

2015 Vermont Youth Risk Behavior Survey Report

Report for Chittenden County

Survey Format in 2015

In 2015, we conducted two surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

Results in this report include high school and middle school results for Vermont and for Chittenden County. All results in the 2015 high school section are for grades 9 through 12 only, and the middle school section are for grades 6 through 8 only.

The middle school and high school surveys differed slightly. The shorter middle school survey included questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, body image, physical activity, and youth assets. The high school survey included questions on these topics as well as self-reported height and weight, driving behaviors, other drug use, sexual behavior and orientation, and nutrition.

Copies of both surveys can be found online at: <http://healthvermont.gov/research/yrbs.aspx> Copies of the full state reports, highlights, and additional sub state reports can also be found here.

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

Table of Contents

How to Use the YRBS_____	3
How to Read this YRBS Report_____	4
A Word of Caution_____	5
Background_____	6
References_____	12

High School

Participation Rates_____	16
Chapter 1: Personal Safety_____	21
Chapter 2: Alcohol, Tobacco and Other Drugs_____	30
Chapter 3: Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use_____	48
Chapter 4: Sexual Behavior and Orientation_____	56
Chapter 5: Body Image_____	64
Chapter 6: Nutrition and Physical Activity_____	67
Chapter 7: Youth Assets_____	75

Middle School

Participation Rates_____	79
Chapter 1: Personal Safety_____	82
Chapter 2: Alcohol, Tobacco and Other Drugs_____	89
Chapter 3: Attitudes and Perceptions about Alcohol, Cigarette, and Other Drugs_____	96
Chapter 4: Sexual Behavior_____	102
Chapter 5: Nutrition and Physical Activity_____	103
Chapter 6: Youth Assets_____	110

How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we 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.

Note: “Getting to ‘Y’”, a program originally funded by the Agency of Education, provides a manual for student groups looking to analyze and leverage their own YRBS data – it can be found here: <http://www.upforlearning.com/index.php/yatst>.

How to Read this YRBS Report

Format: The results appear in data tables, with an overall average, by grade and by gender. The percentages in some charts may not total 100% due to rounding.

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

In 2015, there was a methodology change in the weighting procedure. From 1993 through 2011, statewide reports included numbers based on a weighted sample of schools, and local-level reports included unweighted numbers. In 2013, due to the high participation from Vermont schools, the switch was made to use all of the student responses in the statewide report, instead of a sample. This allows for direct comparison between county estimates and the statewide estimates, as well as ensure that the estimates are more accurate. You can still compare the local-level report numbers to previous local-level years.

Statistical Comparisons: We note significant differences in the far right column on each table labeled “Notes.” For the 2015 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages for each county were statistically different from the state. If the confidence intervals overlapped, the percentages were not different. In every table it is noted whether this county is statistically different from the state average. However, we encourage you to consider meaningful difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

In some cases there were not enough students responding to report an estimate. In those cases there is a dot (.) and the “Notes” column will read “Too few students.” We limit reportable estimates to a total numerator of 5 students and denominator of 50 students.

A Word of Caution

The YRBS represents the most complete and most recent information available about risk behaviors among Vermont students. However, the YRBS has some limitations that you should keep in mind when interpreting the results.

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. We statistically adjust, or weight, the results so that the responses accurately represent all Vermont public school students based on gender, grade, and race/ethnicity. These precautions can reduce some sources of error, but not all.
- **Who's Not Included:** Administrators make every effort to have all students complete the YRBS. However, students who are not at school the day of the survey are not included in the results. Additionally, students who are home schooled, attend independent schools that chose not to participate, or dropped out of school are not included.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** Participating supervisory unions and school districts receive reports of their results comparing them directly to the state. It is natural to also want to know how individual supervisory unions or school districts compare to each other, but we urge caution in making such comparisons because the reasons for the differences may not be simple or easy to identify.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer why they are doing it. We encourage students to analyze their own data and offer insight into the results.

Personal Safety

Feeling safe – whether at school, in a car, or in a relationship – fosters positive adolescent development. The high school and middle school surveys included questions on fighting, bullying, seat belt use, safety at school, helmet use, and suicidality. The high school survey included additional questions on driving behaviors, dating violence, and self-harm.

- Physical fighting is a marker for problem behaviors¹ and is associated with serious injury.^{2,3} Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.^{4,5,6}
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,^{7,8} poor academic achievement,⁸ and violent behavior.⁹
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.¹⁰ Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.¹¹
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.¹² Despite this, less than one quarter of bicyclists wear helmets.¹²
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.¹³ Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.¹⁴

Alcohol, Tobacco and Other Drugs

Early use of alcohol, tobacco, and other drugs is associated with myriad problems later in life. The high school and middle school surveys asked about tobacco, alcohol, marijuana, inhalant, and prescription drug use. Both surveys also asked the age at which students first used alcohol, cigarettes, and marijuana. The high school survey asked additional questions on other drug use, such as heroin, methamphetamines, and hallucinogens. Both surveys asked about ease of availability of alcohol, cigarettes, and marijuana, peer disapproval of use of these substances, perceived parental disapproval of use, and the risk of harm associated with use of these substances.

- Alcohol use is a major contributing factor in about half of all homicides and sexual assaults,¹⁵ and about one-third of all motor vehicle crash fatalities.¹⁶ Heavy drinking among youth has been linked to violence, academic and job problems, suicidal behavior, trouble with law enforcement authorities, risky sexual behavior, and use of cigarettes, marijuana, cocaine, and other illegal drugs.^{17,18}
- Tobacco use is the single most preventable cause of death in the United States,¹⁹ contributing to more than one in five deaths.²⁰ Cigarette smoking increases the risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.¹⁹
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.²¹ Other reactions include feelings of distrust, anxiety, or depression.²¹ In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.²²
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.²³
- Multi-year results from the Monitoring the Future survey indicate that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases.²⁴ As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.²⁴ Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.²⁴

Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,²⁵ and negative effects on social and psychological development.²⁶ Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.²⁷
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.²⁸ STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.²⁶ Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.²⁹
- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.³⁰

Body Image

Negative feelings about weight and body image often develop in adolescence. The high school and middle school surveys included questions about weight perception and weight control. The high school survey asked for students' height and weight to calculate body mass index.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.³¹ Obesity during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.³² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.³³ Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.²⁰

Nutrition and Physical Activity

Nutritious eating and physical activity are two cornerstones of healthy adolescent development. The high school and middle school surveys asked about breakfast consumption, physical activity, physical education classes, and television, computer, and video game use. The high school survey also asked about consumption of fruits, vegetables, soda, and sugar-sweetened beverages.

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.³⁹⁻⁴³
- In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.⁴⁴⁻⁴⁵
- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁴⁶ The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.⁴⁶
- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.⁴⁷⁻⁵⁰
- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity⁵¹ and violent or aggressive behavior.⁵²⁻⁵⁴ Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

Measures of Youth Assets

Adolescent achievement requires sources of positive influence. The high school and middle school surveys asked about school and community connectivity as well as parental conversations about school. The high school survey asked additional questions about volunteerism and grades earned in school.

- Above-average school performance is one of many developmental assets, or factors promoting positive development. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.⁵⁵
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.⁵⁶ A national study of adolescent health found that youth who reported a "connectedness" to their parents/family and school were the least likely to engage in risky behaviors.⁵⁷ Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.⁵⁷
- Research shows that involvement in constructive, supervised extracurricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and delinquency.⁵⁸ In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.⁵⁹
- Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.

References

1. Sosin, D.M., Koepsell, T.D., Rivara, F.P., Mercy, J.A. Fighting as a marker for multiple problem behaviors in adolescents. *Journal of Adolescent Health* 16(3):209-215, 1995.
2. Pickett, W., Craig, W., Harel, Y., et al. Cross-national study of fighting and weapon carrying as determinants of adolescent injury. *Pediatrics* 116(6):e855-863, 2005.
3. Borowsky, I.W., Ireland, M. Predictors of future fight-related injury among adolescents. *Pediatrics* 113(3 pt 1):530-536, 2005.
4. Roberts, T.A., Klein, J.D., Fisher, S. Longitudinal effect of intimate partner abuse and high-risk behavior among adolescents. *Archives of Pediatrics and Adolescent Medicine* 157(9):875-881, 2003.
5. Ackard, D.M., Neumark-Sztainer, D. Date violence and date rape among adolescents: Association with disordered eating behaviors and psychological health. *Child Abuse and Neglect* 26(5):455-473, 2002.
6. Howard, D.E., Wang, M.Q. Psychosocial correlates of U.S. adolescents who report a history of forced sexual intercourse. *Journal of Adolescent Health* 36(5):372-379, 2005.
7. Juvonen, J., Graham, S., Schuster, M.A. Bullying among young adolescents: the strong, the weak, and the troubled. *Pediatrics* 112(6 pt 1): 1231-1237, 2003.
8. Spivak, H., Prothrow-Stith, D. The need to address bullying-an important component of violence prevention. *JAMA* 285(16):2131-2132, 2001.
9. Nansel, T.R., Overpeck, M., Pilla, R.S., et al. Bullying behaviors among U.S. youth: prevalence and association with psychological adjustment. *JAMA* 285(16):2094-2100, 2001.
10. Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. Online: www.cdc.gov/injury/wisqars/index.html
11. National Highway Traffic Safety Administration. Traffic safety facts: occupant protection, 2007. Online: www-nrd.nhtsa.dot.gov/Pubs/811729.PDF
12. National Highway Traffic Safety Administration. Traffic safety facts: bicycle helmet use laws, 2008. Online: www.nhtsa.dot.gov/people/injury/TSFLaws/PDFs/810886.pdf
13. National Highway Traffic Safety Administration. Traffic safety facts: state alcohol-impaired driving estimates, 2009. Online: www-nrd.nhtsa.dot.gov/Pubs/81162.pdf
14. Jones, R.K., Shinar, D., Walsh, J.M. State of Knowledge of Drug-Impaired Driving. National Highway Traffic Safety Administration Technical Report DOT HS 809 642. Washington, DC: U.S. Department of Transportation, 2003.
15. Abbey, A., Zawacki, T., Buck, P.O., et al. Alcohol and sexual assault. *Alcohol Research and Health* 25(1):43-51, 2001.
16. Miller, J.W., Naimi, T.S., Brewer, R.D., Jones, S.E. Binge drinking and associated health risk behaviors among high school students. *Pediatrics* 119(1):76-85, 2007.

References

17. National Research Council and Institute of Medicine (2004). *Reducing Underage Drinking: A Collective Responsibility*. Committee on Developing a Strategy to Reduce and Prevent Underage Drinking, Richard J. Bonnie and Mary Ellen O'Connell, Editors. Board on Children, Youth, and Families, Division of Behavioral and Social Sciences and Education. Washington, DC: The National Academies Press.
18. U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking*. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.
19. U.S. Department of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. U.S. Department of Health and Human Services; Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion: Office on Smoking and Health, 2004.
20. Mokdad, A.H., Marks, J.S., Stroup, D.F., Gerberding, J.L. Actual causes of death in the United States, 2000. *JAMA* 291(10):1238-1245, 2004.
21. National Institute on Drug Abuse. *Research Report Series: Marijuana Abuse* (NIH Publication 05-3859). Bethesda, MD: National Institute on Drug Abuse, 2002.
22. Vermont Substance Abuse Treatment Information System. Data online at: www.healthvermont.gov/adap/clearinghouse/documents/AdolescentsbySAandFY.pdf
23. Newcomb, M.D., Locke T. Health, social, and psychological consequences of drug use and abuse. In: *Epidemiology of Drug Abuse* (Z. Sloboda, ed.). Springer U.S., 2006.
24. Johnston, L., O'Malley, P., Bachman, J. G., Shulenberg, J.E. *National Survey Results on Drug Use From the Monitoring the Future Study, 1975-2007, Volume I: Secondary School Students* (NIH Publication No. 08-6418A). Bethesda, MD: National Institute of Drug Abuse, 2008.
25. Abma JC, Martinez GM, Copen CE. Teenagers in the United States: Sexual activity, contraceptive use, and childbearing, National Survey of Family Growth 2006-2008. *National Center for Health Statistics. Vital Health Stat* 23 (30). 2010.
26. Centers for Disease Control and Prevention. *Fact sheet on STDs and pregnancy*. Online: www.cdc.gov/std/pregnancy/STDs-and-pregnancy-fact-sheet.pdf
27. Cavazos-Rehg, P.A., Krauss, M.J., Spitznagel, E.L., et al. Substance use and the risk for sexual intercourse with and without a history of teenage pregnancy among adolescent females. *Journal of Studies on Alcohol and Drugs* 72(2): 194-198, 2011.
28. Gavin, L., MacKay, A.P., Brown, K., et al. Sexual and reproductive health of persons aged 10-24 years – United States, 2002-2007. *MMWR Surveillance Summaries* 58(6): 1-58, 2009.
29. Joint United Nations Programme on HIV/AIDS (UNAIDS). *Fast Facts about HIV Prevention*. Online at: www.unaids.org/en/media/unaids/contentassets/dataimport/pub/basedocument/2008/20080501_fastfacts_prevention_en.pdf
30. Kann, L., Olsen, E.O., McManus, T., et al. Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9-12 — Youth Risk Behavior Surveillance, Selected Sites, United States, 2001-2009. *MMWR Early Release* 60(7): 1-133, 2011.

