gov/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>

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### Populations in Focus

Adverse health outcomes and behaviors experienced by specific populations are not intrinsic to youth themselves and are often instead due to social, economic and environmental inequities. The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. To identify disparities and help tell the complex story of youth across Vermont, health-related factors and behaviors experienced by the following specific populations are noted throughout this report:

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

Please note: Due to the small sample size, all students of color were grouped into a “SOC” category to compare to white, non-Hispanic students. For similar reasons, lesbian, gay, bisexual, and transgender students were grouped into a “LGBT” category to compare to heterosexual/cisgender students.

### Using the YRBS Results

#### Engaging students, schools, and communities

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, school and community organizations can focus prevention efforts and determine whether school policies and community programs are having the intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, for planning and evaluating programs, and for comparing Vermont students with other students nationwide.

Start the Conversation: Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?

Increase Awareness: The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.

Plan and Evaluate Programs: The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities and can inform strategies to address those weaknesses.

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**Remember to Look at the Positive Side:** In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

**Participate in Getting to 'Y':** Getting to Y provides an opportunity for students to take a lead in bringing meaning to their own Youth Risk Behavior Survey data and taking steps to strengthen their school and community based on their findings. Schools and districts across the state form teams to analyze local level data, identify areas of strength and concern, and create a preliminary action plan. Through the Getting to 'Y' program, students attend a training day where they learn tools and strategies to examine data, explore root causes, and create next action steps. In addition, teams plan and host a community dialogue event to share their executive summary with the school and community.

For more information on upcoming Getting to Y trainings, newsletters, and resources visit Getting to Y at <http://www.upforlearning.org/initiatives/getting-to-y>

<https://www.healthvermont.gov/yrbs>

### Understanding and Interpreting the Results

The results in this report are weighted by gender, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of middle school students in grades six through eight (middle school survey) and high school students grades nine through twelve (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

Throughout this report, statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups.

A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently students responded to an item. Sometimes, when comparing the responses of two or more groups, the difference between the overall percentages may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically.

While this report notes statistical differences, we encourage you to consider meaningful difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

## 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

This report includes the overall results or prevalence for all students in Vermont as well as the overall results and results by demographics for students in Orleans County

### Key Terms and Statistical Differences Used in the Report

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

When subpopulations are included, statistical comparisons between subpopulations of students within Orleans County are also noted.

Throughout this report you will see the following key terms and statistical notations.

#### Key Terms

- . = Too few students to report
- VT = All students in Vermont
- County = All students in Orleans County
- M = Male students in Orleans County
- F = Female students in Orleans County
- Older = Students in grades 11 and 12
- Younger = Students in grades 9 and 10
- WnH = White, non-Hispanic students in Orleans County
- SOC = Students of color in Orleans County
- Het = Heterosexual or cisgender students in Orleans County
- LGBT = Lesbian, gay, bisexual, or transgender students in Orleans County

#### Statistical Differences

Some subgroups of students defined by where they live, sex, race/ethnicity, grade in school, and sexual orientation / gender identity status have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity, and social problems. Statistical differences, including differences between VT and Orleans County students as well as differences within Orleans County by sex, grade, race, and sexual orientation / gender identity are noted by the following notations:

$\alpha$  = Students across VT are statistically different than students in Orleans

$\beta$  = Male students are statistically different from female students

$\varepsilon$  = 11th and 12th grade students are statistically different from 9th and 10th grade students; 6th grade students are significantly different from 7th and 8th grade students

$\iota$  = 8th grade students are significantly different from 6th and 7th grade students

$\delta$  = Results statistically increase or decrease with each grade

$\zeta$  = Students of color (SOC) are statistically different from white, non-Hispanic (WnH) students

$\theta$  = Lesbian, gay, bisexual and transgender (LGBT) students are statistically different from heterosexual and cisgender (HET) students

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## HIGH SCHOOL RESULTS



## Demographics

Sex	VT	Orleans
Female	48	48
Male	52	52

Grade	VT	Orleans
9th grade	25	26
10th grade	25	27
11th grade	25	26
12th grade	25	21

## Demographics

Race	VT	Orleans
Students of Color	16	14
White, non-Hispanic	84	86

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

Violence and Unintentional Injuries

Physical Violence	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
Were in a physical fight, past year	18	20	26	14	20	20	21	18	18	30	18	25	β	ζ
Carried a weapon on school property, past 30 days	5	9	12	6	5	7	14	10	7	18	7	18	α	β ε ζ θ
Were threatened or injured with a weapon on school property, past 30 days	7	9	11	7	8	11	9	9	7	21	7	20	α	ζ θ
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	6	7	7	7	8	8	6	6	6	16	5	16		ζ θ

