



2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County

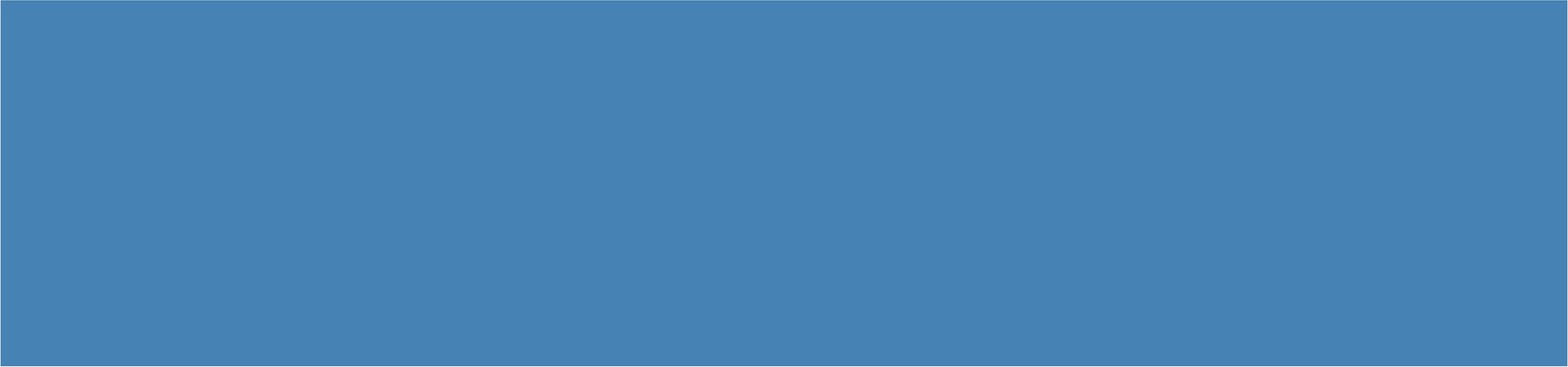


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The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who participate in the Youth Risk Behavior Survey each year.

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>

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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
- 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

About the YRBS

In Vermont, the Department of Health works with the Agency of Education and the Centers for Disease Control and Prevention (CDC) to administer the YRBS. It is typically conducted every two years during the spring semester. The YRBS was first administered among students in 8th through 12th grades in 1993. Since 2011, Vermont has conducted two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

The middle school and high school surveys differ slightly. The middle school survey is shorter and 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 such as driving behaviors and self-reported height and weight.

Copies of the 2021 Vermont high school and middle school surveys as well as previous surveys can be found online at:

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

Methodology

The YRBS is a biennial school-based survey. In Vermont, students in all public schools and select independent schools across the state are invited to participate in the YRBS. Historically, this has always taken place in the Spring semester. However, due to the COVID-19 pandemic and remote learning, the CDC allowed for the survey to be delayed to the Fall semester later in 2021.

Survey procedures were designed to protect the privacy of students. The YRBS is confidential, anonymous, and optional for students. All students are read a standard set of directions and asked to complete the self-administered survey. Completion of the survey depends on a student's ability to read and complete the questionnaire independently or with the use of computer assisted technology (e.g., screen readers). Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data. Students can decline participation at any time or skip any questions they do not wish to answer. In addition, to protect student's 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.

In 2019, Vermont began administering a web-based version of the YRBS. Students complete the YRBS online using a unique, random login code to access the survey online. No survey logic or skip patterns are used to ensure that all students complete the survey in approximately the same time frame, regardless of how they answer a question.

For more information on the delayed administration and how it may have impacted the 2021 results, please see "Understanding the 2021 YRBS Results" on the Vermont Department of Health YRBS webpage at: <https://www.HealthVermont.gov/yrbs>

Using the YRBS

Engaging students, schools, and communities

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

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

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

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

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

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

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

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

How Accurate are the Results?

Research indicates data of this nature may be gathered as credibly from adolescents as from adults. The anonymous survey design and survey environment encourages students to be honest and forthright.

