

2015 Vermont Youth Risk Behavior Survey Report

Report for Orange 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 Orange County. All results in the 2015 high school section are for grades 9 through 12 only, and the middle school section are for grades 6 through 8 only.

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

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

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

Table of Contents

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

High School

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

Middle School

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

How to Use the YRBS

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

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

- **Start the Conversation:** Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?
- **Increase Awareness:** The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.
- **Plan and Evaluate Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities, and can inform strategies to address those weaknesses.
- **Remember to Look at the Positive Side:** In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

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

How to Read this YRBS Report

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

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

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

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

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

A Word of Caution

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

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

Personal Safety

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

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

Alcohol, Tobacco and Other Drugs

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

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

Sexual Behavior and Orientation

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

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

Body Image

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

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

Nutrition and Physical Activity

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

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

Measures of Youth Assets

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

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

References

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

References

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

References

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

References

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

2015 Vermont Youth Risk Behavior Survey Report

High School Report for Orange 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

Orange
Number of Students in Orange County

Orange County Total

833

Sex	Total	%
Missing	11	1%
Female	433	51%
Male	389	46%

Grade	Total	%
Missing	6	0%
9th grade	227	27%
10th grade	196	23%
11th grade	225	27%
12th grade	179	21%

Race / Ethnicity	Total	%
Missing	30	3%
Racial or ethnic minority	95	11%
White non-Hispanic	708	84%

Mother's Level of Education	Total	%
Missing	4	0%
High school or less	264	31%
Some college	134	16%
College graduate	243	29%
Graduate or professional degree after college	102	12%
Not sure	86	10%

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

Demographics

Vermont
Number of Students in Vermont

Vermont Total

21013

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

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

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

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

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

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

		Orange	Vermont	Notes
Grade	9th	28%	22%	
	10th	20%	20%	
	11th	20%	17%	
	12th	16%	14%	
Sex	Female	17%	12%	County statistically higher
	Male	26%	24%	
Total		21%	18%	

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

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

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

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

		Orange	Vermont	Notes
Grade	9th	7%	6%	
	10th	11%	7%	
	11th	17%	9%	County statistically higher
	12th	7%	8%	
Sex	Female	6%	4%	County statistically higher
	Male	16%	11%	County statistically higher
Total		11%	8%	County statistically higher

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

		Orange	Vermont	Notes
Grade	9th	4%	7%	
	10th	6%	6%	
	11th	5%	5%	
	12th	4%	5%	
Sex	Female	8%	7%	
	Male	2%	4%	
Total		5%	6%	

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

		Orange	Vermont	Notes
Grade	9th	31%	23%	County statistically higher
	10th	21%	18%	
	11th	18%	16%	
	12th	18%	14%	
Sex	Female	29%	23%	County statistically higher
	Male	15%	12%	
Total		22%	18%	County statistically higher

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

		Orange	Vermont	Notes
Grade	9th	22%	20%	County statistically higher
	10th	18%	17%	
	11th	17%	16%	
	12th	20%	13%	
Sex	Female	26%	23%	County statistically higher
	Male	12%	10%	
Total		19%	16%	County statistically higher

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**

		Orange	Vermont	Notes
Grade	9th	15%	13%	
	10th	11%	11%	
	11th	8%	11%	
	12th	11%	10%	
Sex	Female	11%	11%	
	Male	11%	12%	
Total		11%	11%	

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

		Orange	Vermont	Notes
Grade	9th	26%	20%	County statistically higher
	10th	27%	19%	County statistically higher
	11th	23%	17%	
	12th	17%	14%	
Sex	Female	34%	26%	County statistically higher
	Male	11%	9%	
Total		23%	17%	County statistically higher

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

		Orange	Vermont	Notes
Grade	9th	28%	24%	
	10th	38%	26%	County statistically higher
	11th	31%	24%	
	12th	26%	24%	
Sex	Female	40%	34%	County statistically higher
	Male	19%	15%	
Total		30%	24%	County statistically higher

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

		Orange	Vermont	Notes
Grade	9th	16%	13%	
	10th	20%	13%	County statistically higher
	11th	17%	12%	
	12th	13%	10%	
Sex	Female	21%	16%	County statistically higher
	Male	11%	8%	
Total		17%	12%	County statistically higher

1.12 Percent of students who attempted suicide, past 12 months

		Orange	Vermont	Notes
Grade	9th	9%	7%	
	10th	7%	6%	
	11th	7%	5%	
	12th	5%	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

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

		Orange	Vermont	Notes
Grade	9th	5%	8%	
	10th	7%	9%	
	11th	15%	9%	County statistically higher
	12th	20%	9%	County statistically higher
Sex	Female	17%	11%	County statistically higher
	Male	9%	7%	
Total		13%	9%	County statistically higher

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

		Orange	Vermont	Notes
Grade	9th	8%	5%	County statistically higher
	10th	8%	6%	
	11th	8%	7%	
	12th	11%	8%	
Sex	Female	14%	10%	County statistically higher
	Male	4%	3%	
Total		9%	7%	County statistically higher

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

		Orange	Vermont	Notes
Grade	9th	25%	19%	County statistically higher
	10th	26%	20%	County statistically higher
	11th	25%	20%	
	12th	25%	19%	
Sex	Female	26%	20%	County statistically higher
	Male	25%	19%	County statistically higher
Total		26%	20%	County statistically higher

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

		Orange	Vermont	Notes
Grade	9th	13%	13%	
	10th	21%	20%	
	11th	28%	26%	
	12th	28%	29%	
Sex	Female	22%	22%	
	Male	24%	22%	
Total		23%	22%	

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

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

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

		Orange	Vermont	Notes
Grade	9th	6%	8%	
	10th	8%	10%	
	11th	18%	18%	
	12th	15%	20%	
Sex	Female	8%	12%	
	Male	19%	18%	
Total		14%	15%	

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

		Orange	Vermont	Notes
Grade	9th	7%	10%	
	10th	9%	15%	
	11th	32%	40%	
	12th	41%	50%	
Sex	Female	27%	33%	
	Male	26%	33%	County statistically lower
Total		27%	33%	County statistically lower