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Violence and Unintentional Injuries

Bullying	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													α	β
Were electronically bullied, past year	16	19	15	24	23	20	19	14	18	26	18	25	α	β
Were bullied, past 30 days	17	22	19	24	25	24	18	19	20	33	19	37	α	ζ θ
Bullied someone, past 30 days	10	14	15	12	16	13	11	16	12	25	12	23	α	ζ θ

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Violence and Unintentional Injuries

Sexual and Dating Violence	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													$\beta$	$\zeta$	$\theta$
Report someone has ever done sexual things to them that they did not want	18	17	7	27	12	17	21	17	15	27	13	37	$\beta$	$\zeta$	$\theta$
Experienced physical dating violence, past year	8	13	12	13	7	8	19	17	10	31	11	19	$\alpha$	$\varepsilon$	$\zeta$
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	35	29	41	28	33	38	41	31	59	31	53	$\alpha$	$\beta$	$\zeta$ $\theta$
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	27	27	29	22	30	30	28	26	36	25	46			$\theta$

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Violence and Unintentional Injuries

Motor Vehicle Safety	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													ε	θ
Rode with a driver who had been drinking alcohol, past 30 days	17	23	23	23	24	19	29	19	22	29	23	25	α	
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	23	25	24	26	16	20	31	35	23	35	23	36	ε	θ

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Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive													Statistical Differences			
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT				
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	34	34	35	11	12	53	52	32	45	34	.				ε
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	6	10	14	7	.	6	13	16	8	23	9	.		α	ε	ζ
Drove a car or other vehicle when they had been using marijuana, past 30 days	15	16	18	15	6	7	26	23	14	31	14	28				ε ζ θ

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Rarely or never wore a helmet when skiing or snowboarding, past year	11	13	17	9	6	16	14	.	11	.	13	.		
Had a concussion from playing a sport or being physically active, past year	18	19	21	17	23	22	18	13	17	32	19	19		ζ
Had a sunburn, past year	73	72	66	79	68	69	79	72	75	57	73	70	β	ζ

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Mental Health

Mental Health	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													$\beta$	$\zeta$	$\theta$
Did something to purposely hurt themselves without wanting to die, past year	19	20	13	28	22	20	19	20	18	32	16	49	$\beta$	$\zeta$	$\theta$
Felt sad or hopeless, past year	31	32	23	42	29	31	39	29	30	43	26	63	$\beta$	$\zeta$	$\theta$
Made a plan about how they would attempt suicide, past year	13	14	12	17	15	17	13	12	13	20	10	39			$\theta$
Attempted suicide, past year	7	8	7	9	9	9	8	5	7	16	5	22		$\zeta$	$\theta$

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Lifetime Substance Use

Tobacco, Alcohol, or Marijuana Use Before Age 13													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
First tried cigarette smoking before age 13 years	7	10	12	8	12	10	9	8	8	20	9	15	α	ζ
Drank alcohol before age 13	13	19	24	14	26	19	17	14	17	32	19	24	α	β ζ
Tried marijuana for the first time before age 13 years	6	7	8	5	5	8	7	8	6	13	6	12		

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Lifetime Substance Use

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences			
													$\alpha$	$\varepsilon$	$\zeta$	$\theta$
Ever tried cigarette smoking	22	30	34	26	20	26	39	38	27	51	28	44	$\alpha$	$\varepsilon$	$\zeta$	$\theta$
Ever used an electronic vapor product	50	56	55	57	39	52	65	70	55	64	57	58	$\alpha$	$\varepsilon$		
Ever used a flavored tobacco product	27	31	30	33	19	30	39	39	30	39	30	39	$\alpha$	$\varepsilon$		
Ever drank alcohol	55	63	61	66	49	56	74	76	63	66	63	68	$\alpha$	$\varepsilon$		
Ever used marijuana	40	40	40	41	22	38	53	49	38	56	38	62		$\varepsilon$	$\zeta$	$\theta$

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Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Ever used a prescription drug	12	14	14	15	11	14	19	14	13	22	13	26		θ
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	9	12	13	12	11	12	16	10	11	20	11	23	α	θ
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	9	9	8	5	8	11	10	8	14	8	12		

