



Vermont Young Adult Survey 2022

STATEWIDE RATES FOR ALL SURVEY ITEMS INCLUDING COMPARISONS TO PREVIOUS YEARS

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Contents

Introduction.....	1
Background.....	1
Methods.....	1
Overview of Summary Tables.....	2
Statistically Significant Differences.....	3
Summary Tables.....	4
Statewide Rates for All Survey Items, Including Comparisons to 2014, 2016, 2018, and 2020.....	4
TABLE A. Substance Use Prevalence Rates.....	4
TABLE B. Substance Use Risk Factor Prevalence Rates.....	6
TABLE C. Emotional distress reported in the past two weeks (data available for 2020 and 2022 only). Percent of respondents reporting various types of emotional distress.....	7
TABLE D. Awareness of Dangers of Fentanyl (data available for 2022 only). Percent of respondents reporting having seen or heard information about the dangers of fentanyl being mixed or added to the following drugs.....	7
TABLE E. How changes in policies related to cannabis and alcohol affect use (data available for 2022 only).....	8
TABLE F. Stigma (data available for 2022 only).....	8
TABLE G. Respondent Demographics.....	9
Statewide Rates for Selected Survey Items by Demographic Subgroups (as defined by age group, sex, and college student status), for 2020 and 2022.....	11
TABLE H. Subgroup Differences by Age Group.....	11
TABLE I. Subgroup Differences by Sex ^a	13
TABLE J. Subgroup Differences by College Student Status ^a (Among Respondents Aged 18 to 22).....	15
Appendix A: Responses to Open-ended Survey Items Regarding Impacts of COVID-19, Survey Topics or the Survey Itself (2022 Only).....	17
TABLE 1. Responses to open-ended item “Please share with us any ways in which the COVID-19 pandemic has affected your health, well-being, or health-related behaviors.”.....	17
TABLE 2. Responses to open-ended item “Is there anything else you’d like to tell us or add regarding any other issues we have asked about today, or about your experience taking the survey?”.....	19
Appendix B: Survey Instrument.....	20

Introduction

Background

The 2022 Vermont Young Adult Survey (YAS) was conducted from March 7 through May 16 by the Pacific Institute for Research and Evaluation (PIRE). Surveys using similar methods were conducted by PIRE in 2014, 2016, 2018, and 2020. This document describes the methods used to conduct the survey and provides an overview of the detailed summary tables that follow.

Methods

For each of the five survey years, Vermont residents ages 18 to 25 were recruited primarily through Facebook and Instagram ads to participate in an online survey. In addition to ads on Social Media platforms, the survey is also promoted by the Vermont Department of Health and community partners through their own social media channels, listservs, websites, and other media. In 2022, ads were placed on TikTok for a brief time (before being notified that this platform does not allow for the advertising of research), and ads on Front Porch Forum were also used toward the end of the recruitment period to boost responses in counties with lower response rates. The survey period lasted between eight and ten weeks during the months of March through May of each year. The ads were designed to catch the attention of a broad range of young adults and highlighted the chance for randomly-drawn respondents to win a cash prizes. The number of usable surveys obtained was 2867 in 2014, 3062 in 2016, 2365 in 2018, 2340 in 2020, and 1538 in 2022.

The online survey was designed to be completed using a variety of internet-connected devices, and to take about 10 to 15 minutes. Survey items include background demographics and questions about substance use and perceptions related to substance use such as the ease of obtaining various substances and the level of risk they pose to users. Survey content varied slightly from year to year. For example, the 2020 and 2022 surveys contained several questions designed to assess impacts of the COVID-19 pandemic on substance use behaviors and emotional distress, and in 2022 questions were added to assess potential changes to cannabis use as a result of the anticipated retail availability of cannabis later in the year. A copy of the survey instrument can be found in the Appendix.

Although Facebook and/or Instagram are widely used by the majority of young adults in the U.S.¹, the use of these platforms for recruiting survey respondents combined with the self-selection by respondents to participate yields a “convenience sample” rather than a truly representative sample of all young adults in Vermont. To enhance the representativeness of the samples, the data from all five years were weighted to reflect the young adult population of Vermont in 2019 (most recent year with available population estimates) with respect to age group, sex, and county of residence.² Weighted state estimates from surveys through 2020 have generally matched closely with those obtained from the National Household Survey on Drug Abuse for the same years and age group, thus supporting the usefulness of the sample for reflecting statewide rates, patterns, and trends regarding substance use behaviors.

¹ https://www.pewresearch.org/internet/2021/04/07/social-media-use-in-2021/pi_2021-04-07_social-media_0-03/

² Previous reports were weighted to reflect population estimates available at the time they were prepared (e.g., weights based on 2018 population estimates were used for generating the 2020 YAS report). Due to the updating of the weights used for this report, estimates for previous years may differ slightly from those reported here.

Overview of Summary Tables

Statewide findings from the 2022 survey have been summarized in two sets of tables below:

- Statewide Rates for All Survey Items³, Including Comparisons to 2014, 2016, 2018, and 2020.
- Statewide Rates for Selected Survey Items by Demographic Subgroups (as defined by age group, sex, and college student status), for 2022.

A brief [Summary of Key Findings](#) from the survey is also available on the Vermont Department of Health website.

As noted in their titles, the first set of tables provides data for all the items in the 2022 survey (tables A-G). A summary of respondents' comments in response to the open-ended questions at the end of the survey can be found in the Appendix. The tables providing demographic subgroup data report most but not all items (tables H-J). Due to the smaller sample sizes of various subgroups, and the desire to keep the tables concise, the subgroup tables eliminate some items that are not as routinely used for substance use behavior and risk factor surveillance.

For 2022 items not included in previous years of the survey, the table cells for those items and years are shaded gray. Some items, or sets of items, are applicable only to respondents who provided a positive response to a previous question. These items are indented and apply only to the subset of respondents who answered affirmatively to the item directly preceding the indented items.

The survey items reported in these tables are summarized as the weighted percent of respondents reporting a particular behavior or perception (i.e., the "prevalence⁴ rate"). This approach produces a very compact report and allows for easier comparisons across many different survey items. Using this approach required "cut-points" to be identified for items with multiple response options. For example, the prevalence rate for the perceived risk of harm from using substances was defined as the percent of respondents who perceived the risk of harm to be either no risk or slight risk. For some such items, additional prevalence rates were defined using different cut-points (e.g., no risk only) if the initial cut-point resulted in a prevalence rate that was close to or higher than about 75%. The response options used to define each of these prevalence rates are indicated in the tables.