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

		Orange	Vermont	Notes
Grade	9th	55%	48%	
	10th	60%	54%	
	11th	55%	55%	
	12th	57%	56%	
Sex	Female	51%	49%	
	Male	61%	56%	
Total		57%	53%	

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

		Orange	Vermont	Notes
Grade	9th	64%	63%	
	10th	72%	65%	
	11th	71%	65%	
	12th	70%	67%	
Sex	Female	76%	72%	
	Male	61%	59%	
Total		69%	65%	County statistically higher

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

		Orange	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	3%	3%	
	11th	3%	4%	
	12th	6%	6%	
Sex	Female	5%	5%	
	Male	2%	3%	
Total		4%	4%	

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

		Orange	Vermont	Notes
Grade	9th	41%	37%	
	10th	55%	51%	
	11th	68%	63%	
	12th	64%	71%	
Sex	Female	57%	57%	
	Male	58%	54%	
Total		58%	56%	

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

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

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

		Orange	Vermont	Notes
Grade	9th	18%	17%	
	10th	26%	26%	
	11th	37%	34%	
	12th	44%	42%	
Sex	Female	32%	30%	
	Male	31%	29%	
Total		32%	30%	

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

		Orange	Vermont	Notes
Grade	9th	5%	8%	
	10th	11%	13%	
	11th	20%	19%	
	12th	26%	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

			Orange	Vermont	Notes
Grade	9th	1 to 2 days	.	55%	Too few students
		3 to 9 days	.	33%	Too few students
		10+ days	.	11%	Too few students

	10th	1 to 2 days	.	57%	Too few students
		3 to 9 days	.	34%	Too few students
		10+ days	.	9%	Too few students

	11th	1 to 2 days	47%	49%	
		3 to 9 days	34%	40%	
		10+ days	20%	11%	

	12th	1 to 2 days	46%	47%	
		3 to 9 days	43%	40%	
		10+ days	11%	13%	

Sex	Female	1 to 2 days	48%	55%	
		3 to 9 days	38%	36%	
		10+ days	14%	9%	

	Male	1 to 2 days	54%	47%	
		3 to 9 days	30%	38%	
		10+ days	16%	15%	

Total		1 to 2 days	50%	51%	
		3 to 9 days	35%	37%	
		10+ days	15%	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

			Orange	Vermont	Notes
Grade	9th	1 to 2 drinks	.	49%	Too few students
		3 to 4 drinks	.	19%	Too few students
		5 or more drinks	.	32%	Too few students

	10th	1 to 2 drinks	.	41%	Too few students
		3 to 4 drinks	.	20%	Too few students
		5 or more drinks	.	39%	Too few students

	11th	1 to 2 drinks	43%	33%	
		3 to 4 drinks	9%	18%	
		5 or more drinks	49%	49%	

	12th	1 to 2 drinks	34%	32%	
		3 to 4 drinks	17%	19%	
		5 or more drinks	49%	49%	

Sex	Female	1 to 2 drinks	43%	40%	
		3 to 4 drinks	17%	23%	
		5 or more drinks	40%	38%	

	Male	1 to 2 drinks	40%	33%	
		3 to 4 drinks	10%	16%	
		5 or more drinks	51%	52%	

Total	1 to 2 drinks		42%	36%	
	3 to 4 drinks		13%	19%	County statistically lower
	5 or more drinks		45%	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**

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

	10th	Bought it	.	3%	Too few students
		Gave someone money	.	18%	Too few students
		Someone gave it to me	.	41%	Too few students
		Took it / some other way	.	37%	Too few students

	11th	Bought it	.	4%	Too few students
		Gave someone money	26%	28%	
		Someone gave it to me	40%	41%	
		Took it / some other way	29%	27%	

	12th	Bought it	.	7%	Too few students
		Gave someone money	30%	29%	
		Someone gave it to me	45%	43%	
		Took it / some other way	22%	22%	

Sex	Female	Bought it	.	2%	Too few students
		Gave someone money	22%	24%	
		Someone gave it to me	49%	46%	
		Took it / some other way	28%	28%	

	Male	Bought it	5%	7%	
		Gave someone money	25%	24%	
		Someone gave it to me	38%	35%	
		Took it / some other way	33%	34%	

Total	Bought it		3%	5%	
	Gave someone money		23%	24%	
	Someone gave it to me		44%	40%	
	Took it / some other way		30%	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

			Orange	Vermont	Notes
Grade	9th	At my home	.	46%	Too few students
		At another persons home	.	43%	Too few students
		At a public place or event	.	12%	Too few students

	10th	At my home	50%	37%	
		At another persons home	32%	53%	County statistically lower
		At a public place or event	18%	10%	

	11th	At my home	48%	32%	County statistically higher
		At another persons home	49%	58%	
		At a public place or event	.	9%	Too few students

	12th	At my home	29%	30%	
		At another persons home	62%	60%	
		At a public place or event	9%	10%	

Sex	Female	At my home	42%	34%	
		At another persons home	49%	58%	
		At a public place or event	9%	8%	

	Male	At my home	42%	34%	
		At another persons home	49%	53%	
		At a public place or event	9%	13%	

Total		At my home	42%	34%	County statistically higher
		At another persons home	48%	55%	County statistically lower
		At a public place or event	9%	10%	

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

		Orange	Vermont	Notes
Grade	9th	17%	14%	
	10th	21%	18%	
	11th	34%	24%	County statistically higher
	12th	27%	28%	
Sex	Female	24%	19%	County statistically higher
	Male	27%	23%	
Total		26%	21%	County statistically higher

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

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

2.11 Percent of students who smoked cigarettes, past 30 days

		Orange	Vermont	Notes
Grade	9th	7%	7%	
	10th	6%	9%	
	11th	16%	12%	
	12th	14%	14%	
Sex	Female	10%	10%	
	Male	12%	12%	
Total		12%	11%	

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

			Orange	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	.	32%	Too few students
		3 to 9 days	.	23%	Too few students
		10+ days	.	44%	Too few students

	Male	1 to 2 days	.	26%	Too few students
		3 to 9 days	.	22%	Too few students
		10+ days	.	52%	Too few students

