

# The 2003 Vermont Youth Risk Behavior Survey

Summary of Results for Participating Schools in the

## CHITTENDEN EAST SUPERVISORY UNION

Every two years since 1985, the Department of Health's Division of Alcohol and Drug Abuse Programs and the Department of Education's Comprehensive School Health Program have sponsored a survey of Vermont students. The Vermont Youth Risk Behavior Survey (YRBS) measures the prevalence of behaviors that contribute to the leading causes of death, disease, and injury among youth. The YRBS is part of a larger effort to help communities promote the "resiliency" of young people by reducing high risk behaviors and increasing healthy behaviors. The YRBS enables us to:

- **monitor trends** in the health behaviors of Vermont students
- **compare Vermont** students with a national sample of students
- **plan, evaluate, and improve** community programs which prevent health problems and promote healthy behaviors

In 2003, school staff administered the YRBS to 31,814 eighth to twelfth grade Vermont students in 153 schools representing 60 supervisory unions. Participation by both schools and individual students was completely voluntary. To protect student privacy, the questionnaire was anonymous. Therefore, it is impossible to identify an individual student's responses. **This report summarizes the results of the survey for the Chittenden East Supervisory Union.** The school that participated was: Mount Mansfield Union High School, Browns River Middle School, and Camels Hump Middle School. The behaviors have been divided into categories:

- ✓ **Injuries, Violence, and Safety**
- ✓ **Use of Alcohol, Tobacco, and Other Drugs (ATOD)**
- ✓ **Attitudes and Perceptions about ATOD Use**
- ✓ **Sexual Behavior**
- ✓ **Body Weight and Nutrition**
- ✓ **Physical Activity**
- ✓ **Measures of Youth Assets**

## How to use the YRBS:

The YRBS provides an important piece of the evaluation puzzle. It can help detect changes in risk behaviors over time. It can help identify differences among ages, grades, and genders. It can help target prevention efforts to specific groups of students, and can suggest whether or not policies and programs are having their intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, and for planning and evaluating programs.

- **Starting the Conversation:** Use the YRBS to begin a conversation with young people 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? What ideas do they have about ways to promote healthy behaviors? From their perspective, what seems to be working and what is not working?
- **Increasing Awareness:** The YRBS provides an opportunity to break through “denial” and to 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 be used to accentuate the positive and to celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.
- **Planning and Evaluating Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in your community. It can even suggest strategies to address those weaknesses.

## **A Word of Caution**

Unless your supervisory union has conducted its own surveys, the YRBS probably represents the most complete and most recent information available about risk behaviors among your students. However, the YRBS has some limitations that you should keep in mind when interpreting the results.

- **Sampling & Data Quality:** This report is based on all the students who completed the survey in your supervisory union. Some schools may not have participated, some students may have been absent on the day the survey was administered, and other students may have declined to participate or incorrectly filled out the survey. It is likely that the results are representative of your student population, but we cannot be sure. However, several precautions were taken to ensure the reliability and validity of the results. First, the questionnaire has been carefully designed and thoroughly tested by Centers for Disease Control and Prevention. Second, the survey was anonymous to encourage students to be honest and forthright. Third, over 100 consistency checks were run on the data to exclude careless, invalid, or logically inconsistent answers. These precautions can reduce most sources of error, but not all.
- **Comparing Your Results:** It is natural to want to know how your supervisory union compares to the state overall or to other supervisory unions. We urge caution in making such comparisons, because many risk behaviors are associated with age. A school with a large percentage of older students will likely have a higher prevalence of these risk behaviors than a school with a small percentage of older students. In addition, the statewide results are “weighted” in order to compensate for differences between the sample and the population of all 8th to 12th grade students in Vermont. The supervisory union results are not “weighted”.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest the groups of students (e.g., male vs. female, 8th graders vs. 12th graders) who are more likely to engage in these behaviors. However, the survey does not answer the most important question: Why are they doing it?

## **Thanks!**

We are grateful to the principals and superintendents who chose to participate in the YRBS and to the teachers and school staff who administered the survey or in other ways supported this effort. We are also VERY grateful to the students who took the time and effort to share with us a piece of their lives. This report is our way of thanking all of you. We hope that you will find the survey report informative and useful.

The next YRBS is scheduled for 2005. We encourage you to participate again, because you will be able to assess changes in student behaviors and to evaluate the effectiveness of your prevention or intervention programs over the next two years. If you have questions or comments about the YRBS, please contact Kelly Hale LaMonda at the Division of Alcohol and Drug Abuse Programs (802-651-1557).

---

# Table of Contents

---

**INTRODUCTION .....i**

**BASIC INFORMATION..... 1**

**INJURIES, VIOLENCE, AND SAFETY .....2**

    Physical Fighting .....4

    Weapons and Fear .....6

    Vehicle Safety

        Safety Belts .....7

        Bicycle Helmets .....9

        Crashes .....10

        Driving Under the Influence.....11

    Suicide ..... 13

**ALCOHOL, TOBACCO, AND OTHER DRUGS .....14**

    Alcohol Use ..... 16

    Tobacco Use..... 19

    Marijuana Use.....22

    Inhalant Use.....24

    Other Drug Use.....25

**ATTITUDES AND PERCEPTIONS ABOUT ATOD.....27**

    Disapproval of ATOD use .....28

    Perceived Harmfulness of ATOD .....29

    Perceived Availability of ATOD .....30

**SEXUAL BEHAVIOR.....32**

**BODY WEIGHT AND NUTRITION .....40**

    Body Weight .....42

    Nutrition .....44

**PHYSICAL ACTIVITY.....45**

**MEASURES OF YOUTH ASSETS .....48**

## Basic Information

### Understanding This Report:

- The results of the 2003 Vermont YRBS are presented as data tables, pie charts, and bar graphs. All results are expressed as percentages of students who endorsed the responses being reported. The percentages in some pie charts may not sum to 100 percent due to rounding.
- To protect student anonymity, results from grades or other subgroups with fewer than 20 students are not reported. In those cases, NA (not available) appears instead of a numerical figure.
- **Healthy Vermonters 2010:** Vermont has established goals for promoting health and reducing risk behaviors in *Healthy Vermonters 2010*. Goals relevant to the behaviors surveyed by the YRBS are included in the report for your reference. For more information, see *The Health Status of Vermonters* and *Healthy Vermonters 2010*, available from the Vermont Department of Health.

**Remember to look at the flip side!!** In most cases the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts are oriented to examining the prevalence of risk behaviors, please do not forget about the percent of adolescents who are NOT engaging in the behavior!

### YRBS PARTICIPANTS IN YOUR SUPERVISORY UNION

|                                | GRADE* |      |      |      |      | GENDER* |      |      |
|--------------------------------|--------|------|------|------|------|---------|------|------|
|                                | 8      | 9    | 10   | 11   | 12   | F       | M    | All  |
| <b>Number enrolled</b>         | 250    | 295  | 253  | 251  | 243  | 603     | 689  | 1292 |
| <b>Number who participated</b> | 210    | 204  | 198  | 188  | 153  | 443     | 514  | 958* |
| <b>Response rate</b>           | 0.84   | 0.69 | 0.78 | 0.75 | 0.63 | 0.73    | 0.75 | 0.74 |

\* NOTE: Some students did not indicate their grade and/or gender.

## ✓ Injuries, Violence, and Safety

This section deals with personal safety and violence, and includes questions about physical fights, abusive behavior, weapons, vehicle safety, and suicide.

---

- **Physical Fighting:** Physical fighting often precedes fatal and nonfatal injuries. During 1999, students ages 12-18 were victims of 880,000 nonfatal violent crimes at school. Nearly 60 percent of adolescents report at least one episode of dating violence, while 20 percent report they had experienced forced sex. Forced sex has been associated with suicidal ideation and attempts, alcohol and drug use, and increased risk of chronic diseases and somatic symptoms.
- **Weapons and Fear:** During adolescence, homicide rates in the US increase substantially from 1.3 per 100,000 in youth aged 10 to 14 to 10.6 per 100,000 in youth aged 15 to 19. Homicide is the second leading cause of death among all youth aged 15 to 19. The immediate accessibility of a firearm or other lethal weapon is often a factor. Approximately nine out of 10 homicide victims in the United States are killed with a weapon.
- **Vehicle Safety - Safety Belts and Bicycle Helmets:** Proper use of lap and shoulder belts could prevent 60% of deaths to motor vehicle occupants. In 2001, 62 percent of adult Vermonters reported using their safety belt, up from 55 percent in 1993. Head injury is the leading cause of death in bicycle crashes. Bicycle helmets might prevent approximately 56 percent of bicycle-related deaths.
- **Vehicle Safety - Driving Under the Influence:** Motor vehicle crash injuries are the leading cause of death among youth aged 15 to 24 in the US. For instance, 19 out of 60 deaths (32%) among 15 to 24 year olds in Vermont in 2001 were due to motor vehicle crashes. Alcohol use is associated with 36 percent of motor vehicle related fatalities among those aged 15 to 20 years old. Alcohol-related crashes also cause serious injury and permanent disability and rank as the leading cause of spinal cord injury among adolescents and young adults.
- **Suicide:** Suicide is the third leading cause of death among US youth aged 15 to 19 and is the second leading cause of death among VT youth aged 15 to 19. The suicide rate for people aged 15 to 24 has tripled since 1950, and in 1998 was 11.1 per 100,000. From 1990-1998, Vermont's suicide rate among 15 to 24 year olds was higher than the national average with a rate of 15.1 deaths per 100,000, compared to 12.7 deaths per 100,000 nationwide.

✓ **Injuries, Violence, and Safety (cont.)**

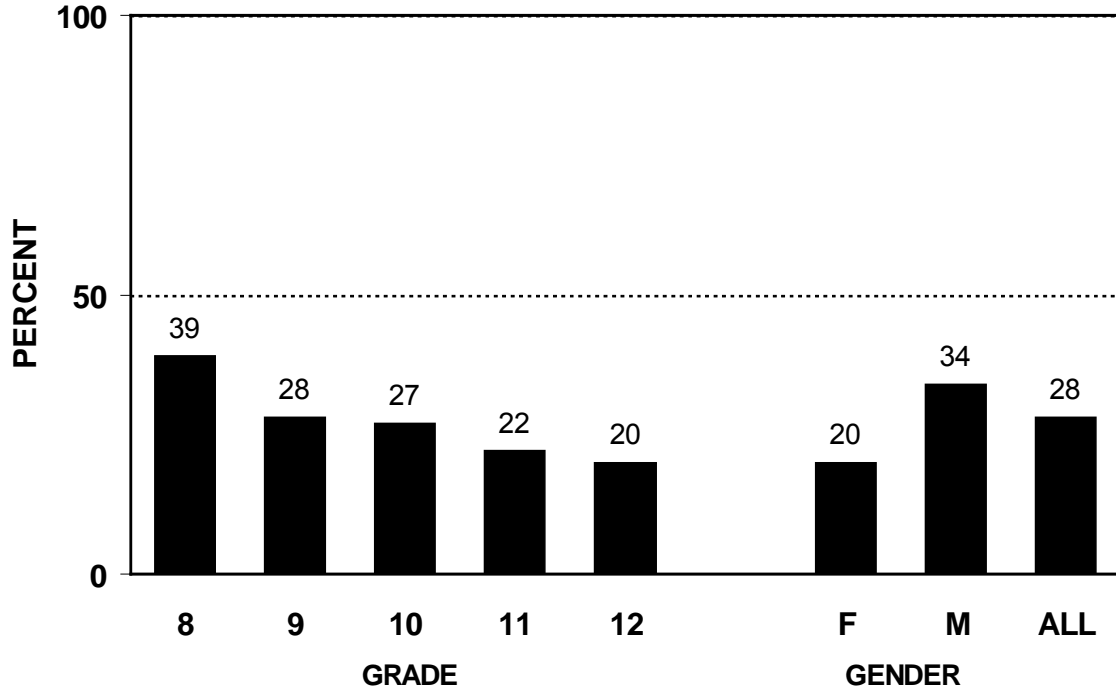
---

**Related *Healthy Vermonters 2010* Goals:**

- Increase the percentage of people who always use safety belts to at least 92 percent.
- Further reduce physical assaults by intimate partners to less than 3.6 per 1,000 people age 12 and older.
- Reduce alcohol-related motor vehicle deaths to less than 4 per 100,000.
- Reduce suicide attempts by adolescents to less than 1 percent.
- Reduce suicide deaths to less than 6 per 100,000 people.