Numerous precautions are taken to ensure the reliability and validity of the results. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn.

The results in this report are weighted by sex, 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 6 through 8 (middle school survey) and high school students grades 9 through 12 (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

More information on survey reliability including "Do students tell the truth" is available on the Vermont Department of Health YRBS webpage at: <https://www.HealthVermont.gov/yrbs>

Understanding and Interpreting the Results

Statistical Differences

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 overall percent 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 differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

Data Suppression

For some questions, not enough students respond to be able to report an estimate. In those instances, a dot (.) indicating “too few students” is noted in the table. Reportable estimates include a numerator of at least 5 students and denominator of 50 or more students.

Subgroup Comparisons

Some subgroups have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity and social problems.

To draw as many statistically meaningful comparisons among groups as possible, some populations have been grouped together. When included, all American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic /Latino students were grouped into a "BIPOC" category to compare to white, non-Hispanic students. Similarly, all lesbian, gay, bisexual, or other non-heterosexual sexual orientation and transgender students were grouped into a "LGBTQ+" category to compare to heterosexual/cisgender students.

Key Terms and Statistical Differences

Each table includes the overall statewide and county prevalence rates (%). Prevalence rates by subpopulations are included at the local level. Overall statistical comparisons between the statewide and county rates as well as statistical differences within a county by subpopulations are indicated within each table. These are noted using following key terms and statistical differences:

VT = All students in Vermont

County = All students in Washington County

M = Male students

F = Female students

WnH = White, non-Hispanic students

BIPOC = American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic /Latino students

Het/Cis = Heterosexual and cisgender students

LGBTQ+ = Transgender, lesbian, gay, bisexual, other sexual orientation, and questioning or unsure if they are transgender students

. = Too few students to report

* = Significant differences between groups

= Significantly increases/decreases with each grade level

+ = Older (11th/12th grade) students are significantly different from younger (9th/10th grade) students

Special Considerations for 2021

The Vermont YRBS is typically administered during the spring semester of the school year. However, due to COVID-19 and related school closures, the CDC allowed for the 2021 YRBS to be delayed and administered during the fall semester. Students in Vermont took the survey between September and December 2021.

Prevalence estimates for the 2021 VT YRBS and comparisons with previous YRBS data have likely been impacted by some significant factors unique to 2021, including the COVID-19 pandemic and the delay of the survey. Students who participated in the 2021 YRBS were facing different educational and social experiences compared to those of previous participants. Disruptions, including remote learning, lack of social interactions and extracurricular activities, are likely reflected in the survey results.

Age can influence the risk behavior prevalence estimates. Because students took the survey in the fall semester (September-December 2021) instead of the spring semester (January-June 2021), the average age of survey participants was younger than in past years. As seen in other states with a fall 2021 YRBS administration, some risk behavior prevalence estimates may be lower due to the change in age of student participants.

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

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

Demographics

Overall	N
Washington County	153 0

Sex	N	%
Male	730	50
Female	782	50

Year in School	N	%
9th grade	498	28
10th grade	396	24
11th grade	387	26
12th grade	244	23

N = Unweighted number of students; % = Weighted percent

Demographics

Race / Ethnicity	N	%
BIPOC	186	12
White, non-Hispanic	1323	88

Sexual Orientation / Gender Identity	N	%
LGBTQ+	492	32
Heterosexual/Cisgender	997	68

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

N = Unweighted number of students; % = Weighted percent

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Were in a physical fight	16	14	10	18	*	18	14	13	10		23	13	*	15	14
Carried a weapon on school property	4	3	2	5		3	2	4	5		6	3		4	3
Were threatened or injured with a weapon on school property	7	5	5	6		7	5	5	5		10	5	*	7	5

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Were electronically bullied	17	16	19	12	*	20	17	12	12	+	22	15		23	12	*
Were bullied	17	15	20	9	*	22	15	11	11	+	14	15		24	11	*
Bullied someone	9	6	*	5	7	6	6	6	5		7	6		4	7	

