

# **2015 Vermont Youth Risk Behavior Survey Report**

## **Report for Windham 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 Windham 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.

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## 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 behaviors<sup>1</sup> and is associated with serious injury.<sup>2,3</sup> 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.<sup>4,5,6</sup>
- 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,<sup>7,8</sup> poor academic achievement,<sup>8</sup> and violent behavior.<sup>9</sup>
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.<sup>10</sup> 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%.<sup>11</sup>
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.<sup>12</sup> Despite this, less than one quarter of bicyclists wear helmets.<sup>12</sup>
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.<sup>13</sup> 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.<sup>14</sup>

## 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,<sup>15</sup> and about one-third of all motor vehicle crash fatalities.<sup>16</sup> 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.<sup>17,18</sup>
- Tobacco use is the single most preventable cause of death in the United States,<sup>19</sup> contributing to more than one in five deaths.<sup>20</sup> 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.<sup>19</sup>
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.<sup>21</sup> Other reactions include feelings of distrust, anxiety, or depression.<sup>21</sup> In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.<sup>22</sup>
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.<sup>23</sup>
- 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.<sup>24</sup> As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.<sup>24</sup> Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.<sup>24</sup>

## **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,<sup>25</sup> and negative effects on social and psychological development.<sup>26</sup> Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.<sup>27</sup>
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.<sup>28</sup> STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.<sup>26</sup> Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.<sup>29</sup>
- 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.<sup>30</sup>

## **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.<sup>31</sup> 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.<sup>32</sup> Overweight and obesity acquired during childhood or adolescence may persist into adulthood.<sup>33</sup> Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.<sup>20</sup>

## 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.<sup>39-43</sup>
- 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.<sup>44-45</sup>
- 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.<sup>46</sup> 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.<sup>46</sup>
- 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.<sup>47-50</sup>
- 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 obesity<sup>51</sup> and violent or aggressive behavior.<sup>52-54</sup> 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.<sup>55</sup>
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.<sup>56</sup> 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.<sup>57</sup> Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.<sup>57</sup>
- 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.<sup>58</sup> In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.<sup>59</sup>
- 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.

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## **2015 Vermont Youth Risk Behavior Survey Report**

### **High School Report for Windham 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*


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**Windham**  
**Number of Students in Windham County**

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**Windham County Total**

1082

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<b>Sex</b>	<b>Total</b>	<b>%</b>
Missing	10	0%
Female	549	50%
Male	523	48%

<b>Grade</b>	<b>Total</b>	<b>%</b>
Missing	11	1%
9th grade	278	25%
10th grade	300	27%
11th grade	263	24%
12th grade	230	21%

<b>Race / Ethnicity</b>	<b>Total</b>	<b>%</b>
Missing	33	3%
Racial or ethnic minority	161	14%
White non-Hispanic	888	82%

<b>Mother's Level of Education</b>	<b>Total</b>	<b>%</b>
Missing	8	0%
High school or less	324	29%
Some college	174	16%
College graduate	319	29%
Graduate or professional degree after college	174	16%
Not sure	83	7%

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

*Demographics*


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**Vermont**  
**Number of Students in Vermont**

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<b>Vermont Total</b>
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21013
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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**

		Windham	Vermont	Notes
Grade	9th	20%	22%	
	10th	20%	20%	
	11th	14%	17%	
	12th	14%	14%	
Sex	Female	12%	12%	
	Male	23%	24%	
Total		17%	18%	

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

		Windham	Vermont	Notes
Grade	9th	8%	10%	
	10th	9%	8%	
	11th	4%	6%	
	12th	5%	5%	
Sex	Female	4%	4%	
	Male	9%	10%	
Total		7%	7%	

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

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

*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**

		Windham	Vermont	Notes
Grade	9th	5%	6%	
	10th	7%	7%	
	11th	8%	9%	
	12th	6%	8%	
Sex	Female	4%	4%	
	Male	10%	11%	
Total		7%	8%	

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

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

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

		Windham	Vermont	Notes
Grade	9th	25%	23%	
	10th	15%	18%	
	11th	10%	16%	County statistically lower
	12th	14%	14%	
Sex	Female	20%	23%	
	Male	12%	12%	
Total		16%	18%	

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

		Windham	Vermont	Notes
Grade	9th	22%	20%	
	10th	16%	17%	
	11th	13%	16%	
	12th	16%	13%	
Sex	Female	23%	23%	
	Male	10%	10%	
Total		17%	16%	

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**

		Windham	Vermont	Notes
Grade	9th	12%	13%	
	10th	11%	11%	
	11th	7%	11%	
	12th	10%	10%	
Sex	Female	10%	11%	
	Male	11%	12%	
Total		10%	11%	

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

		Windham	Vermont	Notes
Grade	9th	25%	20%	County statistically higher
	10th	20%	19%	
	11th	18%	17%	
	12th	15%	14%	
Sex	Female	29%	26%	
	Male	10%	9%	
Total		20%	17%	

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

		Windham	Vermont	Notes
Grade	9th	29%	24%	County statistically higher
	10th	25%	26%	
	11th	27%	24%	
	12th	27%	24%	
Sex	Female	36%	34%	
	Male	18%	15%	
Total		27%	24%	

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

		Windham	Vermont	Notes
Grade	9th	18%	13%	County statistically higher
	10th	12%	13%	
	11th	14%	12%	
	12th	11%	10%	
Sex	Female	18%	16%	
	Male	10%	8%	
Total		14%	12%	

**1.12 Percent of students who attempted suicide, past 12 months**

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

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

		Windham	Vermont	Notes
Grade	9th	4%	2%	
	10th	2%	2%	
	11th	3%	2%	
	12th	.	2%	Too few students
Sex	Female	4%	3%	
	Male	2%	1%	
Total		3%	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**

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

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

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

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

		Windham	Vermont	Notes
Grade	9th	20%	19%	
	10th	21%	20%	
	11th	21%	20%	
	12th	15%	19%	
Sex	Female	19%	20%	
	Male	20%	19%	
Total		19%	20%	

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

		Windham	Vermont	Notes
Grade	9th	18%	13%	
	10th	21%	20%	
	11th	32%	26%	
	12th	30%	29%	
Sex	Female	25%	22%	
	Male	26%	22%	
Total		25%	22%	County statistically higher

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

		Windham	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	4%	4%	
	11th	6%	8%	
	12th	6%	9%	
Sex	Female	3%	5%	
	Male	7%	9%	
Total		5%	7%	

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

		Windham	Vermont	Notes
Grade	9th	5%	8%	
	10th	6%	10%	
	11th	24%	18%	
	12th	22%	20%	
Sex	Female	14%	12%	
	Male	19%	18%	
Total		16%	15%	

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

		Windham	Vermont	Notes
Grade	9th	6%	10%	
	10th	10%	15%	
	11th	35%	40%	
	12th	51%	50%	
Sex	Female	29%	33%	
	Male	29%	33%	
Total		29%	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**

		Windham	Vermont	Notes
Grade	9th	55%	48%	
	10th	55%	54%	
	11th	59%	55%	
	12th	61%	56%	
Sex	Female	56%	49%	County statistically higher
	Male	59%	56%	
Total		57%	53%	County statistically higher

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

		Windham	Vermont	Notes
Grade	9th	64%	63%	
	10th	65%	65%	
	11th	65%	65%	
	12th	68%	67%	
Sex	Female	71%	72%	
	Male	60%	59%	
Total		65%	65%	

**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**

		Windham	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	3%	Too few students
	11th	4%	4%	
	12th	7%	6%	
Sex	Female	4%	5%	
	Male	1%	3%	County statistically lower
Total		3%	4%	

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

		Windham	Vermont	Notes
Grade	9th	44%	37%	County statistically higher
	10th	51%	51%	
	11th	67%	63%	
	12th	76%	71%	
Sex	Female	63%	57%	County statistically higher
	Male	57%	54%	
Total		60%	56%	County statistically higher

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

		Windham	Vermont	Notes
Grade	9th	13%	14%	
	10th	13%	13%	
	11th	15%	12%	
	12th	12%	10%	
Sex	Female	12%	10%	
	Male	15%	14%	
Total		14%	12%	

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

		Windham	Vermont	Notes
Grade	9th	22%	17%	
	10th	28%	26%	
	11th	32%	34%	
	12th	42%	42%	
Sex	Female	31%	30%	
	Male	31%	29%	
Total		31%	30%	

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

		Windham	Vermont	Notes
Grade	9th	9%	8%	
	10th	16%	13%	
	11th	16%	19%	
	12th	22%	24%	
Sex	Female	14%	15%	
	Male	18%	17%	
Total		16%	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**