References

31. Ogden, C.L., Carroll, M.D. Prevalence of obesity among children and adolescents: United States, trends 1963-1965 through 2007-2008. National Center for Health Statistics Health E-Stats, June 2010.
32. Daniels, S.R., Arnett, D.K., Eckel, R.H., et al. Overweight in children and adolescents: pathophysiology, consequences, prevention, and treatment. *Circulation* 111(15):1999-2012, 2005.
33. Wright, C.M., Parker, L., Lamont, D., Craft, A.W. Implications of childhood obesity for adult health: findings from thousand families cohort study. *British Medical Journal* 323(7324):1280-1284, 2001.
34. Tremblay, L., Lariviere, M. The influence of puberty onset, body mass index, and pressure to be thin on disordered eating behaviors in children and adolescents. *Eating Behaviors* 10(2):75-83, 2009.
35. Mitchell, J.E., Eckert, E.D. Scope and significance of eating disorders. *Journal of Consulting Clinical Psychology* 55:628-634, 1987.
36. Neumark-Sztainer, D., Hannan, P.J. Weight-related behaviors among adolescent girls and boys: results from a national survey. *Archives of Pediatric and Adolescent Medicine* 154(6):569-577, 2000.
37. Neumark-Sztainer, D., Story, M., Hannan, P.J., et al. Weight-related concerns and behaviors among overweight and nonoverweight adolescents: implications for preventing weight-related disorders. *Archives of Pediatric and Adolescent Medicine* 156(2):171-178, 2002.
38. Fisher, D.E. and James, W.D. Indoor tanning — science, behavior, and policy. *New England Journal of Medicine* 363:901-903, 2010.
39. Key, T.J., Schatzkin, A., Willet, W.C., et al. Diet, nutrition, and the prevention of cancer. *Public Health Nutrition* 7(1A):187-200, 2004.
40. National Cancer Institute. 5 A Day for Better Health Program (NIH Publication 01-5019). Bethesda, MD, 2001.
41. Kavey, R.E., Daniels, S.R., Lauer, R.M., et al. American Heart Association guidelines for primary prevention of atherosclerotic cardiovascular disease beginning in childhood. *Journal of Pediatrics* 142(4):368-372, 2003.
42. Terry, P., Terry, J.B., Wolk, A. Fruit and vegetable consumption in the prevention of cancer: an update. *Journal of Internal Medicine* 250(4):280-290, 2001.
43. Van Duyn, M.A., Pivonka, E. Overview of the health benefits of fruit and vegetable consumption for the dietetics professional: selected literature. *Journal of the American Dieticians Association* 100(12):1511-1521, 2000.
44. Malik, V.S., Schulze, M.B., Hu, F.B. Intake of sugar-sweetened beverages and weight gain: a systematic review. *American Journal of Clinical Nutrition* 84(2):274-288, 2006.
45. Ludwig, D.S., Peterson, K.E., Gortmaker, S.L. Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. *Lancet* 357(9255):505-508, 2001.
46. Physical Activity Guidelines Advisory Committee. Physical Activity Guidelines Advisory Committee Report, 2008. Washington, D.C.: U.S. Department of Health and Human Services, 2008.

References

47. Durant, N., Harris, S.K., Doyle, S., et al. Relation of school environment and policy to adolescent physical activity. *Journal of School Health* 79(4):153-159, 2009.
48. McKenzie, K.L., Li, D., Derby, C.A., et al. Maintenance of effects of the CATCH Physical Education Program: results from the CATCH-ON Study. *Health Education & Behavior* 30(4):447-462, 2003.
49. U.S. Department of Health and Human Services and U.S. Department of Education. Promoting better health for young people through physical activity and sports. 2000. Online: www.cdc.gov/HealthyYouth/physicalactivity/promoting_health/pdfs/ppar.pdf
50. Center for Disease Control and Prevention. Guidelines for school and community programs to promote lifelong physical activity among young people. *Morbidity and Mortality Weekly Report* 46 (No. RR-6):1-36, 1997.
51. Zabinski, M.F., Norman, G.J., Sallis, J.F., et al. Patterns of sedentary behavior among adolescents. *Health Psychology* 26(1):113-120, 2007.
52. Crespo, C.J., Smit, E., Troiano, R.P., et al. Television watching, energy intake, and obesity in U.S. children: results from the third National Health and Nutrition Examination Survey, 1988-1994. *Archives of Pediatric and Adolescent Medicine* 155(3):360-365, 2001.
53. Kaur, H., Choi, W.S., Mayo, M.S., Harris, K.J. Duration of television watching is associated with increased body mass index. *Journal of Pediatrics* 143(4):506-511, 2003.
54. Kuntsche, E., Pickett, W., Overpeck, M., et al. Television viewing and forms of bullying among adolescents from eight countries. *Journal of Adolescent Health* 39(6):908-915, 2006.
55. Resnick, M.D., Bearman, P.S., Blum, R.W., et al. Protecting adolescents from harm. Findings from the National Longitudinal Study on Adolescent Health. *JAMA* 278(10):823-832, 1997.
56. Fan, X., Chen, M. Parental involvement and students' academic achievement: a meta-analysis. *Educational Psychology Review* 13(1):1-22, 2001.
57. U.S. Council of Economic Advisors. Teens and their parents in the 21st century: An examination of trends in teen behavior and the role of parental involvement. 2000. Online: http://clinton3.nara.gov/WH/EOP/CEA/html/Teens_Paper_Final.pdf
58. Fredricks, J.A., Eccles, J.S. Is extracurricular participation associated with beneficial outcomes? *Developmental Psychology* 42(4):698-713, 2006.
59. Scales, P.C., Benson, P.L., Leffert, N., Blyth, D.A. Contribution of developmental assets to prediction of thriving among adolescents. *Applied Developmental Science* 4(1):27-46, 2000.

2015 Vermont Youth Risk Behavior Survey Report

High School Report for Chittenden County

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

Demographics

Chittenden
Number of Students in Chittenden County

Chittenden County Total

3333

Sex	Total	%
Missing	42	1%
Female	1639	49%
Male	1652	49%

Grade	Total	%
Missing	38	1%
9th grade	849	25%
10th grade	891	26%
11th grade	842	25%
12th grade	713	21%

Race / Ethnicity	Total	%
Missing	92	2%
Racial or ethnic minority	627	18%
White non-Hispanic	2614	78%

Mother's Level of Education	Total	%
Missing	15	0%
High school or less	682	20%
Some college	366	10%
College graduate	1234	37%
Graduate or professional degree after college	752	22%
Not sure	284	8%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Chittenden County.

Demographics

Vermont
Number of Students in Vermont

Vermont Total

21013

Sex	Total	%
Missing	294	1%
Female	10243	48%
Male	10476	49%

Grade	Total	%
Missing	297	1%
9th grade	5627	26%
10th grade	5586	26%
11th grade	5171	24%
12th grade	4332	20%

Race / Ethnicity	Total	%
Missing	611	2%
Racial or ethnic minority	3197	15%
White non-Hispanic	17205	81%

Mother's Level of Education	Total	%
Missing	176	0%
High school or less	5495	26%
Some college	2746	13%
College graduate	6905	32%
Graduate or professional degree after college	3825	18%
Not sure	1866	8%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Vermont. All other numbers represented in this report are weighted to reflect the enrolled student population.

*1 Personal Safety***1.01 Percent of students who were in a physical fight, past 12 months**

		Chittenden	Vermont	Notes
Grade	9th	18%	22%	County statistically lower
	10th	17%	20%	
	11th	14%	17%	
	12th	9%	14%	County statistically lower
Sex	Female	10%	12%	County statistically lower
	Male	20%	24%	County statistically lower
Total		15%	18%	County statistically lower

1.02 Percent of students who were in a physical fight on school property, past 12 months

		Chittenden	Vermont	Notes
Grade	9th	6%	10%	County statistically lower
	10th	6%	8%	
	11th	5%	6%	
	12th	3%	5%	
Sex	Female	3%	4%	County statistically lower
	Male	7%	10%	
Total		5%	7%	County statistically lower

1.03 Percent of students who were threatened or injured with a weapon on school property, past 12 months

		Chittenden	Vermont	Notes
Grade	9th	5%	6%	
	10th	4%	6%	
	11th	3%	4%	
	12th	3%	4%	
Sex	Female	3%	4%	
	Male	5%	6%	
Total		4%	5%	County statistically lower

*1 Personal Safety***1.04 Percent of students who carried a weapon such as a gun, knife, or club on school property, past 30 days**

		Chittenden	Vermont	Notes
Grade	9th	4%	6%	
	10th	4%	7%	County statistically lower
	11th	5%	9%	County statistically lower
	12th	5%	8%	County statistically lower
Sex	Female	2%	4%	County statistically lower
	Male	7%	11%	County statistically lower
Total		5%	8%	County statistically lower

1.05 Percent of students who did not go to school because they felt unsafe, past 30 days

		Chittenden	Vermont	Notes
Grade	9th	5%	7%	
	10th	4%	6%	
	11th	3%	5%	
	12th	4%	5%	
Sex	Female	5%	7%	County statistically lower
	Male	3%	4%	
Total		4%	6%	County statistically lower

*1 Personal Safety***1.06 Percent of students who reported being bullied, past 30 days**

		Chittenden	Vermont	Notes
Grade	9th	18%	23%	County statistically lower
	10th	13%	18%	County statistically lower
	11th	10%	16%	County statistically lower
	12th	11%	14%	
Sex	Female	17%	23%	County statistically lower
	Male	9%	12%	County statistically lower
Total		13%	18%	County statistically lower

1.07 Percent of students who reported being electronically bullied, past 12 months

		Chittenden	Vermont	Notes
Grade	9th	17%	20%	
	10th	11%	17%	County statistically lower
	11th	11%	16%	County statistically lower
	12th	11%	13%	
Sex	Female	18%	23%	County statistically lower
	Male	7%	10%	County statistically lower
Total		12%	16%	County statistically lower

NOTE: For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight, or when teasing is done in a friendly way. Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

*1 Personal Safety***1.08 Percent of students who bullied someone else, past 30 days**

		Chittenden	Vermont	Notes
Grade	9th	8%	13%	County statistically lower
	10th	8%	11%	
	11th	6%	11%	County statistically lower
	12th	6%	10%	County statistically lower
Sex	Female	6%	11%	County statistically lower
	Male	8%	12%	County statistically lower
Total		7%	11%	County statistically lower

1.09 Percent of students who purposefully hurt themselves without wanting to die, past 12 months

		Chittenden	Vermont	Notes
Grade	9th	20%	20%	
	10th	17%	19%	
	11th	17%	17%	
	12th	13%	14%	
Sex	Female	26%	26%	
	Male	7%	9%	County statistically lower
Total		17%	17%	

1.10 Percent of students who felt sad or hopeless for two weeks in a row, past 12 months

		Chittenden	Vermont	Notes
Grade	9th	22%	24%	
	10th	23%	26%	
	11th	22%	24%	
	12th	22%	24%	
Sex	Female	31%	34%	
	Male	14%	15%	
Total		23%	24%	

*1 Personal Safety***1.11 Percent of students who made a suicide plan, past 12 months**

		Chittenden	Vermont	Notes
Grade	9th	13%	13%	
	10th	12%	13%	
	11th	12%	12%	
	12th	10%	10%	
Sex	Female	16%	16%	
	Male	7%	8%	
Total		12%	12%	

1.12 Percent of students who attempted suicide, past 12 months

		Chittenden	Vermont	Notes
Grade	9th	6%	7%	
	10th	5%	6%	
	11th	5%	5%	
	12th	3%	5%	
Sex	Female	7%	8%	
	Male	2%	4%	County statistically lower
Total		5%	6%	County statistically lower

1.13 Percent of students who attempted suicide that resulted in an injury, poisoning, or overdose that required medical treatment, past 12 months

		Chittenden	Vermont	Notes
Grade	9th	2%	2%	
	10th	1%	2%	
	11th	2%	2%	
	12th	2%	2%	
Sex	Female	2%	3%	
	Male	1%	1%	
Total		2%	2%	

*1 Personal Safety***1.14 Percent of students who dated in the past 12 months and were physically hurt by someone they were dating or going out with**

		Chittenden	Vermont	Notes
Grade	9th	8%	8%	
	10th	9%	9%	
	11th	7%	9%	
	12th	5%	9%	County statistically lower
Sex	Female	10%	11%	
	Male	4%	7%	County statistically lower
Total		7%	9%	County statistically lower

1.15 Percent of students who have ever been physically forced to have sexual intercourse

		Chittenden	Vermont	Notes
Grade	9th	3%	5%	
	10th	5%	6%	
	11th	5%	7%	
	12th	8%	8%	
Sex	Female	9%	10%	
	Male	2%	3%	
Total		5%	7%	

*1 Personal Safety***1.16 Percent of students who rode with a drinking driver, past 30 days**

		Chittenden	Vermont	Notes
Grade	9th	14%	19%	County statistically lower
	10th	15%	20%	County statistically lower
	11th	17%	20%	County statistically lower
	12th	14%	19%	County statistically lower
Sex	Female	16%	20%	County statistically lower
	Male	15%	19%	County statistically lower
Total		15%	20%	County statistically lower

1.17 Percent of students who rode with a driver who had been smoking marijuana, past 30 days

		Chittenden	Vermont	Notes
Grade	9th	10%	13%	County statistically lower
	10th	20%	20%	
	11th	21%	26%	County statistically lower
	12th	25%	29%	
Sex	Female	18%	22%	County statistically lower
	Male	21%	22%	
Total		19%	22%	County statistically lower

*1 Personal Safety***1.18 Percent of drivers who drove a car or other vehicle when they had been drinking alcohol, past 30 days**

		Chittenden	Vermont	Notes
Grade	9th	5%	5%	
	10th	3%	4%	
	11th	4%	8%	County statistically lower
	12th	5%	9%	County statistically lower
Sex	Female	4%	5%	
	Male	5%	9%	County statistically lower
Total		5%	7%	County statistically lower

1.19 Percent of drivers who drove a car or other vehicle when they had been smoking marijuana, past 30 days

		Chittenden	Vermont	Notes
Grade	9th	10%	8%	
	10th	9%	10%	
	11th	16%	18%	
	12th	18%	20%	
Sex	Female	12%	12%	
	Male	17%	18%	
Total		15%	15%	