. = Too few students to report; * = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Report someone has ever done sexual things to them that they did not want	21	21	33	9 *	19	19	26	21	25	21	38	13	*
Experienced physical dating violence	8	6	7	6	7	9	6	4	10	6	9	5	
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times	29	29	36	21 *	26	32	34	21	41	27 *	40	24	*

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Did not go to school because they felt unsafe at school or on their way to or from school	9	5 *	6	4	7	5	4	5	11	5 *	11	3	*
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	16	12 *	13	12	13	15	13	9	24	11 *	16	11	

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Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Rode with a driver who had been drinking alcohol	16	16	20	13	*	15	15	21	15		14	17	20	15
Rode in a car or other vehicle driven by someone who had been using marijuana	19	21	22	19		16	17	24	27	+	24	20	26	18

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Texted or e-mailed while driving a car or other vehicle	33	33	34	32		8	11	48	47	+	31	34	34	34
Drove a car or other vehicle when they had been drinking alcohol	6	5	5	5	.	.	3	5	7		7	4	7	4
Drove a car or other vehicle when they had been using marijuana	10	8	7	10		4	3	11	13	+	14	8	11	8

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Washington County High School Results

Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Had at least one sunburn	76	78	83	72	*	76	79	80	77		49	82	*	78	78
Rarely or never wore a bicycle helmet	45	34	*	31	37	31	37	37	31		44	33		33	35
Had a concussion from playing a sport or being physically active	15	14	13	16		14	17	16	10		18	14		11	15

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Washington County High School Results

Mental Health

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Reported that their mental health was most of the time or always not good	35	36	49	23	*	36	35	39	34		44	35	60	26	*	
Have been bothered by feeling nervous, anxious, or on edge most of the time or always	36	40	*	58	21	*	38	36	44	42	47	39	68	27	*	
Felt sad or hopeless	30	29	37	20	*	28	28	30	30		38	28	*	48	20	*

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Did something to purposely hurt themselves without wanting to die	22	25	35	14	*	27	23	27	21		31	24	49	14	*	
Made a plan about how they would attempt suicide	14	14	19	9	*	15	12	17	14		20	14	29	8	*	
Attempted suicide	7	7	10	4	*	9	6	8	5		13	6	*	15	4	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Sexual Health

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Were ever tested for human immunodeficiency virus (HIV)	6	5	7	4	3	4	6	7	+	9	5	*	7	4
Were ever tested for a sexually transmitted disease (STD)	6	6	8	3	*	2	4	8	9	+	5	6	7	5

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Ever had sexual intercourse	32	30	30	31	13	22	44	44	# +	32	30		29	31
Had sexual intercourse for the first time before age 13 years	3	2	2	2	2	.	3	2		6	2	*	3	2
Had sexual intercourse with four or more persons during their life	7	6	5	7	1	5	11	7	# +	9	5		6	6

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Were currently sexually active	24	23	23	23	9	17	34	32	# +	27	22		21	24

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Sexual Health

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Drank alcohol or used drugs before last sexual intercourse	21	19	19	20	.	25	22	14		.	19	21	19	
Used a condom during last sexual intercourse	49	55	50	60	.	54	53	60		.	57	45	59	
Used birth control pills before last sexual intercourse with opposite-sex partner	31	29	27	30	.	21	26	41	+	.	30	34	27	
Used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner	18	24	*	28	20	.	20	28	28	.	25	22	25	
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner	53	55		58	52	.	42	55	74	+	.	57	57	55
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 with an opposite-sex partner	18	23		21	26	.	13	20	39	+	.	25	19	24

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Sexual Health

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner	7	4	3	5	.	.	4	.	.	4	6	3

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County High School Results

Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Ever smoked cigarettes	18	17	19	16	11	14	19	26	+	27	16	*	26	13	*
Ever used an electronic vapor product	33	32	34	30	20	28	39	43	# +	39	31		37	30	
Ever used a flavored tobacco product	18	17	19	15	10	13	23	25	+	22	17		22	16	*

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Ever drank alcohol	47	46	50	42	*	32	40	56	59	+	43	47	52	43	*
Ever used marijuana	31	31	31	30		17	25	40	43	# +	35	30	39	27	*