			Windham	Vermont	Notes
Grade	9th	1 to 2 days	50%	55%	
		3 to 9 days	48%	33%	County statistically higher
		10+ days	.	11%	Too few students
-----					
	10th	1 to 2 days	48%	57%	
		3 to 9 days	40%	34%	
		10+ days	13%	9%	
-----					
	11th	1 to 2 days	48%	49%	
		3 to 9 days	41%	40%	
		10+ days	10%	11%	
-----					
	12th	1 to 2 days	50%	47%	
		3 to 9 days	43%	40%	
		10+ days	7%	13%	
-----					
Sex	Female	1 to 2 days	51%	55%	
		3 to 9 days	42%	36%	
		10+ days	7%	9%	
-----					
	Male	1 to 2 days	46%	47%	
		3 to 9 days	44%	38%	
		10+ days	10%	15%	
-----					
Total		1 to 2 days	49%	51%	
		3 to 9 days	42%	37%	
		10+ days	8%	12%	

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**

			Windham	Vermont	Notes
Grade	9th	1 to 2 drinks	51%	49%	
		3 to 4 drinks	27%	19%	
		5 or more drinks	22%	32%	
-----					
	10th	1 to 2 drinks	40%	41%	
		3 to 4 drinks	19%	20%	
		5 or more drinks	41%	39%	
-----					
	11th	1 to 2 drinks	38%	33%	
		3 to 4 drinks	17%	18%	
		5 or more drinks	45%	49%	
-----					
	12th	1 to 2 drinks	34%	32%	
		3 to 4 drinks	20%	19%	
		5 or more drinks	46%	49%	
-----					
Sex	Female	1 to 2 drinks	43%	40%	
		3 to 4 drinks	22%	23%	
		5 or more drinks	34%	38%	
-----					
	Male	1 to 2 drinks	35%	33%	
		3 to 4 drinks	18%	16%	
		5 or more drinks	47%	52%	
-----					
Total		1 to 2 drinks	39%	36%	
		3 to 4 drinks	20%	19%	
		5 or more drinks	40%	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**

			Windham	Vermont	Notes
Grade	9th	Bought it	.	3%	Too few students
		Gave someone money	19%	12%	
		Someone gave it to me	34%	36%	
		Took it / some other way	45%	49%	
-----					
	10th	Bought it	7%	3%	
		Gave someone money	21%	18%	
		Someone gave it to me	47%	41%	
		Took it / some other way	26%	37%	
-----					
	11th	Bought it	.	4%	Too few students
		Gave someone money	32%	28%	
		Someone gave it to me	39%	41%	
		Took it / some other way	28%	27%	
-----					
	12th	Bought it	8%	7%	
		Gave someone money	29%	29%	
		Someone gave it to me	45%	43%	
		Took it / some other way	18%	22%	
-----					
Sex	Female	Bought it	.	2%	Too few students
		Gave someone money	24%	24%	
		Someone gave it to me	45%	46%	
		Took it / some other way	30%	28%	
-----					
	Male	Bought it	8%	7%	
		Gave someone money	28%	24%	
		Someone gave it to me	38%	35%	
		Took it / some other way	26%	34%	
-----					
Total	Bought it		4%	5%	
	Gave someone money		26%	24%	
	Someone gave it to me		42%	40%	
	Took it / some other way		28%	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**

			Windham	Vermont	Notes
Grade	9th	At my home	30%	46%	County statistically lower
		At another persons home	63%	43%	County statistically higher
		At a public place or event	.	12%	Too few students
-----					
	10th	At my home	34%	37%	
		At another persons home	54%	53%	
		At a public place or event	12%	10%	
-----					
	11th	At my home	30%	32%	
		At another persons home	62%	58%	
		At a public place or event	8%	9%	
-----					
	12th	At my home	27%	30%	
		At another persons home	64%	60%	
		At a public place or event	9%	10%	
-----					
Sex	Female	At my home	34%	34%	
		At another persons home	59%	58%	
		At a public place or event	7%	8%	
-----					
	Male	At my home	25%	34%	County statistically lower
		At another persons home	63%	53%	County statistically higher
		At a public place or event	12%	13%	
-----					
Total		At my home	30%	34%	
		At another persons home	61%	55%	
		At a public place or event	10%	10%	
-----					

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

		Windham	Vermont	Notes
Grade	9th	15%	14%	
	10th	19%	18%	
	11th	27%	24%	
	12th	28%	28%	
Sex	Female	21%	19%	
	Male	24%	23%	
Total		22%	21%	

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

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

**2.11 Percent of students who smoked cigarettes, past 30 days**

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

2 Alcohol, Tobacco and other Drug Use

**2.12 Among students who smoked cigarettes in the past month, number of days students smoked**

			Windham	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	.	31%	Too few students
		3 to 9 days	.	25%	Too few students
		10+ days	.	44%	Too few students
-----					
	11th	1 to 2 days	.	29%	Too few students
		3 to 9 days	.	23%	Too few students
		10+ days	.	48%	Too few students
-----					
	12th	1 to 2 days	.	26%	Too few students
		3 to 9 days	.	19%	Too few students
		10+ days	.	55%	Too few students
-----					
Sex	Female	1 to 2 days	30%	32%	
		3 to 9 days	29%	23%	
		10+ days	41%	44%	
-----					
	Male	1 to 2 days	20%	26%	
		3 to 9 days	23%	22%	
		10+ days	56%	52%	
-----					
Total	1 to 2 days		25%	29%	
	3 to 9 days		26%	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**

			Windham	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	.	45%	Too few students
		2 to 10 cigarettes	.	45%	Too few students
		11 or more cigarettes	.	10%	Too few students
-----					
	11th	1 cigarette or less	.	43%	Too few students
		2 to 10 cigarettes	.	48%	Too few students
		11 or more cigarettes	.	9%	Too few students
-----					
	12th	1 cigarette or less	.	42%	Too few students
		2 to 10 cigarettes	.	45%	Too few students
		11 or more cigarettes	.	13%	Too few students
-----					
Sex	Female	1 cigarette or less	56%	47%	
		2 to 10 cigarettes	36%	44%	
		11 or more cigarettes	9%	9%	
-----					
	Male	1 cigarette or less	38%	42%	
		2 to 10 cigarettes	52%	45%	
		11 or more cigarettes	10%	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**

		Windham	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	.	7%	Too few students
		Someone else bought them	.	26%	Too few students
		Borrowed/bummed them	.	41%	Too few students
		Took them / some other way	.	26%	Too few students
-----					
	11th	Bought them	.	12%	Too few students
		Someone else bought them	.	31%	Too few students
		Borrowed/bummed them	.	39%	Too few students
		Took them / some other way	.	17%	Too few students
-----					
	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	.	6%	Too few students
		Someone else bought them	33%	30%	
		Borrowed/bummed them	39%	45%	
		Took them / some other way	28%	19%	
-----					
	Male	Bought them	.	14%	Too few students
		Someone else bought them	.	28%	Too few students
		Borrowed/bummed them	.	34%	Too few students
		Took them / some other way	.	24%	Too few students
-----					
Total		Bought them	.	10%	Too few students
		Someone else bought them	31%	29%	
		Borrowed/bummed them	40%	39%	
		Took them / some other way	26%	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**

		Windham	Vermont	Notes
Grade	9th	.	45%	Too few students
	10th	.	46%	Too few students
	11th	.	44%	Too few students
	12th	.	39%	Too few students
Sex	Female	43%	43%	
	Male	51%	41%	
Total		47%	42%	

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

		Windham	Vermont	Notes
Grade	9th	19%	18%	
	10th	28%	28%	
	11th	34%	35%	
	12th	39%	39%	
Sex	Female	26%	27%	
	Male	35%	33%	
Total		30%	30%	

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

		Windham	Vermont	Notes
Grade	9th	11%	10%	
	10th	14%	14%	
	11th	13%	17%	
	12th	14%	19%	County statistically lower
Sex	Female	10%	13%	
	Male	16%	18%	
Total		13%	15%	

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

		Windham	Vermont	Notes
Grade	9th	16%	15%	
	10th	23%	21%	
	11th	27%	29%	
	12th	29%	32%	
Sex	Female	19%	20%	
	Male	29%	28%	
Total		24%	24%	

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

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

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**

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

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

		Windham	Vermont	Notes
Grade	9th	2%	5%	County statistically lower
	10th	11%	8%	
	11th	12%	12%	
	12th	10%	16%	County statistically lower
Sex	Female	6%	6%	
	Male	12%	14%	
Total		9%	10%	

*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**

		Windham	Vermont	Notes
Grade	9th	11%	11%	
	10th	17%	15%	
	11th	20%	21%	
	12th	21%	25%	
Sex	Female	14%	13%	
	Male	22%	23%	
Total		18%	18%	