1.20 Percent of drivers who texted or e-mailed while driving a car or other vehicle, past 30 days

		Chittenden	Vermont	Notes
Grade	9th	12%	10%	
	10th	13%	15%	
	11th	38%	40%	
	12th	46%	50%	
Sex	Female	33%	33%	
	Male	31%	33%	
Total		32%	33%	

*1 Personal Safety***1.21 Percent of students who rode a bicycle and reported never or rarely wearing a bicycle helmet, past 12 months**

		Chittenden	Vermont	Notes
Grade	9th	36%	48%	County statistically lower
	10th	45%	54%	County statistically lower
	11th	46%	55%	County statistically lower
	12th	49%	56%	County statistically lower
Sex	Female	43%	49%	County statistically lower
	Male	45%	56%	County statistically lower
Total		44%	53%	County statistically lower

1.22 The percent of students who have had a sunburn in the past 12 months

		Chittenden	Vermont	Notes
Grade	9th	61%	63%	
	10th	63%	65%	
	11th	63%	65%	
	12th	64%	67%	
Sex	Female	68%	72%	County statistically lower
	Male	58%	59%	
Total		63%	65%	County statistically lower

1.23 The percent of students who have used a tanning device such as a sunlamp, sunbed, or tanning booth in the last 12 months

		Chittenden	Vermont	Notes
Grade	9th	2%	2%	
	10th	3%	3%	
	11th	3%	4%	
	12th	5%	6%	
Sex	Female	4%	5%	
	Male	2%	3%	
Total		3%	4%	

*2 Alcohol, Tobacco and other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

		Chittenden	Vermont	Notes
Grade	9th	31%	37%	County statistically lower
	10th	46%	51%	County statistically lower
	11th	55%	63%	County statistically lower
	12th	64%	71%	County statistically lower
Sex	Female	52%	57%	County statistically lower
	Male	48%	54%	County statistically lower
Total		50%	56%	County statistically lower

2.02 Percent of students who drank alcohol, other than a few sips, before age 13

		Chittenden	Vermont	Notes
Grade	9th	10%	14%	County statistically lower
	10th	9%	13%	County statistically lower
	11th	7%	12%	County statistically lower
	12th	6%	10%	County statistically lower
Sex	Female	7%	10%	County statistically lower
	Male	10%	14%	County statistically lower
Total		8%	12%	County statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.03 Percent of students who drank alcohol, past 30 days**

		Chittenden	Vermont	Notes
Grade	9th	16%	17%	
	10th	23%	26%	
	11th	30%	34%	County statistically lower
	12th	37%	42%	County statistically lower
Sex	Female	28%	30%	
	Male	26%	29%	County statistically lower
Total		27%	30%	County statistically lower

2.04 Percent of students who had five or more drinks in a row (binged), past 30 days

		Chittenden	Vermont	Notes
Grade	9th	7%	8%	
	10th	11%	13%	
	11th	17%	19%	
	12th	21%	24%	
Sex	Female	15%	15%	
	Male	14%	17%	County statistically lower
Total		14%	16%	

*2 Alcohol, Tobacco and other Drug Use***2.05 Among students who drank alcohol, the number of days students drank in the last 30 days**

			Chittenden	Vermont	Notes
Grade	9th	1 to 2 days	58%	55%	
		3 to 9 days	32%	33%	
		10+ days	10%	11%	

	10th	1 to 2 days	60%	57%	
		3 to 9 days	32%	34%	
		10+ days	8%	9%	

	11th	1 to 2 days	49%	49%	
		3 to 9 days	43%	40%	
		10+ days	8%	11%	

	12th	1 to 2 days	49%	47%	
		3 to 9 days	43%	40%	
		10+ days	8%	13%	

Sex	Female	1 to 2 days	54%	55%	
		3 to 9 days	40%	36%	
		10+ days	6%	9%	

	Male	1 to 2 days	50%	47%	
		3 to 9 days	39%	38%	
		10+ days	11%	15%	

Total	1 to 2 days		52%	51%	
	3 to 9 days		39%	37%	
	10+ days		9%	12%	County statistically lower

NOTE: Only students who drank alcohol during the previous 30 days are included in this analysis. Previous reports included all students.

*2 Alcohol, Tobacco and other Drug Use***2.06 Among students who drank alcohol in the last 30 days, the greatest number of drinks consumed in one sitting**

			Chittenden	Vermont	Notes
Grade	9th	1 to 2 drinks	54%	49%	
		3 to 4 drinks	20%	19%	
		5 or more drinks	26%	32%	

	10th	1 to 2 drinks	42%	41%	
		3 to 4 drinks	22%	20%	
		5 or more drinks	36%	39%	

	11th	1 to 2 drinks	32%	33%	
		3 to 4 drinks	20%	18%	
		5 or more drinks	48%	49%	

	12th	1 to 2 drinks	27%	32%	
		3 to 4 drinks	24%	19%	
		5 or more drinks	49%	49%	

Sex	Female	1 to 2 drinks	38%	40%	
		3 to 4 drinks	24%	23%	
		5 or more drinks	38%	38%	

	Male	1 to 2 drinks	32%	33%	
		3 to 4 drinks	18%	16%	
		5 or more drinks	50%	52%	

Total	1 to 2 drinks		35%	36%	
	3 to 4 drinks		22%	19%	
	5 or more drinks		43%	45%	

NOTE: Only students who drank alcohol during the previous 30 days are included in this analysis. Previous reports included all students.

2 Alcohol, Tobacco and other Drug Use

2.07 Among students who drank in the past 30 days, usual source of alcohol

			Chittenden	Vermont	Notes
Grade	9th	Bought it	.	3%	Too few students
		Gave someone money	7%	12%	
		Someone gave it to me	32%	36%	
		Took it / some other way	58%	49%	

	10th	Bought it	5%	3%	
		Gave someone money	18%	18%	
		Someone gave it to me	42%	41%	
		Took it / some other way	36%	37%	

	11th	Bought it	4%	4%	
		Gave someone money	22%	28%	
		Someone gave it to me	47%	41%	
		Took it / some other way	27%	27%	

	12th	Bought it	5%	7%	
		Gave someone money	30%	29%	
		Someone gave it to me	44%	43%	
		Took it / some other way	20%	22%	

Sex	Female	Bought it	3%	2%	
		Gave someone money	21%	24%	
		Someone gave it to me	48%	46%	
		Took it / some other way	29%	28%	

	Male	Bought it	6%	7%	
		Gave someone money	23%	24%	
		Someone gave it to me	37%	35%	
		Took it / some other way	33%	34%	

Total		Bought it	4%	5%	
		Gave someone money	22%	24%	
		Someone gave it to me	43%	40%	
		Took it / some other way	31%	31%	

*2 Alcohol, Tobacco and other Drug Use***2.08 Among students who drank in the past 30 days, the location where students typically consumed alcohol**

			Chittenden	Vermont	Notes
Grade	9th	At my home	53%	46%	
		At another persons home	36%	43%	
		At a public place or event	11%	12%	

	10th	At my home	42%	37%	
		At another persons home	50%	53%	
		At a public place or event	8%	10%	

	11th	At my home	36%	32%	
		At another persons home	59%	58%	
		At a public place or event	6%	9%	

	12th	At my home	33%	30%	
		At another persons home	62%	60%	
		At a public place or event	6%	10%	

Sex	Female	At my home	37%	34%	
		At another persons home	57%	58%	
		At a public place or event	6%	8%	

	Male	At my home	40%	34%	
		At another persons home	51%	53%	
		At a public place or event	9%	13%	County statistically lower

Total		At my home	38%	34%	
		At another persons home	55%	55%	
		At a public place or event	7%	10%	County statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.09 Percent of students who have ever smoked a whole cigarette**

		Chittenden	Vermont	Notes
Grade	9th	9%	14%	County statistically lower
	10th	12%	18%	County statistically lower
	11th	17%	24%	County statistically lower
	12th	20%	28%	County statistically lower
Sex	Female	14%	19%	County statistically lower
	Male	16%	23%	County statistically lower
Total		15%	21%	County statistically lower

2.10 Percent of students who smoked a whole cigarette before age 13

		Chittenden	Vermont	Notes
Grade	9th	4%	6%	County statistically lower
	10th	3%	6%	County statistically lower
	11th	5%	6%	
	12th	4%	6%	County statistically lower
Sex	Female	3%	5%	County statistically lower
	Male	5%	7%	County statistically lower
Total		4%	6%	County statistically lower

2.11 Percent of students who smoked cigarettes, past 30 days

		Chittenden	Vermont	Notes
Grade	9th	5%	7%	
	10th	6%	9%	County statistically lower
	11th	9%	12%	County statistically lower
	12th	11%	14%	County statistically lower
Sex	Female	7%	10%	County statistically lower
	Male	9%	12%	County statistically lower
Total		8%	11%	County statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.12 Among students who smoked cigarettes in the past month, number of days students smoked**

			Chittenden	Vermont	Notes
Grade	9th	1 to 2 days	.	35%	Too few students
		3 to 9 days	.	26%	Too few students
		10+ days	.	39%	Too few students

	10th	1 to 2 days	37%	31%	
		3 to 9 days	19%	25%	
		10+ days	44%	44%	

	11th	1 to 2 days	24%	29%	
		3 to 9 days	20%	23%	
		10+ days	55%	48%	

	12th	1 to 2 days	30%	26%	
		3 to 9 days	21%	19%	
		10+ days	49%	55%	

Sex	Female	1 to 2 days	34%	32%	
		3 to 9 days	24%	23%	
		10+ days	42%	44%	

	Male	1 to 2 days	28%	26%	
		3 to 9 days	17%	22%	
		10+ days	56%	52%	

Total		1 to 2 days	31%	29%	
		3 to 9 days	20%	22%	
		10+ days	49%	49%	

NOTE: Only students who smoked cigarettes during the previous 30 days are included in this analysis. Previous reports included all students.

*2 Alcohol, Tobacco and other Drug Use***2.13 Among students who smoked cigarettes in the past month, the amount of cigarettes smoked on days smoked**

			Chittenden	Vermont	Notes
Grade	9th	1 cigarette or less	.	51%	Too few students
		2 to 10 cigarettes	.	39%	Too few students
		11 or more cigarettes	.	10%	Too few students

	10th	1 cigarette or less	51%	45%	
		2 to 10 cigarettes	41%	45%	
		11 or more cigarettes	.	10%	Too few students

	11th	1 cigarette or less	39%	43%	
		2 to 10 cigarettes	54%	48%	
		11 or more cigarettes	8%	9%	

	12th	1 cigarette or less	47%	42%	
		2 to 10 cigarettes	43%	45%	
		11 or more cigarettes	9%	13%	

Sex	Female	1 cigarette or less	56%	47%	
		2 to 10 cigarettes	38%	44%	
		11 or more cigarettes	6%	9%	

	Male	1 cigarette or less	39%	42%	
		2 to 10 cigarettes	49%	45%	
		11 or more cigarettes	12%	13%	

Total		1 cigarette or less	47%	44%	
		2 to 10 cigarettes	44%	44%	
		11 or more cigarettes	9%	12%	

NOTE: Only students who smoked cigarettes during the previous 30 days are included in this analysis. Previous reports included all students.

2 Alcohol, Tobacco and other Drug Use

2.14 Among students who smoked cigarettes in the past month and were under age 18, how they obtained cigarettes

		Chittenden	Vermont	Notes	
Grade	9th	Bought them	.	5%	Too few students
		Someone else bought them	.	27%	Too few students
		Borrowed/bummed them	.	37%	Too few students
		Took them / some other way	.	31%	Too few students

	10th	Bought them	9%	7%	
		Someone else bought them	18%	26%	
		Borrowed/bummed them	42%	41%	
		Took them / some other way	30%	26%	

	11th	Bought them	18%	12%	
		Someone else bought them	31%	31%	
		Borrowed/bummed them	31%	39%	
		Took them / some other way	20%	17%	

	12th	Bought them	.	14%	Too few students
		Someone else bought them	.	32%	Too few students
		Borrowed/bummed them	.	41%	Too few students
		Took them / some other way	.	14%	Too few students

Sex	Female	Bought them	12%	6%	
		Someone else bought them	31%	30%	
		Borrowed/bummed them	41%	45%	
		Took them / some other way	15%	19%	

	Male	Bought them	16%	14%	
		Someone else bought them	23%	28%	
		Borrowed/bummed them	27%	34%	
		Took them / some other way	34%	24%	

Total		Bought them	14%	10%	
		Someone else bought them	27%	29%	
		Borrowed/bummed them	34%	39%	
		Took them / some other way	24%	22%	

*2 Alcohol, Tobacco and other Drug Use***2.15 Among current smokers, the percent of smokers who tried to quit smoking, past 12 months**

		Chittenden	Vermont	Notes
Grade	9th	.	45%	Too few students
	10th	36%	46%	
	11th	44%	44%	
	12th	44%	39%	
Sex	Female	39%	43%	
	Male	42%	41%	
Total		41%	42%	

2.16 Percent of students who have ever used electronic vapor products such as e-cigarettes, vaping pens, e-hookahs, and hookah pens.