■ **Physical Fighting**

**Percent of students who were in a physical fight during the past 12 months**



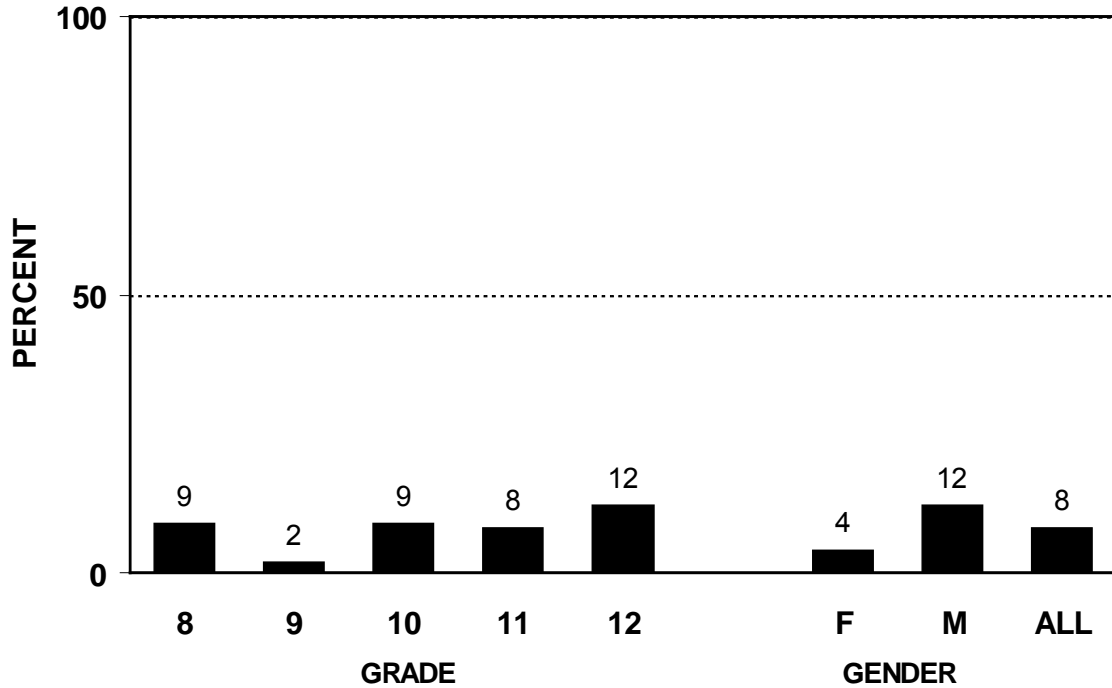
| PHYSICAL FIGHTING   | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who, during the past 12 months,:                |       |    |    |    |    |        |    |     |
| Were in a physical fight and had to be treated by a doctor or nurse | 3     | 2  | 4  | 2  | 1  | 2      | 4  | 3   |
| Were in a physical fight on school property                         | 17    | 15 | 13 | 10 | 7  | 7      | 18 | 13  |

■ **Physical Fighting**

| ABUSIVE BEHAVIOR  | GRADE |   |    |    |    | GENDER |   |     |
|---|-------|---|----|----|----|--------|---|-----|
|   | 8     | 9 | 10 | 11 | 12 | F      | M | All |
| Percent of students who's boy/girlfriend hit, slapped or physically hurt them during the past 12 months | 5     | 5 | 6  | 7  | 6  | 5      | 7 | 6   |
| Percent of students who have ever been:   |       |   |    |    |    |        |   |     |
| Touched against their wishes or forced to touch someone else  | 6     | 7 | 10 | 7  | 9  | 14     | 3 | 8   |
| Forced to have sexual intercourse   | 5     | 1 | 3  | 3  | 5  | 3      | 3 | 3   |

■ **Weapons and Fear**

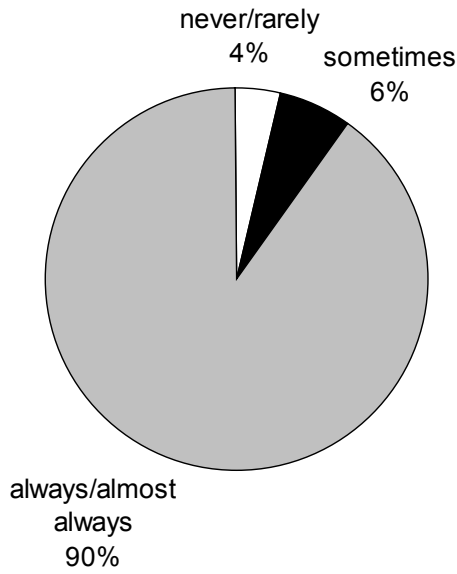
**Percent of students who carried a weapon such as a gun, knife, or club *on school property* during the past 30 days**



| SAFETY, WEAPONS, & DAMAGE TO PROPERTY  | GRADE |    |    |    |    | GENDER |    |     |
|--|-------|----|----|----|----|--------|----|-----|
|  | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who:   |       |    |    |    |    |        |    |     |
| Did not go to school because they felt unsafe during the past 30 days                                      | 4     | 4  | 6  | 2  | 2  | 6      | 3  | 4   |
| Were threatened or injured with a weapon <i>on school property</i> during the past 12 months               | 7     | 10 | 11 | 6  | 3  | 6      | 10 | 8   |
| Said that someone had stolen or damaged their property <i>on school property</i> during the past 12 months | 27    | 29 | 29 | 21 | 18 | 25     | 26 | 26  |

## ■ Vehicle Safety - Safety Belts

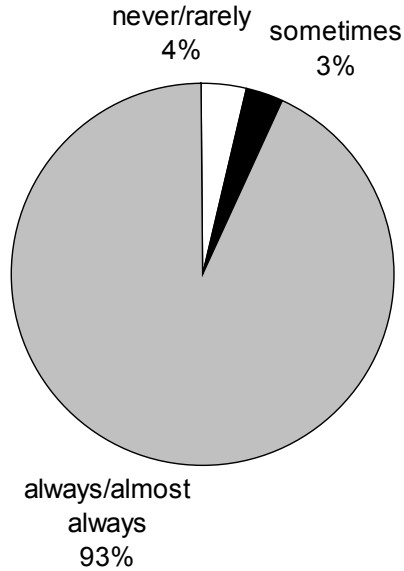
Frequency of safety belt use among students when *riding in a car* driven by someone else



| SAFETY BELT USE   | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who wear a safety belt when <i>riding in a car</i> driven by someone else |       |    |    |    |    |        |    |     |
| Always or almost always   | 85    | 91 | 92 | 92 | 90 | 89     | 91 | 90  |
| Sometimes   | 9     | 4  | 6  | 5  | 6  | 7      | 5  | 6   |
| Never or rarely   | 6     | 4  | 3  | 3  | 4  | 4      | 4  | 4   |

## ■ Vehicle Safety - Safety Belts

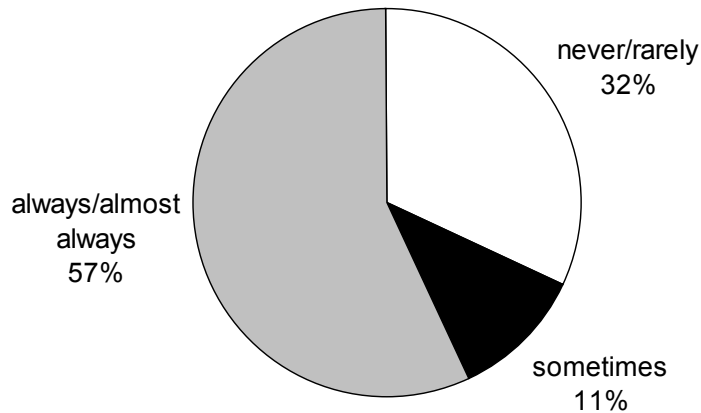
**Frequency of safety belt use among students when *driving a car***  
(only among those students who drive)



| SAFETY BELT USE  | GRADE |    |    |    |    | GENDER |    |     |
|--|-------|----|----|----|----|--------|----|-----|
|  | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who wear a safety belt when <i>driving a car</i> |       |    |    |    |    |        |    |     |
| Always or almost always  | 68    | 88 | 98 | 96 | 94 | 94     | 93 | 93  |
| Sometimes  | 13    | 6  | 1  | 2  | 2  | 3      | 2  | 3   |
| Never or rarely  | 20    | 6  | 2  | 3  | 4  | 3      | 5  | 4   |

## ■ Vehicle Safety - Bicycle Helmets

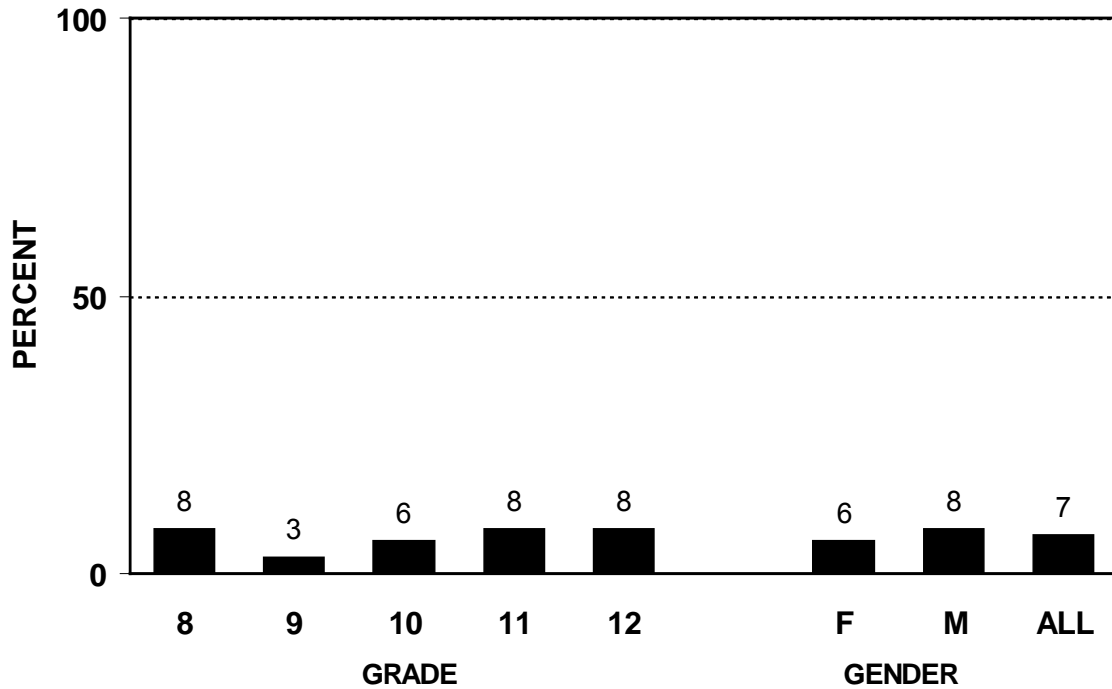
Frequency of helmet use among students who rode a bicycle during the past 12 months



| BICYCLE HELMET USE  | GRADE |    |    |    |    | GENDER |    |
|---|-------|----|----|----|----|--------|----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  |
| Frequency of helmet use (in percents) among students who rode a bicycle during the past 12 months |       |    |    |    |    |        |    |
| Always or almost always   | 55    | 63 | 56 | 56 | 55 | 57     | 57 |
| Sometimes   | 13    | 12 | 10 | 9  | 10 | 11     | 11 |
| Never or rarely   | 31    | 26 | 34 | 35 | 36 | 32     | 32 |

■ **Vehicle Safety - Crashes**

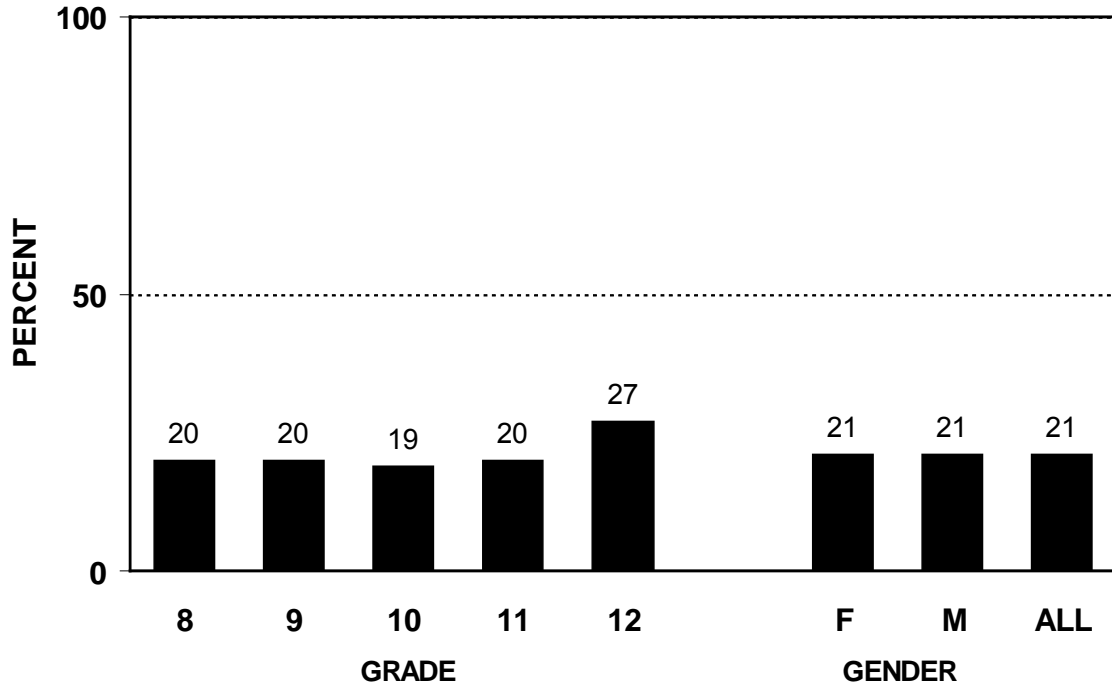
**Percent of students who were injured in a car or other vehicle crash during the past 12 months**



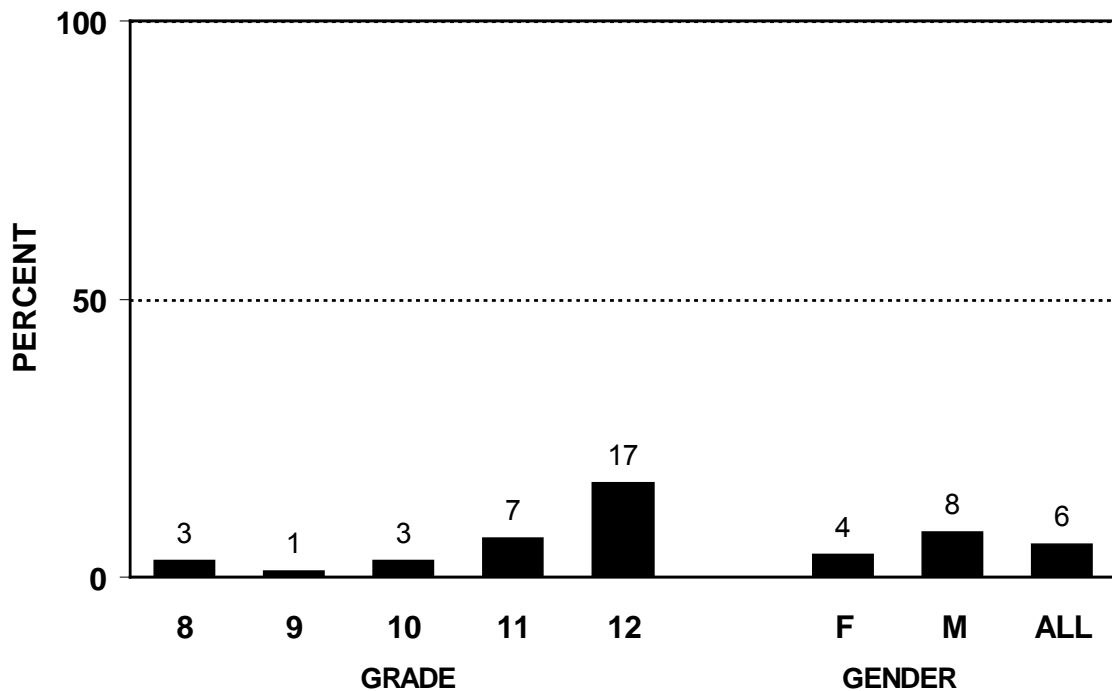
| MOTOR VEHICLE CRASHES   | GENDER |    |     |
|---|--------|----|-----|
|   | F      | M  | All |
| Percent of students who were injured in a crash during the past 12 months, and: |        |    |     |
| The driver was 17 years old or younger  | 27     | 41 | 35  |
| They were driving   | 23     | 42 | 34  |
| They were not wearing their safety belt   | 8      | 31 | 22  |

