

# 2021 VERMONT HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY

Race and Ethnicity

October 2023

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

Copies of the questionnaires, state-wide reports, data briefs, and additional sub-state reports are available online.

Visit the Vermont Department of Health YRBS website at:  
<https://www.HealthVermont.gov/yrbs>

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### About the YRBS

The Youth Risk Behavior Survey (YRBS) is a national school-based survey that monitors the health risk behaviors that contribute to the leading causes of death and disability among youth and young adults.

These include:

- Behaviors that contribute to unintentional injuries
- Violence
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Sexual health behaviors related to pregnancy and STDs

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement

### About the YRBS

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

The middle school and high school surveys differ slightly. The middle school survey is shorter and focuses more on lifetime behaviors and includes questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, sexual activity, nutrition, physical activity, youth assets, and other factors related to health equity. The high school survey includes questions on these topics as well as more in-depth questions on current behaviors such as driving behaviors and self-reported height and weight.

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

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

## Methodology

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

Survey procedures were designed to protect the privacy of students. The YRBS is confidential, anonymous, and optional for students. All students are read a standard set of directions and asked to complete the self-administered survey. Completion of the survey depends on a student's ability to read and complete the questionnaire independently or with the use of computer assisted technology (e.g., screen readers). Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data. Students can decline participation at any time or skip any questions they do not wish to answer. In addition, to protect student's anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

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

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

## Using the YRBS

### Engaging students, schools, and communities

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

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

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

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

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

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

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

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

## How Accurate are the Results?

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

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

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

The results in this report are weighted by sex, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of middle school students in grades 6 through 8 (middle school survey) and high school students grades 9 through 12 (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

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

## Understanding and Interpreting the Results

### Statistical Differences

Each table in this report includes the overall statewide and prevalence rates (%) among each subpopulation. Throughout this report, statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups.

A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently students responded to an item. Sometimes, when comparing the responses of two or more groups, the overall percent may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically.

While this report notes statistical differences, we encourage you to consider meaningful differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

In this report, comparisons are made with the overall statewide rate. Statistical differences are noted with an asterisk (\*).

### Data Suppression

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

## Populations in Focus

Adverse health outcomes and behaviors experienced by specific populations are not intrinsic to youth themselves and are often instead due to social, economic and environmental inequities. The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. To identify disparities and help tell the complex story of youth across Vermont, health-related factors and behaviors experienced by specific populations of youth are analyzed.

This report focuses on the specific health disparities experienced by American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic/Latino youth.

Results are based on two questions:

Are you Hispanic or Latino?

- A. Yes
- B. No

What is your race? (Select one or more responses.)

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

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## Special Considerations for 2021

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

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

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

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

More information on "Special Considerations for 2021" is available on the Vermont Department of Health YRBS webpage at:  
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## Demographics

Overall	N
VT	17412

Race / Ethnicity	N	%
BIPOC*	2906	17
White, non-Hispanic	14275	83

Race / Ethnicity	N	%
Asian, Native Hawaiian/Other Pacific Islander, non-Hispanic	542	3
Black or African American, non-Hispanic	486	3
Hispanic/Latino	915	5
American Indian/Alaska Native, non-Hispanic	152	1
Multiple racial, non-Hispanic	811	5
White, non-Hispanic	14275	83

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

N = Unweighted number of students; % = Weighted percent \*Black, Indigenous, or Person of Color. Includes students whose reported race was Asian, Native Hawaiian, Pacific Islander, Black or African American, Hispanic/Latino, American Indian, Alaska Native, or multiple races.



## Unintentional Injuries, Personal Safety, and Violence

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Were in a physical fight	16	32 *	12 *	18	30 *	23 *	15 *
Carried a weapon on school property	4	8 *	3	4	10 *	7 *	4
Were threatened or injured with a weapon on school property	7	10	5	8	14 *	10 *	6

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Were electronically bullied	17	28 *	10 *	13 *	24 *	22 *	17
Were bullied	17	33 *	8 *	14	23 *	19	16
Bullied someone	9	14	7	11	18 *	12 *	8

AIAN = American Indian or Alaskan Native; ANHPI = Asian, Native Hawaiian or Other Pacific Islander; Hispanic = all Hispanic students. All other races are non-Hispanic.  
 . = Too few students to report; \* = Statistically different compared to VT overall