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

		Windham	Vermont	Notes
Grade	9th	18%	16%	
	10th	23%	22%	
	11th	26%	28%	
	12th	27%	32%	
Sex	Female	19%	20%	
	Male	28%	29%	
Total		24%	25%	

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

		Windham	Vermont	Notes
Grade	9th	29%	22%	County statistically higher
	10th	40%	32%	County statistically higher
	11th	47%	44%	
	12th	57%	49%	County statistically higher
Sex	Female	44%	36%	County statistically higher
	Male	43%	38%	
Total		43%	37%	County statistically higher

**2.25 Percent of students who used marijuana before age 13**

		Windham	Vermont	Notes
Grade	9th	8%	6%	
	10th	10%	6%	County statistically higher
	11th	8%	7%	
	12th	5%	6%	
Sex	Female	6%	5%	
	Male	9%	8%	
Total		8%	6%	

**2.26 Percent of students who used marijuana, past 30 days**

		Windham	Vermont	Notes
Grade	9th	20%	13%	County statistically higher
	10th	23%	20%	
	11th	29%	27%	
	12th	34%	29%	
Sex	Female	27%	21%	County statistically higher
	Male	26%	24%	
Total		26%	22%	County statistically higher

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

			Windham	Vermont	Notes
Grade	9th	1 to 2 times	39%	36%	
		3 to 9 times	33%	24%	
		10+ times	28%	40%	
-----					
	10th	1 to 2 times	17%	32%	County statistically lower
		3 to 9 times	41%	26%	County statistically higher
		10+ times	42%	42%	
-----					
	11th	1 to 2 times	23%	30%	
		3 to 9 times	30%	24%	
		10+ times	47%	46%	
-----					
	12th	1 to 2 times	34%	29%	
		3 to 9 times	21%	23%	
		10+ times	45%	48%	
-----					
Sex	Female	1 to 2 times	33%	37%	
		3 to 9 times	29%	26%	
		10+ times	38%	37%	
-----					
	Male	1 to 2 times	23%	26%	
		3 to 9 times	31%	23%	County statistically higher
		10+ times	47%	52%	
-----					
Total		1 to 2 times	28%	31%	
		3 to 9 times	30%	24%	County statistically higher
		10+ times	42%	45%	

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

		Windham	Vermont	Notes
Grade	9th	9%	8%	
	10th	15%	10%	County statistically higher
	11th	13%	13%	
	12th	14%	14%	
Sex	Female	12%	11%	
	Male	14%	12%	
Total		13%	11%	

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

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

**2.30 Percent of students who ever used cocaine**

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

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

		Windham	Vermont	Notes
Grade	9th	11%	7%	County statistically higher
	10th	5%	6%	
	11th	9%	7%	
	12th	7%	5%	
Sex	Female	9%	6%	County statistically higher
	Male	7%	7%	
Total		8%	7%	

**2.32 Percent of students who ever used methamphetamines**

		Windham	Vermont	Notes
Grade	9th	2%	2%	
	10th	2%	2%	
	11th	2%	3%	
	12th	.	3%	
Sex	Female	2%	2%	
	Male	2%	3%	
Total		2%	3%	

**2.33 Percent of students who ever used heroin**

		Windham	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	2%	Too few students
	11th	2%	2%	
	12th	.	3%	Too few students
Sex	Female	.	1%	Too few students
	Male	2%	3%	
Total		1%	2%	County statistically lower

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**

		Windham	Vermont	Notes
Grade	9th	40%	34%	
	10th	42%	36%	
	11th	44%	39%	
	12th	41%	38%	
Sex	Female	42%	37%	County statistically higher
	Male	42%	37%	
Total		42%	37%	County statistically higher

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

		Windham	Vermont	Notes
Grade	9th	25%	25%	
	10th	29%	27%	
	11th	31%	28%	
	12th	29%	28%	
Sex	Female	32%	28%	County statistically higher
	Male	26%	27%	
Total		29%	27%	

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.**

			Windham	Vermont	Notes
Grade	9th	Never or rarely	19%	19%	
		Sometimes	26%	27%	
		At least most of the time	56%	54%	
-----					
	10th	Never or rarely	17%	19%	
		Sometimes	25%	27%	
		At least most of the time	58%	53%	
-----					
	11th	Never or rarely	21%	21%	
		Sometimes	22%	28%	
		At least most of the time	56%	52%	
-----					
	12th	Never or rarely	25%	22%	
		Sometimes	28%	28%	
		At least most of the time	47%	50%	
-----					
Sex	Female	Never or rarely	19%	19%	
		Sometimes	26%	28%	
		At least most of the time	55%	53%	
-----					
	Male	Never or rarely	21%	22%	
		Sometimes	25%	26%	
		At least most of the time	54%	51%	
-----					
Total	Never or rarely		21%	21%	
	Sometimes		25%	27%	
	At least most of the time		54%	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**

	Windham	Vermont	Notes
15 or less students	16%	19%	County statistically lower
16 to 25 students	28%	29%	
26 to 45 students	25%	24%	
46 to 55 students	16%	14%	
56 to 75 students	8%	8%	
76 or more students	7%	7%	

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

	Windham	Vermont	Notes
15 or less students	5%	8%	County statistically lower
16 to 25 students	11%	13%	
26 to 45 students	18%	21%	County statistically lower
46 to 55 students	25%	21%	County statistically higher
56 to 75 students	22%	20%	
76 or more students	19%	16%	County statistically higher

*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**

		Windham	Vermont	Notes
Grade	9th	95%	94%	
	10th	93%	93%	
	11th	90%	92%	
	12th	86%	87%	
Sex	Female	91%	93%	
	Male	91%	90%	
Total		91%	91%	

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

		Windham	Vermont	Notes
Grade	9th	87%	84%	
	10th	82%	78%	
	11th	68%	70%	
	12th	60%	57%	
Sex	Female	75%	74%	
	Male	73%	70%	
Total		74%	72%	

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

		Windham	Vermont	Notes
Grade	9th	80%	87%	County statistically lower
	10th	77%	82%	County statistically lower
	11th	70%	78%	County statistically lower
	12th	68%	74%	County statistically lower
Sex	Female	74%	82%	County statistically lower
	Male	73%	79%	County statistically lower
Total		74%	80%	County statistically lower

*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**

		Windham	Vermont	Notes
Grade	9th	85%	87%	
	10th	85%	84%	
	11th	77%	77%	
	12th	61%	67%	
Sex	Female	77%	80%	
	Male	76%	77%	
Total		77%	78%	

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

		Windham	Vermont	Notes
Grade	9th	68%	70%	
	10th	63%	58%	
	11th	50%	47%	
	12th	34%	38%	
Sex	Female	55%	54%	
	Male	52%	53%	
Total		54%	53%	

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

		Windham	Vermont	Notes
Grade	9th	61%	70%	County statistically lower
	10th	57%	59%	
	11th	48%	51%	
	12th	33%	44%	County statistically lower
Sex	Female	49%	57%	County statistically lower
	Male	50%	55%	
Total		50%	56%	County statistically lower

### 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

		Windham	Vermont	Notes
Grade	9th	60%	62%	
	10th	69%	66%	
	11th	67%	66%	
	12th	62%	66%	
Sex	Female	65%	67%	
	Male	64%	63%	
Total		64%	65%	

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

		Windham	Vermont	Notes
Grade	9th	40%	42%	
	10th	42%	40%	
	11th	37%	36%	
	12th	40%	35%	
Sex	Female	44%	43%	
	Male	34%	33%	
Total		40%	38%	

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

		Windham	Vermont	Notes
Grade	9th	29%	35%	County statistically lower
	10th	24%	29%	
	11th	23%	22%	
	12th	17%	21%	
Sex	Female	25%	30%	County statistically lower
	Male	21%	24%	
Total		23%	27%	County statistically lower

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

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

		Windham	Vermont	Notes
Grade	9th	49%	44%	
	10th	60%	55%	
	11th	75%	64%	County statistically higher
	12th	82%	80%	
Sex	Female	64%	57%	County statistically higher
	Male	70%	64%	County statistically higher
Total		67%	61%	County statistically higher

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

		Windham	Vermont	Notes
Grade	9th	62%	60%	
	10th	69%	68%	
	11th	77%	74%	
	12th	78%	75%	
Sex	Female	72%	71%	
	Male	72%	68%	
Total		72%	69%	

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

		Windham	Vermont	Notes
Grade	9th	54%	46%	County statistically higher
	10th	67%	60%	County statistically higher
	11th	71%	69%	
	12th	82%	74%	County statistically higher
Sex	Female	65%	60%	County statistically higher
	Male	72%	65%	County statistically higher
Total		69%	62%	County statistically higher