■ **Vehicle Safety - Driving Under the Influence**

Percent of students who during the past 30 days rode in a car or other vehicle driven by someone who had been drinking alcohol

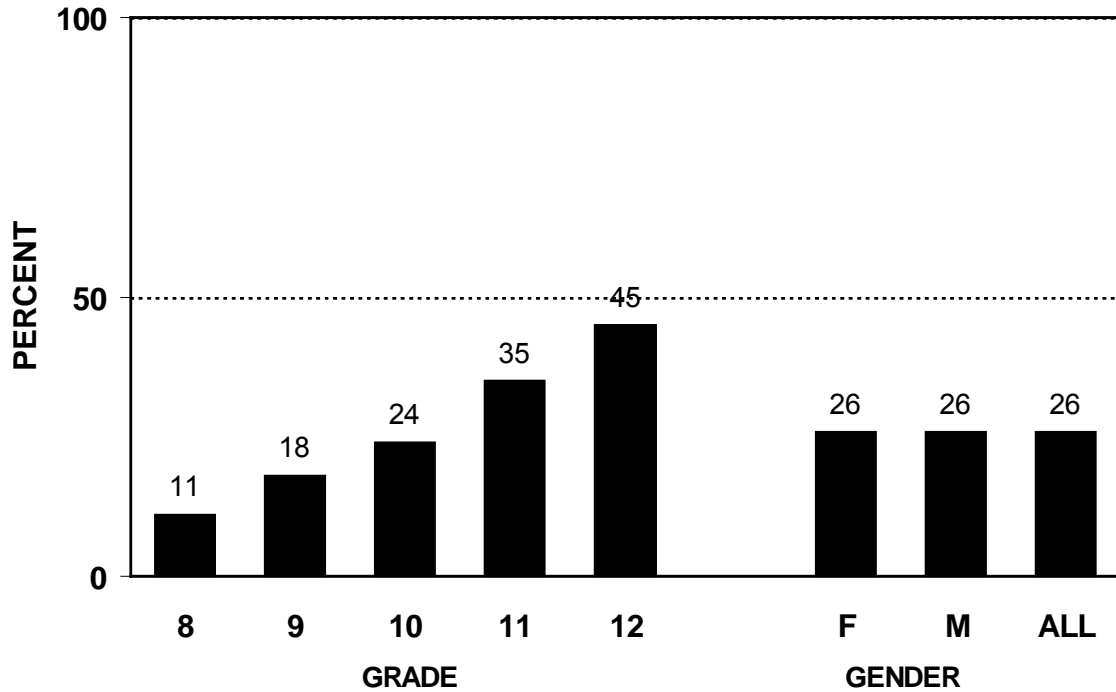


Percent of students who during the past 30 days drove a car or other vehicle when they had been drinking alcohol

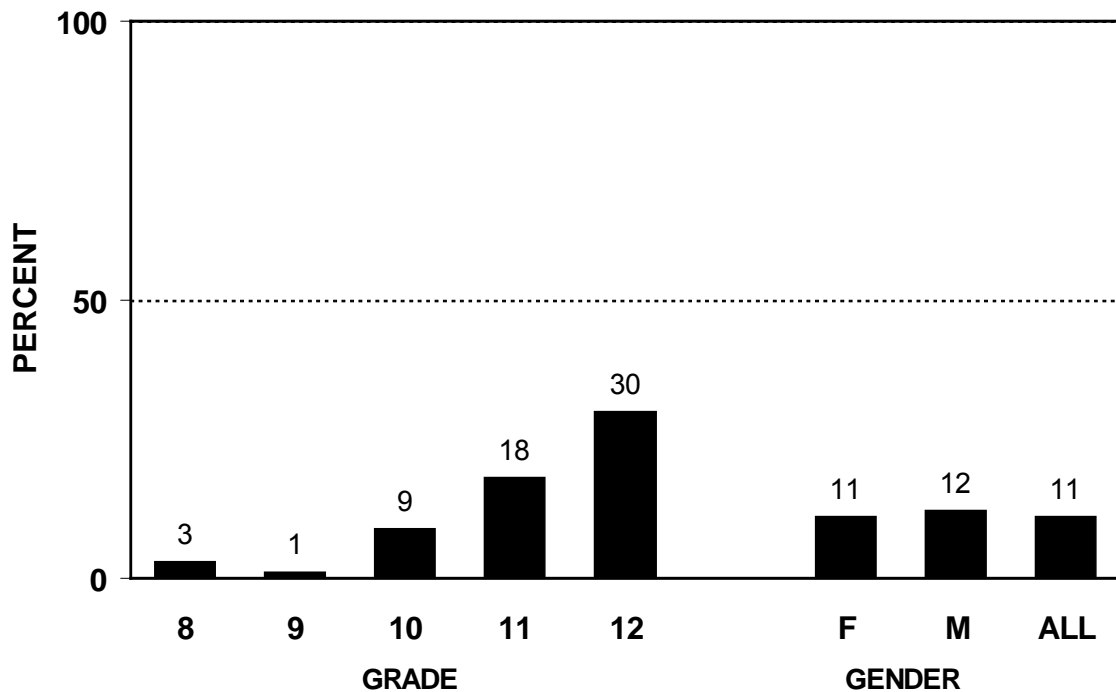


■ **Vehicle Safety - Driving Under the Influence**

**Percent of students who during the past 30 days rode in a car or other vehicle driven by someone who had been smoking marijuana**



**Percent of students who during the past 30 days drove a car or other vehicle when they had been smoking marijuana**



## ■ Suicide

| SUICIDE CONCERNS  | GENDER |    |     |
|---|--------|----|-----|
|   | F      | M  | All |
| Percent of students who, during the past 12 months:   |        |    |     |
| Felt so sad or hopeless almost every day for at least 2 weeks that they stopped doing some usual activities | 29     | 16 | 22  |
| Made a plan about how to attempt suicide  | 18     | 10 | 14  |
| Actually attempted suicide  | 10     | 5  | 7   |
| Attempted suicide and required medical treatment  | 2      | 2  | 2   |

## ✓ Alcohol, Tobacco, and Other Drugs

The questions in this section ask students about their use of alcohol, tobacco products, marijuana, inhalants, cocaine, steroids, heroin, hallucinogens, and methamphetamines. The questions ask the age at which students first used alcohol, cigarettes, marijuana, cocaine, and inhalants and how often they use them now.

---

- **Alcohol Use** is a major contributing factor in one half to two-thirds of all homicides and serious assaults, and approximately 30 percent of all motor vehicle crashes that result in injury. Approximately 100,000 American deaths per year are attributable to misuse of alcohol. Heavy drinking among youth has been linked to physical fights, property destruction, academic and job problems, and trouble with law enforcement authorities.
- **Tobacco Use** is the single most preventable cause of death in the United States, accounting for more than one of every five deaths. Smoking causes heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease. In addition, smoking is related to poor academic performance and the use of alcohol and other drugs. Cigar smoking has become increasingly common among young people. In fact, the prevalence of cigar use in 2001 among US high school students was 22 percent among males and 9 percent among females. Cigar smoking has been associated with cancers of the oral cavity, larynx, esophagus, and lung and with chronic obstructive lung disease. Smokeless tobacco use primarily begins in early adolescence. Approximately 75 percent of oral cavity and pharyngeal cancers are attributed to the use of smoked and smokeless tobacco.
- **Marijuana Use** is associated with smoking-related respiratory damage, short-term memory loss, decreased motivation, and psychological dependence. More teens enter treatment with a primary diagnosis for marijuana dependence than for all other illicit drugs combined.
- **Inhalant Use** is the deliberate inhalation or sniffing of common products found in homes and schools, like glue and cleaners, and some gases intended for medical or dental purposes to obtain a “high”. Inhalant use can cause short-term memory loss, brain, lung, liver, and kidney damage, or even sudden death. Inhalants are legal, easy to get, inexpensive and difficult to detect, and experimentation typically begins in the preteen years.

## ✓ Alcohol, Tobacco, and Other Drugs (cont'd)

---

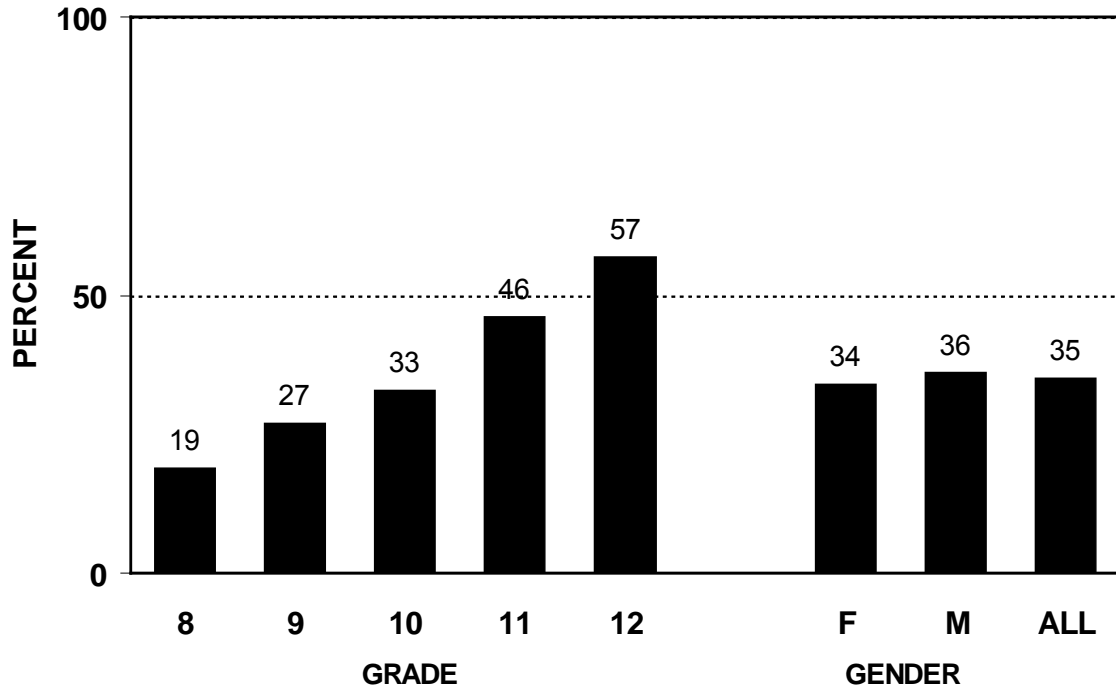
- **Other Drug Use** is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STD), including HIV infection. In spite of improvements in recent years, illicit drug use is greater among high school students and other young adults in the United States than in any other industrialized nation in the world.
- 

### **Related *Healthy Vermonters 2010* Goals:**

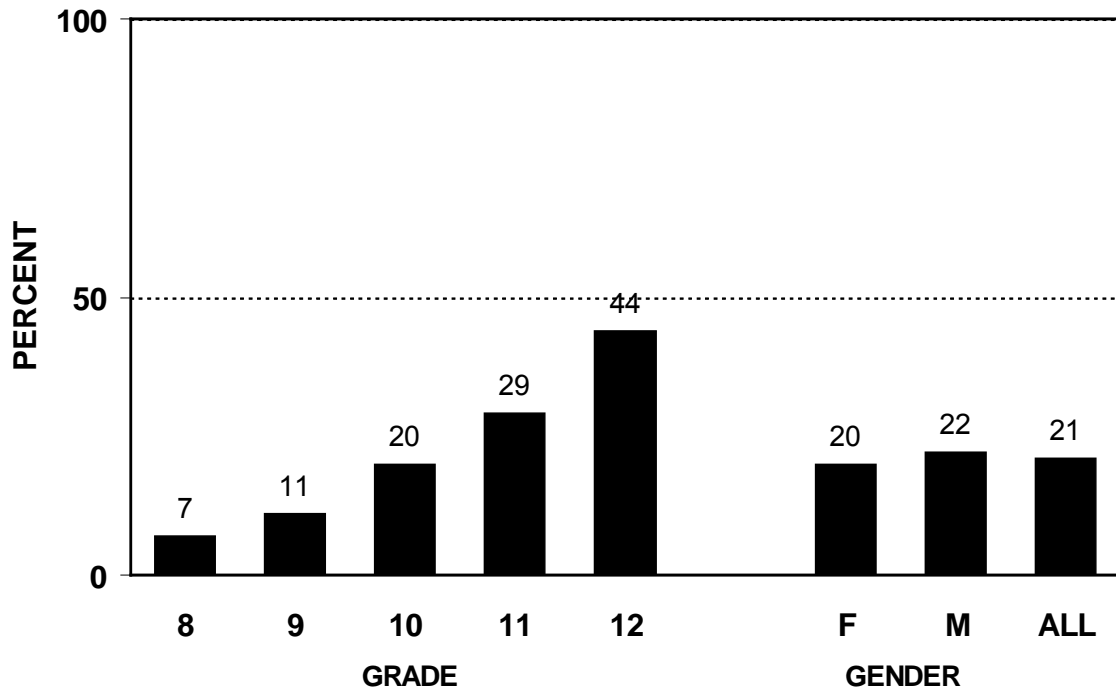
- Reduce the percentage of youth who use alcohol prior to age 13 to 0 percent.
- Reduce the percentage of youth who engage in binge drinking in the past month to 3 percent or less.
- Reduce the percentage of youth who smoked cigarettes in the past month to 16 percent or less.
- Reduce the percentage of youth who used spit tobacco in the past month to 1 percent or less.
- Reduce the percentage of youth who smoked cigars, cigarillos, or little cigars in the past month to 8 percent or less.
- Reduce the percentage of youth who used marijuana in the past month to 0.7 percent or less.