Total	1 to 2 days		17%	29%	County statistically lower
	3 to 9 days		27%	22%	
	10+ days		56%	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

			Orange	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	.	47%	Too few students
		2 to 10 cigarettes	.	44%	Too few students
		11 or more cigarettes	.	9%	Too few students

	Male	1 cigarette or less	.	42%	Too few students
		2 to 10 cigarettes	.	45%	Too few students
		11 or more cigarettes	.	13%	Too few students

Total	1 cigarette or less		41%	44%	
	2 to 10 cigarettes		45%	44%	
	11 or more cigarettes		14%	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

		Orange	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	.	30%	Too few students
		Borrowed/bummed them	.	45%	Too few students
		Took them / some other way	.	19%	Too few students

	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	11%	10%	
		Someone else bought them	26%	29%	
		Borrowed/bummed them	34%	39%	
		Took them / some other way	29%	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**

		Orange	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%	Too few students
	Male	.	41%	Too few students
Total		45%	42%	

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

		Orange	Vermont	Notes
Grade	9th	18%	18%	
	10th	22%	28%	
	11th	27%	35%	County statistically lower
	12th	25%	39%	County statistically lower
Sex	Female	21%	27%	County statistically lower
	Male	25%	33%	County statistically lower
Total		23%	30%	County statistically lower

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

		Orange	Vermont	Notes
Grade	9th	7%	10%	
	10th	6%	14%	County statistically lower
	11th	13%	17%	
	12th	11%	19%	County statistically lower
Sex	Female	10%	13%	
	Male	9%	18%	County statistically lower
Total		10%	15%	County statistically lower

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

		Orange	Vermont	Notes
Grade	9th	22%	15%	County statistically higher
	10th	23%	21%	
	11th	35%	29%	
	12th	34%	32%	
Sex	Female	24%	20%	County statistically higher
	Male	34%	28%	
Total		29%	24%	County statistically higher

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

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

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**

		Orange	Vermont	Notes
Grade	9th	7%	5%	
	10th	6%	6%	
	11th	10%	8%	
	12th	7%	8%	
Sex	Female	4%	3%	
	Male	12%	11%	
Total		8%	7%	

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

		Orange	Vermont	Notes
Grade	9th	4%	5%	
	10th	5%	8%	
	11th	15%	12%	
	12th	15%	16%	
Sex	Female	8%	6%	
	Male	12%	14%	
Total		10%	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**

		Orange	Vermont	Notes
Grade	9th	13%	11%	
	10th	11%	15%	
	11th	25%	21%	
	12th	27%	25%	
Sex	Female	17%	13%	
	Male	24%	23%	
Total		20%	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

		Orange	Vermont	Notes
Grade	9th	15%	16%	
	10th	15%	22%	County statistically lower
	11th	29%	28%	
	12th	31%	32%	
Sex	Female	20%	20%	
	Male	27%	29%	
Total		24%	25%	

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

		Orange	Vermont	Notes
Grade	9th	17%	22%	
	10th	35%	32%	
	11th	46%	44%	
	12th	47%	49%	
Sex	Female	33%	36%	
	Male	41%	38%	
Total		37%	37%	

2.25 Percent of students who used marijuana before age 13

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

2.26 Percent of students who used marijuana, past 30 days

		Orange	Vermont	Notes
Grade	9th	9%	13%	
	10th	19%	20%	
	11th	29%	27%	
	12th	31%	29%	
Sex	Female	19%	21%	
	Male	27%	24%	
Total		23%	22%	

2 Alcohol, Tobacco and other Drug Use

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

			Orange	Vermont	Notes
Grade	9th	1 to 2 times	.	36%	Too few students
		3 to 9 times	.	24%	Too few students
		10+ times	.	40%	Too few students

	10th	1 to 2 times	.	32%	Too few students
		3 to 9 times	.	26%	Too few students
		10+ times	.	42%	Too few students

	11th	1 to 2 times	24%	30%	
		3 to 9 times	24%	24%	
		10+ times	52%	46%	

	12th	1 to 2 times	40%	29%	
		3 to 9 times	19%	23%	
		10+ times	40%	48%	

Sex	Female	1 to 2 times	39%	37%	
		3 to 9 times	27%	26%	
		10+ times	35%	37%	

	Male	1 to 2 times	29%	26%	
		3 to 9 times	18%	23%	
		10+ times	53%	52%	

Total	1 to 2 times		33%	31%	
	3 to 9 times		22%	24%	
	10+ times		45%	45%	

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

		Orange	Vermont	Notes
Grade	9th	8%	8%	
	10th	8%	10%	
	11th	15%	13%	
	12th	10%	14%	
Sex	Female	10%	11%	
	Male	12%	12%	
Total		11%	11%	

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

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

2.30 Percent of students who ever used cocaine

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

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

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

2.32 Percent of students who ever used methamphetamines

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

2.33 Percent of students who ever used heroin

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

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

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

		Orange	Vermont	Notes
Grade	9th	39%	34%	
	10th	41%	36%	
	11th	39%	39%	
	12th	43%	38%	
Sex	Female	40%	37%	
	Male	41%	37%	
Total		41%	37%	

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

		Orange	Vermont	Notes
Grade	9th	29%	25%	
	10th	33%	27%	
	11th	31%	28%	
	12th	34%	28%	
Sex	Female	34%	28%	County statistically higher
	Male	30%	27%	
Total		32%	27%	County statistically higher

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.