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Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis		
Lifetime prescription drug use	10	9	9	8	9	8	9	9	15	8	*	12	7	*
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	8	7	7	6	8	6	7	6	12	6	*	9	5	*
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	5	5	5	4	5	5	4	4	6	4		7	3	*

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis			
Ever used cocaine	2	1	*	1	1	.	.	2	.	3	1	*	2	1	
Ever used inhalants	7	6		8	5	7	6	6	5	6	6		10	4	*
Ever used heroin	1	0	*	.	1	.	.	1	.	.	0		.	.	
Ever used methamphetamines	2	1	*	.	1	.	.	1	.	.	0		.	0	

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Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
First tried cigarette smoking before age 13 years	6	5 *	5	4	5	4	6	3	11	4 *	8	3 *
First tried a tobacco product flavored to taste before age 13 years	27	4 *	4	3	4	4	4	.	7	3	5	3
Had first drink of alcohol before age 13 years	13	11	11	11	14	10	12	5	17	10 *	14	9
Tried marijuana for the first time before age 13 years	5	4	4	3	4	3	5	2	9	3 *	7	3 *

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Washington County High School Results

Current Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	18	17	18	16	10	13	21	26	+	23	17	21	16
Currently smoked cigarettes or cigars or used smokeless tobacco	7	6	4	7	3	3	7	10	+	6	6	8	5

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Currently smoked cigarettes	5	4	4	5	2	2	5	8	+	5	4	7	3 *
Currently used an electronic vapor product	16	16	17	15	9	13	20	24	+	21	15	19	15
Currently smoked cigars	3	2 *	1	3	.	1	2	4	+	.	2	3	1
Currently used smokeless tobacco	3	1 *	.	2	.	.	3	.	+	.	2	1	1
Tried to quit using all tobacco products	49	51	55	45	46	54	54	49		.	50	56	49

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Current Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Currently drank alcohol	25	25	27	24	12	18	36	35	+	26	25	27	24	
Currently were binge drinking	12	11	12	11	3	7	18	18	+	11	11	11	11	
Reported that the largest number of drinks they had in a row was 10 or more	3	2	*	.	3	.	1	2	3	+	.	2	2	1

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Currently used marijuana	20	19	19	18	10	14	26	26	+	22	18	23	17	*

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	2	2	2	1	2	1	1	2		3	1	2	1

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Substance Use Among Current Users

	VT	County		F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Currently smoked cigarettes on 10+ days, among current users	35	17	*	12	.	.
Currently smoked 11+ cigarettes, among current users	15
Currently smoked 20+ cigarettes, among current users	13
Currently smoked cigarettes daily, among current users	21
Currently smoked cigarettes frequently (20+ days), among current users	25	8	*

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Substance Use Among Current Users

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Usually use JUUL or other rechargeable device that uses pods, among current users	19	6 *	7	6	7	.	8
Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among current users	4	4	.	5	.	.	.	8	.	5	.	5
Used electronic vapor products mainly because they were curious about them, among current users	13	15	13	18	.	.	14	15	.	16	12	17
Currently used electronic vapor products daily, among current users	30	29	29	30	.	29	26	38	.	29	31	28
Used EVP 10+ days, among current users	42	42	42	43	.	42	41	54	.	41	48	39
Currently used electronic vapor products frequently (20+ days), among current users	42	42	42	43	.	42	41	54	.	41	48	39

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County High School Results

Substance Use Among Current Users

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Currently binge drank, among current users	57	53	52	55	.	47	59	58	.	54	48	57	
Reported that the largest number of drinks they had in a row was 10 or more, among current users	13	7	*	13	.	8	8	9	.	8	8	7	
Currently drank 10+ days, among current users	13	8	*	7	9	.	8	9	8	.	7	9	8
Currently drank 20+ days, among current users	6	4	.	6	.	.	6	.	.	4	6	3	
Currently drank everyday, among current users	4	2	.	5	.	.	4	.	.	2	.	.	