■ Alcohol Use

Percent of students who consumed at least one drink of alcohol during the past 30 days



Percent of students who binged on alcohol (had five or more drinks of alcohol in a row within a couple of hours) during the past 30 days



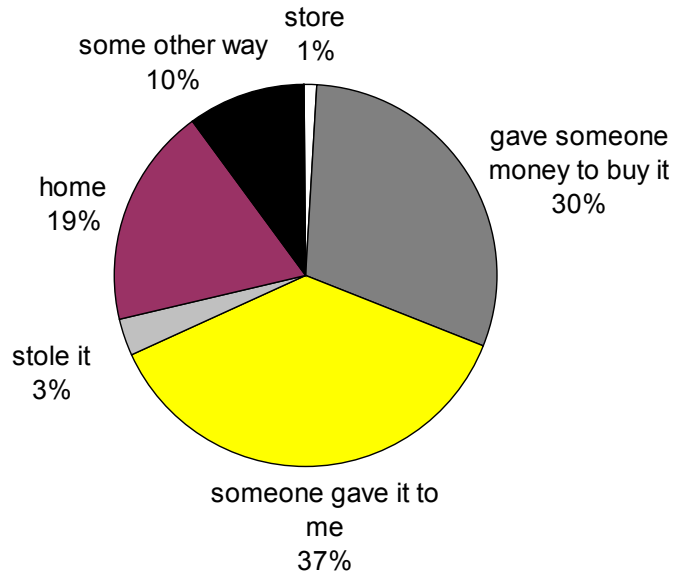
## ■ Alcohol Use

| ALCOHOL USE   | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who:  |       |    |    |    |    |        |    |     |
| Have ever had a drink of alcohol, other than a few sips         | 35    | 49 | 60 | 72 | 78 | 58     | 58 | 58  |
| First consumed alcohol, other than a few sips, prior to age 13  | 29    | 22 | 22 | 24 | 22 | 23     | 25 | 24  |
| Drank alcohol on 3 to 9 days during the past 30 days            | 9     | 11 | 13 | 21 | 36 | 16     | 18 | 17  |
| Drank alcohol on 10 or more days during the past 30 days        | 3     | 2  | 3  | 7  | 5  | 4      | 4  | 4   |
| Binged on alcohol 3 or more days in the past 30 days            | 3     | 2  | 4  | 14 | 28 | 8      | 11 | 9   |
| Drank alcohol on <i>school property</i> during the past 30 days | 3     | 5  | 5  | 4  | 7  | 3      | 6  | 5   |