The unweighted sex, age, and county characteristics of the 2022 sample are provided in the table above, which includes the number of respondents in each category along with the corresponding unweighted percentage. The full table of demographic characteristics with weighted percentages is provided in Table G.

Overall respondent characteristics, 2022	Number of Respondents	Unweighted Percent
Sex (as assigned at birth)		
Male	477	31.1
Female	1056	68.9
Total	1533	100.0
Age group		
18-20	526	34.2
21-25	1012	65.8
Total	1538	100.0
County		
Addison	81	5.3
Bennington	68	4.4
Caledonia	134	8.7
Chittenden	534	34.7
Essex-Orleans	81	5.3
Franklin-Grand Isle	84	5.5
Lamoille	76	4.9
Orange	71	4.6
Rutland	112	7.3
Washington	115	7.5
Windham	74	4.8
Windsor	108	7.0
Total	1538	100.0

³ Findings for the items related to state-sponsored communications campaigns have been summarized in a separate report shared with Vermont Department of Health.

⁴ Note that use of the term "prevalence rate" is subject to the limitations of the YAS convenience sample discussed above.

Statistically Significant Differences

In both sets of tables, statistically significant differences for prevalence rates between years or between subgroups being compared are noted with yellow shading. In the first group of tables showing statewide rates by year, the cell containing the rate for 2022 is shaded yellow if there is a difference at the $p < .05$ level from the 2020 rate. For the second group of tables comparing rates for subgroups of respondents, estimates are provided for 2022 only and cells are shaded when the difference between the groups is significant at the $p < .05$ level (subgroup-specific rates for previous years are available in reports for those years). Significance tests for cross-year or subgroup differences were conducted for all survey items reported in each table except those pertaining to demographic characteristics or in cases in which the survey item was not asked in 2020 (for cross-year comparisons).

Summary Tables

Statewide Rates for All Survey Items, Including Comparisons to 2014, 2016, 2018, and 2020

TABLE A. Substance Use Prevalence Rates

Substance category and specific behavior:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)
Alcohol use in past 30 days					
Any use	75.6	73.4	75.7	74.7	70.4 ¹
Any binge drinking ²	56.9	49.9	51.2	44.7	46.0
Binge drank 1-2 days	38.6	44.3	48.5	51.2	45.2
Binge drank 3-5 days	32.2	31.9	28.2	26.1	29.8
Binge drank 6-10 days	19.2	16.1	14.8	12.8	14.8
Binge drank 11-19 days	7.0	4.5	5.7	5.5	6.7
Binge drank 20 or more days	2.9	3.1	2.8	4.4	3.5
Drove after having too much to drink	3.7	3.7	3.0	1.3	3.1
Any use (ages 18-20 only)	63.3	60.6	60.9	60.1	52.5
Cannabis use in past 30 days					
Any use	38.8	42.0	44.4	46.3	45.0
Number of days used					
Used cannabis 1-2 days	18.1	18.7	20.6	19.1	16.3
Used cannabis 3-5 days	14.2	14.0	12.9	14.1	15.1
Used cannabis 6-10 days	9.9	8.9	9.5	11.3	11.6
Used cannabis 11-19 days	9.3	7.6	12.4	11.0	10.6
Used cannabis 20 or more days	48.6	50.8	44.7	44.5	46.4
Any use (ages 18-20 only)	42.1	45.0	44.4	44.0	40.4
Methods of use ³					
Smoked it		95.8	93.9	88.8	86.4
Consumed it in food		22.9	32.8	34.8	43.2
Consumed it in a beverage		3.8	4.2	2.8	5.3
Inhaled it with a vaping device		23.8	35.8	30.5	33.4
Dabbing rig			17.4	14.3	17.5
Capsule			3.8	0.9	1.1
Tincture			5.3	4.6	4.0
Ointment or balm			7.5	7.6	4.5
Other			1.8	1.6	0.1
Drove after using cannabis ⁴	15.7	17.0	16.5	13.5	12.7

Substance category and specific behavior:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)
Tobacco and nicotine delivery products use in past 30 days³					
Used cigarettes			21.5	19.9	17.4
Used cigars ⁵ , cigarillos or little cigars			4.7	3.1	3.8
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products ⁶			4.9	2.8	4.7
Used electronic vapor products containing nicotine			20.8 ⁷	20.0	27.4
Used electronic vapor products containing nicotine (ages 18-20 only)			30.4 ⁷	22.9	26.9
Used any of the above products			37.7	33.8	35.7
Prescription drug misuse⁸ in past year					
Misuse of Rx pain relievers	7.6	6.2	3.5	2.1	2.5
Misuse of Rx sedatives	4.9	6.4	5.0	3.4	3.2
Misuse of Rx stimulants	11.6	12.0	12.4	9.8	8.0
Misuse of any of the above Rx drugs	17.5	17.4	16.0	11.7	10.5
Misuse of buprenorphine ⁹					1.4
Other drugs used in past year					
Used hallucinogens			15.2	16.5	17.4
Used any form of cocaine				8.4	7.4
Used heroin	2.3	1.8	0.8	0.6	1.8

¹ Yellow shading signifies statistical significance for difference between 2022 and 2020 at the p<.05 level.

² Asked if “yes” to 30-day alcohol use. Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

³ Because this item was select all that apply, response options may sum to more than 100.

⁴ Wording of this question revised slightly in 2022.

⁵ Cigars added to response option in 2022.

⁶ Nicotine pouches and dissolvable tobacco products added to response option in 2022.

⁷ For the 2018 survey, this percentage includes only respondents who reported that the vaping product usually contained nicotine and therefore is probably a slight underestimate of any use of a vaping product containing nicotine.

⁸ Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

⁹ This was a new question in 2022. In order to allow for comparison with past years, respondents who reported misuse of buprenorphine have not been included in the variable “Misuse of any of the above Rx drugs”.

Note: All percentages reported in this table are based on weighted data. The N shown for each column is the unweighted sample size for each year and may be lower for some measures due to missing responses or non-applicability.