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Lifetime Substance Use

Lifetime Substance Use - Other Drug Use													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Ever used cocaine	4	5	7	3	4	5	4	10	4	14	4	12	ζ	θ
Ever used inhalants	7	8	8	9	6	10	9	9	7	20	7	20	ζ	θ
Ever used heroin	2	4	6	2	.	5	3	6	3	13	3	8	α	β ζ
Ever used methamphetamines	2	3	5	1	.	4	.	6	2	12	2	8	ζ	θ

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													$\alpha$	$\varepsilon$	$\zeta$
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	36	36	35	20	31	46	51	34	49	34	46	$\alpha$	$\varepsilon$	$\zeta$
Currently smoked cigarettes or cigars or used smokeless tobacco	10	15	19	12	8	9	24	23	14	22	13	30	$\alpha$	$\varepsilon$	$\theta$
Tried to quit using all tobacco products, past year	44	46	46	46	.	44	45	.	47	.	46	.			

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													$\alpha$	$\varepsilon$	$\theta$
Currently smoked cigarettes	7	11	13	10	7	8	14	18	10	17	9	27	$\alpha$	$\varepsilon$	$\theta$
Currently used an electronic vapor product	26	34	34	34	20	27	44	49	32	45	32	45	$\alpha$	$\varepsilon$	
Currently used smokeless tobacco	3	6	10	2	4	4	7	8	5	11	6	.	$\alpha$	$\beta$	
Currently smoked cigars	6	9	12	6	3	5	13	17	8	17	8	16	$\alpha$	$\beta$	$\varepsilon$ $\zeta$

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Drug Use	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													α	ε
Currently drank alcohol	31	38	36	40	23	33	51	47	37	41	38	39	α	ε
Binge drank, past 30 days	15	22	20	23	9	17	30	33	21	24	21	28	α	ε
Currently used marijuana	27	27	28	27	15	26	35	33	25	39	25	45	ε	ζ θ
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	6	7	6	5	6	6	9	6	11	4	15		θ

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Orleans
1 or 2 days	43
3 to 5 days	10
6 to 9 days	.
10 to 19 days	17
20 to 29 days	.
All 30 days	22

Number of Cigarettes Smoked, Among Current Users	Orleans
Less than 1 cigarette	32
1 cigarette	12
2 to 5 cigarettes	36
6 to 10 cigarettes	7
11 to 20 cigarettes	.
More than 20 cigarettes	11

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Orleans
1 or 2 days	16
3 to 5 days	10
6 to 9 days	11
10 to 19 days	12
20 to 29 days	16
All 30 days	36

Primary Reason for EVP Use, Among Current Users	Orleans
Friend/family used them	16
To try to quit other tobacco	14
Cost less than other tobacco	.
Easier to get than other	3
Less harmful than other	11
Available in flavors	11
Used for some other reason	44

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Source of EVP, Among Current Users	Orleans
Bought them in a store	14
I got them on the Internet	3
Someone else bought them	26
Borrowed them	38
Someone gave them to me	6
Took them from a store	.
Some other way	12

Type of EVP Used, Among Current Users	Orleans
JUUL /rechargeable w pods	76
Vape Pen/recharge e-cig	3
Disposable e-cig/vaping	.
Mods with refillable tanki	17
Other e-vapor product	.
Not sure	.

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Alcohol Use, Among Current Users	Orleans
1 or 2 days	43
3 to 5 days	26
6 to 9 days	14
10 to 19 days	9
20 to 29 days	4
All 30 days	4

Largest Amount of Alcohol Consumed in One Sitting, Among Current Users	Orleans
1 or 2 drinks	26
3 drinks	6
4 drinks	8
5 drinks	15
6 or 7 drinks	18
8 or 9 drinks	6
10 or more drinks	21

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Orleans
1 or 2 times	33
3 to 9 times	12
10 to 19 times	10
20 to 39 times	14
40 or more times	30

Primary Way Marijuana was Used, Among Current Users	Orleans
Smoked it	72
Ate in food	6
Drank in tea or other drink	.
Vaporized	11
Dabbed it	9
Some other way	.