## Unintentional Injuries, Personal Safety, and Violence

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Report someone has ever done sexual things to them that they did not want	21	29	12 *	19	28 *	27 *	21
Experienced physical dating violence	8	12	7	9	17 *	16 *	7
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times	29	31	18 *	29	41 *	37 *	28

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Did not go to school because they felt unsafe at school or on their way to or from school	9	21 *	5 *	10	16 *	12 *	8
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	16	27 *	11 *	24 *	27 *	25 *	14 *

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## Unintentional Injuries, Personal Safety, and Violence

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Rode with a driver who had been drinking alcohol	16	25 *	10 *	11 *	19 *	18	16
Rode in a car or other vehicle driven by someone who had been using marijuana	19	27 *	10 *	19	28 *	26 *	19

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Texted or e-mailed while driving a car or other vehicle	33	16 *	25 *	28	35	29	34
Drove a car or other vehicle when they had been drinking alcohol	6	8	5	6	15 *	8	5
Drove a car or other vehicle when they had been using marijuana	10	12	6 *	14	20 *	14	10

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## Unintentional Injuries, Personal Safety, and Violence

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Had at least one sunburn	76	53 *	31 *	19 *	58 *	60 *	81 *
Rarely or never wore a bicycle helmet	45	71 *	50	58 *	54 *	51 *	43
Had a concussion from playing a sport or being physically active	15	20	18	19	22 *	14	14

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## Mental Health

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Reported that their mental health was most of the time or always not good	35	47 *	24 *	26 *	39	42 *	35
Have been bothered by feeling nervous, anxious, or on edge most of the time or always	36	52 *	25 *	30 *	41 *	42 *	36
Felt sad or hopeless	30	44 *	23 *	31	36 *	39 *	29

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Did something to purposely hurt themselves without wanting to die	22	32 *	17 *	19	27 *	30 *	22
Made a plan about how they would attempt suicide	14	19	12	14	19 *	22 *	13
Attempted suicide	7	13 *	4 *	9	15 *	12 *	6 *

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## Sexual Health

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Were ever tested for human immunodeficiency virus (HIV)	6	7	6	9	11 *	8	6
Were ever tested for a sexually transmitted disease (STD)	6	6	4 *	7	10 *	7	6

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Ever had sexual intercourse	32	42 *	16 *	31	36 *	34	32
Had sexual intercourse for the first time before age 13 years	3	7 *	1	4	7 *	6 *	3
Had sexual intercourse with four or more persons during their life	7	8	4 *	9	12 *	9	6

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Were currently sexually active	24	32	11 *	21	28 *	25	24

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## Sexual Health

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Drank alcohol or used drugs before last sexual intercourse	21	.	18	20	38 *	25	20
Used a condom during last sexual intercourse	49	.	.	40	40 *	41	50
Used birth control pills before last sexual intercourse with opposite-sex partner	31	.	.	25	22 *	25	32
Used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner	18	.	.	15	13	20	18
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner	53	.	.	41	39 *	46	55
Used both a condom during last sexual intercourse and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner	18	.	.	8	8 *	12	19

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Sexual Health

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner	7	.	.	14	13 *	14 *	6

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## Lifetime Substance Use

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Ever smoked cigarettes	18	29 *	14 *	16	31 *	22 *	17
Ever used an electronic vapor product	33	44 *	20 *	31	43 *	39 *	33
Ever used a flavored tobacco product	18	28 *	10 *	14	27 *	22 *	18

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Ever drank alcohol	47	47	27 *	32 *	51	49	48
Ever used marijuana	31	31	14 *	27	37 *	37 *	31

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
High School Results

Lifetime Substance Use

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Lifetime prescription drug misuse	10	10	12	12	19 *	14 *	9
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	8	9	10	10	16 *	11 *	7 *
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	5	3	5	5	11 *	7 *	4

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Ever used cocaine	2	3	3	5 *	9 *	5 *	2 *
Ever used inhalants	7	11	5	6	14 *	12 *	7
Ever used heroin	1	.	2	3 *	7 *	3 *	1 *
Ever used methamphetamines	2	.	3	3 *	7 *	3 *	1 *