TABLE B. Substance Use Risk Factor Prevalence Rates

Risk factor:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)
Perceived ease of obtaining substances					
Very easy or somewhat easy for underage persons to buy alcohol in stores	26.7	28.6	33.5	33.2	31.0
Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants	16.5	14.9	20.0	18.6	21.3
Very easy or somewhat easy for underage persons to obtain cannabis ²					74.2
<u>Very easy</u> for underage persons to obtain cannabis ¹					45.0
Very easy or somewhat easy for underage persons to buy cigarettes				47.3	39.1
Very easy or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products				56.7	52.6
Very easy or somewhat easy for persons the age of respondent to get cocaine ²					18.8
Very easy or somewhat easy for persons the age of respondent to get Rx pain relievers w/o prescription	39.3	36.9	33.0	17.7	17.9
Very easy or somewhat easy for persons the age of respondent to get stimulants w/o prescription ²					33.5
Very easy or somewhat easy for persons the age of respondent to get buprenorphine w/o prescription ³					10.3
Low perceived risk of harm from using substances					
No risk or slight risk from having five or more drinks once or twice a week	27.4	27.0	24.6	26.0	25.5
No risk or slight risk from using cannabis regularly ³					69.1
<u>No risk</u> from using cannabis regularly ³					28.5
No risk or slight risk from using e-cigarettes or other EVDs containing nicotine regularly ⁴					20.7
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	14.3	11.7	13.2	9.7	10.2
No risk or slight risk from using Rx stimulants that were not prescribed a few times a year ²					22.1
No risk or slight risk from using buprenorphine that was not prescribed a few times a year ²					7.9

¹ The wording of this item changed in 2022 (from “persons your age” to “underage persons” and from “marijuana” to cannabis”) to better address legal retail sales of cannabis for adults age 21+ in VT starting in the fall of 2022. As a result, it cannot be compared to previous years.

² This is a new item in 2022.

³ The wording of this item changed in 2022 (from smoking “marijuana once or twice a week” to using “cannabis regularly”). As a result, it cannot be compared to previous years.

⁴ The wording of this item changed in 2022 (from using “e-cigarettes or other electronic vaping devices containing nicotine once or twice a week” to using “regularly”). As a result, it cannot be compared to previous years.

Note: All percentages reported in this table are based on weighted data. The N shown for each column is the unweighted sample size for each year and may be lower for some measures due to missing responses or non-applicability.

TABLE C. Emotional distress reported in the past two weeks (data available for 2020 and 2022 only). Percent of respondents reporting various types of emotional distress...

Emotional distress indicators:	2020 (N=2340)	2022 (N=1538)
Little interest or pleasure in doing things	41.5	39.3
Felt down, depressed, or hopeless	50.2	47.1
Felt nervous, anxious, or on edge	58.8	60.9
Was not able to stop or control worrying	32.6	33.3
None of the above	26.0	27.8
For those who responded yes to any of the above: Were any of these problems caused or made worse by the ongoing COVID-19 pandemic?		
Yes		65.9
No		19.2
Don't know/Not sure		14.9

TABLE D. Awareness of Dangers of Fentanyl (data available for 2022 only). Percent of respondents reporting having seen or heard information about the dangers of fentanyl being mixed or added to the following drugs...

Awareness of dangers of fentanyl being added to...	2022 (N=1538)
Cocaine	59.0
Heroin	55.3
MDMA	33.5
Methamphetamine	35.4
Pills obtained from others (rather than a pharmacy)	38.9
Other ¹	13.6
I have not heard of fentanyl being mixed with any of these drugs	26.1

¹95% of "other" responses described hearing about fentanyl being mixed with cannabis

TABLE E. How changes in policies related to cannabis and alcohol affect use (data available for 2022 only)

Policies and related changes in use	2022 (N=1538)
Retail cannabis availability - Cannabis may be available to purchase in stores in Vermont later this year. Do you think this will change whether you use cannabis or how much cannabis you use?	
Yes	19.7
No	71.0
Don't know	9.3
For those who responded yes: How do you think this might change your cannabis use?	
Will start to use or increase use	64.5
Will decrease use or stop using	13.6
Don't know	16.0
Other	5.8
Changes to alcohol policies during COVID-19 - During the COVID-19 pandemic there were changes made in the way alcohol could be sold in Vermont, for example restaurants and bars could sell alcohol "to-go". Did this policy change whether you used alcohol or how much alcohol you used?	
Yes	8.8
No	87.7
Don't know	3.5
For those who responded yes: How did this policy change your alcohol use?	
Started to use or increased use	56.5
Decreased use or stopped using	24.7
Don't know	11.7
Other	7.2

TABLE F. Stigma (data available for 2022 only)

Perception of stigma toward people who have been in treatment for substance use	2022 (N=1538)
Agree or strongly agree that people who have been in treatment for substance use are negatively judged by others	83.6

Note: All percentages in the four tables above are based on weighted data. The N shown for each column is the unweighted sample size for each year and may be lower for some measures due to missing responses or non-applicability.

TABLE G. Respondent Demographics

Characteristic:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)
Age group					
18 to 20	42.5	42.5	42.5	42.5	42.5
21 to 25	57.5	57.5	57.5	57.5	57.5
Sex (as assigned at birth)					
Male	51.3	51.3	51.3	51.3	51.3
Female	48.7	48.7	48.7	48.7	48.7
Are you transgender?¹					
Yes					7.3
No					89.8
Don't know/not sure					2.9
Sexual identity¹					
Bisexual					20.2
Gay or lesbian					7.1
Heterosexual (straight)					62.1
I describe my sexuality some other way					6.9
I am not sure about my sexual identity					3.8
Student status					
Not a student	48.6	49.7	45.8	44.8	49.0
Yes, in college or vocational school, full-time	35.4	33.5	37.8	40.4	34.5
Yes, in college or vocational school, part-time	6.4	6.8	5.8	4.6	6.8
Yes, in high school or a GED program	7.6	8.2	8.2	8.1	6.5
Yes, in some other type of school	1.9	1.9	2.4	2.0	3.2
Race/Ethnicity²					
American Indian or Alaskan Native				0.1	3.7
Asian		2.2	2.4	2.1	4.2
Native Hawaiian or Pacific Islander				0.1	0.8
Black or African American		1.1	1.1	1.1	4.5
Hispanic or Latino/a		1.3	1.3	1.2	5.3
White		91.0	90.4	88.0	90.1
Another race, ethnicity, or origin		1.3	1.1	0.3	2.4
Employment status					
Employed for wages (full-time)	34.8	43.6	40.5	32.6	45.1
Employed for wages (part-time)	36.5	32.2	34.9	29.1	29.5
Self-employed	2.8	3.2	3.6	3.0	3.9
Not employed and looking for work	16.7	13.9	11.9	22.8	12.0
Not employed and not looking for work	9.2	7.1	9.1	12.5	9.6