		Chittenden	Vermont	Notes
Grade	9th	20%	18%	County statistically higher
	10th	32%	28%	
	11th	33%	35%	
	12th	41%	39%	
Sex	Female	30%	27%	
	Male	34%	33%	
Total		32%	30%	

2.17 Percent of students who have used electronic vapor products, past 30 days

		Chittenden	Vermont	Notes
Grade	9th	9%	10%	County statistically lower
	10th	14%	14%	
	11th	14%	17%	
	12th	18%	19%	
Sex	Female	13%	13%	
	Male	15%	18%	
Total		14%	15%	

*2 Alcohol, Tobacco and other Drug Use***2.18 Percent of students who have ever tried a flavored tobacco product**

		Chittenden	Vermont	Notes
Grade	9th	11%	15%	County statistically lower
	10th	18%	21%	
	11th	23%	29%	County statistically lower
	12th	27%	32%	County statistically lower
Sex	Female	17%	20%	County statistically lower
	Male	24%	28%	County statistically lower
Total		20%	24%	County statistically lower

2.19 Percent of students who tried a flavored tobacco product before age 13

		Chittenden	Vermont	Notes
Grade	9th	4%	6%	County statistically lower
	10th	4%	5%	
	11th	3%	6%	County statistically lower
	12th	3%	5%	County statistically lower
Sex	Female	2%	4%	County statistically lower
	Male	4%	7%	County statistically lower
Total		3%	6%	County statistically lower

NOTE: Flavored tobacco products include any tobacco product flavored to taste like menthol (mint), clove, spice, alcohol (wine or cognac), candy, fruit, chocolate, or other sweets.

*2 Alcohol, Tobacco and other Drug Use***2.20 Percent of students who used smokeless tobacco such as snuff or dip, past 30 days**

		Chittenden	Vermont	Notes
Grade	9th	3%	5%	County statistically lower
	10th	4%	6%	County statistically lower
	11th	4%	8%	County statistically lower
	12th	4%	8%	County statistically lower
Sex	Female	1%	3%	County statistically lower
	Male	6%	11%	County statistically lower
Total		4%	7%	County statistically lower

2.21 Percent of students who smoked cigars or little cigars, past 30 days

		Chittenden	Vermont	Notes
Grade	9th	4%	5%	
	10th	7%	8%	
	11th	8%	12%	County statistically lower
	12th	14%	16%	
Sex	Female	5%	6%	
	Male	12%	14%	County statistically lower
Total		9%	10%	County statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.22 Percent of students who smoked cigarettes, cigars or little cigars, or used smokeless tobacco, during the past 30 days**

		Chittenden	Vermont	Notes
Grade	9th	8%	11%	County statistically lower
	10th	11%	15%	County statistically lower
	11th	15%	21%	County statistically lower
	12th	21%	25%	County statistically lower
Sex	Female	10%	13%	County statistically lower
	Male	18%	23%	County statistically lower
Total		14%	18%	County statistically lower

2.23 Percent of students who smoked cigarettes, cigars or little cigars, used smokeless tobacco, or electronic vapor products during the past 30 days

		Chittenden	Vermont	Notes
Grade	9th	13%	16%	
	10th	19%	22%	
	11th	21%	28%	County statistically lower
	12th	29%	32%	
Sex	Female	18%	20%	
	Male	25%	29%	County statistically lower
Total		21%	25%	County statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.24 Percent of students who have ever tried marijuana**

		Chittenden	Vermont	Notes
Grade	9th	18%	22%	
	10th	30%	32%	
	11th	39%	44%	County statistically lower
	12th	45%	49%	
Sex	Female	33%	36%	County statistically lower
	Male	35%	38%	
Total		34%	37%	County statistically lower

2.25 Percent of students who used marijuana before age 13

		Chittenden	Vermont	Notes
Grade	9th	4%	6%	County statistically lower
	10th	5%	6%	
	11th	5%	7%	
	12th	4%	6%	
Sex	Female	4%	5%	
	Male	6%	8%	County statistically lower
Total		5%	6%	County statistically lower

2.26 Percent of students who used marijuana, past 30 days

		Chittenden	Vermont	Notes
Grade	9th	9%	13%	County statistically lower
	10th	20%	20%	
	11th	26%	27%	
	12th	27%	29%	
Sex	Female	20%	21%	
	Male	23%	24%	
Total		21%	22%	

2 Alcohol, Tobacco and other Drug Use

2.27 Among those who currently use marijuana, the number of times reported using marijuana, in the last month

			Chittenden	Vermont	Notes
Grade	9th	1 to 2 times	32%	36%	
		3 to 9 times	24%	24%	
		10+ times	44%	40%	

	10th	1 to 2 times	32%	32%	
		3 to 9 times	25%	26%	
		10+ times	42%	42%	

	11th	1 to 2 times	35%	30%	
		3 to 9 times	25%	24%	
		10+ times	40%	46%	

	12th	1 to 2 times	33%	29%	
		3 to 9 times	27%	23%	
		10+ times	40%	48%	

Sex	Female	1 to 2 times	38%	37%	
		3 to 9 times	27%	26%	
		10+ times	35%	37%	

	Male	1 to 2 times	29%	26%	
		3 to 9 times	25%	23%	
		10+ times	46%	52%	

Total		1 to 2 times	33%	31%	
		3 to 9 times	26%	24%	
		10+ times	41%	45%	

*2 Alcohol, Tobacco and other Drug Use***2.28 Percent of students who ever misused a stimulant or prescription pain reliever**

		Chittenden	Vermont	Notes
Grade	9th	7%	8%	
	10th	10%	10%	
	11th	12%	13%	
	12th	14%	14%	
Sex	Female	10%	11%	
	Male	12%	12%	
Total		11%	11%	

2.29 Percent of students who misused a stimulant or prescription pain reliever in the past 30 days

		Chittenden	Vermont	Notes
Grade	9th	4%	4%	
	10th	5%	4%	
	11th	5%	5%	
	12th	6%	6%	
Sex	Female	5%	4%	
	Male	5%	5%	
Total		5%	5%	

2.30 Percent of students who ever used cocaine

		Chittenden	Vermont	Notes
Grade	9th	2%	3%	
	10th	4%	4%	
	11th	5%	5%	
	12th	5%	7%	
Sex	Female	3%	4%	
	Male	5%	6%	
Total		4%	5%	

*2 Alcohol, Tobacco and other Drug Use***2.31 Percent of students who ever used inhalants**

		Chittenden	Vermont	Notes
Grade	9th	7%	7%	
	10th	6%	6%	
	11th	4%	7%	County statistically lower
	12th	4%	5%	
Sex	Female	5%	6%	
	Male	6%	7%	
Total		5%	7%	County statistically lower

2.32 Percent of students who ever used methamphetamines

		Chittenden	Vermont	Notes
Grade	9th	2%	2%	
	10th	2%	2%	
	11th	3%	3%	
	12th	4%	3%	
Sex	Female	2%	2%	
	Male	3%	3%	
Total		3%	3%	

2.33 Percent of students who ever used heroin

		Chittenden	Vermont	Notes
Grade	9th	2%	2%	
	10th	2%	2%	
	11th	2%	2%	
	12th	3%	3%	
Sex	Female	1%	1%	
	Male	3%	3%	
Total		2%	2%	

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.01 Percent of students who were in the same room as someone smoking, past 7 days

		Chittenden	Vermont	Notes
Grade	9th	23%	34%	County statistically lower
	10th	26%	36%	County statistically lower
	11th	30%	39%	County statistically lower
	12th	29%	38%	County statistically lower
Sex	Female	26%	37%	County statistically lower
	Male	28%	37%	County statistically lower
Total		27%	37%	County statistically lower

3.02 Percent of students who were in the same car as someone smoking, past 7 days

		Chittenden	Vermont	Notes
Grade	9th	15%	25%	County statistically lower
	10th	18%	27%	County statistically lower
	11th	20%	28%	County statistically lower
	12th	19%	28%	County statistically lower
Sex	Female	18%	28%	County statistically lower
	Male	19%	27%	County statistically lower
Total		18%	27%	County statistically lower

*3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use***3.03 Frequency in which students see advertisements for tobacco when they are in a grocery store, gas station, or convenience store.**

			Chittenden	Vermont	Notes
Grade	9th	Never or rarely	19%	19%	
		Sometimes	24%	27%	
		At least most of the time	57%	54%	

	10th	Never or rarely	20%	19%	
		Sometimes	30%	27%	
		At least most of the time	51%	53%	

	11th	Never or rarely	20%	21%	
		Sometimes	29%	28%	
		At least most of the time	50%	52%	

	12th	Never or rarely	23%	22%	
		Sometimes	29%	28%	
		At least most of the time	48%	50%	

Sex	Female	Never or rarely	21%	19%	
		Sometimes	28%	28%	
		At least most of the time	51%	53%	

	Male	Never or rarely	21%	22%	
		Sometimes	28%	26%	
		At least most of the time	51%	51%	

Total	Never or rarely		21%	21%	
	Sometimes		28%	27%	
	At least most of the time		51%	52%	

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

In 2015, 11% of Vermont high school students reported smoking cigarettes in the last 30 days and 22% of students reported using marijuana during that same time period. Students were asked about their perceptions on how many students smoke and use marijuana.

3.04 Out of 100 high school students, the number thought to smoke cigarettes

	Chittenden	Vermont	Notes
15 or less students	23%	19%	County statistically higher
16 to 25 students	32%	29%	County statistically higher
26 to 45 students	22%	24%	
46 to 55 students	11%	14%	County statistically lower
56 to 75 students	6%	8%	County statistically lower
76 or more students	5%	7%	County statistically lower

3.05 Out of 100 high school students, the number thought to use marijuana

	Chittenden	Vermont	Notes
15 or less students	8%	8%	
16 to 25 students	14%	13%	
26 to 45 students	23%	21%	
46 to 55 students	20%	21%	
56 to 75 students	20%	20%	
76 or more students	15%	16%	

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.06 Percent of students who think their parents think it is wrong for them to smoke cigarettes

		Chittenden	Vermont	Notes
Grade	9th	95%	94%	
	10th	95%	93%	
	11th	93%	92%	
	12th	91%	87%	County statistically higher
Sex	Female	95%	93%	County statistically higher
	Male	92%	90%	
Total		93%	91%	County statistically higher

3.07 Percent of students who think their parents think it is wrong for them to drink alcohol

		Chittenden	Vermont	Notes
Grade	9th	88%	84%	County statistically higher
	10th	83%	78%	County statistically higher
	11th	76%	70%	County statistically higher
	12th	64%	57%	County statistically higher
Sex	Female	80%	74%	County statistically higher
	Male	74%	70%	County statistically higher
Total		77%	72%	County statistically higher

3.08 Percent of students who think their parents think it is wrong for them to smoke marijuana

		Chittenden	Vermont	Notes
Grade	9th	91%	87%	County statistically higher
	10th	83%	82%	
	11th	80%	78%	
	12th	79%	74%	
Sex	Female	86%	82%	County statistically higher
	Male	80%	79%	
Total		83%	80%	County statistically higher

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.09 Percent of students who think it is wrong for someone their age to smoke cigarettes

		Chittenden	Vermont	Notes
Grade	9th	91%	87%	County statistically higher
	10th	89%	84%	County statistically higher
	11th	82%	77%	County statistically higher
	12th	75%	67%	County statistically higher
Sex	Female	85%	80%	County statistically higher
	Male	82%	77%	County statistically higher
Total		83%	78%	County statistically higher

3.10 Percent of students who think it is wrong for someone their age to drink alcohol

		Chittenden	Vermont	Notes
Grade	9th	74%	70%	County statistically higher
	10th	61%	58%	
	11th	53%	47%	County statistically higher
	12th	42%	38%	
Sex	Female	57%	54%	County statistically higher
	Male	57%	53%	County statistically higher
Total		57%	53%	County statistically higher

3.11 Percent of students who think it is wrong for someone their age to smoke marijuana

		Chittenden	Vermont	Notes
Grade	9th	72%	70%	
	10th	56%	59%	
	11th	51%	51%	
	12th	47%	44%	
Sex	Female	57%	57%	
	Male	54%	55%	
Total		56%	56%	

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.12 Percent of students who think people their age risk harming themselves if they smoke a pack of cigarettes a day

		Chittenden	Vermont	Notes
Grade	9th	68%	62%	County statistically higher
	10th	75%	66%	County statistically higher
	11th	73%	66%	County statistically higher
	12th	73%	66%	County statistically higher
Sex	Female	75%	67%	County statistically higher
	Male	70%	63%	County statistically higher
Total		72%	65%	County statistically higher

3.13 Percent of students who think people their age risk harming themselves if they binge drink on weekends

		Chittenden	Vermont	Notes
Grade	9th	47%	42%	County statistically higher
	10th	45%	40%	County statistically higher
	11th	42%	36%	County statistically higher
	12th	39%	35%	
Sex	Female	47%	43%	County statistically higher
	Male	39%	33%	County statistically higher
Total		43%	38%	County statistically higher

3.14 Percent of students who think people their age risk harming themselves if they smoke marijuana regularly

		Chittenden	Vermont	Notes
Grade	9th	38%	35%	
	10th	31%	29%	
	11th	24%	22%	
	12th	23%	21%	
Sex	Female	31%	30%	
	Male	26%	24%	
Total		29%	27%	County statistically higher

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.15 Percent of students who think it would be easy to get cigarettes

		Chittenden	Vermont	Notes
Grade	9th	38%	44%	County statistically lower
	10th	50%	55%	
	11th	57%	64%	County statistically lower
	12th	74%	80%	County statistically lower
Sex	Female	51%	57%	County statistically lower
	Male	60%	64%	County statistically lower
Total		56%	61%	County statistically lower

3.16 Percent of students who think it would be easy to get alcohol

		Chittenden	Vermont	Notes
Grade	9th	60%	60%	
	10th	70%	68%	
	11th	71%	74%	
	12th	73%	75%	
Sex	Female	71%	71%	
	Male	67%	68%	
Total		69%	69%	

3.17 Percent of students who think it would be easy to get marijuana

		Chittenden	Vermont	Notes
Grade	9th	47%	46%	
	10th	61%	60%	
	11th	66%	69%	
	12th	71%	74%	
Sex	Female	58%	60%	
	Male	65%	65%	
Total		62%	62%	

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.18 Percent of students who were asked if they smoked by a health care provider, past 12 months

		Chittenden	Vermont	Notes
Grade	9th	46%	44%	
	10th	48%	50%	
	11th	56%	57%	
	12th	57%	60%	
Sex	Female	53%	56%	
	Male	51%	50%	
Total		52%	53%	