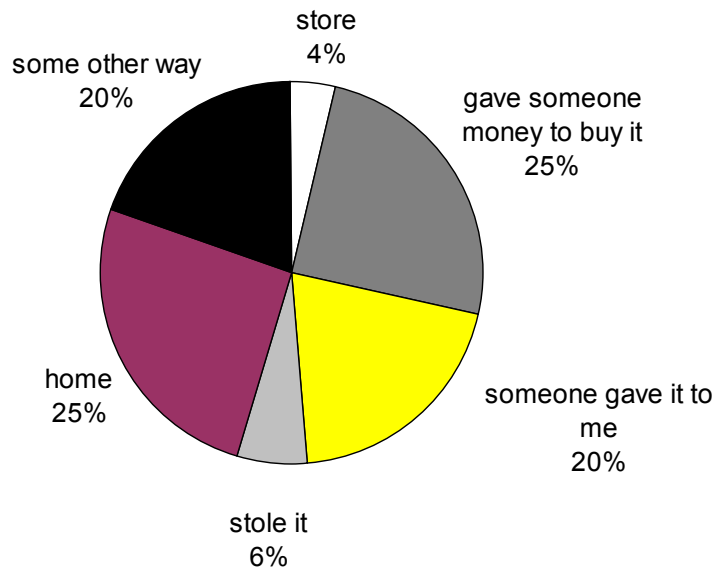
## Alcohol Use

### Where students get their own alcohol (only among students who drank during the past 30 days)

#### FEMALES

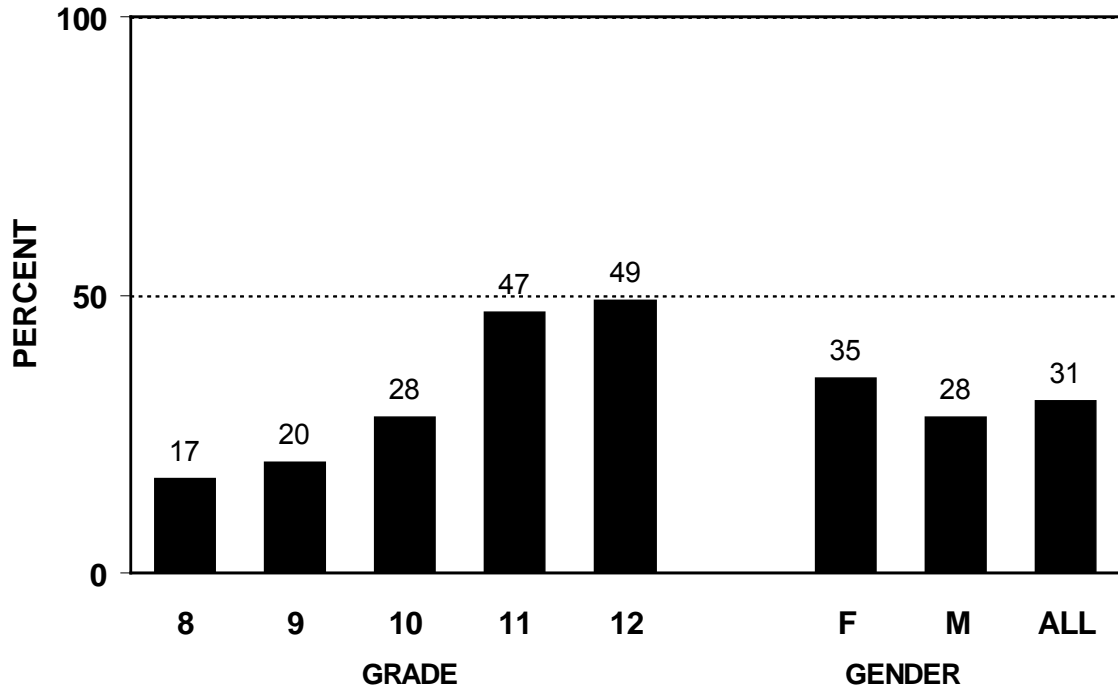


#### MALES

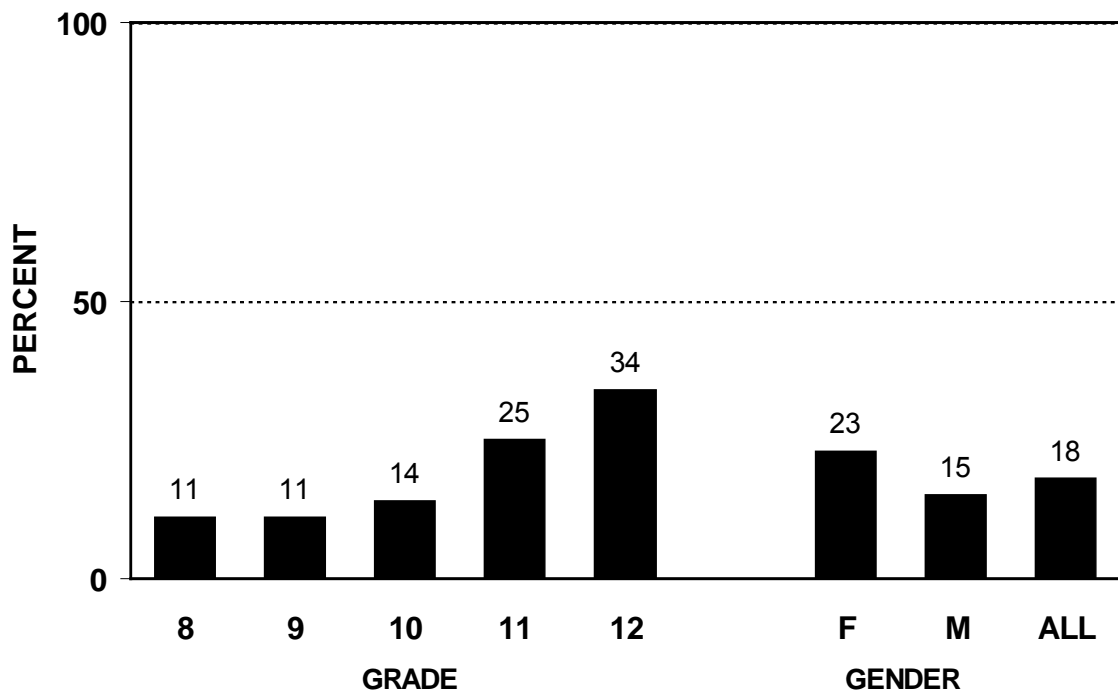


■ **Tobacco Use**

**Percent of students who have ever smoked a whole cigarette**

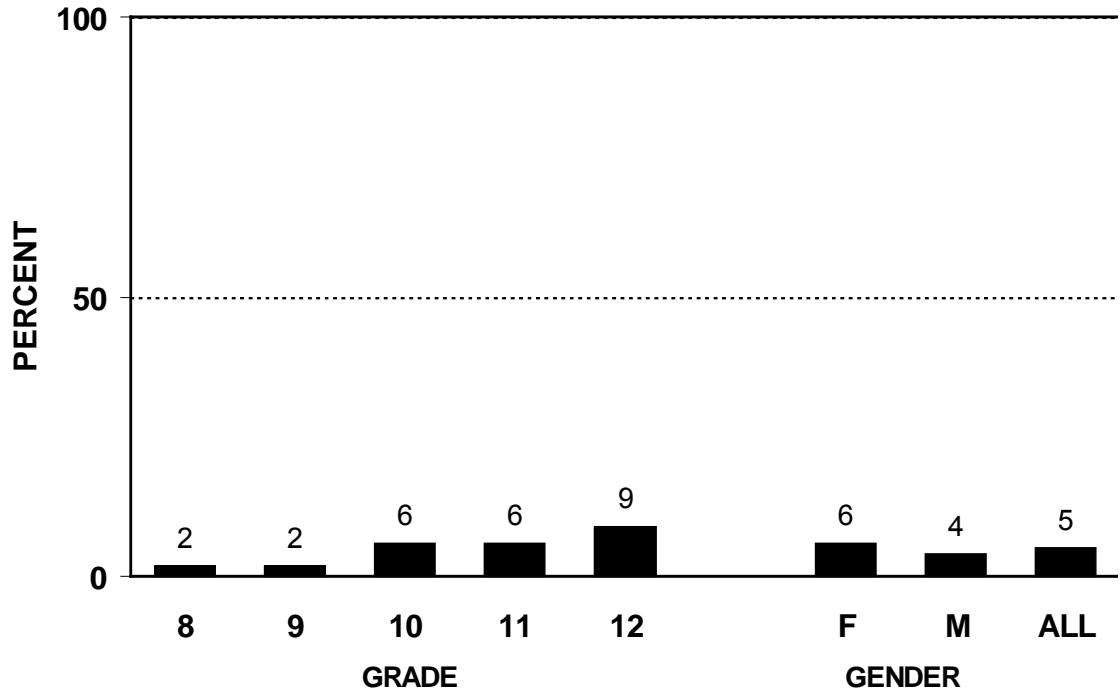


**Percent of students who smoked cigarettes one or more days during the past 30 days**

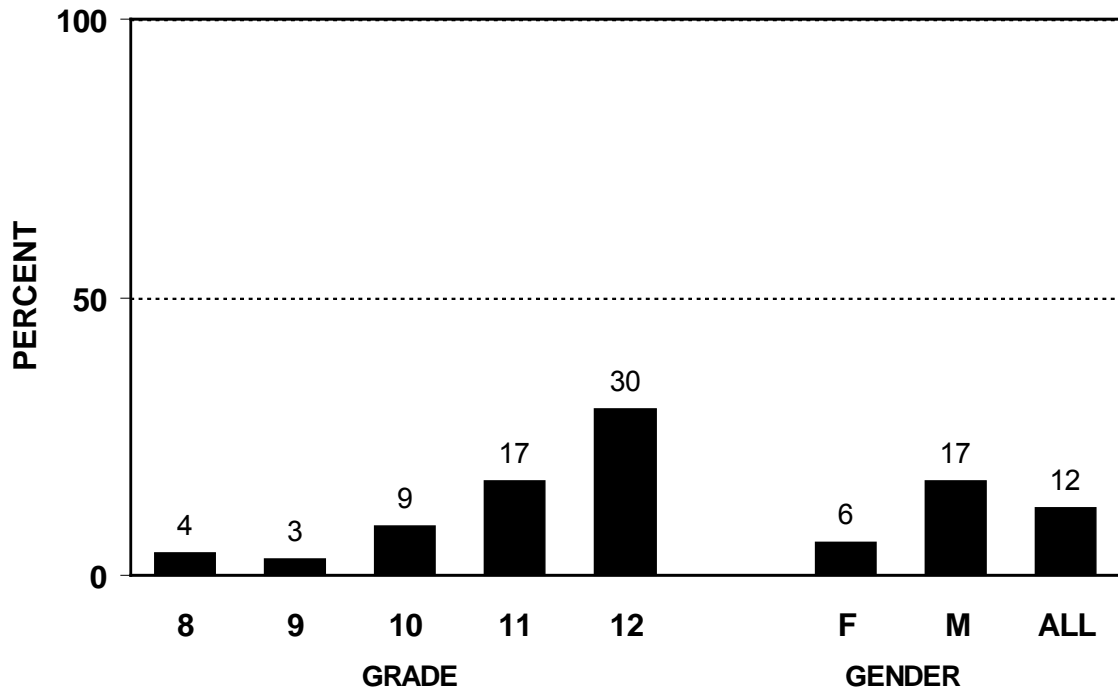


■ Tobacco Use

Percent of students who smoked cigarettes every day during the past 30 days



Percent of students who smoked cigars one or more days during the past 30 days

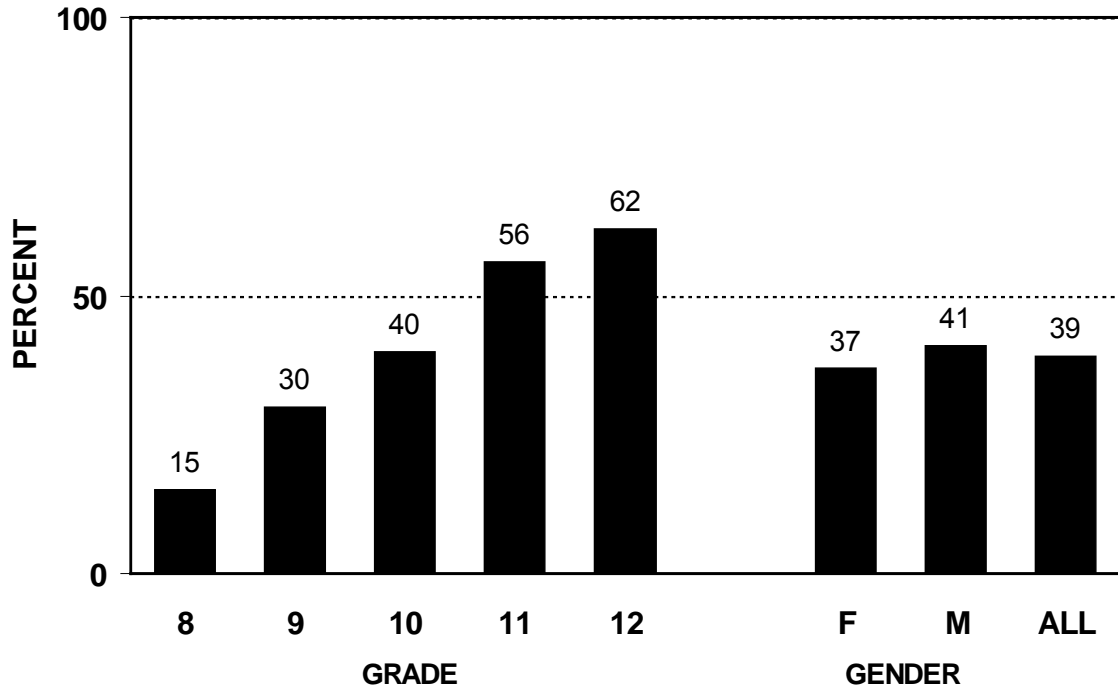


## ■ Tobacco Use

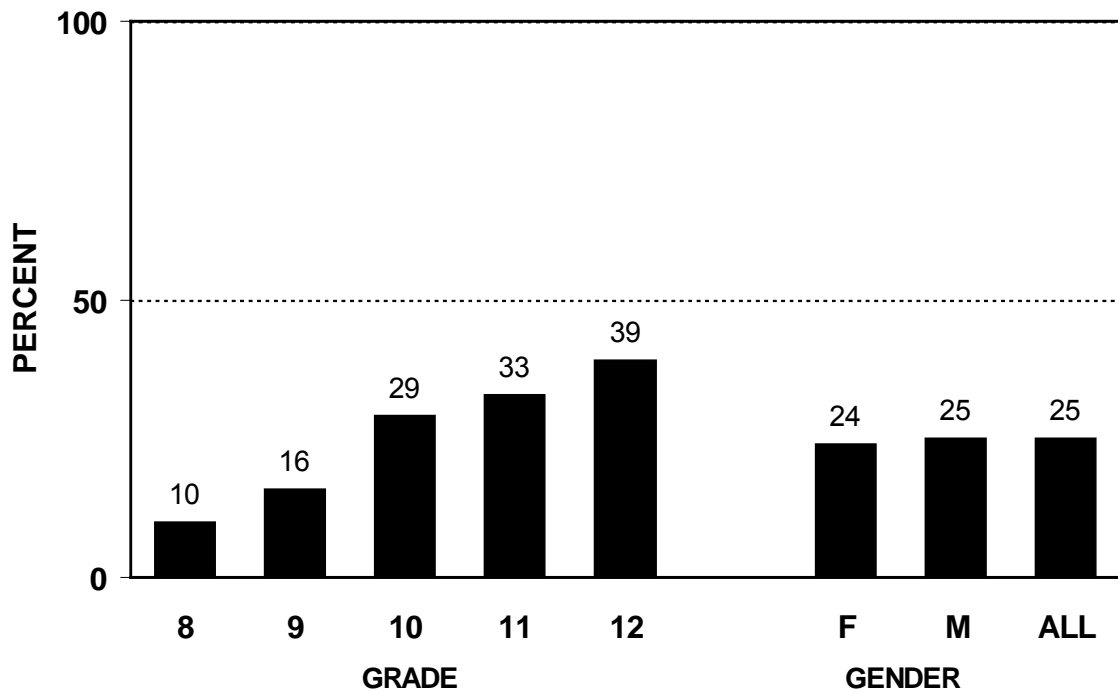
| TOBACCO USE  | GRADE |    |    |    |    | GENDER |    |     |
|--|-------|----|----|----|----|--------|----|-----|
|  | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| <b>Percent of students who:</b>  |       |    |    |    |    |        |    |     |
| <b>Smoked a whole cigarette prior to age 13</b>                              | 14    | 13 | 14 | 20 | 15 | 16     | 15 | 15  |
| <b>Smoked more than 10 cigarettes on days smoked during the past 30 days</b> | 2     | 1  | 2  | 2  | 3  | 2      | 2  | 2   |
| <b>Smoked more than a pack on days smoked during the past 30 days</b>        | 1     | 0  | 0  | 1  | 0  | 0      | 1  | 1   |
| <b>Tried to quit smoking cigarettes during the past 12 months</b>            | 6     | 10 | 10 | 13 | 20 | 14     | 9  | 12  |
| <b>Used chewing tobacco or snuff during the past 30 days</b>                 | 4     | 0  | 1  | 4  | 2  | 2      | 3  | 3   |
| <b>Percent of students who, during the past 7 days:</b>                      |       |    |    |    |    |        |    |     |
| <b>Were in the same room with someone who was smoking cigarettes</b>         | 47    | 39 | 40 | 51 | 55 | 50     | 43 | 46  |
| <b>Were in a car with someone who was smoking cigarettes</b>                 | 30    | 22 | 33 | 35 | 44 | 34     | 31 | 32  |

■ **Marijuana Use**

**Percent of students who have ever tried marijuana**



**Percent of students who used marijuana one or more times during the past 30 days**



## ■ Marijuana Use

| MARIJUANA USE  | GRADE |    |    |    |    | GENDER |    |     |
|--|-------|----|----|----|----|--------|----|-----|
|  | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who:   |       |    |    |    |    |        |    |     |
| Used marijuana prior to age 13   | 12    | 11 | 13 | 14 | 13 | 10     | 15 | 13  |
| Used marijuana 3 to 9 times during the past 30 days                            | 3     | 5  | 10 | 10 | 8  | 8      | 7  | 7   |
| Used marijuana 10 or more times during the past 30 days                        | 4     | 4  | 9  | 17 | 19 | 7      | 13 | 10  |
| Used marijuana one or more times <i>on school property</i> in the past 30 days | 5     | 4  | 10 | 12 | 9  | 5      | 10 | 8   |

■ **Inhalant Use**

| INHALANT USE  | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who have ever used inhalants            | 16    | 10 | 12 | 13 | 10 | 13     | 12 | 12  |
| Percent of students who have used inhalants prior to age 13 | 12    | 6  | 7  | 6  | 6  | 8      | 7  | 8   |

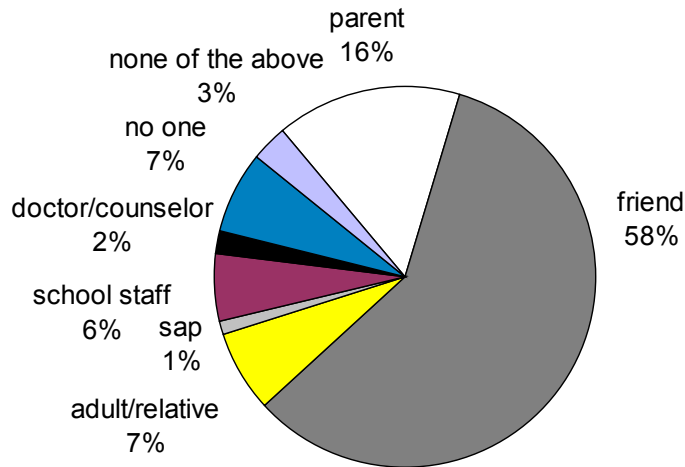
## ■ Other Drug Use

| OTHER DRUG USE  | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| <b>Percent of students who have used cocaine:</b>   |       |    |    |    |    |        |    |     |
| <b>During their lifetime</b>  | 4     | 4  | 7  | 8  | 16 | 7      | 8  | 7   |
| <b>Prior to age 13</b>  | 3     | 2  | 2  | 1  | 1  | 2      | 2  | 2   |
| <b>In the past 30 days</b>  | 3     | 3  | 3  | 4  | 7  | 3      | 5  | 4   |
| <b>Percent of students who during their lifetime have:</b>  |       |    |    |    |    |        |    |     |
| <b>Taken steroid pills or shots without a prescription</b>  | 3     | 5  | 6  | 6  | 5  | 5      | 5  | 5   |
| <b>Used heroin</b>  | 3     | 0  | 1  | 2  | 3  | 2      | 2  | 2   |
| <b>Used heroin prior to age 13</b>  | 3     | 0  | 1  | 2  | 1  | 1      | 2  | 2   |
| <b>Used methamphetamines</b>  | 4     | 4  | 4  | 12 | 8  | 7      | 7  | 7   |
| <b>Used hallucinogens</b>   | 7     | 7  | 11 | 19 | 22 | 11     | 14 | 13  |
| <b>Used a needle to inject any illegal drug into their body</b>   | 2     | 0  | 1  | 2  | 2  | 1      | 2  | 2   |
| <b>Percent of students who were offered, sold, or given an illegal drug <i>on school property</i> during the past 12 months</b> | 15    | 30 | 39 | 43 | 39 | 29     | 36 | 32  |

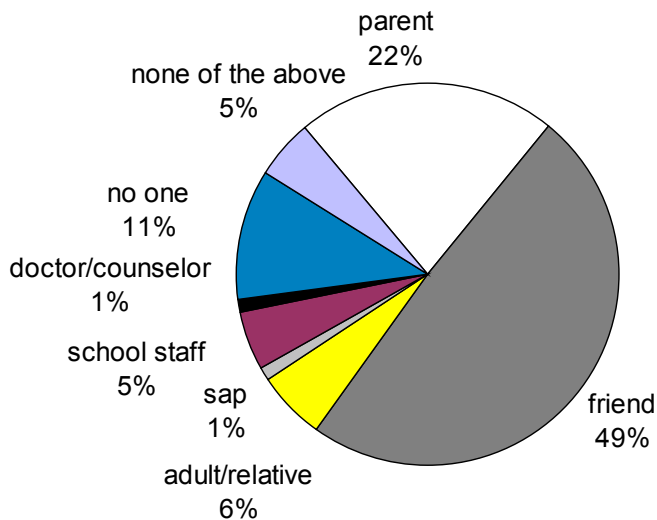
## Other Drug Use

If you had a problem with tobacco, alcohol, or other drugs, who would you be most likely to talk to about it?

### FEMALES



### MALES



## ✓ Attitudes and Perceptions about ATOD Use

The questions in this section ask students how easy it is to get alcohol, tobacco, and marijuana, whether they think it is wrong for someone their age to use alcohol, tobacco, and marijuana, how wrong their parents and other adults in their community think it is for someone their age to use alcohol, tobacco, and marijuana, and how harmful they think it is to use alcohol, tobacco, and marijuana.

---

- **Disapproval of ATOD use:** Peer disapproval of substance abuse is inversely related to adolescents' reports of use. For example, multiyear tracking of the results of the Monitoring the Future Survey indicates that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases; similarly, an increase in the prevalence of marijuana use among youth during the early 1990s coincided with an apparent decline in the percentage of parents and peer expressing strong disapproval.
- **Perceived harmfulness of ATOD use:** The perception of risk in using alcohol and other drugs is an important factor in decreasing use. Data have shown that as perception of harmfulness decreases, there is a tendency for use to increase. Therefore, it is important for youth to be informed of the risks of using alcohol, tobacco, and other drugs.
- **Perceived availability of ATOD:** The more available alcohol, tobacco, and other drugs are in a community, the higher the risk that young people will use them. Even when youth just think that substances are available, a higher rate of use is often observed.

## ■ Disapproval of ATOD Use

| DISAPPROVAL OF ATOD USE  | GRADE |    |    |    |    | GENDER |    |     |
|--|-------|----|----|----|----|--------|----|-----|
|  | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who think the adults in their neighborhood think it is <i>wrong or very wrong</i> for kids their age to: |       |    |    |    |    |        |    |     |
| Smoke cigarettes   | 91    | 93 | 90 | 84 | 70 | 86     | 86 | 86  |
| Drink alcohol  | 85    | 89 | 90 | 75 | 71 | 84     | 81 | 82  |
| Use marijuana  | 92    | 96 | 89 | 83 | 82 | 90     | 88 | 89  |
| Percent of students who think their parents think it is <i>wrong or very wrong</i> for them to:                              |       |    |    |    |    |        |    |     |
| Smoke cigarettes   | 94    | 97 | 92 | 91 | 85 | 91     | 92 | 92  |
| Drink alcohol  | 88    | 87 | 84 | 69 | 60 | 80     | 77 | 78  |
| Use marijuana  | 95    | 94 | 88 | 85 | 85 | 91     | 88 | 90  |
| Percent of students who think it is <i>wrong or very wrong</i> for someone their age to:                                     |       |    |    |    |    |        |    |     |
| Smoke cigarettes   | 83    | 81 | 76 | 64 | 58 | 71     | 75 | 73  |
| Drink alcohol  | 75    | 58 | 52 | 36 | 33 | 52     | 51 | 52  |
| Use marijuana  | 80    | 63 | 57 | 45 | 46 | 59     | 60 | 59  |