*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**

		Windham	Vermont	Notes
Grade	9th	47%	44%	
	10th	53%	50%	
	11th	60%	57%	
	12th	61%	60%	
Sex	Female	58%	56%	
	Male	53%	50%	
Total		56%	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**

		Windham	Vermont	Notes
Grade	9th	33%	36%	
	10th	29%	30%	
	11th	27%	27%	
	12th	26%	24%	
Sex	Female	30%	29%	
	Male	28%	29%	
Total		29%	29%	

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

		Windham	Vermont	Notes
Grade	9th	15%	15%	
	10th	22%	19%	
	11th	19%	20%	
	12th	23%	18%	
Sex	Female	16%	15%	
	Male	24%	21%	
Total		20%	18%	

*4 Sexual Behavior and Orientation***4.01 Sexual orientation**

			Windham	Vermont	Notes
Grade	9th	Heterosexual (straight)	82%	88%	County statistically lower
		Gay or lesbian	.	2%	Too few students
		Bisexual	11%	6%	County statistically higher
		Not sure	6%	5%	
-----					
	10th	Heterosexual (straight)	88%	89%	
		Gay or lesbian	2%	2%	
		Bisexual	8%	6%	
		Not sure	2%	4%	
-----					
	11th	Heterosexual (straight)	89%	88%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	8%	6%	
		Not sure	2%	4%	
-----					
	12th	Heterosexual (straight)	88%	88%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	8%	6%	
		Not sure	3%	4%	
-----					
Sex	Female	Heterosexual (straight)	80%	84%	County statistically lower
		Gay or lesbian	2%	2%	
		Bisexual	14%	10%	County statistically higher
		Not sure	5%	5%	
-----					
	Male	Heterosexual (straight)	94%	92%	
		Gay or lesbian	1%	2%	
		Bisexual	3%	3%	
		Not sure	2%	4%	County statistically lower
-----					
Total		Heterosexual (straight)	87%	88%	
		Gay or lesbian	1%	2%	
		Bisexual	9%	6%	County statistically higher
		Not sure	3%	4%	

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

		Windham	Vermont	Notes
Grade	9th	23%	18%	
	10th	43%	33%	County statistically higher
	11th	52%	49%	
	12th	67%	62%	
Sex	Female	50%	40%	County statistically higher
	Male	43%	41%	
Total		46%	41%	County statistically higher

**4.03 Percent of students who have ever had oral sex**

		Windham	Vermont	Notes
Grade	9th	27%	21%	County statistically higher
	10th	43%	37%	County statistically higher
	11th	48%	50%	
	12th	64%	60%	
Sex	Female	47%	41%	County statistically higher
	Male	45%	42%	
Total		46%	42%	County statistically higher

**4.04 Percent of students who had sexual intercourse before age 13**

		Windham	Vermont	Notes
Grade	9th	2%	3%	
	10th	5%	3%	
	11th	2%	3%	
	12th	.	4%	Too few students
Sex	Female	3%	2%	
	Male	4%	4%	
Total		3%	3%	

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

		Windham	Vermont	Notes
Grade	9th	4%	3%	
	10th	7%	6%	
	11th	8%	11%	
	12th	18%	19%	
Sex	Female	11%	9%	
	Male	9%	10%	
Total		10%	10%	

**4.06 Percent of students who have ever been tested for HIV**

		Windham	Vermont	Notes
Grade	9th	12%	7%	County statistically higher
	10th	12%	8%	County statistically higher
	11th	12%	12%	
	12th	16%	14%	
Sex	Female	15%	11%	County statistically higher
	Male	11%	9%	
Total		13%	10%	County statistically higher

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

		Windham	Vermont	Notes
Grade	9th	15%	12%	
	10th	33%	24%	County statistically higher
	11th	42%	38%	
	12th	48%	49%	
Sex	Female	40%	33%	County statistically higher
	Male	29%	30%	
Total		35%	31%	County statistically higher

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

		Windham	Vermont	Notes
Grade	9th	.	18%	Too few students
	10th	9%	19%	County statistically lower
	11th	15%	18%	
	12th	18%	18%	
Sex	Female	12%	15%	
	Male	18%	22%	
Total		15%	19%	

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

		Windham	Vermont	Notes
Grade	9th	.	65%	Too few students
	10th	63%	65%	
	11th	55%	58%	
	12th	48%	54%	
Sex	Female	50%	55%	
	Male	62%	62%	
Total		54%	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

		Windham	Vermont	Notes
Grade	9th	.	28%	Too few students
	10th	39%	39%	
	11th	51%	49%	
	12th	61%	54%	
Sex	Female	56%	55%	
	Male	38%	38%	
Total		50%	47%	

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

		Windham	Vermont	Notes
Grade	9th	.	80%	Too few students
	10th	87%	87%	
	11th	88%	88%	
	12th	85%	87%	
Sex	Female	85%	88%	
	Male	87%	86%	
Total		86%	87%	

## 4 Sexual Behavior and Orientation

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

			Windham	Vermont	Notes
Grade	9th	No method was used	.	12%	Too few students
		Birth control pills	.	19%	Too few students
		Condoms	.	50%	Too few students
		IUD or implant	.	4%	Too few students
		Shot/patch/birth control ring	.	5%	Too few students
		Withdrawal/other method	.	8%	Too few students
		Not sure	.	3%	Too few students
-----					
	10th	No method was used	6%	7%	
		Birth control pills	29%	28%	
		Condoms	47%	46%	
		IUD or implant	.	5%	Too few students
		Shot/patch/birth control ring	9%	6%	
		Withdrawal/other method	9%	6%	
		Not sure	.	2%	Too few students
-----					
	11th	No method was used	7%	6%	
		Birth control pills	40%	37%	
		Condoms	36%	37%	
		IUD or implant	5%	7%	
		Shot/patch/birth control ring	7%	6%	
		Withdrawal/other method	5%	6%	
		Not sure	.	1%	Too few students
-----					
	12th	No method was used	9%	7%	
		Birth control pills	50%	40%	
		Condoms	24%	32%	
		IUD or implant	5%	7%	
		Shot/patch/birth control ring	5%	7%	
		Withdrawal/other method	5%	6%	
		Not sure	.	2%	Too few students
-----					

## 4 Sexual Behavior and Orientation

			Windham	Vermont	Notes
Sex	Female	No method was used	9%	7%	
		Birth control pills	43%	39%	
		Condoms	28%	31%	
		IUD or implant	5%	8%	
		Shot/patch/birth control ring	8%	8%	
		Withdrawal/other method	5%	5%	
		Not sure	.	1%	Too few students
-----					
	Male	No method was used	4%	7%	
		Birth control pills	31%	30%	
		Condoms	47%	45%	
		IUD or implant	.	4%	Too few students
		Shot/patch/birth control ring	5%	4%	
		Withdrawal/other method	9%	7%	
		Not sure	.	3%	Too few students
-----					
Total	No method was used		7%	7%	
	Birth control pills		39%	35%	
	Condoms		35%	38%	
	IUD or implant		4%	6%	
	Shot/patch/birth control ring		7%	6%	
	Withdrawal/other method		7%	6%	
	Not sure		.	2%	Too few students

*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**

			Windham	Vermont	Notes
Sex	Female	Have not had sex	38%	45%	County statistically lower
		Same sex	2%	1%	
		Opposite sex	50%	46%	County statistically higher
		Both sexes	11%	7%	
-----					
	Male	Have not had sex	40%	43%	
		Same sex	1%	1%	
		Opposite sex	57%	53%	
		Both sexes	2%	2%	
Total	Have not had sex		39%	44%	County statistically lower
	Same sex		1%	1%	
	Opposite sex		53%	50%	County statistically higher
	Both sexes		7%	5%	County statistically higher

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

		Windham	Vermont	Notes
Grade	9th	18%	15%	
	10th	12%	14%	
	11th	14%	14%	
	12th	13%	13%	
Sex	Female	14%	14%	
	Male	14%	14%	
Total		14%	14%	

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

		Windham	Vermont	Notes
Grade	9th	10%	12%	
	10th	15%	13%	
	11th	10%	12%	
	12th	13%	12%	
Sex	Female	10%	9%	
	Male	14%	16%	
Total		12%	12%	