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Substance Use Among Current Users

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt, among current users	76	79	79	79	.	84	82	72	.	80	79	79
Currently used marijuana 10+ times, among current users	42	40	33	46	.	46	33	47	.	39	38	42
Currently used marijuana 20+ times, among current users	30	25	19	30	.	23	20	31	.	24	24	26
Usually used marijuana by vaping it, among current users	10	10	7	13	.	.	8	14	.	10	8	11

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Substance Use Exposure and Prevention

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Were asked by a doctor, dentist, or nurse if they smoked	49	47	50	45	39	48	52	52	+	51	47	51	46
Were offered, sold, or given an illegal drug on school property	12	12	12	12	12	12	12	11		14	11	13	11
Attended school under the influence of alcohol or other illegal drugs	10	9	10	9	6	8	13	12	+	14	9	12	9

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Perceptions of Substance Use

	VT	County	F	M	9th	10th	11th	12th			BIPOC	WnH	LGBTQ	HetCis		
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	58	59	58	61	46	55	68	70	# +		68	58	*	58	60	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	65	66	68	64	60	64	73	69	+		63	67		70	65	
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	54	55	56	53	41	50	64	66	# +		59	54		61	52	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Perceptions of Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Think it is wrong or very wrong for someone their age to use electronic vapor products	67	68	66	69	77	65	67	61	+	63	68	65	69
Think it is wrong or very wrong for someone their age to drink alcohol	55	56	53	58	74	59	44	42	# +	63	55	54	57
Think it is wrong or very wrong for someone their age to use marijuana	55	54	53	55	73	54	43	41	# +	56	53	43	58 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Perceptions of Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	90	90	91	89	92	92	91	85		88	90	87	91
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	71	68	68	69	82	75	60	54	# +	76	67	66	69
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	77	76	77	75	86	78	70	67	+	76	75	68	79 *

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Perceptions of Substance Use

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	39	39	42	36	41	38	39	38		39	39	41	38	
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	37	37	40	34	38	39	35	35		38	37	44	34	*
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	25	22	22	22	31	21	17	17	+	25	22	18	24	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Obesity, Overweight, and Weight Perceptions

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Were overweight	14	13	15	11	16	14	13	9	14	13	16	12
Were obese	14	12	9	15 *	11	14	10	13	15	11	14	11

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Described themselves as slightly or very overweight	29	29	33	25 *	28	27	29	32	35	28	39	24 *
Were trying to lose weight	41	41	54	28 *	44	42	39	40	47	41	55	35 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County High School Results

Physical Activity

	VT	County	F	M	9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis	
Did not participate in at least 60 minutes of physical activity on at least 1 day	13	11	12	9	9	8	11	15	+	16	10	17	8	*
Were physically active at least 60 minutes per day on 5 or more days	53	53	47	60	* 55	59	56	41	+	44	54	* 37	61	*
Were physically active at least 60 minutes per day on all 7 days	28	26	18	34	* 27	28	28	18		23	26	13	31	*
Spent 3 or more hours per day on screen time	73	75	76	74	75	76	74	76		73	76	80	74	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Nutrition

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Ate 5+ fruits/vegetables every day, past week	18	19	17	20	21	21	16	17	15	19	17	19

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis			
Did not eat fruit or drink 100% fruit juices	6	5	5	6	5	6	4	8	7	5	6	5			
Ate fruit or drank 100% fruit juices one or more times per day	58	61	*	59	64	65	62	61	57	51	63	*	56	64	*
Ate fruit or drank 100% fruit juices two or more times per day	27	25	23	28	27	27	23	23	23	25	22	26			

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County High School Results

Nutrition

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not eat vegetables	5	3 *	3	3	.	5	3	4	6	3	4	3
Ate vegetables one or more times per day	70	75 *	77	74	74	75	76	76	71	76	75	75
Ate vegetables two or more times per day	34	37 *	35	40	33	41	38	37	29	38 *	35	38
Ate vegetables three or more times per day	17	18	17	20	18	20	18	18	14	19	18	18