## ■ Perceived Harmfulness of ATOD Use

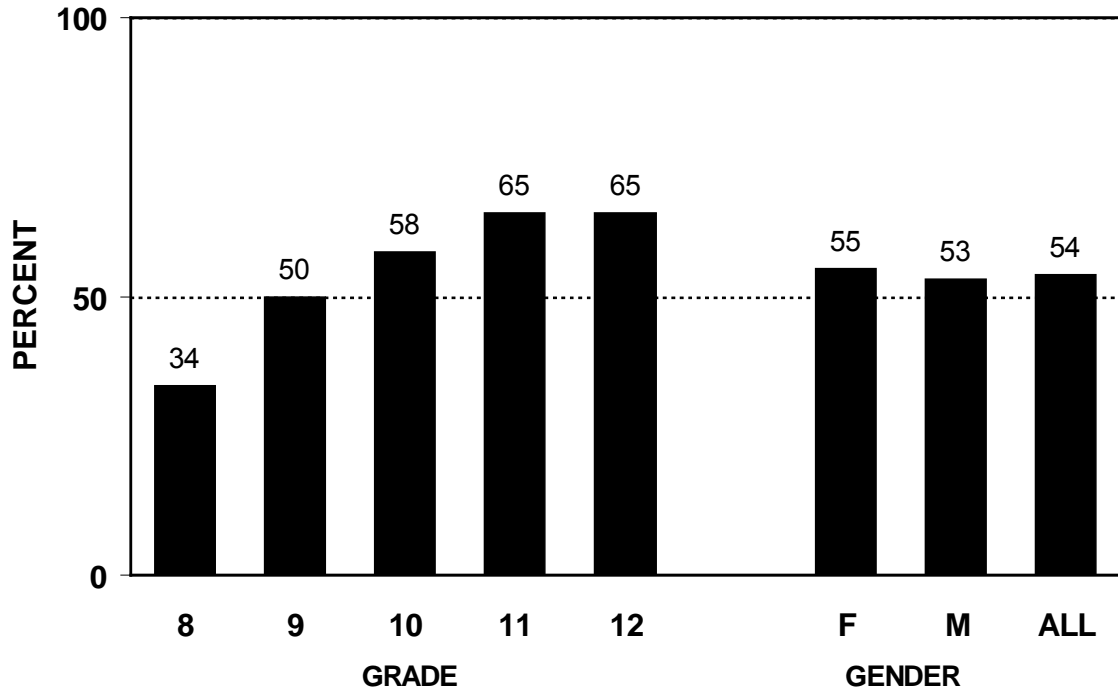
| PERCEIVED HARMFULNESS   | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who think that there is <i>great</i> risk in harming themselves from: |       |    |    |    |    |        |    |     |
| Smoking one or more packs of cigarettes/day   | 61    | 71 | 75 | 76 | 82 | 76     | 69 | 72  |
| Drinking one or two alcoholic drinks nearly every day                                     | 30    | 24 | 24 | 18 | 16 | 27     | 20 | 23  |
| Using marijuana regularly   | 66    | 47 | 37 | 30 | 32 | 49     | 38 | 43  |

■ **Perceived Availability of ATOD**

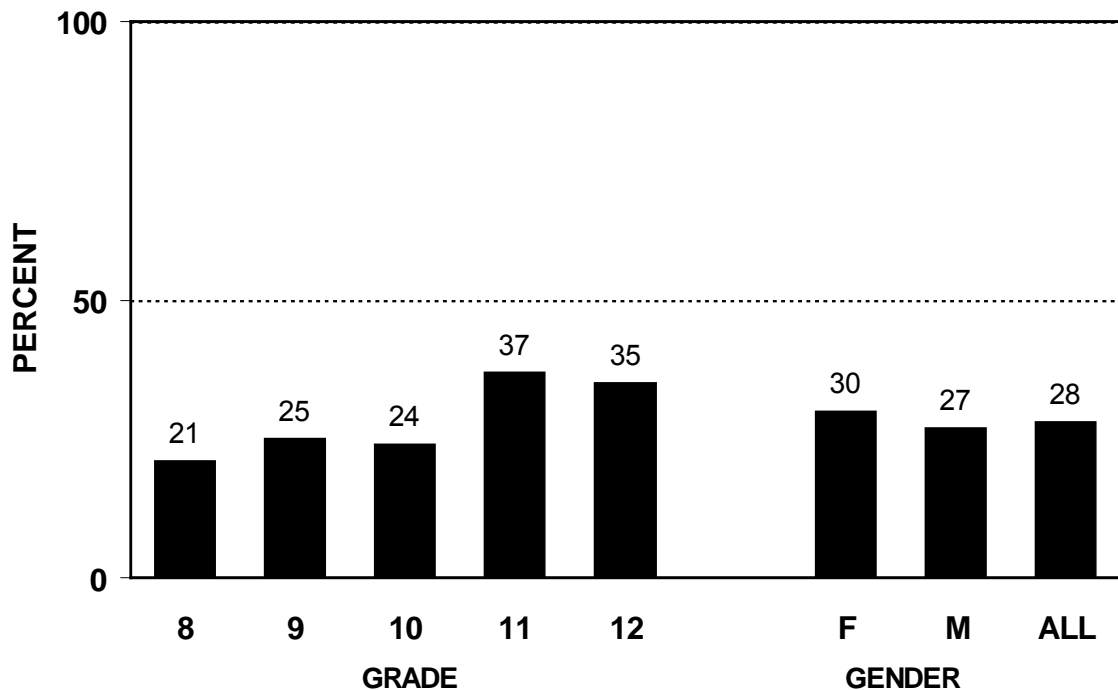
| AVAILABILITY OF ATOD                                   | GRADE |    |    |    |    | GENDER |    |     |
|--|-------|----|----|----|----|--------|----|-----|
|  | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who report that it is easy to get: |       |    |    |    |    |        |    |     |
| <b>Cigarettes</b>                                      | 38    | 57 | 72 | 80 | 86 | 65     | 66 | 65  |
| <b>Alcohol</b>   | 55    | 67 | 81 | 79 | 86 | 75     | 72 | 73  |
| <b>Marijuana</b>                                       | 29    | 59 | 78 | 83 | 78 | 61     | 67 | 64  |

## ■ Perceived Availability of ATOD

Percent of students who know an adult who has used marijuana, cocaine, or another illegal drug during the past year



Percent of students who know an adult who has sold drugs during the past year



## ✓ Sexual Behavior

The questions in this section ask students about sexual behaviors that contribute to HIV infection, other sexually transmitted diseases, and unintended pregnancies. More specifically, the questions measure whether they have had sexual intercourse, the age at which they first had sex, the frequency with which they have sex, with whom they have sex, alcohol and drug use related to sexual intercourse, whether they use contraception, and whether they talked about AIDs or HIV with a family member.

---

- **Early sexual activity** and multiple sexual partners are associated with an increased risk of unwanted pregnancy and sexually transmitted diseases (STD), including HIV infection, and negative effects on social and psychological development. Alcohol and drug use may serve as predisposing factors for initiation of sexual activity and unprotected sexual intercourse. Of the 12 million new cases of STD per year in the United States, 25 percent are among teens. STD may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcome and maternal and child health.
- **AIDS** is the ninth leading cause of death for youth aged 15 to 24 in the United States. It is estimated that 25 percent of all new cases of HIV each year occur in people aged 13 to 21. While heterosexual transmission was once uncommon, recent trends indicate that growing numbers of individuals are at risk of contracting HIV in this way. Many people, especially adolescents, do not have the knowledge, awareness, and skills necessary to prevent their becoming infected. Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV.

In Vermont, 435 residents were diagnosed as having AIDS as of December 31, 2002. Many more Vermonters are at risk of acquiring HIV infection through unprotected sex with multiple partners or intravenous drug use. No area of the state remains unaffected.

- **Teen Pregnancy:** Approximately 900,000 teenage girls in the United States became pregnant in 1997 and a little over half gave birth. Sixty-six percent of all birth among teenagers are the result of unintended pregnancy. In 2000, the pregnancy rate in Vermont for girls aged 15-17 was 19.2 pregnancies per 1,000 , which has dropped since 1991 (37.8 pregnancies per 1,000).

## ✓ Sexual Behavior (cont'd)

---

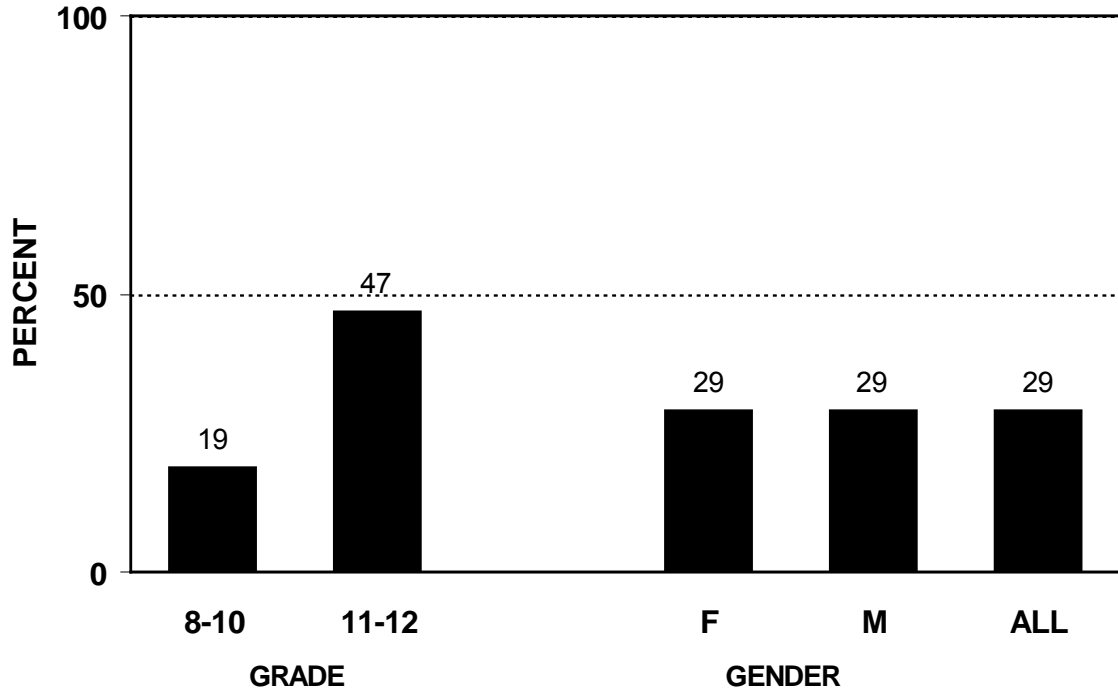
- **Gay and Lesbian Youth:** Although many lesbian, gay, and bisexual adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Research has found that lesbian, gay, and bisexual young people are at higher risk for depression, alcohol and other drug use, suicide, HIV infection, and other sexually transmitted diseases than are heterosexual youth. Suicide is the leading cause of death among this group. They are two to three times more likely to attempt suicide than their heterosexual peers and may account for 30 percent of suicides among youth annually.
- 

### **Related *Healthy Vermonters 2010* Goals:**

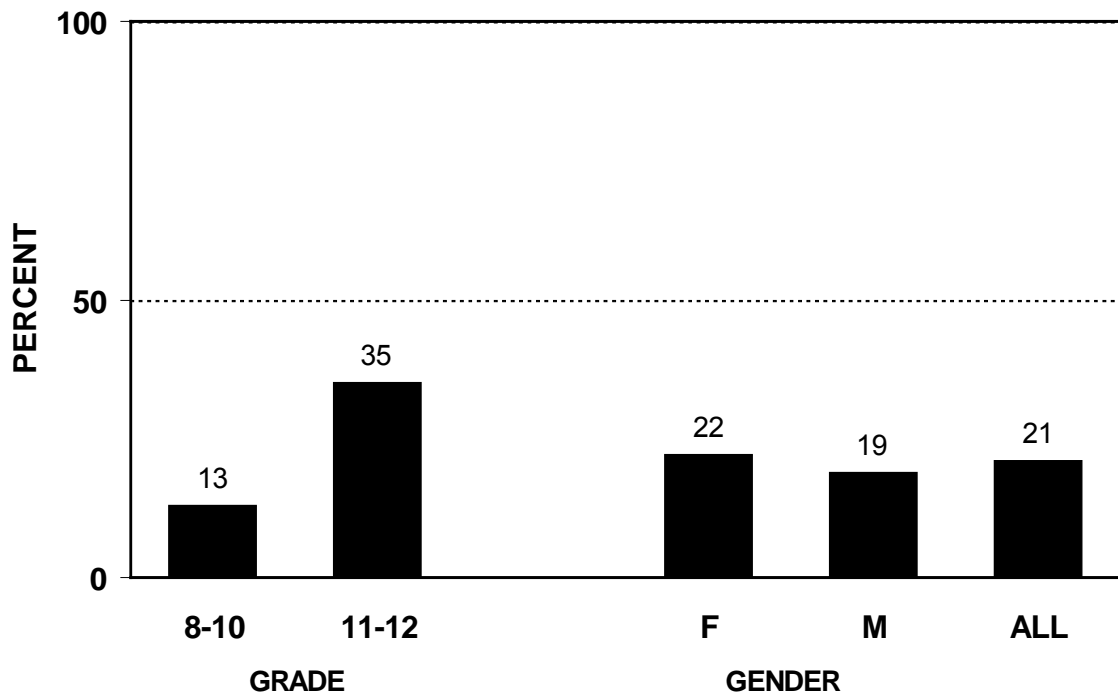
- Increase the percentage of adolescents who abstain from sexual intercourse or use condoms if currently sexually active.
- Reduce HIV infection among adolescents and adults.
- Further reduce the percentage of people ages 15-24 with Chlamydia trachomatis infection.