			Orange	Vermont	Notes	
Grade	9th	Never or rarely	11%	19%	County statistically lower	
		Sometimes	30%	27%		
		At least most of the time	59%	54%		

	10th	Never or rarely	14%	19%	County statistically higher	
		Sometimes	22%	27%		
		At least most of the time	65%	53%		

	11th	Never or rarely	13%	21%	County statistically lower	
		Sometimes	28%	28%		
		At least most of the time	58%	52%		

	12th	Never or rarely	15%	22%	County statistically higher	
		Sometimes	26%	28%		
		At least most of the time	59%	50%		

Sex	Female	Never or rarely	12%	19%	County statistically lower	
		Sometimes	27%	28%		
		At least most of the time	61%	53%		County statistically higher

	Male	Never or rarely	15%	22%	County statistically lower	
		Sometimes	26%	26%		
		At least most of the time	59%	51%		County statistically higher

Total		Never or rarely	13%	21%	County statistically lower	
		Sometimes	27%	27%		
		At least most of the time	60%	52%		County statistically higher

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

	Orange	Vermont	Notes
15 or less students	16%	19%	County statistically lower
16 to 25 students	25%	29%	
26 to 45 students	26%	24%	
46 to 55 students	17%	14%	County statistically higher
56 to 75 students	8%	8%	
76 or more students	8%	7%	

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

	Orange	Vermont	Notes
15 or less students	7%	8%	
16 to 25 students	13%	13%	
26 to 45 students	24%	21%	
46 to 55 students	21%	21%	
56 to 75 students	20%	20%	
76 or more students	16%	16%	

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

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

		Orange	Vermont	Notes
Grade	9th	93%	94%	
	10th	93%	93%	
	11th	90%	92%	
	12th	85%	87%	
Sex	Female	92%	93%	
	Male	88%	90%	
Total		90%	91%	

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

		Orange	Vermont	Notes
Grade	9th	81%	84%	
	10th	74%	78%	
	11th	63%	70%	
	12th	57%	57%	
Sex	Female	71%	74%	
	Male	65%	70%	
Total		68%	72%	County statistically lower

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

		Orange	Vermont	Notes
Grade	9th	89%	87%	
	10th	81%	82%	
	11th	75%	78%	
	12th	76%	74%	
Sex	Female	84%	82%	
	Male	75%	79%	
Total		80%	80%	

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

		Orange	Vermont	Notes
Grade	9th	87%	87%	
	10th	83%	84%	
	11th	74%	77%	
	12th	65%	67%	
Sex	Female	81%	80%	
	Male	72%	77%	
Total		77%	78%	

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

		Orange	Vermont	Notes
Grade	9th	73%	70%	
	10th	61%	58%	
	11th	42%	47%	
	12th	41%	38%	
Sex	Female	56%	54%	
	Male	52%	53%	
Total		54%	53%	

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

		Orange	Vermont	Notes
Grade	9th	75%	70%	
	10th	61%	59%	
	11th	53%	51%	
	12th	51%	44%	
Sex	Female	64%	57%	County statistically higher
	Male	55%	55%	
Total		59%	56%	

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

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

		Orange	Vermont	Notes
Grade	9th	60%	62%	
	10th	64%	66%	
	11th	67%	66%	
	12th	70%	66%	
Sex	Female	69%	67%	
	Male	62%	63%	
Total		65%	65%	

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

		Orange	Vermont	Notes
Grade	9th	39%	42%	
	10th	38%	40%	
	11th	34%	36%	
	12th	36%	35%	
Sex	Female	43%	43%	
	Male	30%	33%	
Total		37%	38%	

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

		Orange	Vermont	Notes
Grade	9th	37%	35%	
	10th	28%	29%	
	11th	27%	22%	
	12th	25%	21%	
Sex	Female	34%	30%	
	Male	24%	24%	
Total		29%	27%	

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

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

		Orange	Vermont	Notes
Grade	9th	49%	44%	
	10th	59%	55%	
	11th	64%	64%	
	12th	83%	80%	
Sex	Female	60%	57%	
	Male	68%	64%	
Total		64%	61%	

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

		Orange	Vermont	Notes
Grade	9th	66%	60%	
	10th	73%	68%	
	11th	78%	74%	
	12th	73%	75%	
Sex	Female	74%	71%	
	Male	71%	68%	
Total		73%	69%	

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

		Orange	Vermont	Notes
Grade	9th	42%	46%	
	10th	56%	60%	
	11th	70%	69%	
	12th	77%	74%	
Sex	Female	60%	60%	
	Male	64%	65%	
Total		62%	62%	

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

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

		Orange	Vermont	Notes
Grade	9th	44%	44%	
	10th	53%	50%	
	11th	56%	57%	
	12th	65%	60%	
Sex	Female	57%	56%	
	Male	52%	50%	
Total		55%	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

		Orange	Vermont	Notes
Grade	9th	31%	36%	
	10th	20%	30%	County statistically lower
	11th	16%	27%	County statistically lower
	12th	13%	24%	County statistically lower
Sex	Female	21%	29%	County statistically lower
	Male	19%	29%	County statistically lower
Total		20%	29%	County statistically lower

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

		Orange	Vermont	Notes
Grade	9th	10%	15%	County statistically lower
	10th	17%	19%	
	11th	24%	20%	
	12th	23%	18%	
Sex	Female	16%	15%	
	Male	22%	21%	
Total		19%	18%	

4 Sexual Behavior and Orientation

4.01 Sexual orientation

			Orange	Vermont	Notes
Grade	9th	Heterosexual (straight)	89%	88%	
		Gay or lesbian	3%	2%	
		Bisexual	4%	6%	
		Not sure	3%	5%	

	10th	Heterosexual (straight)	82%	89%	County statistically lower
		Gay or lesbian	.	2%	Too few students
		Bisexual	9%	6%	
		Not sure	7%	4%	County statistically higher

	11th	Heterosexual (straight)	87%	88%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	8%	6%	
		Not sure	4%	4%	

	12th	Heterosexual (straight)	88%	88%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	5%	6%	
		Not sure	5%	4%	

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

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

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

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

		Orange	Vermont	Notes
Grade	9th	18%	18%	
	10th	35%	33%	
	11th	53%	49%	
	12th	68%	62%	
Sex	Female	43%	40%	
	Male	46%	41%	
Total		45%	41%	

4.03 Percent of students who have ever had oral sex

		Orange	Vermont	Notes
Grade	9th	23%	21%	
	10th	38%	37%	
	11th	52%	50%	
	12th	65%	60%	
Sex	Female	46%	41%	
	Male	44%	42%	
Total		45%	42%	