Characteristic:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)
Type of work/occupation³					
Food preparation and food and beverage service					16.9
Sales (e.g., retail, insurance, real estate)					15.4
Office or administrative support					8.1
Transportation or materials moving					1.4
Healthcare practitioner, technician, or support					9.7
Personal care or support (e.g., child care, hairdresser)					5.1
Farming, fishing, and forestry					3.0
Construction, installation, maintenance or repair					4.0
Military specific occupations					1.2
Computer, engineering, or other science					7.9
Education, legal, community service, arts, or media					16.2
Custodian/Janitorial/Cleaning services					1.1
Police, security, and fire fighter - public safety					1.0
Student					0.8
Factory, manufacturing, warehouse					1.7
Marketing/Communications					0.6
Recreational, hospitality, events					1.5
Mental health, social work, counselor, etc.					0.4
Government/Non-profit					0.6
Other service (mechanic, lawn care, car wash, etc.)					1.3
Other					1.9
Socioeconomic status – How would you describe your overall personal financial situation?⁴					
Live comfortably					26.8
Meet needs with a little left					34.8
Just meet basic expenses					28.8
Don't meet basic expenses					9.6

¹ In previous years, transgender status and sexual identity were asked in a different way.

² Because this item was select all that apply, response options may sum to more than 100. In 2022, 9% reported more than one race/ethnicity.

³ This is a new item in 2022. Applies only to employed respondents. Responses include options presented on survey as well as some common categories described under "other".

⁴ This is a new item in 2022.

Note: All percentages reported in this table are based on weighted data. The N shown for each column is the unweighted sample size for each year and may be lower for some measures due to missing responses or non-applicability.

Statewide Rates for Selected Survey Items by Demographic Subgroups (as defined by age group, sex, and college student status), for 2022

Note: Statistical significance between the groups is noted with yellow shading.

TABLE H. Subgroup Differences by Age Group

	2022	
	Ages 18-20 (n=526)	Ages 21-25 (n=1012)
Substance category and specific behaviors:		
Alcohol use in past 30 days		
Any use	52.5	83.2
Any binge drinking ¹	35.9	53.2
Drove after having too much to drink	3.0	3.1
Cannabis use in past 30 days		
Any use	40.4	48.3
Used cannabis 20 or more days (among users)	54.5	41.5
Drove after using cannabis	12.9	12.6
Tobacco and nicotine delivery products use in past 30 days		
Used cigarettes	16.2	18.4
Used cigars, cigarillos or little cigars	3.7	3.8
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products	2.9	5.9
Used electronic vapor products containing nicotine	26.9	27.7
Used any of the above products	34.0	36.9
Prescription drug misuse² in past year		
Misuse of Rx pain relievers	1.5	3.2
Misuse of Rx sedatives	2.6	3.6
Misuse of Rx stimulants	7.5	8.4
Misuse of any of the above Rx drugs	9.3	11.3
Misuse of buprenorphine	1.1	1.6
Other drugs used in past year		
Used hallucinogens	17.2	17.6
Used any form of cocaine	4.6	9.4
Used heroin	1.3	2.1

	2022	
	Ages 18-20 (n=526)	Ages 21-25 (n=1012)
Risk Factors:		
Perceived ease of obtaining substances		
Very easy or somewhat easy for underage persons to buy alcohol in stores	27.6	33.6
Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants	16.6	24.7
Very easy or somewhat easy for underage persons to obtain cannabis	73.1	75.1
<u>Very easy</u> for underage persons to obtain cannabis	47.9	43.0
Very easy or somewhat easy for underage persons to buy cigarettes	35.5	41.7
Very easy or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products	54.6	51.2
Very easy or somewhat easy for persons the age of respondent to get Rx pain relievers w/o prescription	15.6	19.6
Very easy or somewhat easy for persons the age of respondent to get Rx stimulants w/o prescription	30.0	36.0
Low perceived risk of harm		
No risk or slight risk from having five or more drinks once or twice a week	26.5	24.9
No risk or slight risk from using cannabis regularly	64.9	72.1
<u>No risk</u> from using cannabis regularly	23.4	32.2
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	10.3	10.1
No risk or slight risk from using Rx stimulants that were not prescribed a few times a year	18.6	24.6

¹ Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

² Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

TABLE I. Subgroup Differences by Sex¹

	2022	
	Male (n=477)	Female (n=1056)
Substance category and specific behaviors :		
Alcohol use in past 30 days		
Any use	71.3	70.0
Any binge drinking ²	49.7	42.5
Drove after having too much to drink	4.7	1.3
Cannabis use in past 30 days		
Any use	45.2	45.2
Used cannabis 20 or more days (among users)	50.3	42.7
Drove after using cannabis	15.1	10.5
Tobacco and nicotine delivery products use in past 30 days		
Used cigarettes	22.2	12.5
Used cigars, cigarillos or little cigars	5.7	1.9
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products	8.4	0.9
Used electronic vapor products containing nicotine	31.4	23.6
Used any of the above products	41.2	30.2
Prescription drug misuse³ in past year		
Misuse of R _x pain relievers	3.0	1.8
Misuse of R _x sedatives	3.6	2.8
Misuse of R _x stimulants	10.2	6.0
Misuse of any of the above R _x drugs	12.5	8.4
Misuse of buprenorphine	2.1	0.7
Other drugs used in past year		
Used hallucinogens	19.7	15.4
Used any form of cocaine	8.8	5.9
Used heroin	3.0	0.6

	2022	
	Male (n=477)	Female (n=1056)
Risk Factors:		
Perceived ease of obtaining substances		
Very easy or somewhat easy for underage persons to buy alcohol in stores	32.2	30.0
Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants	20.0	22.6
Very easy or somewhat easy for underage persons to obtain cannabis	69.6	79.2
<u>Very easy</u> for underage persons to obtain cannabis	40.5	49.7
Very easy or somewhat easy for underage persons to buy cigarettes	38.7	39.3
Very easy or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products	50.8	54.3
Very easy or somewhat easy for persons the age of respondent to get Rx pain relievers w/o prescription	15.9	20.0
Very easy or somewhat easy for persons the age of respondent to get Rx stimulants w/o prescription	28.8	38.5
Low perceived risk of harm		
No risk or slight risk from having five or more drinks once or twice a week	34.2	16.7
No risk or slight risk from using cannabis regularly	68.3	70.1
<u>No risk</u> from using cannabis regularly ⁹	31.5	25.7
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	11.8	8.8
No risk or slight risk from using Rx stimulants that were not prescribed a few times a year	22.5	21.5

¹ Sex as assigned at birth.

² Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

³ Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

TABLE J. Subgroup Differences by College Student Status¹ (Among Respondents Aged 18 to 22)

	2022	
	Full-time (n=417)	Other (n=473)
Substance category and specific behaviors:		
Alcohol use in past 30 days		
Any use	68.9	56.9
Any binge drinking ²	48.2	35.7
Drove after having too much to drink	2.8	3.1
Cannabis use in past 30 days		
Any use	39.6	43.5
Used cannabis 20 or more days (among users)	41.4	57.7
Drove after using cannabis	11.9	13.6
Tobacco and nicotine delivery products use in past 30 days		
Used cigarettes	15.8	19.1
Used cigars, cigarillos or little cigars	4.2	3.9
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products	4.5	4.4
Used electronic vapor products containing nicotine	27.6	30.5
Used any of the above products	35.9	38.9
Prescription drug misuse³ in past year		
Misuse of R _x pain relievers	2.3	3.2
Misuse of R _x sedatives	2.8	3.3
Misuse of R _x stimulants	8.8	6.5
Misuse of any of the above R _x drugs	10.8	9.2
Misuse of buprenorphine	0.9	1.4
Other drugs used in past year		
Used hallucinogens	17.1	16.1
Used any form of cocaine	5.4	6.1
Used heroin	2.0	1.3

	2022	
	Full-time (n=417)	Other (n=473)
Risk Factors:		
Perceived ease of obtaining substances		
Very easy or somewhat easy for underage persons to buy alcohol in stores	31.5	31.4
Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants	24.3	15.7
Very easy or somewhat easy for underage persons to obtain cannabis	76.5	72.7
<u>Very easy</u> for underage persons to obtain cannabis	46.3	46.8
Very easy or somewhat easy for underage persons to buy cigarettes	37.1	39.7
Very easy or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products	54.2	54.2
Very easy or somewhat easy for persons the age of respondent to get Rx pain relievers w/o prescription	14.7	20.6
Very easy or somewhat easy for persons the age of respondent to get Rx stimulants w/o prescription	32.5	30.8
Low perceived risk of harm		
No risk or slight risk from having five or more drinks once or twice a week	27.9	24.7
No risk or slight risk from using cannabis regularly	62.5	70.7
<u>No risk</u> from using cannabis regularly	21.6	30.4
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	8.7	11.1
No risk or slight risk from using Rx stimulants that were not prescribed a few times a year	20.2	18.5

¹ Full-time college students vs. all other respondents (non-students and students who are not full-time college students)

² Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

³ Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

Appendix A: Responses to Open-ended Survey Items Regarding Impacts of COVID-19, Survey Topics or the Survey Itself (2022 Only)

Near the end of the survey respondents were invited to enter anything else they would like to share regarding how the COVID-19 pandemic has affected their health, well-being, or health related behaviors and also any comments that they have about any of the issues asked about in the survey or about their experience taking the survey. Of the 1538 respondents to the survey, 746 provided a response to the item asking about the impact of COVID-19, and 191 provided a response to the question about any comments related to the survey topics or the survey itself.

Responses were first coded into response types, and then grouped into broader topic categories. Tables 1 and 2 show the percentage of respondents providing each coded response for these two survey items, based on the total number of respondents who provided a response to the question. Because more than one code could be assigned to each response, the percentages in each table sum to more than 100.

TABLE 1. Responses to open-ended item “Please share with us any ways in which the COVID-19 pandemic has affected your health, well-being, or health-related behaviors.”

Comments (Coded and Organized by General Topic)	Percent of all comments received (n=746)
Negative impacts on mental health	
New or increased anxiety and/or emotional stress	32.3
New or increased sadness or depression	21.7
Unspecified emotional distress or mental health issues	10.2
Other specified emotional distress or mental health issues (e.g., irritability, anger, mood swings, PTSD, panic attacks, suicidal ideation)	2.8
Concern about mental health of the community; needs to be increased mental health supports	1.1
Economic hardships	
Economic concerns in general (paying bills)	9.2
Experienced a loss of job or reduced hours/furlough/Concerns about finding a job after graduation	5.2
Disappointed or scared about having to work/concern about working conditions and treatment	2.3
Complaint or concern about the process for getting unemployment benefits or lack of benefit eligibility	0.7
Complaints about others receiving unemployment/stimulus benefits	0.5

Comments (Coded and Organized by General Topic)	Percent of all comments received (n=746)
Negative effects on lifestyle or routine activities	
Social isolation /Loss of community	34.2
Increase in alcohol and/or drug use	6.7
School/college related comment: Loss/disruption of normal high school or college experience/Concern about academic performance/challenges of remote learning	6.3
General negative feelings about COVID, closures/Overall feeling that COVID has greatly affected the way we live	4.8
Feeling unproductive, unmotivated/General lack of focus or structure	4.7
Concerns, generally, about the future/Hard to make plans/hard to get back to "normal"	4.6
Bored/Feeling like it's difficult that life and all activities are put on hold	4.2
Increased family tension/Forced to spend more time in a bad/toxic home environment	0.8
Negative health impacts on self or others	
Worried about the health of self and/or loved ones	7.4
More sedentary, getting less exercise, diet is less healthy	5.0
COVID infection-related health issues	3.2
Weight gain/loss	3.2
Feeling overworked or exhausted from work	1.9
Physical health issues due to stress, isolation	1.9
Concerns or complaints about response to the virus	
Feeling that others are over-reacting/complaint about vaccine and/or masking mandates and other restrictions	2.9
Housing related comment: Need more housing supports/Description of housing instability	2.5
Complaints about the government's handling of COVID/Feeling that government doesn't care/Shows the need for better policies (universal healthcare)	1.9
Concern about others not taking COVID seriously (partying, not wearing masks)/Stating importance of following guidelines	1.7
Positive effects on lifestyle or health	
Other positive effects on health or well-being	3.5
More time to myself and/or to be at home or with family	2.4
Increase in positive health behaviors (e.g., exercise, yoga)	2.0
Decrease in alcohol and/or drug use	0.9
Other	
No effect	9.0
Miscellaneous	5.4
Explanation of answer(s) / personal anecdote	3.8