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Other Substance Use Related Topics

Substance Use Exposure and Prevention													Statistical Differences		
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	$\alpha$	$\beta$	$\varepsilon$
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	66	56	77	57	64	78	66	68	58	66	67	$\alpha$	$\beta$	$\varepsilon$
Most of the time or always see ads for cigarettes or other tobacco products	50	53	49	58	54	49	58	52	53	53	52	65			

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Other Substance Use Related Topics

Substance Use on School Property													Statistical Differences		
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	$\alpha$	$\zeta$	$\theta$
Attended school under the influence of alcohol or other illegal drugs, past year	15	18	18	18	13	17	23	18	16	27	16	30			
Were offered, sold, or given an illegal drug on school property, past year	19	21	21	22	24	23	23	16	21	25	20	27			

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Perceptions of Substance Use

Perceptions of Substance Use - Peer Use													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Think it is wrong or very wrong for someone their age to use electronic vapor products	56	50	48	52	59	52	49	35	50	49	49	44	$\alpha$	$\epsilon$
Think it is wrong or very wrong for someone their age to drink alcohol	53	45	46	44	57	48	41	33	45	50	44	48	$\alpha$	$\epsilon$
Think it is wrong or very wrong for someone their age to use marijuana	51	50	52	48	65	55	42	37	50	50	53	27	$\epsilon$	$\theta$

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	84	79	77	80	89	83	74	66	79	79	79	69	α	ε
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	60	61	59	70	64	55	50	59	69	61	55	α	ε
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	73	74	72	84	78	68	60	74	70	76	51		ε θ

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	73	77	76	78	70	71	82	87	77	76	77	86	$\alpha$	$\epsilon$
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	67	69	68	70	67	67	78	62	69	67	69	68		
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	62	61	64	54	58	74	64	62	67	61	75	$\epsilon$	$\theta$

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Perceptions of Substance Use

Perceptions of Substance Use - Harm													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	29	24	20	29	33	30	14	19	24	23	24	23	$\alpha$	$\beta$ $\epsilon$
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	32	28	37	35	36	31	26	32	38	29	46	$\alpha$ $\beta$	$\theta$
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	23	23	20	26	35	27	17	11	23	23	25	11	$\epsilon$	$\theta$

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Sexual Health

HIV and STD Testing	VT	Orleans	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Were ever tested for human immunodeficiency virus (HIV)	13	15	13	18	7	13	24	17	15	16	14	24	ε
Were ever tested for a sexually transmitted disease (STD)	11	13	7	19	4	12	21	17	13	13	13	20	β ε

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Sexual Health

Sexual Activity	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													$\alpha$	$\varepsilon$	$\zeta$
Ever had sexual intercourse	40	48	45	51	22	39	64	70	46	59	47	59	$\alpha$	$\varepsilon$	$\zeta$
Had sexual intercourse for the first time before age 13 years	3	4	6	3	5	4	4	.	3	15	3	12	$\alpha$		$\zeta$ $\theta$
Had sexual intercourse with four or more persons during their life	9	13	12	13	6	7	18	22	11	23	12	20	$\alpha$	$\varepsilon$	$\zeta$
Were currently sexually active	31	37	33	41	16	29	48	59	36	45	37	47	$\alpha$	$\varepsilon$	

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## Sexual Health

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

Prescription Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used birth control pills before last sexual intercourse, among sexually active students	32	27	22	31	.	11	25	39	27	.	29	.	ε
Used a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing), among sexually active students	4	9	5	12	.	8	10	.	10	.	10	.	α
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon), among sexually active students	19	24	22	26	.	34	23	21	25	.	26	.	

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Sexual Health

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

Condom & Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used a condom during last sexual intercourse, among sexually active students	54	46	51	42	.	40	40	51	48	.	49	.	$\alpha$
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	56	60	49	69	.	53	59	68	63	.	66	.	$\beta$
Used both a condom during last sexual intercourse and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse, among sexually active students	21	21	15	25	.	17	16	30	23	.	23	.	

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Sexual Health

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

Condom & Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not use any method to prevent pregnancy, among sexually active students	6	10	11	10	.	15	11	9	8	.	4	.	α

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## Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
Were obese	13	20	23	17	23	13	22	22	20	22	20	21	$\alpha$		
Were overweight	14	15	14	15	12	17	11	19	15	14	13	24			$\theta$
Described themselves as slightly or very overweight	31	35	33	37	32	28	38	42	35	34	33	50	$\alpha$	$\varepsilon$	$\theta$
Were trying to lose weight	43	46	35	58	51	43	44	46	47	42	44	58	$\beta$		$\theta$

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Weight, Physical Activity, and Nutrition

Physical Activity													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Did not participate in at least 60 minutes of physical activity on at least one day, past week	14	14	12	17	9	13	15	22	14	15	12	30	ε	θ
Were physically active at least 60 minutes per day every day, past week	22	22	30	13	25	26	21	13	20	32	24	13	β	ε ζ
Were physically active at least 60 minutes per day on 5 or more days, past week	46	49	57	40	52	52	48	42	47	60	53	31	β	ζ θ
Play video or computer games or used a computer 3 or more hours per day	48	48	51	45	50	49	49	45	47	53	45	65		θ