4.04 Percent of students who had sexual intercourse before age 13

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

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

		Orange	Vermont	Notes
Grade	9th	4%	3%	
	10th	8%	6%	
	11th	12%	11%	
	12th	22%	19%	
Sex	Female	10%	9%	
	Male	13%	10%	
Total		12%	10%	

4.06 Percent of students who have ever been tested for HIV

		Orange	Vermont	Notes
Grade	9th	7%	7%	
	10th	11%	8%	
	11th	15%	12%	
	12th	21%	14%	County statistically higher
Sex	Female	15%	11%	
	Male	13%	9%	
Total		14%	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)**

		Orange	Vermont	Notes
Grade	9th	12%	12%	
	10th	26%	24%	
	11th	38%	38%	
	12th	53%	49%	
Sex	Female	34%	33%	
	Male	33%	30%	
Total		33%	31%	

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

		Orange	Vermont	Notes
Grade	9th	.	18%	Too few students
	10th	.	19%	Too few students
	11th	17%	18%	
	12th	14%	18%	
Sex	Female	12%	15%	
	Male	17%	22%	
Total		15%	19%	

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

		Orange	Vermont	Notes
Grade	9th	.	65%	Too few students
	10th	.	65%	Too few students
	11th	57%	58%	
	12th	47%	54%	
Sex	Female	49%	55%	
	Male	57%	62%	
Total		53%	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

		Orange	Vermont	Notes
Grade	9th	.	28%	Too few students
	10th	.	39%	Too few students
	11th	50%	49%	
	12th	63%	54%	
Sex	Female	60%	55%	
	Male	46%	38%	
Total		53%	47%	

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

		Orange	Vermont	Notes
Grade	9th	.	80%	Too few students
	10th	.	87%	Too few students
	11th	90%	88%	
	12th	91%	87%	
Sex	Female	90%	88%	
	Male	88%	86%	
Total		89%	87%	

4 Sexual Behavior and Orientation

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

			Orange	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	.	7%	Too few students
		Birth control pills	.	28%	Too few students
		Condoms	.	46%	Too few students
		IUD or implant	.	5%	Too few students
		Shot/patch/birth control ring	.	6%	Too few students
		Withdrawal/other method	.	6%	Too few students
		Not sure	.	2%	Too few students

	11th	No method was used	.	6%	Too few students
		Birth control pills	35%	37%	
		Condoms	39%	37%	
		IUD or implant	10%	7%	
		Shot/patch/birth control ring	.	6%	Too few students
		Withdrawal/other method	.	6%	Too few students
		Not sure	.	1%	Too few students

	12th	No method was used	.	7%	Too few students
		Birth control pills	44%	40%	
		Condoms	28%	32%	
		IUD or implant	9%	7%	
		Shot/patch/birth control ring	9%	7%	
		Withdrawal/other method	7%	6%	
		Not sure	7%	2%	County statistically higher

4 Sexual Behavior and Orientation

			Orange	Vermont	Notes
Sex	Female	No method was used	5%	7%	
		Birth control pills	44%	39%	
		Condoms	30%	31%	
		IUD or implant	10%	8%	
		Shot/patch/birth control ring	6%	8%	
		Withdrawal/other method	5%	5%	
		Not sure	5%	1%	County statistically higher

	Male	No method was used	6%	7%	
		Birth control pills	31%	30%	
		Condoms	42%	45%	
		IUD or implant	5%	4%	
		Shot/patch/birth control ring	9%	4%	County statistically higher
		Withdrawal/other method	6%	7%	
		Not sure	6%	3%	

Total		No method was used	6%	7%	
		Birth control pills	38%	35%	
		Condoms	35%	38%	
		IUD or implant	8%	6%	
		Shot/patch/birth control ring	7%	6%	
		Withdrawal/other method	5%	6%	
		Not sure	5%	2%	County statistically higher

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**

			Orange	Vermont	Notes
Sex	Female	Have not had sex	41%	45%	
		Same sex	1%	1%	
		Opposite sex	50%	46%	
		Both sexes	8%	7%	

	Male	Have not had sex	38%	43%	County statistically lower
		Same sex	3%	1%	County statistically higher
		Opposite sex	57%	53%	
		Both sexes	2%	2%	

Total	Have not had sex		39%	44%	County statistically lower
	Same sex		2%	1%	
	Opposite sex		54%	50%	
	Both sexes		5%	5%	

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

		Orange	Vermont	Notes
Grade	9th	20%	15%	
	10th	12%	14%	
	11th	15%	14%	
	12th	18%	13%	
Sex	Female	18%	14%	County statistically higher
	Male	15%	14%	
Total		17%	14%	

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

		Orange	Vermont	Notes
Grade	9th	13%	12%	
	10th	12%	13%	
	11th	11%	12%	
	12th	12%	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

			Orange	Vermont	Notes
Grade	9th	Underweight	18%	15%	
		About the right weight	48%	56%	
		Overweight	33%	29%	

	10th	Underweight	15%	13%	
		About the right weight	54%	55%	
		Overweight	32%	32%	

	11th	Underweight	15%	13%	
		About the right weight	50%	55%	
		Overweight	35%	31%	

	12th	Underweight	7%	13%	
		About the right weight	55%	55%	
		Overweight	38%	32%	

Sex	Female	Underweight	12%	10%	
		About the right weight	46%	54%	County statistically lower
		Overweight	42%	36%	County statistically higher

	Male	Underweight	16%	17%	
		About the right weight	58%	57%	
		Overweight	26%	26%	

Total		Underweight	14%	14%	
		About the right weight	51%	55%	
		Overweight	35%	31%	

5 Body Image

5.04 Students who are trying to do something about their weight

			Orange	Vermont	Notes
Grade	9th	Lose weight	45%	41%	
		Gain weight	9%	12%	
		Stay the same weight /do nothing	45%	47%	

	10th	Lose weight	39%	43%	
		Gain weight	8%	13%	
		Stay the same weight /do nothing	52%	44%	County statistically higher

	11th	Lose weight	38%	42%	
		Gain weight	14%	14%	
		Stay the same weight /do nothing	48%	44%	

	12th	Lose weight	42%	42%	
		Gain weight	13%	15%	
		Stay the same weight /do nothing	45%	42%	

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

	Male	Lose weight	25%	28%	
		Gain weight	19%	23%	
		Stay the same weight /do nothing	56%	49%	County statistically higher

Total		Lose weight	41%	42%	
		Gain weight	11%	14%	
		Stay the same weight /do nothing	48%	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.