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Did not eat breakfast	16	14	18	11 *	15	13	17	13	19	14	19	12 *
Ate breakfast on all 7 days	33	36	31	41 *	34	37	34	38	28	37	25	41 *

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Nutrition

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Drank a can, bottle, or glass of a sugar-sweetened beverage	18	17	13	20	*	15	15	20	17		20	16	17	17		
Did not drink a bottle or glass of plain water	4	3	*	2	3	2	3	2	3		4	2	3	2		
Drank a bottle or glass of plain water one or more times per day	77	81	*	80	83	77	83	82	83		68	83	*	78	83	
Drank a bottle or glass of plain water two or more times per day	68	72	*	72	73	68	75	73	75		61	74	*	68	75	*
Drank a bottle or glass of plain water three or more times per day	52	55		53	59	52	62	52	55		48	56		48	59	*

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Social Determinants of Health

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Have a disability or long-term health problem that keeps them from doing everyday activities	7	6	7	5	7	5	5	6	8	5	9	4	*
Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan	16	14	14	14	14	14	11	17	14	14	18	12	*

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis	
Usually did not sleep in their parent's or guardian's home	3	2	*	1	2	1	.	2	3	.	2	1	2
Most of the time or always went hungry because there was not enough food in their home	2	1	1	2	.	.	3	.	3	1	1	1	
Think their families subjective social status is worse than other families	2	2	2	1	2	.	.	2	3	1	3	1	

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Protective Factors

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Are sometimes, most of the time or always treated badly or unfairly because of their race, ethnicity, sexual orientation, gender identity, or age	19	18	25	11 *	20	16	19	18	39	15 *	34	11 *
Most of the time or always get the kind of help they need	33	30	26	34 *	33	30	28	28	21	31 *	20	35 *

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Ate dinner at home with at least one of their parents or other adult family member on four or more days	74	78 *	77	79	82	86	74	70 +	74	79	73	81 *
Reported that their parents or other adults in their family most of the time or always know where they are going or with whom they will be	88	91 *	92	89	95	91	88	88 +	89	91	90	91

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County High School Results

Protective Factors

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	70	67 *	67	67	66	65	66	71	60	68	60	70 *
Strongly agree or agree that their school has clear rules and consequences for behavior	55	54	45	63 *	53	57	53	54	47	55	43	59 *

	VT	County	F	M	9th	10th	11th	12th	BIPOC	WnH	LGBTQ	HetCis
Spend 10 or more hours participating in afterschool activities	25	22	22	24	17	25	25	24	21	23	17	25 *
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	69	70	78	63 *	66	67	74	75 +	65	71	72	70

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Protective Factors

	VT	County	F	M		9th	10th	11th	12th		BIPOC	WnH	LGBTQ	HetCis		
Strongly agree or agree that in their community they feel like they matter to people	52	50	45	56	*	50	47	49	53		37	51	*	34	57	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

Overall	N
Washington County	117 7

Sex	N	%
Male	571	50
Female	581	50

Grade	N	%
6th grade	263	27
7th grade	460	36
8th grade	450	37

N = Unweighted number of students; % = Weighted percent

Demographics

Race	N	%
BIPOC	153	15
White, non-Hispanic	939	85

LGBTQ+	N	%
LGBTQ+	411	38
Heterosexual/Cisgender	675	62

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

N = Unweighted number of students; % = Weighted percent

2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Ever rode with a driver who had been drinking alcohol	15	17	17	15	14	15	20	20	17	20	15
Have ever ridden in a car driven by someone who had been using marijuana	10	12	12	11	8	9	17	16	12	15	10
Did not always wear a seat belt	20	20	17	22	18	18	24	33	18 *	19	21
Never or rarely wear a seatbelt	2	1	.	1	.	1	1	.	1	.	1

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Had a concussion from playing a sport or being physically active	15	16	14	18	19	16	14	24	14 *	18	14
Rarely or never wore a bicycle helmet	25	19 *	18	20	14	18	23	30	18 *	19	19
Rarely or never wore a helmet when rollerblading or skateboarding	31	29	27	31	21	32	32	50	27 *	31	28