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Weight, Physical Activity, and Nutrition

Physical Activity at School	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													$\alpha$	$\beta$
Report they participate in physical activity or other short breaks during class at least 1x per week	62	62	64	58	63	61	63	59	60	69	63	49		$\theta$
Report they participate in physical activity or other short breaks during class, every day	23	26	30	22	31	28	23	23	25	33	29	11	$\alpha$	$\beta$ $\theta$

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## Weight, Physical Activity, and Nutrition

Soda and Sugar-Sweetened Beverage Consumption													Statistical Differences
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not drink any soda or sugar-sweetened beverages, past week	23	19	16	23	20	22	18	16	19	22	18	23	$\alpha$
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	18	21	25	17	16	26	20	23	20	27	21	24	$\alpha$ $\beta$
Drank soda or sugar-sweetened beverages 2+ times per day, past week	10	11	15	7	9	14	10	12	11	15	10	16	$\beta$
Drank soda or sugar-sweetened beverages 3+ times per day, past week	5	6	9	3	3	8	7	7	6	9	5	8	$\beta$

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Weight, Physical Activity, and Nutrition

Water Consumption													Statistical Differences
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Drank one or more glasses per day of water, past week	79	77	74	80	78	75	76	79	78	68	76	77	
Drank two or more glasses per day of water, past week	70	70	66	74	70	71	69	69	70	64	69	73	
Drank three or more glasses per day of water, past week	54	50	45	56	53	49	52	46	52	42	49	55	β

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Weight, Physical Activity, and Nutrition

Fruit and Vegetable Consumption													Statistical Differences
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Ate 5+ fruits/vegetables every day, past week	21	20	20	20	19	22	22	16	18	30	18	23	ζ

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## Weight, Physical Activity, and Nutrition

Fruit Consumption													Statistical Differences	
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Did not eat fruit or drink 100% fruit juices, past week	6	6	9	2	7	7	5	.	6	7	6	.		$\beta$
Ate fruit or drank 100% fruit juices one or more times per day, past week	62	58	58	58	60	57	57	58	55	73	59	56	$\alpha$	$\zeta$
Ate fruit or drank 100% fruit juices two or more times per day, past week	31	27	27	26	25	28	29	25	25	35	26	26	$\alpha$	

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## Weight, Physical Activity, and Nutrition

Vegetable Consumption													Statistical Differences
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat vegetables, past week	5	6	7	5	5	8	8	.	5	8	6	6	
Ate vegetables one or more times per day, past week	72	68	65	71	68	64	69	71	67	70	68	64	$\alpha$
Ate vegetables two or more times per day, past week	37	32	29	36	33	33	31	33	32	38	30	40	$\alpha$
Ate vegetables three or more times per day, past week	19	19	20	17	14	22	21	18	17	29	16	27	$\zeta$

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## Weight, Physical Activity, and Nutrition

Breakfast Consumption													Statistical Differences
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Did not eat breakfast, past week	11	12	13	10	15	13	13	.	11	15	10	15	
Ate breakfast on at least 5 days, past week	54	52	54	50	51	51	52	55	51	57	53	47	
Ate breakfast on all 7 days, past week	37	36	39	33	37	39	35	32	37	31	37	30	

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Social Determinants of Health

Social Determinants of Health	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													$\beta$	$\theta$
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	5	6	5	4	4	7	6	4	13	5	10	$\zeta$	
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	1	.	1	.	.	.	.	1	.	1	.		
Have a physical disability, emotional problems, or learning disability	30	30	22	38	29	32	29	29	30	26	26	53	$\beta$	$\theta$

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Social Determinants of Health

Social Determinants of Health	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences			
													$\alpha$	$\beta$	$\zeta$	$\theta$
Described their grades in school as mostly A's or B's	78	72	64	81	79	70	65	76	74	61	75	59	$\alpha$	$\beta$	$\zeta$	$\theta$
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	65	52	78	67	65	62	65	67	54	66	64	$\alpha$	$\beta$	$\zeta$	

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Youth Assets and Other Protective Factors