			Orange	Vermont	Notes
Grade	9th	Less than 1 hour	15%	14%	
		1 to 2 hours	34%	36%	
		3 to 4 hours	30%	33%	
		5+ hours	21%	18%	

	10th	Less than 1 hour	14%	14%	
		1 to 2 hours	30%	36%	
		3 to 4 hours	36%	32%	
		5+ hours	19%	18%	

	11th	Less than 1 hour	14%	15%	
		1 to 2 hours	38%	38%	
		3 to 4 hours	31%	32%	
		5+ hours	18%	16%	

	12th	Less than 1 hour	15%	16%	
		1 to 2 hours	37%	36%	
		3 to 4 hours	30%	32%	
		5+ hours	18%	17%	

Sex	Female	Less than 1 hour	14%	15%	
		1 to 2 hours	35%	37%	
		3 to 4 hours	31%	32%	
		5+ hours	20%	16%	

	Male	Less than 1 hour	15%	14%	
		1 to 2 hours	35%	36%	
		3 to 4 hours	32%	32%	
		5+ hours	18%	18%	

Total		Less than 1 hour	14%	15%	
		1 to 2 hours	35%	36%	
		3 to 4 hours	31%	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

			Orange	Vermont	Notes
Grade	9th	0 days	14%	11%	
		1 to 2 days	13%	16%	
		3 to 6 days	45%	47%	
		Everyday	28%	25%	

	10th	0 days	12%	13%	
		1 to 2 days	16%	15%	
		3 to 6 days	48%	47%	
		Everyday	25%	24%	

	11th	0 days	13%	15%	
		1 to 2 days	21%	17%	
		3 to 6 days	44%	45%	
		Everyday	21%	22%	

	12th	0 days	18%	17%	
		1 to 2 days	17%	18%	
		3 to 6 days	39%	44%	
		Everyday	25%	21%	

Sex	Female	0 days	18%	17%	
		1 to 2 days	20%	20%	
		3 to 6 days	45%	48%	
		Everyday	17%	16%	

	Male	0 days	11%	12%	
		1 to 2 days	13%	14%	
		3 to 6 days	42%	44%	
		Everyday	33%	30%	

Total		0 days	15%	14%	
		1 to 2 days	17%	17%	
		3 to 6 days	44%	46%	
		Everyday	24%	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**

		Orange	Vermont	Notes
Grade	9th	16%	23%	County statistically lower
	10th	24%	23%	
	11th	22%	23%	
	12th	22%	24%	
Sex	Female	23%	22%	
	Male	20%	25%	
Total		21%	24%	

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

		Orange	Vermont	Notes
Grade	9th	27%	34%	
	10th	35%	34%	
	11th	32%	34%	
	12th	35%	35%	
Sex	Female	33%	33%	
	Male	32%	35%	
Total		32%	34%	

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

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

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

		Orange	Vermont	Notes
Grade	9th	7%	5%	
	10th	.	4%	Too few students
	11th	2%	4%	
	12th	.	4%	Too few students
Sex	Female	2%	3%	
	Male	4%	5%	
Total		3%	4%	

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

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

6 Nutrition and Physical Activity

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

			Orange	Vermont	Notes
Grade	9th	Never	9%	11%	County statistically higher
		1 to 3 days	33%	25%	
		4 to 6 days	20%	22%	
		Everyday	38%	42%	

	10th	Never	10%	11%	
		1 to 3 days	29%	24%	
		4 to 6 days	18%	24%	
		Everyday	43%	41%	

	11th	Never	9%	10%	
		1 to 3 days	26%	25%	
		4 to 6 days	26%	24%	
		Everyday	39%	40%	

	12th	Never	11%	11%	
		1 to 3 days	26%	25%	
		4 to 6 days	24%	25%	
		Everyday	39%	39%	

Sex	Female	Never	8%	11%	
		1 to 3 days	30%	27%	
		4 to 6 days	23%	24%	
		Everyday	39%	38%	

	Male	Never	12%	11%	
		1 to 3 days	26%	23%	
		4 to 6 days	22%	23%	
		Everyday	40%	43%	

Total		Never	10%	11%	County statistically higher
		1 to 3 days	28%	25%	
		4 to 6 days	22%	24%	
		Everyday	39%	40%	

6 Nutrition and Physical Activity

6.09 The number of glasses of water students drank yesterday

			Orange	Vermont	Notes
Grade	9th	None	8%	9%	
		1 to 3 glasses	62%	60%	
		4+ glasses	29%	32%	

	10th	None	7%	8%	
		1 to 3 glasses	59%	58%	
		4+ glasses	34%	34%	

	11th	None	5%	8%	
		1 to 3 glasses	59%	60%	
		4+ glasses	35%	32%	

	12th	None	9%	9%	
		1 to 3 glasses	61%	57%	
		4+ glasses	30%	34%	

Sex	Female	None	8%	8%	
		1 to 3 glasses	61%	62%	
		4+ glasses	31%	31%	

	Male	None	7%	9%	
		1 to 3 glasses	59%	56%	
		4+ glasses	34%	35%	

Total	None		8%	9%	
	1 to 3 glasses		60%	59%	
	4+ glasses		32%	33%	

6 Nutrition and Physical Activity

6.10 Amount of soda students drank during the past 7 days

			Orange	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	31%	33%	
		At least once during the past week	56%	53%	
		At least once per day	13%	14%	

	11th	None	34%	33%	
		At least once during the past week	48%	51%	
		At least once per day	18%	15%	

	12th	None	31%	36%	
		At least once during the past week	48%	49%	
		At least once per day	21%	15%	

Sex	Female	None	37%	42%	County statistically lower
		At least once during the past week	52%	48%	
		At least once per day	11%	9%	

	Male	None	26%	25%	
		At least once during the past week	52%	55%	
		At least once per day	23%	20%	