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

			Windham	Vermont	Notes
Grade	9th	Underweight	13%	15%	
		About the right weight	58%	56%	
		Overweight	29%	29%	
-----					
	10th	Underweight	16%	13%	
		About the right weight	54%	55%	
		Overweight	30%	32%	
-----					
	11th	Underweight	11%	13%	
		About the right weight	56%	55%	
		Overweight	32%	31%	
-----					
	12th	Underweight	16%	13%	
		About the right weight	52%	55%	
		Overweight	32%	32%	
-----					
Sex	Female	Underweight	10%	10%	
		About the right weight	53%	54%	
		Overweight	37%	36%	
-----					
	Male	Underweight	19%	17%	
		About the right weight	56%	57%	
		Overweight	25%	26%	
-----					
Total	Underweight		14%	14%	
	About the right weight		55%	55%	
	Overweight		31%	31%	

## 5 Body Image

## 5.04 Students who are trying to do something about their weight

			Windham	Vermont	Notes
Grade	9th	Lose weight	41%	41%	
		Gain weight	14%	12%	
		Stay the same weight /do nothing	45%	47%	
-----					
	10th	Lose weight	41%	43%	
		Gain weight	15%	13%	
		Stay the same weight /do nothing	44%	44%	
-----					
	11th	Lose weight	45%	42%	
		Gain weight	13%	14%	
		Stay the same weight /do nothing	42%	44%	
-----					
	12th	Lose weight	45%	42%	
		Gain weight	14%	15%	
		Stay the same weight /do nothing	41%	42%	
-----					
Sex	Female	Lose weight	59%	56%	
		Gain weight	3%	4%	
		Stay the same weight /do nothing	38%	40%	
-----					
	Male	Lose weight	27%	28%	
		Gain weight	26%	23%	
		Stay the same weight /do nothing	48%	49%	
-----					
Total		Lose weight	43%	42%	
		Gain weight	14%	14%	
		Stay the same weight /do nothing	43%	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.

			Windham	Vermont	Notes
Grade	9th	Less than 1 hour	12%	14%	
		1 to 2 hours	34%	36%	
		3 to 4 hours	36%	33%	
		5+ hours	18%	18%	
-----					
	10th	Less than 1 hour	14%	14%	
		1 to 2 hours	36%	36%	
		3 to 4 hours	30%	32%	
		5+ hours	20%	18%	
-----					
	11th	Less than 1 hour	8%	15%	County statistically lower
		1 to 2 hours	39%	38%	
		3 to 4 hours	37%	32%	
		5+ hours	17%	16%	
-----					
	12th	Less than 1 hour	10%	16%	County statistically lower
		1 to 2 hours	35%	36%	
		3 to 4 hours	35%	32%	
		5+ hours	20%	17%	
-----					
Sex	Female	Less than 1 hour	11%	15%	County statistically lower
		1 to 2 hours	37%	37%	
		3 to 4 hours	35%	32%	
		5+ hours	17%	16%	
-----					
	Male	Less than 1 hour	11%	14%	
		1 to 2 hours	35%	36%	
		3 to 4 hours	34%	32%	
		5+ hours	21%	18%	
-----					
Total		Less than 1 hour	11%	15%	County statistically lower
		1 to 2 hours	36%	36%	
		3 to 4 hours	34%	32%	
		5+ hours	19%	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

			Windham	Vermont	Notes
Grade	9th	0 days	12%	11%	
		1 to 2 days	15%	16%	
		3 to 6 days	48%	47%	
		Everyday	25%	25%	
-----					
	10th	0 days	14%	13%	
		1 to 2 days	15%	15%	
		3 to 6 days	53%	47%	
		Everyday	18%	24%	County statistically lower
-----					
	11th	0 days	16%	15%	
		1 to 2 days	17%	17%	
		3 to 6 days	47%	45%	
		Everyday	20%	22%	
-----					
	12th	0 days	18%	17%	
		1 to 2 days	23%	18%	
		3 to 6 days	39%	44%	
		Everyday	20%	21%	
-----					
Sex	Female	0 days	20%	17%	
		1 to 2 days	21%	20%	
		3 to 6 days	45%	48%	
		Everyday	14%	16%	
-----					
	Male	0 days	10%	12%	
		1 to 2 days	14%	14%	
		3 to 6 days	48%	44%	
		Everyday	28%	30%	
-----					
Total	0 days		15%	14%	
	1 to 2 days		17%	17%	
	3 to 6 days		46%	46%	
	Everyday		21%	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**

		Windham	Vermont	Notes
Grade	9th	18%	23%	
	10th	21%	23%	
	11th	21%	23%	
	12th	27%	24%	
Sex	Female	20%	22%	
	Male	24%	25%	
Total		22%	24%	

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

		Windham	Vermont	Notes
Grade	9th	29%	34%	
	10th	28%	34%	County statistically lower
	11th	33%	34%	
	12th	35%	35%	
Sex	Female	29%	33%	
	Male	33%	35%	
Total		31%	34%	

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

		Windham	Vermont	Notes
Grade	9th	14%	17%	
	10th	14%	17%	
	11th	13%	18%	County statistically lower
	12th	17%	19%	
Sex	Female	13%	17%	County statistically lower
	Male	16%	19%	
Total		14%	18%	County statistically lower

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

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

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

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

6 Nutrition and Physical Activity

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

			Windham	Vermont	Notes
Grade	9th	Never	10%	11%	
		1 to 3 days	32%	25%	County statistically higher
		4 to 6 days	25%	22%	
		Everyday	33%	42%	County statistically lower
-----					
	10th	Never	13%	11%	
		1 to 3 days	27%	24%	
		4 to 6 days	23%	24%	
		Everyday	38%	41%	
-----					
	11th	Never	9%	10%	
		1 to 3 days	28%	25%	
		4 to 6 days	26%	24%	
		Everyday	37%	40%	
-----					
	12th	Never	9%	11%	
		1 to 3 days	32%	25%	County statistically higher
		4 to 6 days	30%	25%	
		Everyday	28%	39%	County statistically lower
-----					
Sex	Female	Never	11%	11%	
		1 to 3 days	31%	27%	County statistically higher
		4 to 6 days	27%	24%	
		Everyday	31%	38%	County statistically lower
-----					
	Male	Never	10%	11%	
		1 to 3 days	28%	23%	County statistically higher
		4 to 6 days	24%	23%	
		Everyday	37%	43%	County statistically lower
-----					
Total	Never		11%	11%	
	1 to 3 days		30%	25%	County statistically higher
	4 to 6 days		26%	24%	
	Everyday		34%	40%	County statistically lower

## 6 Nutrition and Physical Activity

## 6.09 The number of glasses of water students drank yesterday

			Windham	Vermont	Notes
Grade	9th	None	10%	9%	
		1 to 3 glasses	66%	60%	County statistically higher
		4+ glasses	23%	32%	County statistically lower
-----					
	10th	None	10%	8%	
		1 to 3 glasses	64%	58%	
		4+ glasses	26%	34%	County statistically lower
-----					
	11th	None	7%	8%	
		1 to 3 glasses	66%	60%	
		4+ glasses	27%	32%	
-----					
	12th	None	10%	9%	
		1 to 3 glasses	53%	57%	
		4+ glasses	38%	34%	
-----					
Sex	Female	None	9%	8%	
		1 to 3 glasses	67%	62%	County statistically higher
		4+ glasses	25%	31%	County statistically lower
-----					
	Male	None	10%	9%	
		1 to 3 glasses	57%	56%	
		4+ glasses	33%	35%	
-----					
Total	None		9%	9%	
	1 to 3 glasses		62%	59%	
	4+ glasses		29%	33%	County statistically lower

## 6 Nutrition and Physical Activity

## 6.10 Amount of soda students drank during the past 7 days

			Windham	Vermont	Notes
Grade	9th	None	30%	32%	
		At least once during the past week	57%	54%	
		At least once per day	13%	14%	
-----					
	10th	None	27%	33%	
		At least once during the past week	58%	53%	
		At least once per day	15%	14%	
-----					
	11th	None	29%	33%	
		At least once during the past week	57%	51%	
		At least once per day	14%	15%	
-----					
	12th	None	33%	36%	
		At least once during the past week	49%	49%	
		At least once per day	18%	15%	
-----					
Sex	Female	None	37%	42%	County statistically lower
		At least once during the past week	52%	48%	
		At least once per day	10%	9%	
-----					
	Male	None	21%	25%	
		At least once during the past week	59%	55%	
		At least once per day	20%	20%	
-----					
Total	None		29%	33%	County statistically lower
	At least once during the past week		55%	52%	County statistically higher
	At least once per day		15%	15%	