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY

Washington County Middle School Results

Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M		6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Were ever in a physical fight	38	38	25	50 *		40	35	39	50	36 *		39	37
Were ever bullied on school property	41	41	45	36 *		43	38	42	52	39 *		50	36 *
Were ever electronically bullied	29	26	31	19 *		28	21	29	33	25		36	20 *
Were bullied	24	24	29	19 *		32	21	22	32	23		35	18 *
Bullied someone	8	9	10	8		9	9	8	13	8		12	7 *

	VT	County	F	M		6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Report someone has ever done sexual things to them that they did not want	10	10	14	5 *		10	6	13	9	10		18	6 *

	VT	County	F	M		6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Did not go to school because they felt unsafe at school or on their way to or from school	10	10	12	7		15	7	9	19	8 *		17	6 *

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Unintentional Injuries, Personal Safety, and Violence

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Had a sunburn, past year	67	69	73	66	66	70	71	49	75 *	71	69

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Mental Health

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Reported that their mental health was most of the time or always not good	22	24	34	12	*	23	19	29	30	24	46	12	*
Have most of the time or always been bothered by feeling nervous, anxious, or on edge	24	25	37	11	*	25	22	28	32	24	45	15	*
Felt sad or hopeless	22	21	27	14	*	20	19	24	30	20	40	10	*
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose	18	19	24	11	*	16	16	24	27	18	37	8	*

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Ever seriously thought about killing themselves	18	19	25	12	*	18	17	23	30	18	36	10	*
Ever made a plan about how they would kill themselves	13	13	16	8	*	12	11	16	22	12	27	6	*
Ever tried to kill themselves	6	8	10	4	*	8	6	9	17	6	14	4	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Sexual Health

	VT	County	F	M	6th	7th	8th	BIPOC	WnH		LGBTQ	HetCis
Ever had sexual intercourse	3	3	3	3	2	2	5	7	3	*	5	2
Used a condom during last sexual intercourse	44

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Lifetime Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Ever tried cigarette smoking	6	7	7	7	5	7	9	11	7	9	6
Ever used an electronic vapor product	9	11	12	9	9	8	14	19	10 *	16	9 *
Ever use a flavored tobacco product	5	7	8	5	7	6	8	10	6	10	5

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Ever drank alcohol	15	15	14	16	14	11	21	19	15	20	14
Ever tried marijuana	5	5	5	5	2	5	9	9	5	8	5
Ever used inhalants	4	4	4	3	4	3	5	5	4	7	2 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Lifetime Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Tried cigarette smoking for the first time before age 11 years	3	3	2	4	3	4	3	6	3	4	3
Drank alcohol for the first time before age 11 years	8	7	4	9 *	10	5	6	9	6	8	6
Tried marijuana for the first time before age 11 years	1	1	1	1	2	.	1	.	1	2	1

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Current Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	5	5	7	3 *	4	3	8	9	5	9	3 *
Currently smoked cigarettes or used electronic vapor products	5	5	7	3 *	3	3	8	9	4	8	3 *

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Currently smoked cigarettes	1	1	2	.	.	.	2	.	1	3	.
Currently used an electronic vapor product	5	5	7	3 *	3	3	7	9	4 *	8	3 *
Currently used smokeless tobacco	1	0
Currently smoked cigars	1	0	1	1	.	.

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Current Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Currently drank alcohol	5	6	7	5	5	4	8	6	6	9	4	*
Currently used marijuana	3	3	3	3	.	2	5	5	3	4	3	
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	5	6	5	6	5	6	6	7	5	7	5	

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Substance Use Among Current Users

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Used cigarettes on 1-2 days, among current users	43
Smoke 1 or fewer cigarettes, among current users	62
Used EVP on 1-2 days, among current users	46	33
Used electronic vapor products mainly because they were curious about them, among current users	16	15
Usually used JUUL or other rechargeable device that uses pods, among current users	19	15

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Substance Use Among Current Users

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Used alcohol on 1-2 days, among current users	69	64	66	.	.
Had 1 to 2 drinks, among current users	65	63
Used marijuana 1-2 times, among current users	42