TABLE 2. Responses to open-ended item “Is there anything else you’d like to tell us or add regarding any other issues we have asked about today, or about your experience taking the survey?”

Comments (Coded and Organized by General Topic)	Percent of all comments received (n=191)
Comments on scope or seriousness of substance use in state or community	
Hard drug use, Rx drug misuse, multiple other drugs, addiction, availability, and/or drug-related crime, is a problem	6.8
Level of alcohol use (and/or availability) is a problem / has negative consequences	2.6
Level of tobacco/vaping use (and/or availability) is a problem / has negative consequences	2.1
Driving under the influence is an issue in Vermont	2.1
Drugs in VT have been portrayed as a bigger problem than they really are	0.5
Comments on need for different approaches and perspectives	
Housing/cost of living unaffordable for young adults in Vermont	11.0
Youth need more prevention education, information, and resources for help and treatment	8.9
Mental health/illness and other problems are at the root of drug/alcohol misuse and should be addressed	7.9
State/government policies (or healthcare system) are ineffective	7.9
Marijuana should be legalized / is not harmful or a problem	7.3
Need enhanced enforcement and/or harsher punishment	3.7
Legal age for buying/using alcohol (and/or other products) should be lowered	2.6
Youth are bored / need more alternative activities	2.6
Marijuana is helpful for certain medical conditions / Respondent uses marijuana for health and/or medical reasons	2.1
Some people need prescription drugs and use them responsibly	2.1
Comments about ADAP media campaigns or campaign ads	
Negative comment on campaign messages or ads (don't like the content, they play too much/are annoying) / suggestion for ads	2.6
Positive comment about the campaign messages or ads	1.6
Comments about the survey	
Would like to change something about the survey / disliked some of the questions or found them to be confusing	17.3
Liked the survey / thanks for doing this research	14.1
Other topics	
Miscellaneous comments	25.7
Explanation of answer(s) / personal anecdote	16.2

Appendix B: Survey Instrument



Welcome to the 2022 Vermont Young Adult Survey!

This survey was designed for Vermont residents between the ages of 18 and 25. It takes about 10 to 15 minutes to complete and will ask questions about your perceptions and use of alcohol and other drugs, and other health-related topics.

If you completed this survey in 2020 and are still under age 26, welcome back!

All eligible participants can enter a drawing for gift cards worth \$100 and \$500.

Please DO NOT take this survey if:

- you have already completed the survey this year

OR

- you are under 18 or over 25

OR

- you lived outside of Vermont for all of the past year.

Otherwise, please continue. We sincerely appreciate your participation!

Important Information
(Please read before proceeding)

This survey is completely anonymous and does not record any personally identifying information. Please answer all questions carefully and truthfully.

The survey is being conducted by the Pacific Institute for Research and Evaluation (PIRE), which is a non-profit organization contracted by the Vermont Department of Health. The information from the survey will be released in summary form only.

At the end of the survey you will be able to enter a weekly drawing for a \$100 Amazon gift card as well as one final drawing for a \$500 gift card. Your contact information for the drawing will be saved in a separate location and can never be linked to your survey data.

You may only enter the drawing once; duplicate entries will be discarded. **Proof of age and Vermont residence will be required to receive a prize.**

The survey information will be used to help inform and improve prevention programs in Vermont.

The survey is completely voluntary. You may choose not to participate at any time. Other than the questions about your age and Vermont residence, you may skip any questions you are not comfortable answering.

As you proceed through the survey, **please use the "Next" or forward arrow button at the bottom of each page to go to the next page and the "Back" or back arrow button if you need to review or change a previous answer.** Do not use your browser forward and back buttons.

1) What is your age?*

- Under 18
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- over 25

2) Have you lived in Vermont for at least part of the past year?*

- Yes
- No

[if under 18 or over 25, or if no to question 2, respondent is ineligible and the survey will end]

3) Please select the Vermont city or town where you live the greatest amount of time during the year.

[Drop-down list of Vermont towns appears, along with the two choices below]

Other

I did not live in Vermont at any time in the past year. [if selected, respondent is ineligible and the survey will end]

if “other” selected:

4) Please enter your city or town. _____

[If town question is skipped, the following question will appear]

5) We respect your preference to not provide the town where you live. In order to make the greatest use of the information gathered in this survey, it will be helpful to know at least your county of residence.

Please select the Vermont county where you live the greatest amount of time during the year.

Addison

Bennington

Caledonia

Chittenden

Essex

Franklin

Grand Isle

Lamoille

Orange

Orleans

Rutland

Washington

Windham

Windsor

I did not live in Vermont at any time in the past year. [if selected, respondent is ineligible and the survey will end]

6) What is your sex (as assigned at birth)?

Male

Female

7) Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?

- Yes
- No
- Don't know/not sure

8) Which of the following best describes you?

- Bisexual
- Gay or lesbian
- Heterosexual (straight)
- I describe my sexuality some other way
- I am not sure about my sexual identity

9) Are you a student?

- No
- Yes, in college or vocational school, full-time
- Yes, in college or vocational school, part-time
- Yes, in high school or a GED program
- Yes, in some other type of school

10) How easy or difficult do you think it is for persons aged 18 to 20 in your community (that is, the Vermont community where you live for most of the year) to buy alcohol in stores?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

11) How easy or difficult do you think it is for persons aged 18 to 20 in your community to buy alcohol in bars and restaurants?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

12) How easy or difficult do you think it is for persons aged 18 to 20 in your community to buy cigarettes?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

13) How easy or difficult do you think it is for persons aged 18 to 20 in your community to buy e-cigarettes or other electronic vapor products?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

For this and following questions about cannabis (also known as marijuana, pot, or weed), do not count CBD-only or hemp products, which come from the same plant, but do not cause a high when used alone.