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## Lifetime Substance Use

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
First tried cigarette smoking before age 13 years	6	15 *	7	8	15 *	9 *	6 *
Had first drink of alcohol before age 13 years	13	18	9 *	13	20 *	18 *	12
Tried marijuana for the first time before age 13 years	5	12 *	2 *	8	11 *	11 *	5

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## Current Substance Use

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	18	23	10 *	17	28 *	20	17
Currently smoked cigarettes or cigars or used smokeless tobacco	7	11	4 *	7	13 *	9	7

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Currently smoked cigarettes	5	9	3	5	11 *	7	5
Currently used an electronic vapor product	16	20	8 *	15	24 *	19	16
Currently smoked cigars	3	4	2	3	7 *	4	3
Currently used smokeless tobacco	3	4	2	4	7 *	5 *	3
Tried to quit using all tobacco products	49	.	38	43	51	56	48

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
High School Results

Current Substance Use

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Currently drank alcohol	25	23	10 *	14 *	28	27	25
Currently were binge drinking	12	8	5 *	8 *	14	14	13
Reported that the largest number of drinks they had in a row was 10 or more	3	.	.	2	6 *	5 *	3

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Currently used marijuana	20	19	9 *	20	26 *	26 *	20

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	2	.	3	3	7 *	4 *	2

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## Substance Use Among Current Users

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Currently smoked cigarettes on 10+ days, among current users	35	.	.	.	61 *	49	30
Currently smoked 11+ cigarettes, among current users	15	.	.	.	46 *	21	10 *
Currently smoked 20+ cigarettes, among current users	13	.	.	.	43 *	20	9 *
Currently smoked cigarettes daily, among current users	21	.	.	.	46 *	26	16
Currently smoked cigarettes frequently (20+ days), among current users	25	.	.	.	51 *	30	21

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High School Results

Substance Use Among Current Users

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Usually use JUUL or other rechargeable device that uses pods, among current users	19	.	.	18	17	21	19
Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among current users	4	.	.	9	5	4	4
Used electronic vapor products mainly because they were curious about them, among current users	13	.	.	14	11	15	13
Currently used electronic vapor products daily, among current users	30	.	.	25	34	34	30
Used EVP 10+ days, among current users	42	.	.	41	44	41	42
Currently used electronic vapor products frequently (20+ days), among current users	42	.	.	41	44	41	42

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High School Results

Substance Use Among Current Users

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Currently binge drank, among current users	57	.	.	.	60	59	57
Reported that the largest number of drinks they had in a row was 10 or more, among current users	13	.	.	.	22 *	21 *	12
Currently drank 10+ days, among current users	13	.	13	27 *	28 *	17	11
Currently drank 20+ days, among current users	6	.	9	13	18 *	12 *	4 *
Currently drank everyday, among current users	4	.	.	9	14 *	10 *	2 *

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## Substance Use Among Current Users

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt, among current users	76	.	.	77	70	69	77
Currently used marijuana 10+ times, among current users	42	.	.	56 *	47	46	41
Currently used marijuana 20+ times, among current users	30	.	.	41	37	34	29
Usually used marijuana by vaping it, among current users	10	.	.	10	6	6	10

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## Substance Use Exposure and Prevention

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Were asked by a doctor, dentist, or nurse if they smoked	49	43	46	48	48	47	50
Were offered, sold, or given an illegal drug on school property	12	13	7 *	10	19 *	16 *	11
Attended school under the influence of alcohol or other illegal drugs	10	14	4 *	11	18 *	14 *	9

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## Perceptions of Substance Use

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	58	54	39 *	54	62	60	59
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	65	50 *	51 *	50 *	63	66	67
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	54	53	31 *	50	57	59 *	55

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## Perceptions of Substance Use

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Think it is wrong or very wrong for someone their age to use electronic vapor products	67	62	77 *	68	61 *	63	67
Think it is wrong or very wrong for someone their age to drink alcohol	55	60	71 *	70 *	55	55	54
Think it is wrong or very wrong for someone their age to use marijuana	55	58	74 *	62 *	50 *	48 *	55

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## Perceptions of Substance Use