## ■ Sexual Behavior

Percent of students who have ever had sexual intercourse

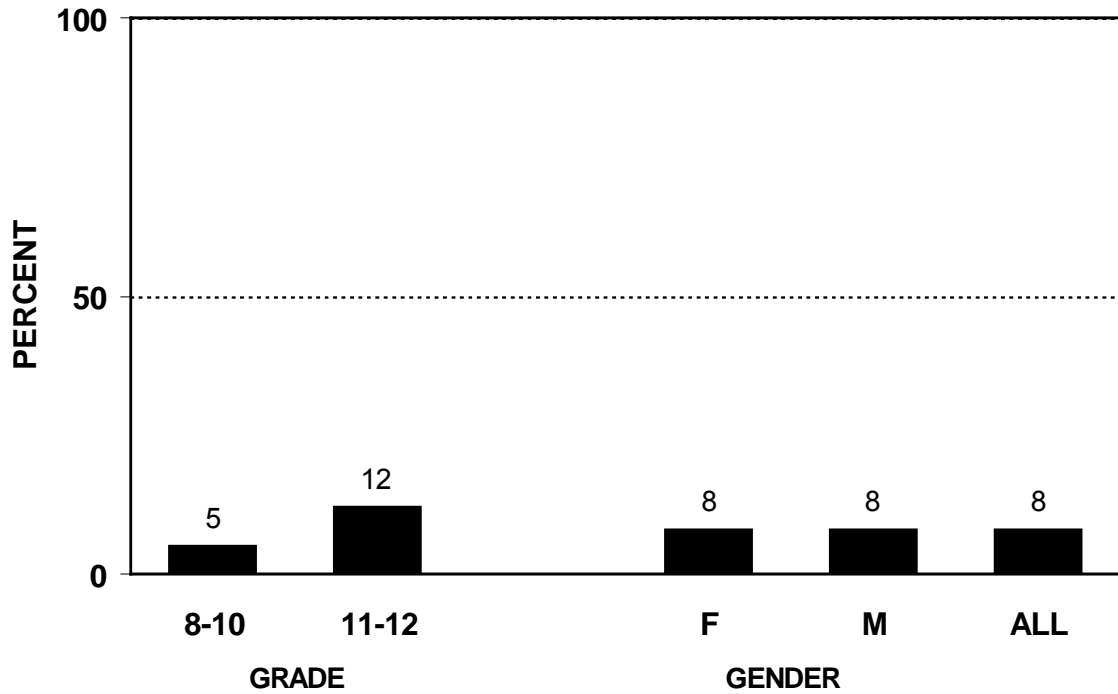


Percent of students who have had sexual intercourse during the past 3 months

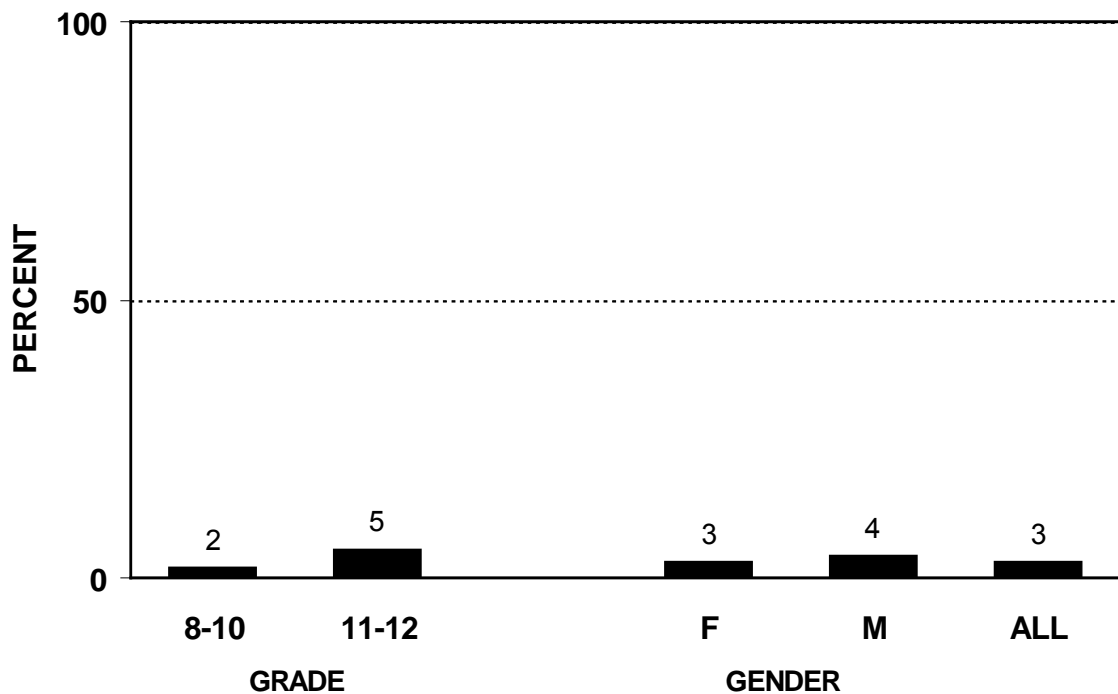


## ■ Sexual Behavior

Percent of students who have had sexual intercourse with four or more people during their lifetime



Percent of students who have had sexual intercourse with 3 or more people during the past 3 months



## ■ Sexual Behavior

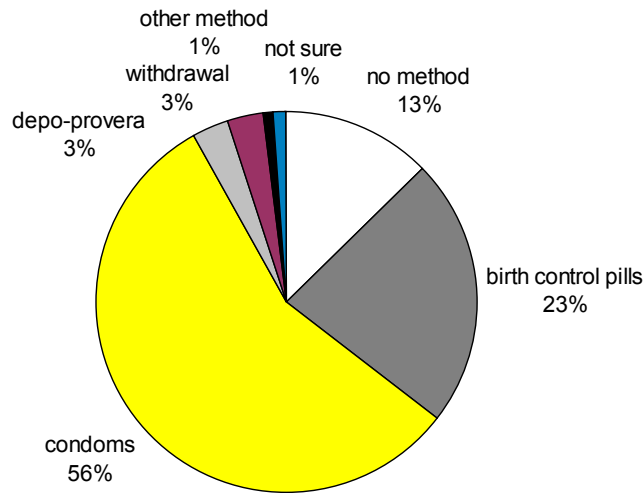
| SEXUAL BEHAVIOR   | GRADE |       | GENDER |    |     |
|---|-------|-------|--------|----|-----|
|   | 8-10  | 11-12 | F      | M  | All |
| Percent of students who:  |       |       |        |    |     |
| First had sexual intercourse prior to age 13                      | 6     | 3     | 3      | 7  | 5   |
| Used drugs or alcohol before their most recent sexual experience* | 22    | 31    | 31     | 26 | 28  |
| Used a condom during their most recent sexual experience*         | 70    | 70    | 69     | 70 | 70  |
| Have been pregnant or have impregnated someone                    | 2     | 4     | 3      | 2  | 3   |

\* NOTE: Includes only students who said that they have had sexual intercourse.

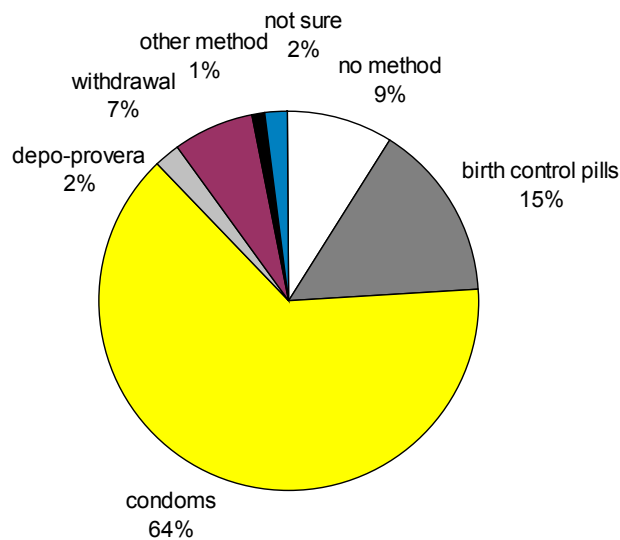
## ■ Sexual Behavior

What method did you or your partner use to prevent pregnancy the last time you had sexual intercourse?\*

### FEMALES



### MALES

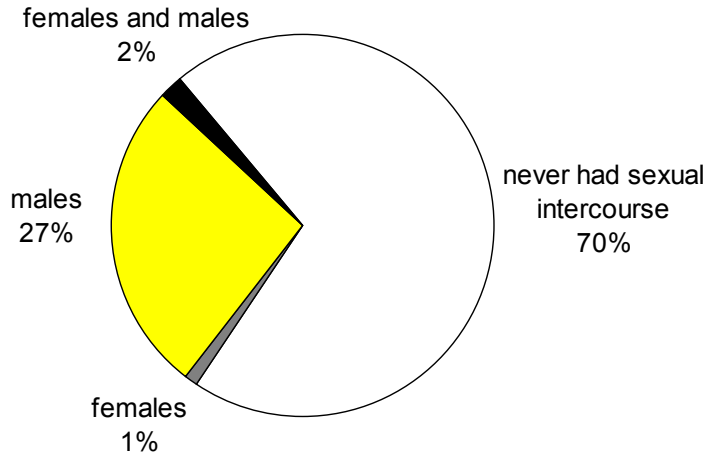


\*NOTE: Includes only students who said that they have had sexual intercourse

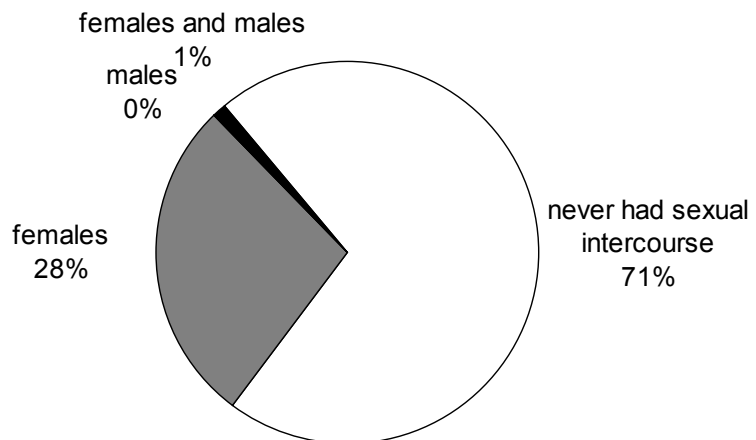
## ■ Sexual Behavior

The persons with whom you have had sexual intercourse are:

### FEMALES



### MALES



## ■ Sexual Behavior

| HIV EDUCATION  | GRADE |    |    |    |    | GENDER |    |     |
|--|-------|----|----|----|----|--------|----|-----|
|  | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| <b>Percent of students who:</b>  |       |    |    |    |    |        |    |     |
| <b>Have talked with parents or other adults in their family about HIV or AIDS</b>                    | 40    | 52 | 52 | 56 | 57 | 53     | 49 | 51  |
| <b>Report being given enough information at school about HIV/AIDS and STIs to protect themselves</b> | 61    | 78 | 93 | 93 | 91 | 80     | 85 | 82  |

## ✓ Body Weight and Nutrition

This section asks students their height and weight, how they feel about their weight and what, if anything, they are doing to control their weight. The questions also inquire about how often students drink milk and eat fruits and vegetables.

- The prevalence of **overweight** among adolescents more than doubled from 5 percent in the late 1970s to 11 percent between 1988 and 1994 the United States. Overweight and obesity acquired during childhood or adolescence may persist into adulthood, increasing later risk for chronic conditions such as coronary heart disease, some types of cancer, gall bladder disease, and osteoarthritis of the weight-bearing joints. Children and adolescents often experience social and psychological stress related to obesity.

Obesity in adolescence is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences. Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting

- **Nutrition:** Poor nutrition is associated with five of the leading causes of death: heart disease, stroke, cancer, diabetes, and atherosclerosis, and it contributes to other causes of death and disability as well. Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits.

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. Only 44% of male adolescents and 27% of female adolescents in the US meet the minimum average daily goal of at least five servings of vegetables and fruits set by the Dietary Guidelines for Americans. Milk is by far the largest single source of calcium for adolescents, but it is estimated that about half of adolescent of males and more than 80% of adolescent females do not meet dietary recommendations for calcium intake. Calcium is essential for the formation and maintenance of bones and teeth; low calcium intake during the first two to three decades of life is an important risk factor in the development of osteoporosis.

## ✓ **Body Weight and Nutrition (cont'd)**

---

### **Related *Healthy Vermonters 2010* Goals:**

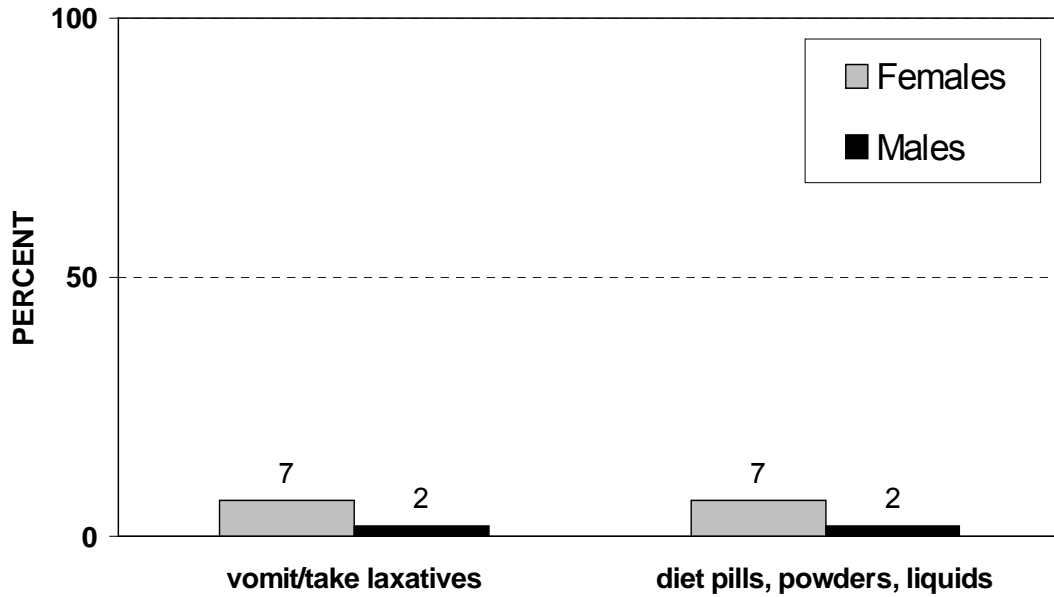
- Reduce the percentage of youth who are obese or overweight.
- Increase the percentage of people who eat at least two daily servings of fruit.
- Increase the percentage of people who eat at least three daily servings of vegetables.

## ■ Body Weight

| BODY WEIGHT  | GRADE |    |    |    |    | GENDER |    |     |
|--|-------|----|----|----|----|--------|----|-----|
|  | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who are at risk for being overweight (85 <sup>th</sup> BMI percentile) | 16    | 21 | 14 | 12 | 10 | 12     | 18 | 15  |
| Percent of students who are overweight (95 <sup>th</sup> BMI percentile)                   | 10    | 6  | 10 | 5  | 10 | 6      | 10 | 8   |
| Percent of students who describe themselves as:  |       |    |    |    |    |        |    |     |
| Underweight  | 18    | 15 | 11 | 14 | 11 | 10     | 17 | 14  |
| About the right weight   | 53    | 52 | 53 | 57 | 56 | 52     | 56 | 54  |
| Overweight   | 30    | 33 | 36 | 29 | 33 | 38     | 27 | 32  |
| Percent of students who are:   |       |    |    |    |    |        |    |     |
| Trying to lose weight  | 37    | 39 | 40 | 38 | 41 | 53     | 27 | 39  |
| Trying to gain weight  | 9     | 15 | 10 | 12 | 12 | 3      | 19 | 12  |
| Trying to stay the same weight   | 22    | 18 | 21 | 18 | 15 | 21     | 17 | 19  |
| Doing nothing about their weight   | 33    | 27 | 29 | 32 | 31 | 23     | 37 | 31  |

## ■ Body Weight

What males and females did in the past 30 days to control their weight



| UNHEALTHY WEIGHT CONTROL                         | GRADE |   |    |    |    |     |
|--|-------|---|----|----|----|-----|
|  | 8     | 9 | 10 | 11 | 12 | All |
| Percent of students who during the past 30 days: |       |   |    |    |    |     |
| Vomited or took laxatives                        | 6     | 3 | 4  | 4  | 4  | 4   |
| Took diet pills, powders, or liquids             | 1     | 3 | 5  | 5  | 8  | 4   |

## ■ Nutrition

| FRUITS, VEGETABLES,<br>& MILK CONSUMPTION                     | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who:                                      |       |    |    |    |    |        |    |     |
| Eat 2 or more servings<br>of fruit per day                    | 39    | 43 | 46 | 48 | 46 | 39     | 48 | 44  |
| Eat 3 or more servings<br>of vegetables per day               | 14    | 15 | 16 | 16 | 18 | 16     | 16 | 16  |
| Eat 5 or more servings<br>of fruits and<br>vegetables per day | 27    | 27 | 30 | 31 | 31 | 26     | 32 | 29  |
| Drink 1 or more<br>glasses of milk per day                    | 60    | 61 | 64 | 62 | 61 | 53     | 69 | 62  |
| Drink 3 or more<br>glasses of milk per day                    | 24    | 29 | 28 | 24 | 23 | 18     | 33 | 26  |

## ✓ Physical Activity

This section asks students how often they engage in vigorous and moderate physical activities and physical education classes. Students are also asked how often they watch television and play on the computer for fun or play video games.