14) How easy or difficult do you think it is for persons aged 18-20 in your community to get cannabis (from any source)?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

15) How easy or difficult do you think it is for persons your age in your community to get any form of cocaine, including powder, crack, or freebase?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

16) How easy or difficult do you think it is for persons your age in your community to get prescription pain relievers (e.g., Oxycontin, Vicodin, Codeine) without having their own prescription?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

17) How easy or difficult do you think it is for persons your age in your community to get prescription stimulants (e.g., Adderall, Ritalin) without having their own prescription?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

18) How easy or difficult do you think it is for persons your age in your community to get buprenorphine (e.g., Subutex, Suboxone) without having their own prescription?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

19) How much do people risk harming themselves physically or in other ways if they have five or more drinks of an alcoholic beverage once or twice a week?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

20) How much do people risk harming themselves physically or in other ways if they use cannabis regularly?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

21) How much do people risk harming themselves physically or in other ways if they use e-cigarettes or other electronic vaping devices containing nicotine regularly?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

22) How much do people risk harming themselves physically or in other ways if they use prescription pain relievers (e.g., Oxycontin, Vicodin, Codeine) that were not prescribed for them a few times per year?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

23) How much do people risk harming themselves physically or in other ways if they use prescription stimulants (e.g., Adderall, Ritalin) that were not prescribed for them a few times per year?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

24) How much do people risk harming themselves physically or in other ways if they use buprenorphine (e.g., Subutex, Suboxone) that was not prescribed for them a few times per year?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

25) During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

- Yes
- No

[if no, skips to question 28]

26) Considering all types of alcoholic beverages, how many days during the past 30 days did you have 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion? If unsure, please provide your best estimate.

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 10 days
- 11 to 19 days
- 20 or more days

27) During the past 30 days, have you driven a car or other vehicle after having too much to drink?

- Yes
- No
- Don't know

For this and following questions about cannabis, do not count CBD-only or hemp products, which come from the same plant, but do not cause a high when used alone.

28) During the past 30 days, have you used any form of cannabis?

- Yes
- No

[if no, skips to question 32]

29) On how many days in the past 30 days did you use cannabis (in any form)? If unsure, please provide your best estimate.

- 1 or 2 days
- 3 to 5 days
- 6 to 10 days
- 11 to 19 days
- 20 or more days

30) During the past 30 days, in what ways did you use cannabis? (Check all that apply)

- I smoked it in a joint, bong, pipe, or blunt
- I vaporized it (for example, in an e-cigarette-like vaporizer or another vaporizing device)
- I dabbed it using waxes or concentrates
- I ate it in food such as brownies, cakes, cookies, or candy
- I drank it in tea, cola, alcohol, or other drinks
- I used it in capsule form
- I used a tincture placed under the tongue
- I used an ointment or balm applied to my skin
- Other - please describe: _____

31) During the past 30 days, have you driven a car or other vehicle while still experiencing the effects of cannabis?

- Yes
- No
- Don't know

32) During the past 30 days, did you use any of the following products? (check all that apply)

- Cigarettes
- Cigars, cigarillos or little cigars
- Chewing tobacco, snuff, dips, snus, nicotine pouches, or dissolvable tobacco products
- Electronic vapor products containing nicotine (such as e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods)
- I did not use any of these products

33) Within the last 12 months, have you used any prescription pain relievers (e.g., OxyContin, Vicodin, Codeine) that were not prescribed to you or that were prescribed to you but you used at a higher dosage or for a different reason than prescribed?

Yes

No

34) Within the last 12 months, have you taken any prescription sedatives (e.g., Xanax, Valium) that were not prescribed to you or that were prescribed to you but you used at a higher dosage or for a different reason than prescribed?

Yes

No

35) Within the last 12 months, have you taken any prescription stimulants (e.g., Ritalin, Adderall) that were not prescribed to you or that were prescribed to you but you used at a higher dosage or for a different reason than prescribed?

Yes

No

36) Within the last 12 months, have you taken any buprenorphine (e.g., Subutex, Suboxone) that was not prescribed to you or that was prescribed to you but you used at a higher dosage or for a different reason than prescribed?

Yes

No

37) Within the past 12 months, have you used any hallucinogenic drugs (such as LSD, PCP, angel dust, mescaline, peyote, or psilocybin mushrooms)?

Yes

No

38) Within the past 12 months, have you used any form of cocaine, including powder, crack, or freebase?

Yes

No

39) Within the past 12 months, have you used, even once, any form of heroin?

Yes

No

40) Over the past two weeks, have you been bothered by any of the following problems? (Check all that apply)

Had little interest or pleasure in doing things

Felt down, depressed, or hopeless

Felt nervous, anxious, or on edge

Was not able to stop or control worrying

None of the above

[if "none of the above" selected, skips to question 42]

41) Were any of these problems caused or made worse by the ongoing COVID-19 pandemic?

Yes

No

Don't know/not sure

42) Have you ever seen or heard information about the dangers of fentanyl being mixed with or added to any of the following drugs?

Please select all that apply

Cocaine including powder, crack, or freebase

Heroin

MDMA (also known as ecstasy, Molly)

Methamphetamine

Pills obtained from others (rather than licensed pharmacies or physicians)

Other - please specify: _____

I have not heard of fentanyl being mixed with any of these drugs

43) Have you ever seen or heard information about a resource for young adults called "Over the Dose"?



Yes

No

Don't know

[if "no" or "don't know" selected, skips to question 46]

44) On how many occasions have you seen or heard content from Over the Dose in the past 12 months?

- No times in the past 12 months
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 to 10 times
- More than 10 times

45) Have you taken any actions or changed any behavior as a result of information you received from Over the Dose? (check all that apply)

- Decided not to take a prescription opioid from someone else
- Decided not to take prescription opioids in amounts higher than what was prescribed to me
- Decided not to share my prescription opioid with someone else
- Decided not to mix a prescription opioid with alcohol
- Checked on friends that might have overdosed on opioids of any kind (including prescription opioids, heroin, or some other opioid)
- Other (please describe): _____
- I did not take any action

46) Have you ever seen or heard information about a resource for young adults called "Check Yourself"?