Protective Factors - Family													Statistical Differences			
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT				
Did not eat dinner at home with parents, past week	9	11	11	12	8	9	14	17	10	22	10	23		ε	ζ	θ
Ate dinner at home with parent at least 2x, past week	86	85	87	83	90	87	82	81	87	73	87	71			ζ	θ
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	75	74	76	72	85	79	71	60	76	62	77	54		ε	ζ	θ

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Youth Assets and Other Protective Factors

Protective Factors - School Connectedness													Statistical Differences		
	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	78	79	79	79	77	72	82	86	80	73	80	72	ε		
Strongly agree or agree that their school has clear rules and consequences for behavior	56	48	54	42	54	45	41	54	48	47	52	29	α	β	θ
Do not participate in any afterschool activities	34	44	45	44	44	40	46	49	45	43	43	51	α		
Spend 10 or more hours participating in afterschool activities	24	16	16	17	17	15	19	15	16	22	18	7	α	θ	

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Youth Assets and Other Protective Factors

Protective Factors - Community	VT	Orleans	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													$\alpha$	$\theta$
Strongly agree or agree that in their community they feel like they matter to people	58	45	48	42	44	41	42	55	45	45	50	21	$\alpha$	$\theta$

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# 2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

## MIDDLE SCHOOL RESULTS

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## Demographics

Sex	VT	Orleans
Female	49	47
Male	51	53

Grade	VT	Orleans
6th grade	24	22
7th grade	38	40
8th grade	38	38



## Demographics

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

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

Violence and Unintentional Injuries

Violence	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
												$\beta$	$\zeta$
Were ever in a physical fight	41	40	51	28	42	36	44	40	55	39	54	$\beta$	$\zeta$
Did not go to school because they felt they would be unsafe at school or on their way to or from school, past 30 days	9	10	8	12	6	12	11	9	15	8	25		$\theta$
Report someone has ever done sexual things to them that they did not want	10	13	6	20	11	10	16	12	20	8	44	$\alpha$ $\beta$	$\theta$

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Violence and Unintentional Injuries

Bullying	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences		
												$\alpha$	$\zeta$	$\theta$
Were ever bullied on school property	45	55	51	58	54	54	55	52	69	53	78	$\alpha$	$\zeta$	$\theta$
Were ever electronically bullied	24	29	22	38	16	33	33	31	32	28	59	$\alpha$	$\beta$	$\epsilon$
Were bullied, past 30 days	24	28	22	34	28	30	25	26	38	24	48	$\alpha$	$\beta$	$\theta$
Bullied someone, past 30 days	9	12	13	11	12	12	11	13	13	11	18	$\alpha$		

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## Violence and Unintentional Injuries

Unintentional Injuries & Prevention												Statistical Differences	
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Rarely or never wear a bicycle helmet	26	36	37	35	34	32	42	36	44	35	.		$\alpha$
Rarely or never wear a helmet when skiing or snowboarding	6	10	9	10	9	9	10	8	11	10	.		$\alpha$
Had a concussion from playing a sport or being physically active, past year	19	20	19	19	22	18	20	18	24	20	20		
Had a sunburn, past year	66	66	64	67	63	61	72	73	48	68	60		$\zeta$

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Violence and Unintentional Injuries

Motor Vehicle Safety												Statistical Differences				
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT					
Rarely or never wear a seat belt	2	3	4	2	4	3	2	2	6	2	.					
Ever rode with a driver who had been drinking alcohol	20	32	29	35	17	35	38	32	38	31	47	α	ε	θ		
Have ever ridden in a car driven by someone who had been using marijuana	10	17	12	22	8	18	20	16	31	15	34	α	β	ε	ζ	θ

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Mental Health

Mental Health	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences			
												$\alpha$	$\beta$	$\zeta$	$\theta$
Ever seriously thought about killing themselves	18	22	18	27	18	20	26	20	35	18	62	$\alpha$	$\beta$	$\zeta$	$\theta$
Ever made a plan about how they would kill themselves	12	15	12	18	12	12	20	13	27	11	55			$\zeta$	$\theta$
Ever tried to kill themselves	6	9	7	12	6	8	13	8	19	7	42	$\alpha$		$\zeta$	$\theta$
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	18	17	12	24	9	17	23	17	28	14	58	$\beta$		$\zeta$	$\theta$
Felt sad or hopeless, past year	23	26	20	32	22	25	29	23	43	21	68	$\beta$		$\zeta$	$\theta$