3.19 Percent of students who think it is likely or very likely that a party where students from their high school were drinking alcohol would be broken up by police

		Chittenden	Vermont	Notes
Grade	9th	37%	36%	
	10th	31%	30%	
	11th	28%	27%	
	12th	24%	24%	
Sex	Female	31%	29%	
	Male	29%	29%	
Total		30%	29%	

3.20 Percent of students who were offered, sold or given an illegal drug on school property, past 12 months

		Chittenden	Vermont	Notes
Grade	9th	17%	15%	
	10th	20%	19%	
	11th	22%	20%	
	12th	20%	18%	
Sex	Female	16%	15%	
	Male	23%	21%	
Total		20%	18%	

4 Sexual Behavior and Orientation

4.01 Sexual orientation

			Chittenden	Vermont	Notes
Grade	9th	Heterosexual (straight)	85%	88%	
		Gay or lesbian	2%	2%	
		Bisexual	6%	6%	
		Not sure	6%	5%	

	10th	Heterosexual (straight)	88%	89%	
		Gay or lesbian	3%	2%	County statistically higher
		Bisexual	5%	6%	
		Not sure	3%	4%	

	11th	Heterosexual (straight)	86%	88%	
		Gay or lesbian	2%	2%	
		Bisexual	6%	6%	
		Not sure	5%	4%	

	12th	Heterosexual (straight)	88%	88%	
		Gay or lesbian	2%	2%	
		Bisexual	7%	6%	
		Not sure	3%	4%	

Sex	Female	Heterosexual (straight)	82%	84%	
		Gay or lesbian	3%	2%	
		Bisexual	9%	10%	
		Not sure	6%	5%	

	Male	Heterosexual (straight)	92%	92%	
		Gay or lesbian	2%	2%	
		Bisexual	3%	3%	
		Not sure	3%	4%	

Total		Heterosexual (straight)	87%	88%	
		Gay or lesbian	2%	2%	
		Bisexual	6%	6%	
		Not sure	5%	4%	

*4 Sexual Behavior and Orientation***4.02 Percent of students who have ever had sexual intercourse**

		Chittenden	Vermont	Notes
Grade	9th	13%	18%	County statistically lower
	10th	29%	33%	
	11th	44%	49%	
	12th	51%	62%	County statistically lower
Sex	Female	34%	40%	County statistically lower
	Male	36%	41%	County statistically lower
Total		35%	41%	County statistically lower

4.03 Percent of students who have ever had oral sex

		Chittenden	Vermont	Notes
Grade	9th	16%	21%	County statistically lower
	10th	32%	37%	County statistically lower
	11th	46%	50%	
	12th	52%	60%	County statistically lower
Sex	Female	36%	41%	County statistically lower
	Male	39%	42%	County statistically lower
Total		37%	42%	County statistically lower

4.04 Percent of students who had sexual intercourse before age 13

		Chittenden	Vermont	Notes
Grade	9th	2%	3%	
	10th	2%	3%	
	11th	2%	3%	
	12th	2%	4%	
Sex	Female	1%	2%	
	Male	3%	4%	County statistically lower
Total		2%	3%	County statistically lower

*4 Sexual Behavior and Orientation***4.05 Percent of students who have had sexual intercourse with four or more people**

		Chittenden	Vermont	Notes
Grade	9th	2%	3%	County statistically lower
	10th	5%	6%	
	11th	9%	11%	
	12th	15%	19%	
Sex	Female	8%	9%	County statistically lower
	Male	8%	10%	
Total		8%	10%	County statistically lower

4.06 Percent of students who have ever been tested for HIV

		Chittenden	Vermont	Notes
Grade	9th	6%	7%	County statistically lower
	10th	8%	8%	
	11th	8%	12%	
	12th	12%	14%	
Sex	Female	9%	11%	County statistically lower
	Male	8%	9%	
Total		9%	10%	County statistically lower

*4 Sexual Behavior and Orientation***4.07 Percent of students who had sex at least once in the past 3 months (currently sexually active)**

		Chittenden	Vermont	Notes
Grade	9th	9%	12%	
	10th	21%	24%	
	11th	35%	38%	
	12th	39%	49%	County statistically lower
Sex	Female	28%	33%	County statistically lower
	Male	26%	30%	County statistically lower
Total		27%	31%	County statistically lower

4.08 Of sexually active students, percent who used alcohol or drugs the last time they had sex

		Chittenden	Vermont	Notes
Grade	9th	21%	18%	
	10th	22%	19%	
	11th	20%	18%	
	12th	17%	18%	
Sex	Female	18%	15%	
	Male	22%	22%	
Total		20%	19%	

4.09 Of sexually active students, percent who used condoms the last time they had sex

		Chittenden	Vermont	Notes
Grade	9th	58%	65%	
	10th	70%	65%	
	11th	57%	58%	
	12th	53%	54%	
Sex	Female	58%	55%	
	Male	59%	62%	
Total		58%	58%	

*4 Sexual Behavior and Orientation***4.10 Of sexually active students, percent who used prescription birth control the last time they had sex.**

Birth control included using prescription birth control pills, shot, patch, ring, or IUD

		Chittenden	Vermont	Notes
Grade	9th	28%	28%	
	10th	43%	39%	
	11th	49%	49%	
	12th	54%	54%	
Sex	Female	56%	55%	
	Male	39%	38%	
Total		48%	47%	

4.11 Of sexually active students, those who used either a condom or prescription birth control the last time they had sex

		Chittenden	Vermont	Notes
Grade	9th	71%	80%	
	10th	91%	87%	
	11th	87%	88%	
	12th	87%	87%	
Sex	Female	89%	88%	
	Male	84%	86%	
Total		87%	87%	

4 Sexual Behavior and Orientation

4.12 Of sexually active students, methods used to prevent pregnancy used the last time they had sex

			Chittenden	Vermont	Notes
Grade	9th	No method was used	15%	12%	
		Birth control pills	19%	19%	
		Condoms	41%	50%	
		IUD or implant	.	4%	Too few students
		Shot/patch/birth control ring	.	5%	Too few students
		Withdrawal/other method	11%	8%	
		Not sure	.	3%	Too few students

	10th	No method was used	4%	7%	
		Birth control pills	30%	28%	
		Condoms	46%	46%	
		IUD or implant	5%	5%	
		Shot/patch/birth control ring	7%	6%	
		Withdrawal/other method	4%	6%	
		Not sure	3%	2%	

	11th	No method was used	7%	6%	
		Birth control pills	39%	37%	
		Condoms	37%	37%	
		IUD or implant	8%	7%	
		Shot/patch/birth control ring	3%	6%	
		Withdrawal/other method	5%	6%	
		Not sure	3%	1%	

	12th	No method was used	6%	7%	
		Birth control pills	40%	40%	
		Condoms	33%	32%	
		IUD or implant	9%	7%	
		Shot/patch/birth control ring	4%	7%	
		Withdrawal/other method	7%	6%	
		Not sure	.	2%	Too few students

4 Sexual Behavior and Orientation

			Chittenden	Vermont	Notes
Sex	Female	No method was used	6%	7%	
		Birth control pills	40%	39%	
		Condoms	32%	31%	
		IUD or implant	11%	8%	
		Shot/patch/birth control ring	5%	8%	
		Withdrawal/other method	4%	5%	
		Not sure	1%	1%	

	Male	No method was used	7%	7%	
		Birth control pills	32%	30%	
		Condoms	43%	45%	
		IUD or implant	4%	4%	
		Shot/patch/birth control ring	3%	4%	
		Withdrawal/other method	8%	7%	
		Not sure	3%	3%	

Total		No method was used	7%	7%	
		Birth control pills	36%	35%	
		Condoms	38%	38%	
		IUD or implant	7%	6%	
		Shot/patch/birth control ring	4%	6%	County statistically lower
		Withdrawal/other method	6%	6%	
		Not sure	2%	2%	

Cont. Of sexually active students, methods used to prevent pregnancy used the last time they had sex

*4 Sexual Behavior and Orientation***4.13 Sexual identity of sexual contacts**

			Chittenden	Vermont	Notes
Sex	Female	Have not had sex	52%	45%	County statistically higher
		Same sex	2%	1%	
		Opposite sex	39%	46%	County statistically lower
		Both sexes	7%	7%	

	Male	Have not had sex	47%	43%	County statistically higher
		Same sex	1%	1%	
		Opposite sex	50%	53%	County statistically lower
		Both sexes	2%	2%	
<hr/>					
Total	Have not had sex		49%	44%	County statistically higher
	Same sex		1%	1%	
	Opposite sex		45%	50%	County statistically lower
	Both sexes		5%	5%	

*5 Body Image***5.01 The percent of students who are overweight (85th to <95th BMI percentile)**

		Chittenden	Vermont	Notes
Grade	9th	12%	15%	
	10th	11%	14%	
	11th	13%	14%	
	12th	12%	13%	
Sex	Female	12%	14%	
	Male	12%	14%	
Total		12%	14%	County statistically lower

5.02 The percent of students who are obese (=>95th BMI percentile)

		Chittenden	Vermont	Notes
Grade	9th	8%	12%	County statistically lower
	10th	11%	13%	
	11th	10%	12%	
	12th	9%	12%	County statistically lower
Sex	Female	6%	9%	County statistically lower
	Male	13%	16%	County statistically lower
Total		10%	12%	County statistically lower

NOTE: BMI = body mass index; For youth, BMI is age- and sex-specific. It is expressed by a percentile based on weight and height.

5 Body Image

5.03 Perceptions of weight

			Chittenden	Vermont	Notes
Grade	9th	Underweight	16%	15%	
		About the right weight	57%	56%	
		Overweight	27%	29%	

	10th	Underweight	13%	13%	
		About the right weight	60%	55%	County statistically higher
		Overweight	26%	32%	County statistically lower

	11th	Underweight	15%	13%	
		About the right weight	55%	55%	
		Overweight	30%	31%	

	12th	Underweight	13%	13%	
		About the right weight	59%	55%	
		Overweight	27%	32%	

Sex	Female	Underweight	11%	10%	
		About the right weight	57%	54%	County statistically higher
		Overweight	32%	36%	County statistically lower

	Male	Underweight	18%	17%	
		About the right weight	59%	57%	
		Overweight	24%	26%	

Total	Underweight		14%	14%	
	About the right weight		58%	55%	County statistically higher
	Overweight		28%	31%	County statistically lower

5 Body Image

5.04 Students who are trying to do something about their weight

			Chittenden	Vermont	Notes
Grade	9th	Lose weight	37%	41%	
		Gain weight	13%	12%	
		Stay the same weight /do nothing	50%	47%	

	10th	Lose weight	39%	43%	
		Gain weight	12%	13%	
		Stay the same weight /do nothing	49%	44%	County statistically higher

	11th	Lose weight	41%	42%	
		Gain weight	14%	14%	
		Stay the same weight /do nothing	45%	44%	

	12th	Lose weight	41%	42%	
		Gain weight	17%	15%	
		Stay the same weight /do nothing	42%	42%	

Sex	Female	Lose weight	53%	56%	
		Gain weight	4%	4%	
		Stay the same weight /do nothing	43%	40%	

	Male	Lose weight	26%	28%	
		Gain weight	24%	23%	
		Stay the same weight /do nothing	50%	49%	

Total		Lose weight	39%	42%	County statistically lower
		Gain weight	14%	14%	
		Stay the same weight /do nothing	46%	44%	

6 Nutrition and Physical Activity

6.01 Hours spent per school day watching TV, playing video games or using the computer for fun.

In 2015, the definition of screen time was expanded. Caution should be taken when making comparisons to previous years.

			Chittenden	Vermont	Notes
Grade	9th	Less than 1 hour	11%	14%	
		1 to 2 hours	39%	36%	
		3 to 4 hours	35%	33%	
		5+ hours	15%	18%	

	10th	Less than 1 hour	12%	14%	
		1 to 2 hours	36%	36%	
		3 to 4 hours	34%	32%	
		5+ hours	18%	18%	

	11th	Less than 1 hour	12%	15%	
		1 to 2 hours	38%	38%	
		3 to 4 hours	33%	32%	
		5+ hours	16%	16%	

	12th	Less than 1 hour	14%	16%	
		1 to 2 hours	37%	36%	
		3 to 4 hours	32%	32%	
		5+ hours	17%	17%	

Sex	Female	Less than 1 hour	13%	15%	County statistically lower
		1 to 2 hours	38%	37%	
		3 to 4 hours	34%	32%	
		5+ hours	15%	16%	

	Male	Less than 1 hour	13%	14%	
		1 to 2 hours	37%	36%	
		3 to 4 hours	33%	32%	
		5+ hours	17%	18%	

Total		Less than 1 hour	13%	15%	County statistically lower
		1 to 2 hours	38%	36%	
		3 to 4 hours	33%	32%	
		5+ hours	16%	17%	

6 Nutrition and Physical Activity

6.02 The number of days students participated in at least 60 minutes of physical activity during the past 7 days

			Chittenden	Vermont	Notes
Grade	9th	0 days	10%	11%	
		1 to 2 days	17%	16%	
		3 to 6 days	51%	47%	
		Everyday	21%	25%	

	10th	0 days	13%	13%	
		1 to 2 days	16%	15%	
		3 to 6 days	45%	47%	
		Everyday	25%	24%	

	11th	0 days	16%	15%	
		1 to 2 days	17%	17%	
		3 to 6 days	49%	45%	
		Everyday	18%	22%	County statistically lower

	12th	0 days	15%	17%	
		1 to 2 days	15%	18%	
		3 to 6 days	47%	44%	
		Everyday	23%	21%	

Sex	Female	0 days	16%	17%	
		1 to 2 days	18%	20%	
		3 to 6 days	51%	48%	County statistically higher
		Everyday	15%	16%	