. = Too few students to report; * = Statistical differences between groups; # = Significantly increases/decreases with each grade level

Substance Use Screenings and Prevention

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Were asked by a doctor, dentist, or nurse if they smoked	27	23	*	24	22	12	23	30	29	23	23	25

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Perceptions about Substance Use

	VT	County		F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	18	21	*	21	20	12	19	28	23	21	27	18	*
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	32	33		34	31	21	30	44	29	35	41	30	*
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	15	19	*	19	18	12	16	26	23	19	27	15	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Perceptions about Substance Use

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Think it is wrong or very wrong for someone their age to use electronic vapor products	89	88	85	91	*	94	92	79	86	87	82	90	*
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	94	94	93	95		93	95	93	89	94	89	96	*
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	88	87	86	88		90	88	83	90	86	83	88	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	92	92	92		93	92	90	84	93	*	89	93

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Perceptions about Substance Use

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	51	49	51	48	54	53	42	41	50	46	49
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	40	39	40	37	42	42	33	45	36	38	38
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	48	48	49	48	58	54	36	47	48	37	53 *

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Physical Activity

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis		
Spent 3 or more hours per day on screen time	57	56	57	55	50	53	64	65	57	66	52	*	
Did not participate in at least 60 minutes of physical activity on at least 1 day	9	8	9	7	9	7	7	11	7	9	6		
Were physically active at least 60 minutes per day on 5 or more days	60	61	55	69	#	61	62	60	52	62	48	69	*
Were physically active at least 60 minutes per day on all 7 days	35	35	26	45	#	35	36	34	35	34	21	43	*

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Physical Activity

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Report they participate in physical activity or other short breaks during class	88	88	90	87	87	91	86	87	88	83	91	*
Played on at least one sports team	64	65	65	66	60	67	66	63	66	53	73	*
Walk or bike to school at least 1x	24	24	23	24	30	23	20	31	23	26	23	
Walk or ride their bike to school on five days	12	13	12	14	13	14	12	17	13	13	13	

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Nutrition

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Did not eat breakfast	12	11	13	8	*	7	11	13	16	10	17	8	*
Ate breakfast on all 7 days	45	45	36	54	*	53	47	36	33	45	30	50	*

	VT	County	F	M		6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Did not drink a bottle or glass of plain water	3	2	2	2		.	1	3	.	2	2	2	
Drank a bottle or glass of plain water one or more times per day	77	78	77	81		79	80	76	75	79	73	82	*
Drank a bottle or glass of plain water two or more times per day	70	70	66	76	*	71	72	68	66	71	62	77	*
Drank a bottle or glass of plain water three or more times per day	55	53	47	61	*	55	55	51	49	54	45	59	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Social Determinants of Health

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis		
Most of the time or always went hungry because there was not enough food in their home	2	2	2	2	.	2	2	3	2	2	2		
Usually did not sleep in their parent's or guardian's home	2	1	1	1	2	.	1	.	1	2	1		
Reported in their home people most of the time or always speak a language other than English	7	5	*	6	4	5	4	5	10	3	*	5	5

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Protective Factors

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis	
Ate dinner at home with at least one of their parents or other adult family member on four or more days	87	88	87	90	92	88	86	83	89	81	93	*
Most of the time or always feel that they are able to talk to an adult in their family or another caring adult about their feelings	59	59	53	65	#	56	61	58	46	61	*	*

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis			
Have at least one teacher or other adult in their school that they can talk to if they have a problem	67	65	65	67	68	64	65	59	66	57	70	*		
Strongly agree or agree that their school has clear rules and consequences for behavior	67	63	*	59	69	#	70	67	55	62	63	53	68	*

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY
Washington County Middle School Results

Protective Factors

	VT	County	F	M	6th	7th	8th	BIPOC	WnH	LGBTQ	HetCis
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	13	12	10	12	11	11	13	19	11 *	14	11
Strongly agree or agree that in their community they feel like they matter to people	55	56	50	64 *	55	60	53	47	58	38	67 *

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