## 6 Nutrition and Physical Activity

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

			Windham	Vermont	Notes
Grade	9th	None	25%	25%	
		At least once during the past week	64%	61%	
		At least once per day	11%	14%	
-----					
	10th	None	26%	25%	
		At least once during the past week	59%	59%	
		At least once per day	14%	15%	
-----					
	11th	None	21%	26%	
		At least once during the past week	65%	59%	County statistically higher
		At least once per day	14%	16%	
-----					
	12th	None	27%	29%	
		At least once during the past week	55%	57%	
		At least once per day	18%	15%	
-----					
Sex	Female	None	29%	30%	
		At least once during the past week	61%	59%	
		At least once per day	10%	11%	
-----					
	Male	None	21%	22%	
		At least once during the past week	60%	58%	
		At least once per day	19%	19%	
-----					
Total	None		25%	26%	
	At least once during the past week		61%	59%	
	At least once per day		14%	15%	

## 7 Youth Assets

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

			Windham	Vermont	Notes
Grade	9th	Mostly As or Bs	76%	76%	
		Mostly Cs	14%	13%	
		Mostly Ds or Fs	3%	4%	
		Other / Not sure	7%	7%	
-----					
	10th	Mostly As or Bs	80%	77%	
		Mostly Cs	10%	14%	
		Mostly Ds or Fs	4%	4%	
		Other / Not sure	5%	5%	
-----					
	11th	Mostly As or Bs	85%	80%	
		Mostly Cs	10%	13%	
		Mostly Ds or Fs	.	3%	Too few students
		Other / Not sure	4%	4%	
-----					
	12th	Mostly As or Bs	83%	83%	
		Mostly Cs	9%	11%	
		Mostly Ds or Fs	3%	2%	
		Other / Not sure	6%	4%	
-----					
Sex	Female	Mostly As or Bs	86%	84%	
		Mostly Cs	8%	9%	
		Mostly Ds or Fs	2%	3%	
		Other / Not sure	4%	4%	
-----					
	Male	Mostly As or Bs	76%	74%	
		Mostly Cs	14%	16%	
		Mostly Ds or Fs	4%	4%	
		Other / Not sure	7%	6%	
-----					
Total		Mostly As or Bs	81%	79%	
		Mostly Cs	11%	13%	
		Mostly Ds or Fs	3%	3%	
		Other / Not sure	6%	5%	

## 7 Youth Assets

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

			Windham	Vermont	Notes
Grade	9th	0 hours	34%	32%	
		1 to 4 hours	32%	30%	
		5 to 9 hours	15%	17%	
		10 or more hours	18%	21%	
	10th	0 hours	35%	32%	
		1 to 4 hours	32%	28%	
		5 to 9 hours	17%	16%	
		10 or more hours	16%	24%	County statistically lower
	11th	0 hours	32%	32%	
		1 to 4 hours	30%	27%	
		5 to 9 hours	16%	16%	
		10 or more hours	22%	25%	
	12th	0 hours	34%	32%	
		1 to 4 hours	29%	26%	
		5 to 9 hours	16%	16%	
		10 or more hours	21%	27%	
Sex	Female	0 hours	33%	31%	
		1 to 4 hours	34%	29%	County statistically higher
		5 to 9 hours	16%	16%	
		10 or more hours	18%	24%	County statistically lower
	Male	0 hours	36%	33%	
		1 to 4 hours	28%	27%	
		5 to 9 hours	16%	16%	
		10 or more hours	21%	24%	
Total		0 hours	34%	32%	
		1 to 4 hours	31%	28%	
		5 to 9 hours	16%	16%	
		10 or more hours	19%	24%	County statistically lower

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

		Windham	Vermont	Notes
Grade	9th	77%	78%	
	10th	76%	77%	
	11th	78%	77%	
	12th	74%	75%	
Sex	Female	76%	77%	
	Male	76%	76%	
Total		76%	76%	

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

		Windham	Vermont	Notes
Grade	9th	40%	49%	County statistically lower
	10th	47%	48%	
	11th	48%	50%	
	12th	47%	54%	County statistically lower
Sex	Female	41%	47%	County statistically lower
	Male	51%	54%	
Total		45%	50%	County statistically lower

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

		Windham	Vermont	Notes
Grade	9th	55%	59%	
	10th	57%	57%	
	11th	60%	64%	
	12th	66%	69%	
Sex	Female	61%	60%	
	Male	57%	64%	County statistically lower
Total		59%	62%	

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

		Windham	Vermont	Notes
Grade	9th	51%	50%	
	10th	40%	46%	
	11th	36%	46%	County statistically lower
	12th	38%	49%	County statistically lower
Sex	Female	40%	48%	County statistically lower
	Male	42%	48%	County statistically lower
Total		41%	48%	County statistically lower

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

		Windham	Vermont	Notes
Grade	9th	76%	75%	
	10th	80%	80%	
	11th	81%	83%	
	12th	80%	84%	
Sex	Female	82%	83%	
	Male	76%	78%	
Total		79%	80%	

## **2015 Vermont Youth Risk Behavior Survey Report**

### **Middle School Report for Windham 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*


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**Windham**  
**Number of Middle School Students in Windham County**

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**Windham County Total**

836

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<b>Sex</b>	<b>Total</b>	<b>%</b>
Missing	5	0%
Female	403	48%
Male	428	51%

<b>Grade</b>	<b>Total</b>	<b>%</b>
Missing	3	0%
6th grade	129	15%
7th grade	365	43%
8th grade	339	40%

<b>Age</b>	<b>Total</b>	<b>%</b>
Missing	2	0%
11 years or younger	56	6%
12 years	243	29%
13 years	341	40%
14 years or older	194	23%

<b>Race / Ethnicity</b>	<b>Total</b>	<b>%</b>
Missing	60	7%
Racial or ethnic minority	127	15%
White non-Hispanic	649	77%

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


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**Vermont**  
**Number of Middle School Students in Vermont**

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<b>Vermont Total</b>
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13648
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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**

		Windham	Vermont	Notes
Grade	6th	46%	42%	
	7th	46%	41%	
	8th	43%	44%	
Sex	Female	28%	28%	
	Male	61%	57%	
Total		45%	43%	

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

		Windham	Vermont	Notes
Grade	6th	24%	24%	
	7th	28%	25%	
	8th	22%	22%	
Sex	Female	30%	30%	
	Male	20%	18%	
Total		25%	24%	

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**

		Windham	Vermont	Notes
Grade	6th	22%	21%	
	7th	26%	26%	
	8th	33%	28%	
Sex	Female	37%	36%	
	Male	20%	16%	
Total		28%	26%	

**1.04 Percent of students who were ever bullied at school**

		Windham	Vermont	Notes
Grade	6th	53%	46%	
	7th	51%	48%	
	8th	50%	45%	
Sex	Female	55%	53%	
	Male	47%	40%	County statistically higher
Total		51%	46%	County statistically higher

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

		Windham	Vermont	Notes
Grade	6th	12%	8%	
	7th	10%	9%	
	8th	13%	11%	
Sex	Female	12%	10%	
	Male	11%	9%	
Total		12%	10%	

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

		Windham	Vermont	Notes
Grade	6th	12%	8%	
	7th	7%	7%	
	8th	7%	7%	
Sex	Female	8%	9%	
	Male	8%	6%	
Total		8%	7%	

**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**

		Windham	Vermont	Notes
Grade	6th	20%	17%	
	7th	19%	19%	
	8th	23%	22%	
Sex	Female	26%	27%	
	Male	16%	13%	
Total		21%	20%	

**1.08 Percent of students who ever seriously thought about suicide**

		Windham	Vermont	Notes
Grade	6th	10%	14%	
	7th	15%	16%	
	8th	23%	22%	
Sex	Female	20%	23%	
	Male	14%	12%	
Total		17%	18%	

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

		Windham	Vermont	Notes
Grade	6th	10%	9%	
	7th	11%	11%	
	8th	21%	15%	County statistically higher
Sex	Female	18%	16%	
	Male	11%	8%	County statistically higher
Total		15%	12%	

**1.10 Percent of students who ever attempted suicide**

		Windham	Vermont	Notes
Grade	6th	5%	5%	
	7th	4%	5%	
	8th	9%	8%	
Sex	Female	8%	8%	
	Male	4%	3%	
Total		6%	6%	

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

		Windham	Vermont	Notes
Grade	6th	54%	51%	
	7th	56%	55%	
	8th	59%	56%	
Sex	Female	58%	58%	
	Male	56%	51%	
Total		57%	54%	

*1 Personal Safety***1.12 Bicycle helmet use among those who rode a bicycle in the past 12 months**