Total	None		31%	33%	
	At least once during the past week		52%	52%	
	At least once per day		17%	15%	

6 Nutrition and Physical Activity

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

			Orange	Vermont	Notes
Grade	9th	None	27%	25%	
		At least once during the past week	58%	61%	
		At least once per day	15%	14%	

	10th	None	27%	25%	
		At least once during the past week	63%	59%	
		At least once per day	10%	15%	

	11th	None	30%	26%	
		At least once during the past week	52%	59%	
		At least once per day	18%	16%	

	12th	None	32%	29%	
		At least once during the past week	47%	57%	County statistically lower
		At least once per day	21%	15%	

Sex	Female	None	32%	30%	
		At least once during the past week	58%	59%	
		At least once per day	10%	11%	

	Male	None	26%	22%	
		At least once during the past week	50%	58%	County statistically lower
		At least once per day	24%	19%	

Total		None	29%	26%	
		At least once during the past week	54%	59%	County statistically lower
		At least once per day	16%	15%	

7 Youth Assets

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

			Orange	Vermont	Notes
Grade	9th	Mostly As or Bs	66%	76%	County statistically lower
		Mostly Cs	21%	13%	County statistically higher
		Mostly Ds or Fs	4%	4%	
		Other / Not sure	9%	7%	

	10th	Mostly As or Bs	75%	77%	
		Mostly Cs	15%	14%	
		Mostly Ds or Fs	6%	4%	
		Other / Not sure	5%	5%	

	11th	Mostly As or Bs	77%	80%	
		Mostly Cs	16%	13%	
		Mostly Ds or Fs	2%	3%	
		Other / Not sure	4%	4%	

	12th	Mostly As or Bs	77%	83%	
		Mostly Cs	16%	11%	
		Mostly Ds or Fs	3%	2%	
		Other / Not sure	4%	4%	

Sex	Female	Mostly As or Bs	81%	84%	
		Mostly Cs	11%	9%	
		Mostly Ds or Fs	3%	3%	
		Other / Not sure	4%	4%	

	Male	Mostly As or Bs	66%	74%	County statistically lower
		Mostly Cs	22%	16%	County statistically higher
		Mostly Ds or Fs	5%	4%	
		Other / Not sure	7%	6%	

Total		Mostly As or Bs	74%	79%	County statistically lower
		Mostly Cs	17%	13%	County statistically higher
		Mostly Ds or Fs	4%	3%	
		Other / Not sure	5%	5%	

7 Youth Assets

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

			Orange	Vermont	Notes
Grade	9th	0 hours	38%	32%	
		1 to 4 hours	32%	30%	
		5 to 9 hours	17%	17%	
		10 or more hours	14%	21%	County statistically lower
<hr/>					
	10th	0 hours	38%	32%	
		1 to 4 hours	29%	28%	
		5 to 9 hours	14%	16%	
		10 or more hours	18%	24%	
<hr/>					
	11th	0 hours	33%	32%	
		1 to 4 hours	24%	27%	
		5 to 9 hours	18%	16%	
		10 or more hours	25%	25%	
<hr/>					
	12th	0 hours	39%	32%	
		1 to 4 hours	26%	26%	
		5 to 9 hours	10%	16%	
		10 or more hours	26%	27%	
<hr/>					
Sex	Female	0 hours	34%	31%	
		1 to 4 hours	28%	29%	
		5 to 9 hours	17%	16%	
		10 or more hours	21%	24%	
<hr/>					
	Male	0 hours	40%	33%	County statistically higher
		1 to 4 hours	27%	27%	
		5 to 9 hours	12%	16%	
		10 or more hours	21%	24%	
<hr/>					
Total	0 hours		37%	32%	County statistically higher
	1 to 4 hours		27%	28%	
	5 to 9 hours		15%	16%	
	10 or more hours		21%	24%	

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

		Orange	Vermont	Notes
Grade	9th	76%	78%	
	10th	72%	77%	
	11th	77%	77%	
	12th	82%	75%	County statistically higher
Sex	Female	78%	77%	
	Male	77%	76%	
Total		77%	76%	

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

		Orange	Vermont	Notes
Grade	9th	42%	49%	County statistically lower
	10th	42%	48%	
	11th	44%	50%	
	12th	59%	54%	
Sex	Female	43%	47%	
	Male	52%	54%	
Total		47%	50%	

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

		Orange	Vermont	Notes
Grade	9th	54%	59%	
	10th	48%	57%	County statistically lower
	11th	65%	64%	
	12th	69%	69%	
Sex	Female	59%	60%	
	Male	60%	64%	
Total		60%	62%	

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

		Orange	Vermont	Notes
Grade	9th	51%	50%	
	10th	45%	46%	
	11th	47%	46%	
	12th	51%	49%	
Sex	Female	46%	48%	
	Male	51%	48%	
Total		49%	48%	

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

		Orange	Vermont	Notes
Grade	9th	74%	75%	
	10th	80%	80%	
	11th	84%	83%	
	12th	86%	84%	
Sex	Female	83%	83%	
	Male	79%	78%	
Total		81%	80%	

2015 Vermont Youth Risk Behavior Survey Report

Middle School Report for Orange 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

Orange
Number of Middle School Students in Orange County

Orange County Total

682

Sex	Total	%
Missing	5	0%
Female	317	46%
Male	360	52%

Grade	Total	%
Missing	5	0%
6th grade	104	15%
7th grade	293	42%
8th grade	280	41%

Age	Total	%
Missing	2	0%
11 years or younger	50	7%
12 years	184	26%
13 years	282	41%
14 years or older	164	24%

Race / Ethnicity	Total	%
Missing	50	7%
Racial or ethnic minority	110	16%
White non-Hispanic	522	76%

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

Demographics

Vermont
Number of Middle School Students in Vermont

Vermont Total

13648

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

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

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

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

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

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

		Orange	Vermont	Notes
Grade	6th	52%	42%	
	7th	51%	41%	County statistically higher
	8th	52%	44%	County statistically higher
Sex	Female	38%	28%	County statistically higher
	Male	64%	57%	County statistically higher
Total		51%	43%	County statistically higher