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	90	82 *	93	88	83 *	86 *	91
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	71	77	79 *	82 *	74	69	70
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	77	69	90 *	80	74	71 *	77

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## Perceptions of Substance Use

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	39	32	51 *	39	36	38	39
Think people greatly risk harming themselves, physically or in other ways, if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	37	36	48 *	44 *	39	41	36
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	25	23	45 *	31 *	27	23	24

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## Obesity, Overweight, and Weight Perceptions

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Were overweight	14	16	13	16	16	15	14
Were obese	14	21 *	10	20 *	15	18 *	13

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Described themselves as slightly or very overweight	29	32	33	28	33	32	28
Were trying to lose weight	41	45	45	44	44	42	41

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## Physical Activity

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Did not participate in at least 60 minutes of physical activity on at least 1 day	13	12	24 *	17 *	18 *	15	12
Were physically active at least 60 minutes per day on 5 or more days	53	55	39 *	52	50	48 *	54
Were physically active at least 60 minutes per day on all 7 days	28	35	18 *	33	28	24	28
Spent 3 or more hours per day on screen time	73	67	77	70	75	72	73

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## Nutrition

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Ate 5+ fruits/vegetables every day, past week	18	18	23 *	20	24 *	20	18

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Did not eat fruit or drink 100% fruit juices	6	10	6	6	8	6	6
Ate fruit or drank 100% fruit juices one or more times per day	58	52	54	60	60	57	58
Ate fruit or drank 100% fruit juices two or more times per day	27	23	26	31	32 *	29	26

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## Nutrition

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Did not eat vegetables	5	12 *	4	9 *	7 *	6	5
Ate vegetables one or more times per day	70	55 *	77 *	57 *	70	71	70
Ate vegetables two or more times per day	34	24 *	40 *	28 *	37	38	34
Ate vegetables three or more times per day	17	13	24 *	17	21 *	17	16

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Did not eat breakfast	16	19	13	22 *	18	21 *	16
Ate breakfast on all 7 days	33	20 *	37	29	31	26 *	33

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## Nutrition

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Drank a can, bottle, or glass of a sugar-sweetened beverage	18	23	14 *	19	23 *	20	17
Did not drink a bottle or glass of plain water	4	11 *	5	8 *	8 *	5	4
Drank a bottle or glass of plain water one or more times per day	77	60 *	77	67 *	75	77	77
Drank a bottle or glass of plain water two or more times per day	68	54 *	67	60 *	67	69	69
Drank a bottle or glass of plain water three or more times per day	52	40 *	51	47	53	54	52

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## Social Determinants of Health

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Have a disability or long-term health problem that keeps them from doing everyday activities	7	14 *	6	7	9 *	10 *	7
Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan	16	26 *	10 *	14	19 *	15	16

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Usually did not sleep in their parent's or guardian's home	3	5	4	4	7 *	4	2
Most of the time or always went hungry because there was not enough food in their home	2	5 *	3	3	5 *	4 *	1
Think their family's subjective social status is worse than other families'	2	5	4	5 *	6 *	3	2

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2021 VERMONT YOUTH RISK BEHAVIOR SURVEY  
High School Results

## Protective Factors

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Are sometimes, most of the time or always treated badly or unfairly because of their race, ethnicity, sexual orientation, gender identity, or age	19	30 *	28 *	41 *	34 *	33 *	16 *
Most of the time or always get the kind of help they need	33	23 *	28	30	29	25 *	34

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Ate dinner at home with at least one of their parents or other adult family member on four or more days	74	66 *	71	63 *	67 *	69 *	76
Reported that their parents or other adults in their family most of the time or always know where they are going or with whom they will be	88	81 *	84 *	80 *	82 *	87	89

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## Protective Factors

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	70	61 *	63 *	69	65 *	63 *	71
Strongly agree or agree that their school has clear rules and consequences for behavior	55	53	60	57	55	52	55
	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Spend 10 or more hours participating in afterschool activities	25	16 *	20 *	21	20 *	22	26
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	69	42 *	80 *	72	64 *	69	69

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## Protective Factors

	VT	AIAN	ANHPI	Black	Hispanic	Multiracial	White
Strongly agree or agree that in their community they feel like they matter to people	52	35 *	52	53	44 *	43 *	53

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