			Windham	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	27%	26%	
		Sometimes wear a helmet	15%	15%	
		Most of the time / always wear a helmet	59%	59%	
-----					
	7th	Never / rarely wear a helmet	29%	31%	
		Sometimes wear a helmet	21%	16%	
		Most of the time / always wear a helmet	50%	52%	
-----					
	8th	Never / rarely wear a helmet	46%	41%	
		Sometimes wear a helmet	14%	15%	
		Most of the time / always wear a helmet	41%	43%	
-----					
Sex	Female	Never / rarely wear a helmet	33%	31%	
		Sometimes wear a helmet	20%	17%	
		Most of the time / always wear a helmet	47%	52%	
-----					
	Male	Never / rarely wear a helmet	37%	36%	
		Sometimes wear a helmet	14%	14%	
		Most of the time / always wear a helmet	49%	49%	
-----					
Total	Never / rarely wear a helmet		35%	34%	
	Sometimes wear a helmet		17%	16%	
	Most of the time / always wear a helmet		48%	51%	

1 Personal Safety

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

			Windham	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	.	31%	Too few students
		Sometimes wear a helmet	.	11%	Too few students
		Most of the time / always wear a helmet	.	58%	Too few students
<hr/>					
	7th	Never / rarely wear a helmet	40%	42%	
		Sometimes wear a helmet	17%	13%	
		Most of the time / always wear a helmet	43%	45%	
<hr/>					
	8th	Never / rarely wear a helmet	55%	52%	
		Sometimes wear a helmet	16%	12%	
		Most of the time / always wear a helmet	29%	36%	
<hr/>					
Sex	Female	Never / rarely wear a helmet	50%	45%	
		Sometimes wear a helmet	15%	13%	
		Most of the time / always wear a helmet	36%	43%	
<hr/>					
	Male	Never / rarely wear a helmet	36%	41%	
		Sometimes wear a helmet	18%	12%	County statistically higher
		Most of the time / always wear a helmet	45%	47%	
<hr/>					
Total	Never / rarely wear a helmet		43%	43%	
	Sometimes wear a helmet		16%	12%	
	Most of the time / always wear a helmet		41%	45%	

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

		Windham	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	3%	3%	
	8th	4%	4%	
Sex	Female	2%	2%	
	Male	4%	3%	
Total		3%	3%	

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

		Windham	Vermont	Notes
Grade	6th	15%	15%	
	7th	18%	19%	
	8th	28%	25%	
Sex	Female	23%	21%	
	Male	21%	19%	
Total		22%	20%	

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

		Windham	Vermont	Notes
Grade	6th	15%	10%	
	7th	14%	15%	
	8th	29%	24%	
Sex	Female	18%	16%	
	Male	21%	18%	
Total		20%	17%	

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

		Windham	Vermont	Notes
Grade	6th	9%	7%	
	7th	5%	6%	
	8th	7%	6%	
Sex	Female	6%	5%	
	Male	8%	8%	
Total		7%	6%	

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

		Windham	Vermont	Notes
Grade	6th	5%	3%	
	7th	3%	5%	
	8th	11%	10%	
Sex	Female	7%	6%	
	Male	7%	7%	
Total		7%	6%	

## 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

		Windham	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	4%	4%	
Sex	Female	2%	2%	
	Male	1%	2%	
Total		2%	2%	

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

		Windham	Vermont	Notes
Grade	6th	.	4%	Too few students
	7th	7%	7%	
	8th	16%	13%	
Sex	Female	9%	9%	
	Male	10%	9%	
Total		9%	9%	

### 2.06 Percent of students who ever smoked a whole cigarette

		Windham	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	4%	4%	
	8th	11%	8%	
Sex	Female	6%	5%	
	Male	6%	5%	
Total		6%	5%	

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

		Windham	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	2%	2%	
Sex	Female	.	1%	Too few students
	Male	1%	2%	
Total		1%	1%	

**2.08 Percent of students who smoked cigarettes, past 30 days**

		Windham	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	3%	2%	
	8th	5%	3%	
Sex	Female	4%	2%	
	Male	2%	2%	
Total		3%	2%	

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

		Windham	Vermont	Notes
Grade	6th	4%	3%	
	7th	6%	6%	
	8th	12%	11%	
Sex	Female	6%	7%	
	Male	10%	7%	
Total		8%	7%	

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

		Windham	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	3%	2%	
	8th	8%	5%	County statistically higher
Sex	Female	3%	3%	
	Male	5%	3%	
Total		4%	3%	County statistically higher

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

		Windham	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	3%	3%	
Sex	Female	.	1%	Too few students
	Male	2%	3%	
Total		2%	2%	

*2 Alcohol, Tobacco, and Other Drug Use***2.12 Percent of students who smoked cigars, cigarillos, or little cigars, past 30 days**

		Windham	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	5%	2%	County statistically higher
Sex	Female	2%	1%	
	Male	2%	2%	
Total		2%	2%	

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

		Windham	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	3%	3%	
	8th	8%	6%	
Sex	Female	4%	3%	
	Male	4%	4%	
Total		4%	4%	

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

		Windham	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	5%	4%	
	8th	11%	8%	
Sex	Female	6%	5%	
	Male	7%	6%	
Total		7%	5%	

## 2 Alcohol, Tobacco, and Other Drug Use

### 2.15 Percent of smokers who attempted to quit smoking, past 12 months

		Windham	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		.	48%	Too few students

### 2.16 Percent of students who have ever used marijuana

		Windham	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	5%	5%	
	8th	14%	11%	
Sex	Female	8%	6%	
	Male	8%	7%	
Total		8%	7%	

### 2.17 Percent of students who used marijuana by age 11

		Windham	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	3%	2%	
Sex	Female	.	1%	Too few students
	Male	3%	2%	
Total		2%	1%	

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

		Windham	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	3%	3%	
	8th	8%	6%	
Sex	Female	5%	3%	
	Male	5%	4%	
Total		5%	4%	

**2.19 Percent of students who have ever used inhalants**

		Windham	Vermont	Notes
Grade	6th	7%	5%	
	7th	5%	4%	
	8th	7%	6%	
Sex	Female	7%	5%	
	Male	6%	5%	
Total		6%	5%	

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

		Windham	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	3%	3%	
	8th	7%	4%	
Sex	Female	5%	3%	
	Male	3%	3%	
Total		4%	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**

		Windham	Vermont	Notes
Grade	6th	32%	24%	
	7th	31%	28%	
	8th	34%	31%	
Sex	Female	34%	29%	
	Male	30%	27%	
Total		32%	28%	County statistically higher

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

		Windham	Vermont	Notes
Grade	6th	19%	17%	
	7th	25%	20%	
	8th	28%	23%	
Sex	Female	26%	22%	
	Male	24%	19%	County statistically higher
Total		25%	21%	County statistically higher

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**

		Windham	Vermont	Notes
Grade	6th	57%	47%	
	7th	55%	52%	
	8th	62%	55%	County statistically higher
Sex	Female	56%	52%	
	Male	60%	52%	County statistically higher
Total		58%	52%	County statistically higher

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

		Windham	Vermont	Notes
Grade	6th	16%	15%	
	7th	27%	26%	
	8th	34%	35%	
Sex	Female	29%	28%	
	Male	28%	26%	
Total		28%	27%	

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

	Windham	Vermont	Notes
15 or less students	15%	16%	
16 to 25 students	26%	25%	
26 to 45 students	22%	24%	
46 to 55 students	16%	16%	
56 to 75 students	12%	9%	
76 or more students	10%	10%	

*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**

		Windham	Vermont	Notes
Grade	6th	97%	96%	
	7th	97%	96%	
	8th	96%	96%	
Sex	Female	97%	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**

		Windham	Vermont	Notes
Grade	6th	92%	92%	
	7th	92%	92%	
	8th	89%	90%	
Sex	Female	94%	93%	
	Male	88%	90%	
Total		91%	91%	

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

		Windham	Vermont	Notes
Grade	6th	95%	96%	
	7th	96%	95%	
	8th	90%	92%	
Sex	Female	94%	94%	
	Male	93%	94%	
Total		94%	94%	

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**

		Windham	Vermont	Notes
Grade	6th	98%	97%	
	7th	95%	95%	
	8th	90%	92%	
Sex	Female	93%	95%	
	Male	95%	94%	
Total		94%	94%	

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

		Windham	Vermont	Notes
Grade	6th	90%	94%	
	7th	91%	90%	
	8th	81%	83%	
Sex	Female	88%	90%	
	Male	86%	87%	
Total		87%	88%	

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

		Windham	Vermont	Notes
Grade	6th	96%	97%	
	7th	91%	92%	
	8th	77%	83%	County statistically lower
Sex	Female	86%	91%	County statistically lower
	Male	86%	89%	
Total		86%	90%	County statistically lower

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**

		Windham	Vermont	Notes
Grade	6th	75%	70%	
	7th	72%	72%	
	8th	70%	72%	
Sex	Female	73%	71%	
	Male	71%	72%	
Total		72%	71%	