	Male	0 days	12%	12%	
		1 to 2 days	15%	14%	
		3 to 6 days	45%	44%	
		Everyday	29%	30%	

Total	0 days		14%	14%	
	1 to 2 days		16%	17%	
	3 to 6 days		48%	46%	
	Everyday		22%	23%	

*6 Nutrition and Physical Activity***6.03 The percent of students who ate fruits and vegetables 5 or more times per day, past 7 days**

		Chittenden	Vermont	Notes
Grade	9th	26%	23%	
	10th	24%	23%	
	11th	28%	23%	County statistically higher
	12th	25%	24%	
Sex	Female	25%	22%	
	Male	27%	25%	
Total		26%	24%	County statistically higher

6.04 The percent of students who ate fruits or fruit juice 2 or more times per day, past 7 days

		Chittenden	Vermont	Notes
Grade	9th	38%	34%	
	10th	36%	34%	
	11th	40%	34%	County statistically higher
	12th	35%	35%	
Sex	Female	36%	33%	
	Male	38%	35%	County statistically higher
Total		37%	34%	County statistically higher

6.05 The percent of students who ate vegetables 3 or more times per day, past 7 days

		Chittenden	Vermont	Notes
Grade	9th	21%	17%	
	10th	19%	17%	
	11th	22%	18%	County statistically higher
	12th	21%	19%	
Sex	Female	21%	17%	County statistically higher
	Male	20%	19%	
Total		20%	18%	County statistically higher

*6 Nutrition and Physical Activity***6.06 The percent of students who did not eat any fruit or fruit juice, past 7 days**

		Chittenden	Vermont	Notes
Grade	9th	3%	5%	
	10th	3%	4%	
	11th	3%	4%	
	12th	3%	4%	
Sex	Female	3%	3%	
	Male	4%	5%	County statistically lower
Total		3%	4%	County statistically lower

6.07 The percent of students who did not any eat vegetables, past 7 days

		Chittenden	Vermont	Notes
Grade	9th	3%	5%	
	10th	5%	4%	
	11th	3%	4%	
	12th	3%	4%	
Sex	Female	3%	3%	
	Male	4%	6%	
Total		4%	4%	

6 Nutrition and Physical Activity

6.08 The number of days students ate breakfast during the past 7 days

			Chittenden	Vermont	Notes
Grade	9th	Never	10%	11%	
		1 to 3 days	21%	25%	County statistically lower
		4 to 6 days	22%	22%	
		Everyday	48%	42%	County statistically higher

	10th	Never	9%	11%	
		1 to 3 days	21%	24%	
		4 to 6 days	27%	24%	
		Everyday	44%	41%	

	11th	Never	8%	10%	
		1 to 3 days	22%	25%	
		4 to 6 days	27%	24%	
		Everyday	43%	40%	

	12th	Never	8%	11%	County statistically lower
		1 to 3 days	23%	25%	
		4 to 6 days	27%	25%	
		Everyday	41%	39%	

Sex	Female	Never	9%	11%	
		1 to 3 days	24%	27%	
		4 to 6 days	26%	24%	
		Everyday	40%	38%	

	Male	Never	8%	11%	County statistically lower
		1 to 3 days	19%	23%	County statistically lower
		4 to 6 days	25%	23%	
		Everyday	48%	43%	County statistically higher

Total		Never	9%	11%	County statistically lower
		1 to 3 days	22%	25%	County statistically lower
		4 to 6 days	26%	24%	
		Everyday	44%	40%	County statistically higher

6 Nutrition and Physical Activity

6.09 The number of glasses of water students drank yesterday

			Chittenden	Vermont	Notes
Grade	9th	None	7%	9%	
		1 to 3 glasses	59%	60%	
		4+ glasses	34%	32%	

	10th	None	8%	8%	
		1 to 3 glasses	57%	58%	
		4+ glasses	35%	34%	

	11th	None	8%	8%	
		1 to 3 glasses	60%	60%	
		4+ glasses	32%	32%	

	12th	None	7%	9%	
		1 to 3 glasses	56%	57%	
		4+ glasses	37%	34%	

Sex	Female	None	7%	8%	
		1 to 3 glasses	62%	62%	
		4+ glasses	31%	31%	

	Male	None	8%	9%	
		1 to 3 glasses	55%	56%	
		4+ glasses	37%	35%	

Total	None		7%	9%	
	1 to 3 glasses		58%	59%	
	4+ glasses		35%	33%	

6 Nutrition and Physical Activity

6.10 Amount of soda students drank during the past 7 days

			Chittenden	Vermont	Notes
Grade	9th	None	38%	32%	County statistically higher
		At least once during the past week	52%	54%	
		At least once per day	9%	14%	County statistically lower

	10th	None	37%	33%	County statistically higher
		At least once during the past week	51%	53%	
		At least once per day	12%	14%	

	11th	None	37%	33%	
		At least once during the past week	51%	51%	
		At least once per day	12%	15%	County statistically lower

	12th	None	43%	36%	County statistically higher
		At least once during the past week	47%	49%	
		At least once per day	10%	15%	County statistically lower

Sex	Female	None	48%	42%	County statistically higher
		At least once during the past week	44%	48%	County statistically lower
		At least once per day	8%	9%	

	Male	None	30%	25%	County statistically higher
		At least once during the past week	56%	55%	
		At least once per day	14%	20%	County statistically lower

Total		None	39%	33%	County statistically higher
		At least once during the past week	50%	52%	
		At least once per day	11%	15%	County statistically lower

6 Nutrition and Physical Activity

6.11 The amount of sugar-sweetened beverages (not including soda) students drank during past 7 days

			Chittenden	Vermont	Notes
Grade	9th	None	28%	25%	
		At least once during the past week	61%	61%	
		At least once per day	11%	14%	County statistically lower

	10th	None	27%	25%	
		At least once during the past week	61%	59%	
		At least once per day	12%	15%	

	11th	None	29%	26%	
		At least once during the past week	55%	59%	
		At least once per day	15%	16%	

	12th	None	31%	29%	
		At least once during the past week	57%	57%	
		At least once per day	12%	15%	

Sex	Female	None	32%	30%	
		At least once during the past week	57%	59%	
		At least once per day	10%	11%	

	Male	None	25%	22%	County statistically higher
		At least once during the past week	59%	58%	
		At least once per day	15%	19%	County statistically lower

Total		None	29%	26%	County statistically higher
		At least once during the past week	58%	59%	
		At least once per day	13%	15%	County statistically lower

7 Youth Assets

7.01 Typical grades in the past 12 months, as reported by students

			Chittenden	Vermont	Notes
Grade	9th	Mostly As or Bs	84%	76%	County statistically higher
		Mostly Cs	8%	13%	County statistically lower
		Mostly Ds or Fs	3%	4%	
		Other / Not sure	6%	7%	

	10th	Mostly As or Bs	84%	77%	County statistically higher
		Mostly Cs	8%	14%	County statistically lower
		Mostly Ds or Fs	4%	4%	
		Other / Not sure	4%	5%	

	11th	Mostly As or Bs	84%	80%	County statistically higher
		Mostly Cs	9%	13%	County statistically lower
		Mostly Ds or Fs	3%	3%	
		Other / Not sure	4%	4%	

	12th	Mostly As or Bs	88%	83%	County statistically higher
		Mostly Cs	7%	11%	County statistically lower
		Mostly Ds or Fs	2%	2%	
		Other / Not sure	3%	4%	

Sex	Female	Mostly As or Bs	88%	84%	County statistically higher
		Mostly Cs	7%	9%	County statistically lower
		Mostly Ds or Fs	1%	3%	County statistically lower
		Other / Not sure	4%	4%	

	Male	Mostly As or Bs	81%	74%	County statistically higher
		Mostly Cs	10%	16%	County statistically lower
		Mostly Ds or Fs	4%	4%	
		Other / Not sure	5%	6%	

Total		Mostly As or Bs	85%	79%	County statistically higher
		Mostly Cs	8%	13%	County statistically lower
		Mostly Ds or Fs	3%	3%	
		Other / Not sure	4%	5%	

7 Youth Assets

7.02 The percent of students participating in extracurricular activities, hours per week

			Chittenden	Vermont	Notes
Grade	9th	0 hours	28%	32%	County statistically lower
		1 to 4 hours	32%	30%	
		5 to 9 hours	18%	17%	
		10 or more hours	23%	21%	
10th	10th	0 hours	29%	32%	County statistically higher
		1 to 4 hours	26%	28%	
		5 to 9 hours	18%	16%	
		10 or more hours	28%	24%	
11th	11th	0 hours	31%	32%	
		1 to 4 hours	27%	27%	
		5 to 9 hours	15%	16%	
		10 or more hours	28%	25%	
12th	12th	0 hours	32%	32%	
		1 to 4 hours	25%	26%	
		5 to 9 hours	14%	16%	
		10 or more hours	30%	27%	
Sex	Female	0 hours	30%	31%	County statistically higher
		1 to 4 hours	28%	29%	
		5 to 9 hours	15%	16%	
		10 or more hours	28%	24%	
Male	Male	0 hours	30%	33%	
		1 to 4 hours	26%	27%	
		5 to 9 hours	17%	16%	
		10 or more hours	27%	24%	
Total	Total	0 hours	30%	32%	County statistically higher
		1 to 4 hours	27%	28%	
		5 to 9 hours	16%	16%	
		10 or more hours	27%	24%	

*7 Youth Assets***7.03 The percent of students who spoke with their parents at least weekly about school**

		Chittenden	Vermont	Notes
Grade	9th	81%	78%	
	10th	84%	77%	County statistically higher
	11th	80%	77%	
	12th	78%	75%	
Sex	Female	80%	77%	County statistically higher
	Male	81%	76%	County statistically higher
Total		80%	76%	County statistically higher

7.04 The percent of students who agree that in their community they feel like they matter to people

		Chittenden	Vermont	Notes
Grade	9th	52%	49%	
	10th	51%	48%	
	11th	55%	50%	
	12th	59%	54%	County statistically higher
Sex	Female	50%	47%	
	Male	59%	54%	County statistically higher
Total		54%	50%	County statistically higher

7.05 The percent of students who agree that teachers really care about them and give them lots of encouragement

		Chittenden	Vermont	Notes
Grade	9th	63%	59%	
	10th	62%	57%	County statistically higher
	11th	67%	64%	
	12th	72%	69%	
Sex	Female	63%	60%	
	Male	69%	64%	County statistically higher
Total		66%	62%	County statistically higher

*7 Youth Assets***7.06 The percent of students who agree that students help decide what goes on in school**

		Chittenden	Vermont	Notes
Grade	9th	50%	50%	
	10th	47%	46%	
	11th	46%	46%	
	12th	49%	49%	
Sex	Female	47%	48%	
	Male	49%	48%	
Total		48%	48%	

7.07 The percent of students who report that they will probably or definitely complete a post high school program

		Chittenden	Vermont	Notes
Grade	9th	79%	75%	
	10th	83%	80%	County statistically higher
	11th	86%	83%	
	12th	88%	84%	County statistically higher
Sex	Female	86%	83%	County statistically higher
	Male	83%	78%	County statistically higher
Total		84%	80%	County statistically higher

2015 Vermont Youth Risk Behavior Survey Report

Middle School Report for Chittenden County

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

Demographics

Chittenden
Number of Middle School Students in Chittenden County

Chittenden County Total

3852

Sex	Total	%
Missing	30	0%
Female	1899	49%
Male	1923	49%

Grade	Total	%
Missing	28	0%
6th grade	1201	31%
7th grade	1275	33%
8th grade	1348	34%

Age	Total	%
Missing	19	0%
11 years or younger	631	16%
12 years	1174	30%
13 years	1337	34%
14 years or older	691	17%

Race / Ethnicity	Total	%
Missing	247	6%
Racial or ethnic minority	828	21%
White non-Hispanic	2777	72%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Chittenden County. Not all students indicated their sex or grade, therefore the totals in these tables may not add up to the total number of students in the county or state who participated. All other numbers represented in this report are weighted to reflect the enrolled student population.

Demographics

Vermont
Number of Middle School Students in Vermont

Vermont Total

13648

Sex	Total	%
Missing	96	0%
Female	6713	49%
Male	6839	50%

Grade	Total	%
Missing	86	0%
6th grade	2899	21%
7th grade	5337	39%
8th grade	5326	39%

Age	Total	%
Missing	63	.
11 years or younger	1445	10%
12 years	3983	29%
13 years	5240	38%
14 years or older	2917	21%

Race / Ethnicity	Total	%
Missing	926	6%
Racial or ethnic minority	2357	17%
White non-Hispanic	10365	75%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Vermont. All other numbers represented in this report are weighted to reflect the enrolled student population.

*1 Personal Safety***1.01 Percent of students who have ever been in a physical fight**

		Chittenden	Vermont	Notes
Grade	6th	40%	42%	
	7th	36%	41%	County statistically lower
	8th	37%	44%	County statistically lower
Sex	Female	24%	28%	County statistically lower
	Male	51%	57%	County statistically lower
Total		38%	43%	County statistically lower

1.02 Percent of students who were bullied at least once, past 30 days

		Chittenden	Vermont	Notes
Grade	6th	20%	24%	County statistically lower
	7th	18%	25%	County statistically lower
	8th	15%	22%	County statistically lower
Sex	Female	21%	30%	County statistically lower
	Male	14%	18%	County statistically lower
Total		18%	24%	County statistically lower

NOTE: For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight or when teasing is done in a friendly way. Electronic bullying occurs through e-mail, chat rooms, instant messaging, Web sites, or texting.