- Yes
- No
- Don't know

[if "no" or "don't know" selected, skips to question 49]

47) How many times have you seen or heard content from Check Yourself in the past 12 months?

- No times in the past 12 months
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 to 10 times
- More than 10 times

48) Have you taken any of the following actions as a result of information you received from Check Yourself? (check all that apply)

- Paced myself to not drink too much too quickly
- Drank water between drinks
- Ate high protein foods before drinking
- Skipped having "one last round"
- Decided against mixing prescription stimulants with alcohol
- Reminded friends to pace themselves to not drink too much too quickly
- Other (please describe): _____
- I did not take any actions

49) Have you ever seen or heard information about a cannabis information resource called "Let's Talk Cannabis"?



- Yes
- No
- Don't know

[if "no" or "don't know" selected, skips to question 52]

50) How many times have you seen or heard content from Let's Talk Cannabis in the past 12 months?

- No times in the past 12 months
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 to 10 times
- More than 10 times

51) Which of these messages or phrases do you remember from Let's Talk Cannabis? (check all that apply)

- Driving under the influence of cannabis is a DUI. Avoid driving under the influence of any drug for the safety of yourself and others.
- The higher the dose of THC, the more at risk you may be for negative side effects.
- It may take hours to feel the full effects of edibles. Starting small and going slow may help prevent unwanted side effects.
- Vaping THC lowers your immunity, increasing your risk of getting sick.
- Store cannabis out of reach of kids and pets to keep them safe.
- Take a break from cannabis use while pregnant or breast feeding. It can reach the baby and impact their growth.
- Just because cannabis is a natural (a plant), doesn't mean it's safe.
- Other - Please describe: _____
- I don't recall any of these topics or messages

52) Have you ever seen or heard information about a resource called "802Quits"?



- Yes
- No
- Don't know

53) Have you ever seen or heard information about a resource called "Drive Well Vermont"?



- Yes
- No
- Don't know

54) Cannabis may be available to purchase in stores in Vermont later this year. Do you think this will change whether you use cannabis or how much cannabis you use?

- Yes
- No
- Don't know

[if “no” or “don’t know” selected, skips to question 56]

55) How do you think this might change your cannabis use?

- I will likely start to use cannabis or increase my cannabis use
- I will likely decrease my cannabis use or stop using cannabis.
- Don't know
- Other - please describe: _____

56) During the COVID-19 pandemic there were changes made in the way alcohol could be sold in Vermont, for example restaurants and bars could sell alcohol "to-go". Did this policy change whether you used alcohol or how much alcohol you used?

- Yes
- No
- Don't know

[if “no” or “don’t know” selected, skips to question 58]

57) How did this policy change your alcohol use?

- I started using alcohol or increased my alcohol use
- I decreased my alcohol use or stopped using alcohol
- Don't know
- Other - please describe: _____

58) How much do you agree or disagree with the following statement:

People who have been in treatment for substance use are often negatively judged by others.

- Strongly disagree
- Disagree
- Agree
- Strongly agree
- Don't know

59) How do you describe yourself? (check all that apply)

- American Indian or Alaskan Native
- Asian
- Black or African American
- Hispanic, Latino/a, or Spanish origin
- Native Hawaiian or other Pacific Islander
- White
- Another race, ethnicity, or origin

60) What is your employment status?

- Employed for wages (full-time)
- Employed for wages (part-time)
- Self-employed
- Not employed and looking for work
- Not employed and not looking for work

[if not employed, skips to question 62]

61) Which of the following best describes your current type of work/occupation? If you have more than one job, please select the occupation at which you work the greatest number of hours.

- Food Preparation and Food and Beverage Service
- Sales (e.g. cashier, retail sales, insurance agent, real estate agent)
- Office or Administrative Support
- Transportation or Materials Moving (e.g. pilot, flight attendant, truck driver, bus driver)
- Healthcare Practitioner, Technician, or Support (e.g. home health or personal care aide, medical or dental assistant)
- Personal Care or Service (e.g. child care worker, fitness instructor, hairdresser)
- Farming, Fishing, and Forestry
- Construction, Installation, Maintenance, or Repair
- Military Specific Occupations
- Computer, Engineering, or Other Science
- Education, Legal, Community Service, Arts, or Media
- Other - Please describe: _____

62) Considering your own income and the income from any other people who help you, how would you describe your overall personal financial situation? Would you say you:

- Live comfortably
- Meet needs with a little left
- Just meet basic expenses
- Don't meet basic expenses

63) Please share with us any ways in which the COVID-19 pandemic has affected your health, well-being, or health-related behaviors.

64) Is there anything else you'd like to tell us or add regarding any other issues we have asked about today, or about your experience taking the survey?

That was the last question. Thank you for your time. The next page will explain how you can enter the drawing for a gift card.

If you have any questions about this survey, or would like to know where you can find more information about alcohol and other drug issues, please contact Amy Livingston at Pacific Institute for Research and Evaluation (PIRE) at (802) 490-5071 or alivingston@pire.org. You may also contact Traci Sawyers at the Vermont Department of Health at (802) 651-1550 or Traci.Sawyers@vermont.gov.

This survey was approved by the Vermont Department of Health.

You are now able to enter a drawing for a weekly \$100 gift card and one \$500 gift card once the survey has ended. Winners will be asked to provide documentation of being between the ages of 18 and 25 and a Vermont resident for at least part of the year.

To enter the drawing, please respond "yes" to the question on this page. You will then be directed to a separate site and be asked to provide your name and e-mail address or phone number. This drawing entry site is entirely separate from the survey site. There is no way to connect your contact information and your survey responses.

Would you like to enter the drawing?

- Yes
- No

[if no, will see the "Thank you" text below]

[link to drawing site](#)

Thank you for taking our survey. Click here to go to the prize drawing site now.

Disqualified text [displayed if ineligible for survey]

Thank you for your interest. Based on your response, you are not eligible for this survey.

Thank You! [displayed if selects “no” for “Would you like to enter the drawing?”]

Thank you for taking our survey. Your response is very important to us.

For more information about issues related to alcohol and drug use, please visit [VT Helplink](#).