**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**

		Windham	Vermont	Notes
Grade	6th	48%	49%	
	7th	50%	49%	
	8th	46%	46%	
Sex	Female	49%	49%	
	Male	47%	46%	
Total		48%	48%	

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

		Windham	Vermont	Notes
Grade	6th	67%	67%	
	7th	58%	61%	
	8th	42%	51%	County statistically lower
Sex	Female	54%	60%	County statistically lower
	Male	53%	58%	
Total		54%	59%	County statistically lower

### 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

		Windham	Vermont	Notes
Grade	6th	16%	18%	
	7th	24%	24%	
	8th	43%	34%	County statistically higher
Sex	Female	26%	25%	
	Male	34%	29%	County statistically higher
Total		30%	27%	County statistically higher

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

		Windham	Vermont	Notes
Grade	6th	26%	24%	
	7th	29%	33%	
	8th	52%	46%	
Sex	Female	40%	35%	
	Male	36%	37%	
Total		38%	36%	

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

		Windham	Vermont	Notes
Grade	6th	.	6%	Too few students
	7th	16%	12%	County statistically higher
	8th	32%	22%	County statistically higher
Sex	Female	19%	13%	County statistically higher
	Male	22%	16%	County statistically higher
Total		20%	14%	County statistically higher

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

		Windham	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	5%	4%	
	8th	13%	8%	County statistically higher
Sex	Female	5%	4%	
	Male	9%	7%	
Total		7%	6%	

**4.02 Percent of students who have ever had oral sex**

		Windham	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	3%	3%	
	8th	11%	9%	
Sex	Female	4%	5%	
	Male	8%	6%	
Total		6%	5%	

## 5 Nutrition and Physical Activity

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

			Windham	Vermont	Notes
Grade	6th	Never	4%	4%	
		1 to 3 times	16%	13%	
		4 to 6 times	25%	22%	
		Everyday	55%	61%	
-----					
	7th	Never	7%	7%	
		1 to 3 times	15%	16%	
		4 to 6 times	26%	25%	
		Everyday	52%	51%	
-----					
	8th	Never	11%	8%	
		1 to 3 times	25%	20%	County statistically higher
		4 to 6 times	22%	25%	
		Everyday	42%	48%	
-----					
Sex	Female	Never	8%	8%	
		1 to 3 times	26%	21%	County statistically higher
		4 to 6 times	26%	26%	
		Everyday	41%	45%	
-----					
	Male	Never	8%	6%	
		1 to 3 times	13%	13%	
		4 to 6 times	23%	23%	
		Everyday	56%	59%	
-----					
Total	Never		8%	7%	
	1 to 3 times		19%	17%	
	4 to 6 times		24%	24%	
	Everyday		48%	52%	

5 Nutrition and Physical Activity

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

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

			Windham	Vermont	Notes
Grade	6th	Never	6%	8%	
		1 to 4 days	36%	32%	
		5 to 6 days	29%	27%	
		Everyday	28%	33%	
-----					
	7th	Never	5%	7%	
		1 to 4 days	37%	34%	
		5 to 6 days	24%	28%	
		Everyday	34%	31%	
-----					
	8th	Never	7%	8%	
		1 to 4 days	42%	36%	
		5 to 6 days	23%	27%	
		Everyday	28%	29%	
-----					
Sex	Female	Never	6%	8%	
		1 to 4 days	43%	39%	
		5 to 6 days	28%	30%	
		Everyday	23%	23%	
-----					
	Male	Never	6%	8%	
		1 to 4 days	34%	29%	
		5 to 6 days	22%	25%	
		Everyday	38%	38%	
-----					
Total	Never		6%	8%	
	1 to 4 days		39%	34%	County statistically higher
	5 to 6 days		25%	27%	
	Everyday		31%	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**

			Windham	Vermont	Notes	
Grade	6th	0 days	10%	18%	County statistically lower	
		1 to 2 days	17%	15%		
		3 to 4 days	25%	19%		
		Everyday	48%	48%		
-----						
	7th	0 days	28%	30%	County statistically higher	
		1 to 2 days	22%	17%		
		3 to 4 days	21%	17%		
		Everyday	29%	36%		County statistically lower
-----						
	8th	0 days	36%	33%	County statistically higher	
		1 to 2 days	22%	16%		
		3 to 4 days	16%	16%		
		Everyday	26%	35%		County statistically lower
-----						
Sex	Female	0 days	30%	28%	County statistically lower	
		1 to 2 days	21%	18%		
		3 to 4 days	18%	17%		
		Everyday	30%	38%		
-----						
	Male	0 days	26%	28%	County statistically higher	
		1 to 2 days	21%	15%		
		3 to 4 days	22%	17%		County statistically higher
		Everyday	32%	40%		County statistically lower
-----						
Total	0 days		28%	28%	County statistically higher	
	1 to 2 days		21%	16%		
	3 to 4 days		20%	17%		County statistically higher
	Everyday		31%	39%		County statistically lower

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

			Windham	Vermont	Notes
Grade	6th	1 hour or less per day	56%	60%	
		2 to 4 hours per day	37%	34%	
		5 or more hours per day	7%	6%	
-----					
	7th	1 hour or less per day	55%	57%	
		2 to 4 hours per day	38%	37%	
		5 or more hours per day	7%	6%	
-----					
	8th	1 hour or less per day	59%	57%	
		2 to 4 hours per day	32%	37%	
		5 or more hours per day	9%	7%	
-----					
Sex	Female	1 hour or less per day	59%	57%	
		2 to 4 hours per day	35%	37%	
		5 or more hours per day	6%	6%	
-----					
	Male	1 hour or less per day	55%	58%	
		2 to 4 hours per day	36%	35%	
		5 or more hours per day	9%	7%	
-----					
Total	1 hour or less per day		57%	58%	
	2 to 4 hours per day		35%	36%	
	5 or more hours per day		7%	6%	

*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**

			Windham	Vermont	Notes
Grade	6th	1 hour or less per day	57%	55%	
		2 to 4 hours per day	31%	33%	
		5 or more hours per day	12%	12%	
-----					
	7th	1 hour or less per day	48%	46%	
		2 to 4 hours per day	39%	40%	
		5 or more hours per day	13%	14%	
-----					
	8th	1 hour or less per day	38%	40%	
		2 to 4 hours per day	45%	41%	
		5 or more hours per day	17%	19%	
-----					
Sex	Female	1 hour or less per day	49%	48%	
		2 to 4 hours per day	38%	37%	
		5 or more hours per day	13%	15%	
-----					
	Male	1 hour or less per day	42%	44%	
		2 to 4 hours per day	42%	41%	
		5 or more hours per day	16%	15%	
-----					
Total	1 hour or less per day		46%	46%	
	2 to 4 hours per day		40%	39%	
	5 or more hours per day		14%	15%	

## 5 Nutrition and Physical Activity

## 5.07 Number of days in the average week students went online for something not school-related

			Windham	Vermont	Notes
Grade	6th	Never	14%	22%	
		1 to 5 days	44%	45%	
		At least six days	41%	33%	
-----					
	7th	Never	15%	16%	
		1 to 5 days	37%	41%	
		At least six days	48%	42%	
-----					
	8th	Never	7%	11%	
		1 to 5 days	31%	34%	
		At least six days	62%	55%	County statistically higher
-----					
Sex	Female	Never	12%	13%	
		1 to 5 days	35%	41%	County statistically lower
		At least six days	54%	46%	County statistically higher
-----					
	Male	Never	12%	18%	County statistically lower
		1 to 5 days	37%	38%	
		At least six days	51%	44%	County statistically higher
-----					
Total	Never		12%	15%	County statistically lower
	1 to 5 days		36%	39%	
	At least six days		52%	45%	County statistically higher

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

		Windham	Vermont	Notes
Grade	6th	77%	81%	
	7th	82%	80%	
	8th	77%	78%	
Sex	Female	82%	80%	
	Male	76%	79%	
Total		79%	79%	

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

		Windham	Vermont	Notes
Grade	6th	57%	60%	
	7th	55%	56%	
	8th	44%	51%	County statistically lower
Sex	Female	46%	50%	
	Male	56%	59%	
Total		51%	55%	

*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**

		Windham	Vermont	Notes
Grade	6th	69%	69%	
	7th	61%	62%	
	8th	50%	59%	County statistically lower
Sex	Female	58%	62%	
	Male	57%	64%	County statistically lower
Total		58%	63%	County statistically lower

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

		Windham	Vermont	Notes
Grade	6th	52%	45%	
	7th	41%	44%	
	8th	33%	39%	County statistically lower
Sex	Female	38%	42%	
	Male	41%	43%	
Total		40%	43%	