*1 Personal Safety***1.03 Percent of students who reported they had ever been electronically bullied**

		Chittenden	Vermont	Notes
Grade	6th	19%	21%	
	7th	21%	26%	County statistically lower
	8th	22%	28%	County statistically lower
Sex	Female	28%	36%	County statistically lower
	Male	14%	16%	
Total		21%	26%	County statistically lower

1.04 Percent of students who were ever bullied at school

		Chittenden	Vermont	Notes
Grade	6th	39%	46%	County statistically lower
	7th	40%	48%	County statistically lower
	8th	38%	45%	County statistically lower
Sex	Female	43%	53%	County statistically lower
	Male	34%	40%	County statistically lower
Total		39%	46%	County statistically lower

1.05 Percent of students who bullied someone at least once, past 30 days

		Chittenden	Vermont	Notes
Grade	6th	4%	8%	County statistically lower
	7th	7%	9%	County statistically lower
	8th	7%	11%	County statistically lower
Sex	Female	6%	10%	County statistically lower
	Male	6%	9%	County statistically lower
Total		6%	10%	County statistically lower

*1 Personal Safety***1.06 Percent of students who did not go to school because they felt unsafe, past 30 days**

		Chittenden	Vermont	Notes
Grade	6th	7%	8%	
	7th	5%	7%	County statistically lower
	8th	5%	7%	
Sex	Female	7%	9%	County statistically lower
	Male	5%	6%	
Total		6%	7%	County statistically lower

1.07 Percent of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, past 12 months

		Chittenden	Vermont	Notes
Grade	6th	14%	17%	
	7th	14%	19%	County statistically lower
	8th	15%	22%	County statistically lower
Sex	Female	19%	27%	County statistically lower
	Male	10%	13%	County statistically lower
Total		14%	20%	County statistically lower

1.08 Percent of students who ever seriously thought about suicide

		Chittenden	Vermont	Notes
Grade	6th	11%	14%	
	7th	14%	16%	
	8th	17%	22%	County statistically lower
Sex	Female	18%	23%	County statistically lower
	Male	10%	12%	
Total		14%	18%	County statistically lower

*1 Personal Safety***1.09 Percent of students who ever made a suicide plan**

		Chittenden	Vermont	Notes
Grade	6th	6%	9%	County statistically lower
	7th	9%	11%	
	8th	12%	15%	County statistically lower
Sex	Female	12%	16%	County statistically lower
	Male	6%	8%	County statistically lower
Total		9%	12%	County statistically lower

1.10 Percent of students who ever attempted suicide

		Chittenden	Vermont	Notes
Grade	6th	3%	5%	County statistically lower
	7th	4%	5%	
	8th	5%	8%	
Sex	Female	6%	8%	County statistically lower
	Male	2%	3%	
Total		4%	6%	County statistically lower

1.11 Percent of students who had at least one sunburn in the past 12 months

		Chittenden	Vermont	Notes
Grade	6th	51%	51%	
	7th	53%	55%	
	8th	55%	56%	
Sex	Female	56%	58%	
	Male	50%	51%	
Total		53%	54%	

1 Personal Safety

1.12 Bicycle helmet use among those who rode a bicycle in the past 12 months

			Chittenden	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	18%	26%	County statistically lower
		Sometimes wear a helmet	13%	15%	
		Most of the time / always wear a helmet	69%	59%	County statistically higher
<hr/>					
	7th	Never / rarely wear a helmet	20%	31%	County statistically lower
		Sometimes wear a helmet	14%	16%	
		Most of the time / always wear a helmet	65%	52%	County statistically higher
<hr/>					
	8th	Never / rarely wear a helmet	29%	41%	County statistically lower
		Sometimes wear a helmet	15%	15%	
		Most of the time / always wear a helmet	56%	43%	County statistically higher
<hr/>					
Sex	Female	Never / rarely wear a helmet	20%	31%	County statistically lower
		Sometimes wear a helmet	15%	17%	
		Most of the time / always wear a helmet	65%	52%	County statistically higher
<hr/>					
	Male	Never / rarely wear a helmet	24%	36%	County statistically lower
		Sometimes wear a helmet	14%	14%	
		Most of the time / always wear a helmet	62%	49%	County statistically higher
<hr/>					
Total		Never / rarely wear a helmet	22%	34%	County statistically lower
		Sometimes wear a helmet	14%	16%	
		Most of the time / always wear a helmet	63%	51%	County statistically higher

1 Personal Safety

1.13 Helmet use while rollerblading or skateboarding (of those students who rollerbladed or skateboarded)

			Chittenden	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	26%	31%	
		Sometimes wear a helmet	14%	11%	
		Most of the time / always wear a helmet	60%	58%	

	7th	Never / rarely wear a helmet	40%	42%	
		Sometimes wear a helmet	12%	13%	
		Most of the time / always wear a helmet	47%	45%	

	8th	Never / rarely wear a helmet	44%	52%	County statistically lower
		Sometimes wear a helmet	12%	12%	
		Most of the time / always wear a helmet	44%	36%	County statistically higher

Sex	Female	Never / rarely wear a helmet	41%	45%	
		Sometimes wear a helmet	13%	13%	
		Most of the time / always wear a helmet	46%	43%	

	Male	Never / rarely wear a helmet	32%	41%	County statistically lower
		Sometimes wear a helmet	12%	12%	
		Most of the time / always wear a helmet	56%	47%	County statistically higher

Total		Never / rarely wear a helmet	37%	43%	County statistically lower
		Sometimes wear a helmet	13%	12%	
		Most of the time / always wear a helmet	51%	45%	County statistically higher

*1 Personal Safety***1.14 Percent of students who reported never or rarely wearing a seatbelt while riding in a car**

		Chittenden	Vermont	Notes
Grade	6th	1%	2%	
	7th	1%	3%	County statistically lower
	8th	2%	4%	
Sex	Female	1%	2%	County statistically lower
	Male	2%	3%	County statistically lower
Total		1%	3%	County statistically lower

1.15 Percent of students who ever rode in a car driven by someone who had been drinking

		Chittenden	Vermont	Notes
Grade	6th	11%	15%	County statistically lower
	7th	14%	19%	County statistically lower
	8th	19%	25%	County statistically lower
Sex	Female	16%	21%	County statistically lower
	Male	14%	19%	County statistically lower
Total		15%	20%	County statistically lower

*2 Alcohol, Tobacco, and Other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

		Chittenden	Vermont	Notes
Grade	6th	7%	10%	County statistically lower
	7th	10%	15%	County statistically lower
	8th	16%	24%	County statistically lower
Sex	Female	11%	16%	County statistically lower
	Male	11%	18%	County statistically lower
Total		11%	17%	County statistically lower

2.02 Percent of students who drank alcohol other than a few sips before age 11

		Chittenden	Vermont	Notes
Grade	6th	5%	7%	
	7th	4%	6%	County statistically lower
	8th	4%	6%	County statistically lower
Sex	Female	3%	5%	
	Male	5%	8%	County statistically lower
Total		4%	6%	County statistically lower

2.03 Percent of students who drank any alcohol, past 30 days

		Chittenden	Vermont	Notes
Grade	6th	2%	3%	
	7th	4%	5%	
	8th	6%	10%	County statistically lower
Sex	Female	4%	6%	County statistically lower
	Male	4%	7%	County statistically lower
Total		4%	6%	County statistically lower

*2 Alcohol, Tobacco, and Other Drug Use***2.04 Percent of students who binge drank (5 or more alcoholic drinks in a row), past 30 days**

		Chittenden	Vermont	Notes
Grade	6th	1%	1%	
	7th	1%	1%	
	8th	2%	4%	
Sex	Female	1%	2%	County statistically lower
	Male	2%	2%	
Total		1%	2%	County statistically lower

2.05 Percent of students who ever tried cigarette smoking, even one or two puffs

		Chittenden	Vermont	Notes
Grade	6th	3%	4%	
	7th	5%	7%	County statistically lower
	8th	9%	13%	County statistically lower
Sex	Female	6%	9%	County statistically lower
	Male	5%	9%	County statistically lower
Total		6%	9%	County statistically lower

2.06 Percent of students who ever smoked a whole cigarette

		Chittenden	Vermont	Notes
Grade	6th	2%	2%	
	7th	2%	4%	County statistically lower
	8th	6%	8%	County statistically lower
Sex	Female	3%	5%	County statistically lower
	Male	3%	5%	County statistically lower
Total		3%	5%	County statistically lower

*2 Alcohol, Tobacco, and Other Drug Use***2.07 Percent of students who smoked a whole cigarette by age 11**

		Chittenden	Vermont	Notes
Grade	6th	1%	1%	
	7th	1%	1%	
	8th	2%	2%	
Sex	Female	1%	1%	
	Male	1%	2%	
Total		1%	1%	

2.08 Percent of students who smoked cigarettes, past 30 days

		Chittenden	Vermont	Notes
Grade	6th	1%	1%	
	7th	1%	2%	
	8th	2%	3%	
Sex	Female	2%	2%	
	Male	1%	2%	
Total		2%	2%	

*2 Alcohol, Tobacco, and Other Drug Use***2.9 Percent of students who ever used electronic vapor products such as e-cigarettes**

		Chittenden	Vermont	Notes
Grade	6th	3%	3%	
	7th	6%	6%	
	8th	9%	11%	
Sex	Female	6%	7%	
	Male	6%	7%	County statistically lower
Total		6%	7%	County statistically lower

2.10 Percent of students who used electronic vapor products such as e-cigarettes during the past 30 days

		Chittenden	Vermont	Notes
Grade	6th	1%	1%	
	7th	3%	2%	
	8th	3%	5%	
Sex	Female	2%	3%	
	Male	2%	3%	
Total		2%	3%	

2.11 Percent of students who used chewing tobacco, snuff, or dip, past 30 days

		Chittenden	Vermont	Notes
Grade	6th	0%	1%	
	7th	1%	1%	
	8th	2%	3%	County statistically lower
Sex	Female	1%	1%	
	Male	1%	3%	County statistically lower
Total		1%	2%	County statistically lower

2 Alcohol, Tobacco, and Other Drug Use

2.12 Percent of students who smoked cigars, cigarillos, or little cigars, past 30 days

		Chittenden	Vermont	Notes
Grade	6th	1%	1%	
	7th	1%	1%	
	8th	2%	2%	
Sex	Female	1%	1%	
	Male	2%	2%	
Total		1%	2%	

2.13 Percent of students who used a tobacco product such as cigarettes, smokeless tobacco, or cigars, in the past 30 days

		Chittenden	Vermont	Notes
Grade	6th	1%	2%	
	7th	2%	3%	
	8th	4%	6%	County statistically lower
Sex	Female	2%	3%	
	Male	2%	4%	County statistically lower
Total		2%	4%	County statistically lower

2.14 Percent of students who used any tobacco products including e-cigarettes in the past 30 days

		Chittenden	Vermont	Notes
Grade	6th	2%	3%	
	7th	3%	4%	
	8th	5%	8%	County statistically lower
Sex	Female	3%	5%	
	Male	3%	6%	County statistically lower
Total		4%	5%	County statistically lower

*2 Alcohol, Tobacco, and Other Drug Use***2.15 Percent of smokers who attempted to quit smoking, past 12 months**

		Chittenden	Vermont	Notes
Grade	6th	.	.	Too few students
	7th	.	58%	Too few students
	8th	.	45%	Too few students
Sex	Female	.	48%	Too few students
	Male	.	47%	Too few students
Total		45%	48%	

2.16 Percent of students who have ever used marijuana

		Chittenden	Vermont	Notes
Grade	6th	1%	2%	
	7th	4%	5%	
	8th	8%	11%	County statistically lower
Sex	Female	5%	6%	County statistically lower
	Male	4%	7%	County statistically lower
Total		5%	7%	County statistically lower

2.17 Percent of students who used marijuana by age 11

		Chittenden	Vermont	Notes
Grade	6th	1%	1%	
	7th	1%	1%	
	8th	1%	2%	
Sex	Female	1%	1%	
	Male	1%	2%	
Total		1%	1%	

*2 Alcohol, Tobacco, and Other Drug Use***2.18 Percent of students who used marijuana, past 30 days**

		Chittenden	Vermont	Notes
Grade	6th	1%	1%	
	7th	2%	3%	
	8th	5%	6%	
Sex	Female	2%	3%	
	Male	3%	4%	
Total		3%	4%	County statistically lower

2.19 Percent of students who have ever used inhalants

		Chittenden	Vermont	Notes
Grade	6th	3%	5%	
	7th	3%	4%	
	8th	5%	6%	
Sex	Female	4%	5%	County statistically lower
	Male	4%	5%	
Total		4%	5%	County statistically lower

2.20 Percent of students who ever took a prescription drug without a doctor's prescription

		Chittenden	Vermont	Notes
Grade	6th	2%	2%	
	7th	3%	3%	
	8th	4%	4%	
Sex	Female	3%	3%	
	Male	3%	3%	
Total		3%	3%	

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.01 Percent of students who were in the same room with someone who was smoking cigarettes, past 7 days

		Chittenden	Vermont	Notes
Grade	6th	17%	24%	County statistically lower
	7th	19%	28%	County statistically lower
	8th	20%	31%	County statistically lower
Sex	Female	19%	29%	County statistically lower
	Male	18%	27%	County statistically lower
Total		19%	28%	County statistically lower

3.02 Percent of students who were in the same car with someone who was smoking cigarettes, past 7 days

		Chittenden	Vermont	Notes
Grade	6th	10%	17%	County statistically lower
	7th	11%	20%	County statistically lower
	8th	12%	23%	County statistically lower
Sex	Female	12%	22%	County statistically lower
	Male	10%	19%	County statistically lower
Total		11%	21%	County statistically lower

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.03 Percent of students who, always or most of the time saw advertisements for tobacco products at supermarkets or gas stations

		Chittenden	Vermont	Notes
Grade	6th	44%	47%	
	7th	47%	52%	County statistically lower
	8th	48%	55%	County statistically lower
Sex	Female	47%	52%	County statistically lower
	Male	46%	52%	County statistically lower
Total		46%	52%	County statistically lower