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## Lifetime Substance Use

Lifetime Substance Use	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
Ever tried a cigarette	7	11	11	12	4	10	17	12	14	10	28	$\alpha$	$\theta$
Ever tried a flavored tobacco product	8	10	9	12	4	8	16	10	15	10	19		$\iota$
Ever used an electronic vapor product	16	21	19	23	6	20	30	21	29	21	41	$\alpha$	$\varepsilon$ $\theta$
Ever drank alcohol	20	29	26	32	17	29	35	29	39	27	58	$\alpha$	$\theta$
Ever used marijuana	7	9	8	10	.	6	15	7	21	7	26		$\zeta$ $\theta$
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	6	5	6	4	4	5	7	5	10	5	15		$\theta$
Ever used inhalants	5	6	6	5	.	5	8	6	10	4	15		$\theta$

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Lifetime Substance Use

Substance Use Before Age 11	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
Tried cigarette smoking for the first time before age 11 years	3	4	2	5	.	3	5	4	.	3	14		θ
Drank alcohol for the first time before age 11 years	9	13	14	11	13	14	12	11	23	13	23	α	ζ

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Past 30 Day Substance Use

Past 30 Day Tobacco Use												Statistical Differences
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Currently smoked cigarettes or cigars or used smokeless tobacco	2	3	3	4	.	3	5	3	.	2	.	ε
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	9	10	6	14	.	9	16	10	15	9	20	β
Currently smoked cigarettes	2	3	2	4	.	2	4	3	.	2	.	ε
Currently used an electronic vapor product	8	9	5	12	.	8	13	8	15	8	18	β
Currently smoked cigars	1	1	.	.	.	.	.	.	.	.	.	

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Substance Use												Statistical Differences		
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Currently drank alcohol	7	11	9	12	.	9	17	10	20	9	33	α	ζ	θ
Binge drank, past 30 days	2	3	2	4	.	.	6	3	.	2	13			θ
Currently used marijuana	5	5	3	6	.	3	8	3	14	4	17		ζ	θ

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Orleans
1 or 2 days	52
3 to 9 days	41
10 to 29 days	7

Number of Cigarettes Smoked, Among Current Users	Orleans
1 or Less	73
2 to 5 cigarettes	27

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Orleans
1 or 2 days	42
3 to 9 days	33
10 to 29 days	18
Every day	6

Access to EVP, Among Current Users	Orleans
Bought them in a store or online	2
Borrowed them	59
Someone else bought them or someone gave them to me	19
Some other way	20

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## Tobacco, Alcohol, and Marijuana Use Among Current Users

Reason for EVP Use, Among Current Users	Orleans
Friend/family used them	39
Less harmful than other	4
Available in flavors	9
Used for some other reason	48

Type of EVP Used, Among Current Users	Orleans
JUUL / pod-type device	51
Vape Pen / rechargeable e-cigarette	10
Mods with refillable tank	21
Other electronic vapor product	9
Not sure	8

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Orleans
1 or 2 times	45
3 to 9 times	22
10 to 19 times	21
20+ times	12

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Other Substance Use Related Topics

Tobacco Use Exposure & Prevention												Statistical Differences
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Were asked by a doctor, dentist, or nurse if they smoked	33	35	38	32	25	36	40	36	35	35	.	
Most of the time or always see ads for cigarettes or other tobacco products	46	50	50	50	39	49	57	50	67	52	57	ζ

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Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong												Statistical Differences	
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Think it is wrong or very wrong for someone their age to use electronic vapor products	84	78	78	78	89	81	68	78	69	77	64	α	i

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs												Statistical Differences	
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	92	89	89	89	92	87	90	91	84	91	78	α	θ
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	87	80	79	80	87	78	78	81	76	81	70	α	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	90	90	89	94	89	88	91	85	92	80		θ

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access												Statistical Differences					
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT						
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	29	33	29	38	17	31	44	32	47	34	47		δ	ε	ι	ζ	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	43	40	48	25	42	55	44	51	43	63		δ	ε	ι	θ	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	24	19	28	13	20	33	22	39	21	50	α			ι	ζ	θ

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Perceptions of Substance Use

Perceptions of Substance Use - Harm												Statistical Differences
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	45	44	42	46	49	47	38	43	37	43	35	
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	41	39	42	46	42	37	40	39	40	32	
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	52	52	52	60	55	45	52	48	53	30	θ

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Sexual Health

Sexual Activity & Condom Use	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences
Ever had sexual intercourse	5	6	5	8	.	5	9	6	9	4	29	θ
Used a condom during last sexual intercourse, among those who have has sexual intercourse	58	41	.	.	.	.	.	.	.	.	.	