---

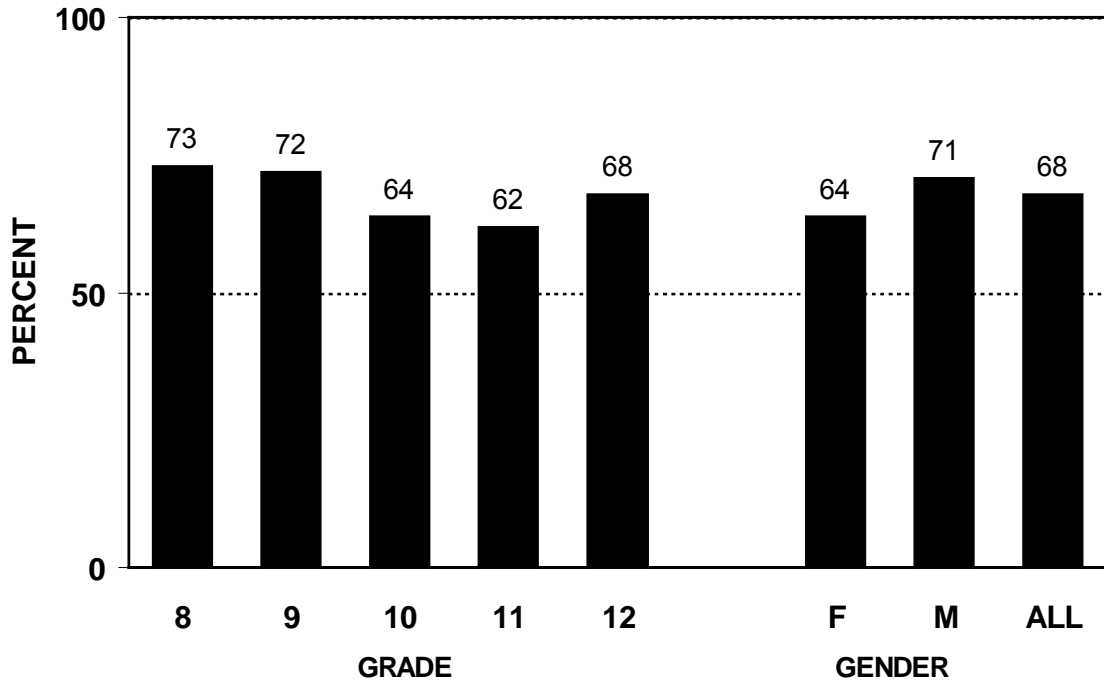
- **Regular physical activity** helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well-being. In the long term, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.
  - **School physical education classes:** Major decreases in vigorous physical activity occur during grades 9 through 12, particularly for girls; by 11<sup>th</sup> grade, more than half of female students in the US are not participating regularly in vigorous physical activity. School physical education classes can increase adolescent participation in moderate to vigorous physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity. Across the US, daily participation in physical education class dropped from 42 percent in 1991 to 25 percent in 1995 and increased to 32 percent in 2001 but still remains far below the 1991 level.
  - **Television viewing** is the principal sedentary leisure time behavior in the US. Studies have shown that television viewing in young people is related to obesity and violent or aggressive behavior. Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.
- 

### **Related *Healthy Vermonters 2010* Goals:**

- Increase the percentage of middle and junior high schools that require daily physical education for all students.

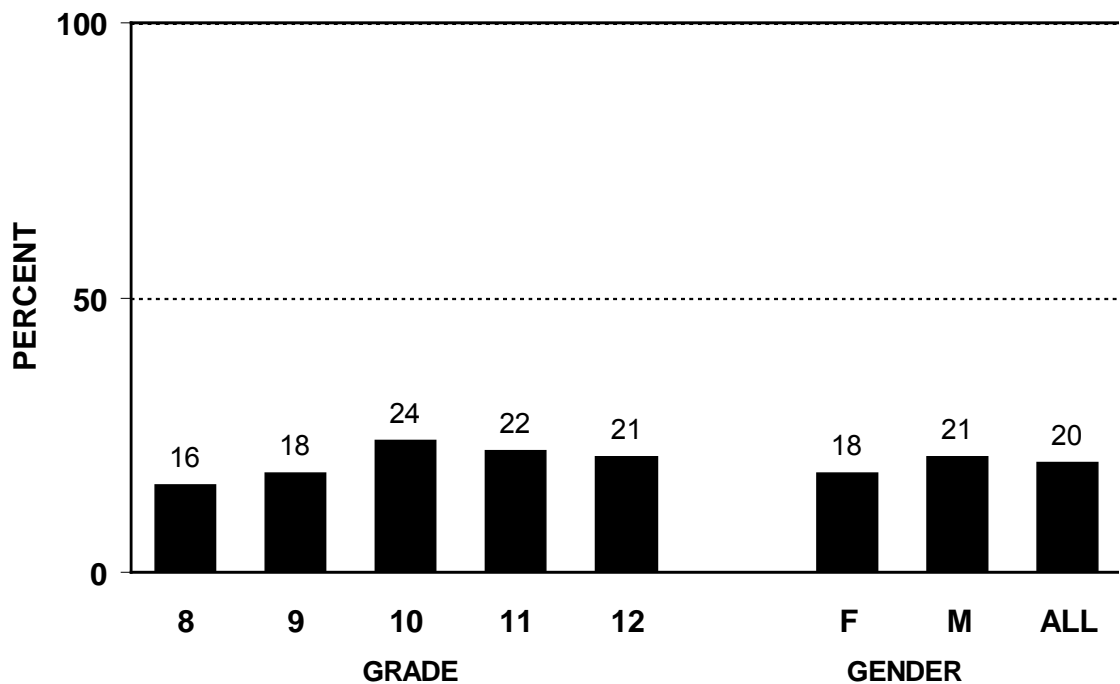
## ■ Physical Activity

**Percent of students who participated in aerobic exercise\* three or more days during the past 7 days**



\*Activities that caused sweating and hard breathing for at least 20 minutes.

**Percent of students who exercised moderately\*\* five or more days during the past 7 days**



## Physical Activity

| PHYSICAL EDUCATION  | GRADE |    |    |    |     | GENDER |    |     |
|---|-------|----|----|----|-----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12  | F      | M  | All |
| Percent of students who participated in:                              |       |    |    |    |     |        |    |     |
| Physical education classes at least once during the past 7 days       | 97    | 76 | 21 | 20 | 19  | 48     | 49 | 49  |
| Physical education classes 5 days during the past 7 days              | 1     | 1  | 1  | 1  | 2   | 1      | 2  | 1   |
| More than 20 minutes of exercise or sports during an average PE class | 79    | 88 | 89 | 92 | 100 | 84     | 86 | 85  |

| TV AND COMPUTER GAMES   | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who:  |       |    |    |    |    |        |    |     |
| Spend 3 or more hours per school day watching TV or playing on the computer | 34    | 31 | 34 | 31 | 33 | 27     | 38 | 33  |
| Spend 5 or more hours per school day watching TV or playing on the computer | 10    | 6  | 9  | 7  | 4  | 4      | 11 | 8   |

## ✓ Measures of Youth Assets

Healthy development depends not only on avoiding harmful behavior, but on strengthening the sources of positive influence in our lives. This section asks students about the grades they receive in school, how often their parents talk to them about school, how often they are involved in clubs or organizations, how often they volunteer their time helping their community, their perception about students' role in deciding what happens in school, and their perception of how they are valued by their communities.

---

- **Grades in School:** Above-average school performance is viewed as one of many developmental assets (i.e., factors promoting positive development) for youth. 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. In 2001, 72 percent of 8-12<sup>th</sup> graders in Vermont reported that their school performance was above average.
- **Parents' Involvement in School:** One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork—asking about academic progress, attending teacher conferences, and so on. In addition, 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. Parental expectations regarding school achievement were also associated with lower levels of risk behaviors. Only 27 percent of 6<sup>th</sup> to 12<sup>th</sup> grade students surveyed across the United States reported that their parents are involved in helping them succeed in school.
- **Participation in youth programs and service to community:** Research shows that involvement in constructive, supervised extra-curricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and crime. In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other “thriving” behaviors.
- **Youth as resources:** 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 domains 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.

## ✓ Measures of Youth Assets

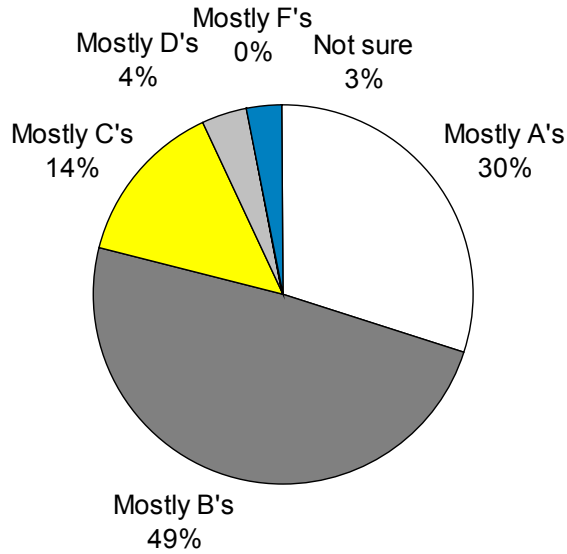
---

- **Youth valued by their community:** It stands to reason that young people respond positively when they perceive they are valued by others in their community. In 2001, 49 percent of 8-12<sup>th</sup> graders in Vermont reported they felt adults in their community valued young people.

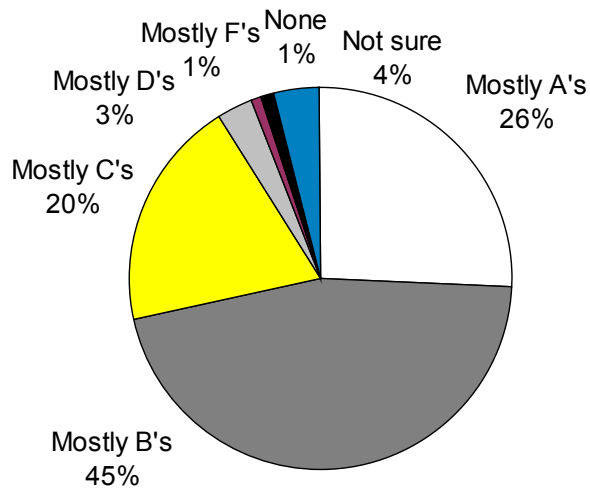
## ■ Measures of Youth Assets

### Students' grades

#### FEMALES

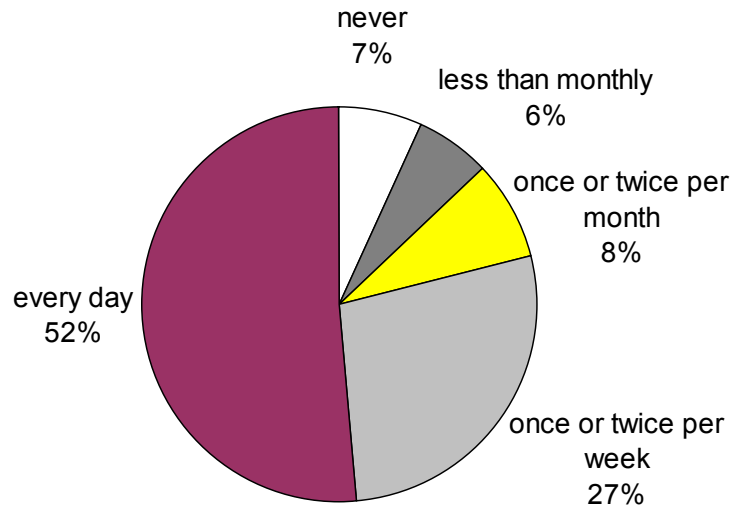


#### MALES



## ■ Measures of Youth Assets

How often does one of your parents talk with you about what you are doing in school?



## ■ Measures of Youth Assets

| PARTICIPATION IN YOUTH PROGRAMS   | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who:  |       |    |    |    |    |        |    |     |
| Spend 1 or more hours per week in clubs or organizations outside of school (not including sports) | 33    | 28 | 32 | 26 | 24 | 31     | 27 | 29  |
| Spend 3 or more hours per week in clubs or organizations outside of school (not including sports) | 14    | 8  | 14 | 14 | 11 | 13     | 13 | 13  |

| SERVICE TO COMMUNITY  | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| Percent of students who:  |       |    |    |    |    |        |    |     |
| Spend 1 or more hours per week volunteering their time to make their community a better place to live             | 35    | 42 | 47 | 41 | 48 | 42     | 42 | 42  |
| Spend 3 or more hours per week volunteering their time to help others make their community a better place to live | 10    | 11 | 12 | 8  | 16 | 11     | 11 | 11  |

■ **Measures of Youth Assets**

| YOUTH VALUED BY THEIR COMMUNITY                                     | GRADE |    |    |    |    | GENDER |    |     |
|---|-------|----|----|----|----|--------|----|-----|
|   | 8     | 9  | 10 | 11 | 12 | F      | M  | All |
| <b>Percent of students who agree with the following statements:</b> |       |    |    |    |    |        |    |     |
| <b>Students help decide what goes on in my school</b>               | 41    | 59 | 49 | 37 | 48 | 46     | 48 | 47  |
| <b>In my community, I feel like I matter to people</b>              | 41    | 46 | 41 | 34 | 41 | 36     | 44 | 40  |