3.04 Percent of students who, in the past 12 months, were asked if they smoke by a health professional

		Chittenden	Vermont	Notes
Grade	6th	15%	15%	
	7th	26%	26%	
	8th	34%	35%	
Sex	Female	26%	28%	
	Male	25%	26%	
Total		25%	27%	

3.05 Students perceptions about out of 100 Vermont high school students the number who smoke cigarettes

	Chittenden	Vermont	Notes
15 or less students	18%	16%	
16 to 25 students	28%	25%	County statistically higher
26 to 45 students	25%	24%	
46 to 55 students	14%	16%	County statistically lower
56 to 75 students	8%	9%	
76 or more students	8%	10%	County statistically lower

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use

3.06 Percent of students who think their parents would think it is wrong or very wrong for them to smoke cigarettes

		Chittenden	Vermont	Notes
Grade	6th	97%	96%	
	7th	97%	96%	
	8th	97%	96%	
Sex	Female	98%	97%	
	Male	96%	96%	
Total		97%	96%	

3.07 Percent of students who think their parents would think it is wrong or very wrong for them to drink alcohol

		Chittenden	Vermont	Notes
Grade	6th	94%	92%	
	7th	95%	92%	County statistically higher
	8th	93%	90%	County statistically higher
Sex	Female	94%	93%	
	Male	93%	90%	County statistically higher
Total		94%	91%	County statistically higher

3.08 Percent of students who think their parents would think it is wrong or very wrong for them to smoke marijuana

		Chittenden	Vermont	Notes
Grade	6th	97%	96%	
	7th	96%	95%	
	8th	94%	92%	County statistically higher
Sex	Female	96%	94%	County statistically higher
	Male	95%	94%	County statistically higher
Total		96%	94%	County statistically higher

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.09 Percent of students who think it would be wrong or very wrong for someone their age to smoke cigarettes

		Chittenden	Vermont	Notes
Grade	6th	97%	97%	
	7th	96%	95%	
	8th	94%	92%	County statistically higher
Sex	Female	96%	95%	
	Male	95%	94%	
Total		95%	94%	County statistically higher

3.10 Percent of students who think it would be wrong or very wrong for someone their age to drink alcohol

		Chittenden	Vermont	Notes
Grade	6th	95%	94%	
	7th	92%	90%	
	8th	89%	83%	County statistically higher
Sex	Female	92%	90%	County statistically higher
	Male	91%	87%	County statistically higher
Total		92%	88%	County statistically higher

3.11 Percent of students who think it would be wrong or very wrong for someone their age to smoke marijuana

		Chittenden	Vermont	Notes
Grade	6th	97%	97%	
	7th	93%	92%	
	8th	87%	83%	County statistically higher
Sex	Female	93%	91%	County statistically higher
	Male	91%	89%	County statistically higher
Total		92%	90%	County statistically higher

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use

3.12 Percent of students who think people their age greatly risk harming themselves if they smoke one or more packs of cigarettes a day

		Chittenden	Vermont	Notes
Grade	6th	71%	70%	
	7th	75%	72%	County statistically higher
	8th	75%	72%	
Sex	Female	75%	71%	County statistically higher
	Male	73%	72%	
Total		74%	71%	County statistically higher

3.13 Percent of students who think that people their age greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend

		Chittenden	Vermont	Notes
Grade	6th	51%	49%	
	7th	53%	49%	County statistically higher
	8th	51%	46%	County statistically higher
Sex	Female	54%	49%	County statistically higher
	Male	49%	46%	
Total		52%	48%	County statistically higher

3.14 Percent of students who think that people their age greatly risk harming themselves if they smoke marijuana regularly

		Chittenden	Vermont	Notes
Grade	6th	68%	67%	
	7th	66%	61%	County statistically higher
	8th	57%	51%	County statistically higher
Sex	Female	65%	60%	County statistically higher
	Male	62%	58%	County statistically higher
Total		63%	59%	County statistically higher

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.15 Percent of students who report that it would be easy or very easy to get cigarettes

		Chittenden	Vermont	Notes
Grade	6th	16%	18%	
	7th	22%	24%	
	8th	27%	34%	County statistically lower
Sex	Female	20%	25%	County statistically lower
	Male	24%	29%	County statistically lower
Total		22%	27%	County statistically lower

3.16 Percent of students who report that it would be easy or very easy to get alcohol

		Chittenden	Vermont	Notes
Grade	6th	24%	24%	
	7th	35%	33%	
	8th	42%	46%	
Sex	Female	32%	35%	
	Male	36%	37%	
Total		34%	36%	

3.17 Percent of students who report that it would be easy or very easy to get marijuana

		Chittenden	Vermont	Notes
Grade	6th	6%	6%	
	7th	10%	12%	
	8th	18%	22%	County statistically lower
Sex	Female	10%	13%	County statistically lower
	Male	13%	16%	County statistically lower
Total		12%	14%	County statistically lower

*4 Sexual Behavior***4.01 Percent of students who have ever had sexual intercourse**

		Chittenden	Vermont	Notes
Grade	6th	2%	3%	
	7th	3%	4%	
	8th	6%	8%	
Sex	Female	3%	4%	
	Male	4%	7%	County statistically lower
Total		4%	6%	County statistically lower

4.02 Percent of students who have ever had oral sex

		Chittenden	Vermont	Notes
Grade	6th	2%	2%	
	7th	3%	3%	
	8th	7%	9%	
Sex	Female	4%	5%	
	Male	5%	6%	
Total		4%	5%	County statistically lower

5 Nutrition and Physical Activity

5.01 Number of times during the past 7 days students ate breakfast

			Chittenden	Vermont	Notes
Grade	6th	Never	4%	4%	
		1 to 3 times	11%	13%	
		4 to 6 times	21%	22%	
		Everyday	64%	61%	

	7th	Never	5%	7%	County statistically lower
		1 to 3 times	13%	16%	County statistically lower
		4 to 6 times	25%	25%	
		Everyday	57%	51%	County statistically higher

	8th	Never	6%	8%	County statistically lower
		1 to 3 times	14%	20%	County statistically lower
		4 to 6 times	22%	25%	
		Everyday	58%	48%	County statistically higher

Sex	Female	Never	5%	8%	County statistically lower
		1 to 3 times	16%	21%	County statistically lower
		4 to 6 times	25%	26%	
		Everyday	54%	45%	County statistically higher

	Male	Never	4%	6%	County statistically lower
		1 to 3 times	10%	13%	County statistically lower
		4 to 6 times	21%	23%	
		Everyday	65%	59%	County statistically higher

Total		Never	5%	7%	County statistically lower
		1 to 3 times	13%	17%	County statistically lower
		4 to 6 times	23%	24%	
		Everyday	60%	52%	County statistically higher

5 Nutrition and Physical Activity

5.02 Percent of students who reported drinking at least four bottles or glasses of water a day

		Chittenden	Vermont	Notes
Grade	6th	47%	45%	
	7th	42%	41%	
	8th	42%	39%	
Sex	Female	41%	38%	
	Male	46%	44%	
Total		44%	41%	

5 Nutrition and Physical Activity

5.03 Number of days students participated in at least 60 minutes of physical activity in the past 7 days

			Chittenden	Vermont	Notes
Grade	6th	Never	7%	8%	
		1 to 4 days	28%	32%	
		5 to 6 days	30%	27%	
		Everyday	36%	33%	

	7th	Never	7%	7%	
		1 to 4 days	31%	34%	
		5 to 6 days	32%	28%	
		Everyday	31%	31%	

	8th	Never	7%	8%	
		1 to 4 days	32%	36%	County statistically lower
		5 to 6 days	31%	27%	County statistically higher
		Everyday	30%	29%	

Sex	Female	Never	6%	8%	
		1 to 4 days	35%	39%	County statistically lower
		5 to 6 days	33%	30%	
		Everyday	26%	23%	County statistically higher

	Male	Never	7%	8%	
		1 to 4 days	26%	29%	County statistically lower
		5 to 6 days	29%	25%	County statistically higher
		Everyday	38%	38%	

Total		Never	7%	8%	
		1 to 4 days	30%	34%	County statistically lower
		5 to 6 days	31%	27%	County statistically higher
		Everyday	32%	31%	

5 Nutrition and Physical Activity

5.04 Number of times students participated in physical activity breaks outside of physical education courses in an average school week

			Chittenden	Vermont	Notes
Grade	6th	0 days	20%	18%	
		1 to 2 days	15%	15%	
		3 to 4 days	18%	19%	
		Everyday	47%	48%	

	7th	0 days	31%	30%	
		1 to 2 days	14%	17%	County statistically lower
		3 to 4 days	17%	17%	
		Everyday	38%	36%	

	8th	0 days	30%	33%	
		1 to 2 days	13%	16%	County statistically lower
		3 to 4 days	17%	16%	
		Everyday	40%	35%	County statistically higher

Sex	Female	0 days	27%	28%	
		1 to 2 days	15%	18%	County statistically lower
		3 to 4 days	17%	17%	
		Everyday	41%	38%	

	Male	0 days	26%	28%	
		1 to 2 days	13%	15%	County statistically lower
		3 to 4 days	18%	17%	
		Everyday	43%	40%	County statistically higher

Total		0 days	27%	28%	
		1 to 2 days	14%	16%	County statistically lower
		3 to 4 days	17%	17%	
		Everyday	42%	39%	County statistically higher

*5 Nutrition and Physical Activity***5.05 Number of hours spent watching TV on an average school day**

			Chittenden	Vermont	Notes
Grade	6th	1 hour or less per day	67%	60%	County statistically higher
		2 to 4 hours per day	27%	34%	County statistically lower
		5 or more hours per day	5%	6%	

	7th	1 hour or less per day	64%	57%	County statistically higher
		2 to 4 hours per day	31%	37%	County statistically lower
		5 or more hours per day	4%	6%	County statistically lower

	8th	1 hour or less per day	63%	57%	County statistically higher
		2 to 4 hours per day	32%	37%	County statistically lower
		5 or more hours per day	5%	7%	

Sex	Female	1 hour or less per day	65%	57%	County statistically higher
		2 to 4 hours per day	31%	37%	County statistically lower
		5 or more hours per day	4%	6%	

	Male	1 hour or less per day	65%	58%	County statistically higher
		2 to 4 hours per day	29%	35%	County statistically lower
		5 or more hours per day	6%	7%	

Total	1 hour or less per day		65%	58%	County statistically higher
	2 to 4 hours per day		30%	36%	County statistically lower
	5 or more hours per day		5%	6%	County statistically lower

*5 Nutrition and Physical Activity***5.06 Number of hours spent playing video games or going online for something not related to school, on an average school day**

			Chittenden	Vermont	Notes
Grade	6th	1 hour or less per day	62%	55%	County statistically higher
		2 to 4 hours per day	29%	33%	County statistically lower
		5 or more hours per day	10%	12%	

	7th	1 hour or less per day	51%	46%	County statistically higher
		2 to 4 hours per day	38%	40%	
		5 or more hours per day	11%	14%	County statistically lower

	8th	1 hour or less per day	46%	40%	County statistically higher
		2 to 4 hours per day	40%	41%	
		5 or more hours per day	15%	19%	County statistically lower

Sex	Female	1 hour or less per day	56%	48%	County statistically higher
		2 to 4 hours per day	33%	37%	County statistically lower
		5 or more hours per day	11%	15%	County statistically lower

	Male	1 hour or less per day	50%	44%	County statistically higher
		2 to 4 hours per day	38%	41%	
		5 or more hours per day	13%	15%	County statistically lower

Total	1 hour or less per day		53%	46%	County statistically higher
	2 to 4 hours per day		35%	39%	County statistically lower
	5 or more hours per day		12%	15%	County statistically lower

*5 Nutrition and Physical Activity***5.07 Number of days in the average week students went online for something not school-related**

			Chittenden	Vermont	Notes
Grade	6th	Never	22%	22%	
		1 to 5 days	46%	45%	
		At least six days	32%	33%	

	7th	Never	15%	16%	
		1 to 5 days	40%	41%	
		At least six days	44%	42%	

	8th	Never	11%	11%	
		1 to 5 days	34%	34%	
		At least six days	55%	55%	

Sex	Female	Never	14%	13%	
		1 to 5 days	42%	41%	
		At least six days	44%	46%	

	Male	Never	18%	18%	
		1 to 5 days	39%	38%	
		At least six days	43%	44%	

Total	Never		16%	15%	
	1 to 5 days		40%	39%	
	At least six days		44%	45%	

*6 Youth Assets***6.01 Percent of students who talk to their parents about school at least weekly**

		Chittenden	Vermont	Notes
Grade	6th	84%	81%	
	7th	83%	80%	County statistically higher
	8th	82%	78%	County statistically higher
Sex	Female	84%	80%	County statistically higher
	Male	82%	79%	County statistically higher
Total		83%	79%	County statistically higher

6.02 Percent of students who agree or strongly agree that 'in your community you feel like you matter to people'

		Chittenden	Vermont	Notes
Grade	6th	65%	60%	County statistically higher
	7th	60%	56%	County statistically higher
	8th	60%	51%	County statistically higher
Sex	Female	58%	50%	County statistically higher
	Male	65%	59%	County statistically higher
Total		62%	55%	County statistically higher

*6 Youth Assets***6.03 Percent of students who agree or strongly agree that their teachers really care about them and give them a lot of encouragement**

		Chittenden	Vermont	Notes
Grade	6th	72%	69%	
	7th	66%	62%	County statistically higher
	8th	66%	59%	County statistically higher
Sex	Female	68%	62%	County statistically higher
	Male	68%	64%	County statistically higher
Total		68%	63%	County statistically higher

6.04 Percent of students who agree or strongly agree that students help decide what goes on in school

		Chittenden	Vermont	Notes
Grade	6th	44%	45%	
	7th	46%	44%	
	8th	43%	39%	
Sex	Female	46%	42%	County statistically higher
	Male	43%	43%	
Total		44%	43%	