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## Physical Activity, and Nutrition

Physical Activity: 60 min per day												Statistical Differences	
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	9	8	7	10	10	8	9	7	12	7	.		
Were physically active at least 60 minutes per day on 5 or more days, past week	56	53	55	50	54	54	52	55	49	56	34		θ
Were physically active at least 60 minutes per day on all 7 days, past week	30	28	33	22	31	27	29	28	30	29	20	β	

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## Physical Activity, and Nutrition

Physical Inactivity												Statistical Differences	
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Watch television 1 hour or less per day	42	48	51	45	46	52	45	48	45	49	48		$\alpha$
Watch television 3 or more hours per day	22	24	25	23	24	25	24	23	29	25	20		

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## Physical Activity, and Nutrition

Physical Inactivity	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
												$\beta$	$\varepsilon$
Play video or computer games or used a computer 1 hour or less per day	58	61	66	55	48	62	67	62	65	63	70	$\beta$	$\varepsilon$
Play video or computer games or used a computer 3 or more hours per day	41	43	46	40	29	45	48	43	47	41	63	$\varepsilon$	$\theta$

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## Physical Activity, and Nutrition

Physical Activity at School												Statistical Differences
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Participate in physical activity or other short breaks during class at least once a week	80	81	83	78	83	84	76	81	82	82	77	
Participate in physical activity or other short breaks during class everyday	64	64	61	68	58	61	71	63	70	63	61	

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## Physical Activity, and Nutrition

Walk or Bike To/From School	VT	Orleans										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	$\alpha$	$\beta$
Walk or ride a bike to school at least once a week when weather permits	74	79	74	85	75	78	82	80	71	80	81	$\alpha$	$\beta$
Walk or ride their bike to school every day when weather permits	11	10	13	7	16	10	8	10	16	9	10		

Sport Team Participation	VT	Orleans										Statistical Differences	
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	$\alpha$	$\theta$
Play on at least one sports team, past year	72	67	64	70	64	72	63	68	71	72	48	$\alpha$	$\theta$

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## Physical Activity, and Nutrition

Water Consumption	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
Drank one or more glasses per day of water, past week	78	73	77	70	71	72	77	75	68	77	68		$\alpha$
Drank two or more glasses per day of water, past week	71	67	73	62	64	65	70	69	59	71	59		$\beta$
Drank three or more glasses per day of water, past week	56	51	57	45	50	51	51	53	47	55	43		$\alpha$ $\beta$

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## Physical Activity, and Nutrition

Breakfast Consumption	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences		
												$\alpha$	$\beta$	$\gamma$
Did not eat breakfast, past week	9	9	5	12	9	8	10	7	21	7	21	$\beta$	$\zeta$	$\theta$
Ate breakfast on 5 or more days, past week	36	36	29	43	28	34	42	34	54	34	63	$\beta$	$\zeta$	$\theta$
Ate breakfast on all 7 days, past week	46	46	51	40	54	48	39	47	37	47	23	$\beta$		$\theta$

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Social Determinants of Health

Social Determinants of Health	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
Described their grades in school as mostly A's or B's	66	54	51	57	49	50	60	57	45	58	40	α	θ
Reported in their home people most of the time or always speak a language other than English	6	3	3	3	.	4	.	2	8	2	.	α	ζ
Most of the time or always went hungry because there was not enough food in their home, past 30 days	3	4	4	3	4	4	3	3	5	2	.		

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## Youth Assets and Other Protective Factors

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Youth Assets and Other Protective Factors

Family Engagement												Statistical Differences	
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT		
Did not eat dinner at home with at least one of their parents or other adult family member, past week	6	6	6	6	6	7	5	4	15	4	9		ζ
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	92	90	92	89	92	90	90	92	82	92	89		ζ
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	85	82	84	79	83	79	83	84	67	84	74	α	ζ
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	61	66	56	68	60	58	61	52	63	44		θ

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## Youth Assets and Other Protective Factors

School Connectedness												Statistical Differences
	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Have at least one teacher or other adult in their school that they can talk to if they have a problem	72	72	72	72	67	71	75	74	65	74	57	θ
Strongly agree or agree that their school has clear rules and consequences for behavior	64	64	65	63	65	67	60	65	56	63	62	

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Youth Assets and Other Protective Factors

Community Connectedness	VT	Orleans	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences	
												$\alpha$	$\theta$
Strongly agree or agree that in their community they feel like they matter to people	59	53	56	49	54	52	53	55	46	58	18	$\alpha$	$\theta$

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