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

		Orange	Vermont	Notes
Grade	6th	25%	24%	
	7th	30%	25%	
	8th	24%	22%	
Sex	Female	34%	30%	
	Male	19%	18%	
Total		27%	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**

		Orange	Vermont	Notes
Grade	6th	27%	21%	
	7th	29%	26%	
	8th	31%	28%	
Sex	Female	44%	36%	County statistically higher
	Male	17%	16%	
Total		30%	26%	County statistically higher

1.04 Percent of students who were ever bullied at school

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

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

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

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

		Orange	Vermont	Notes
Grade	6th	7%	8%	
	7th	8%	7%	
	8th	10%	7%	
Sex	Female	13%	9%	
	Male	5%	6%	
Total		9%	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

		Orange	Vermont	Notes
Grade	6th	22%	17%	
	7th	22%	19%	
	8th	29%	22%	County statistically higher
Sex	Female	33%	27%	County statistically higher
	Male	17%	13%	
Total		25%	20%	County statistically higher

1.08 Percent of students who ever seriously thought about suicide

		Orange	Vermont	Notes
Grade	6th	26%	14%	County statistically higher
	7th	18%	16%	
	8th	24%	22%	
Sex	Female	29%	23%	
	Male	16%	12%	
Total		22%	18%	County statistically higher

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

		Orange	Vermont	Notes
Grade	6th	16%	9%	County statistically higher
	7th	12%	11%	
	8th	20%	15%	
Sex	Female	19%	16%	County statistically higher
	Male	12%	8%	
Total		15%	12%	County statistically higher

1.10 Percent of students who ever attempted suicide

		Orange	Vermont	Notes
Grade	6th	12%	5%	County statistically higher
	7th	5%	5%	
	8th	12%	8%	
Sex	Female	13%	8%	County statistically higher
	Male	5%	3%	
Total		9%	6%	County statistically higher

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

		Orange	Vermont	Notes
Grade	6th	54%	51%	
	7th	52%	55%	
	8th	55%	56%	
Sex	Female	59%	58%	
	Male	49%	51%	
Total		53%	54%	

1 Personal Safety

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

			Orange	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	40%	26%	County statistically higher
		Sometimes wear a helmet	15%	15%	
		Most of the time / always wear a helmet	45%	59%	County statistically lower

	7th	Never / rarely wear a helmet	39%	31%	County statistically higher
		Sometimes wear a helmet	20%	16%	
		Most of the time / always wear a helmet	41%	52%	County statistically lower

	8th	Never / rarely wear a helmet	50%	41%	County statistically higher
		Sometimes wear a helmet	17%	15%	
		Most of the time / always wear a helmet	33%	43%	County statistically lower

Sex	Female	Never / rarely wear a helmet	40%	31%	County statistically higher
		Sometimes wear a helmet	21%	17%	
		Most of the time / always wear a helmet	39%	52%	County statistically lower

	Male	Never / rarely wear a helmet	46%	36%	County statistically higher
		Sometimes wear a helmet	16%	14%	
		Most of the time / always wear a helmet	38%	49%	County statistically lower

Total	Never / rarely wear a helmet		44%	34%	County statistically higher
	Sometimes wear a helmet		18%	16%	
	Most of the time / always wear a helmet		38%	51%	County statistically lower

1 Personal Safety

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

			Orange	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	53%	42%	
		Sometimes wear a helmet	13%	13%	
		Most of the time / always wear a helmet	34%	45%	
<hr/>					
	8th	Never / rarely wear a helmet	68%	52%	County statistically higher
		Sometimes wear a helmet	8%	12%	
		Most of the time / always wear a helmet	24%	36%	County statistically lower
<hr/>					
Sex	Female	Never / rarely wear a helmet	63%	45%	County statistically higher
		Sometimes wear a helmet	12%	13%	
		Most of the time / always wear a helmet	25%	43%	County statistically lower
<hr/>					
	Male	Never / rarely wear a helmet	53%	41%	County statistically higher
		Sometimes wear a helmet	10%	12%	
		Most of the time / always wear a helmet	37%	47%	
<hr/>					
Total		Never / rarely wear a helmet	58%	43%	County statistically higher
		Sometimes wear a helmet	11%	12%	
		Most of the time / always wear a helmet	32%	45%	County statistically lower

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

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

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

		Orange	Vermont	Notes
Grade	6th	25%	15%	County statistically higher
	7th	23%	19%	
	8th	26%	25%	
Sex	Female	27%	21%	
	Male	23%	19%	
Total		25%	20%	County statistically higher

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

		Orange	Vermont	Notes
Grade	6th	13%	10%	
	7th	18%	15%	
	8th	26%	24%	
Sex	Female	20%	16%	
	Male	21%	18%	
Total		21%	17%	County statistically higher

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

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

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

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

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

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

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

		Orange	Vermont	Notes
Grade	6th	4%	4%	
	7th	10%	7%	
	8th	18%	13%	County statistically higher
Sex	Female	11%	9%	
	Male	13%	9%	County statistically higher
Total		12%	9%	County statistically higher

2.06 Percent of students who ever smoked a whole cigarette

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

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

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

2.08 Percent of students who smoked cigarettes, past 30 days

		Orange	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	2%	2%	
	8th	4%	3%	
Sex	Female	3%	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**

		Orange	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	6%	6%	
	8th	10%	11%	
Sex	Female	7%	7%	
	Male	8%	7%	
Total		7%	7%	

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

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

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

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

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

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

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

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

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

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

2 Alcohol, Tobacco, and Other Drug Use

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

		Orange	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

		Orange	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	4%	5%	
	8th	13%	11%	
Sex	Female	6%	6%	
	Male	8%	7%	
Total		7%	7%	

2.17 Percent of students who used marijuana by age 11

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

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

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

2.19 Percent of students who have ever used inhalants

		Orange	Vermont	Notes
Grade	6th	6%	5%	
	7th	5%	4%	
	8th	8%	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

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

		Orange	Vermont	Notes
Grade	6th	34%	24%	
	7th	30%	28%	
	8th	37%	31%	County statistically higher
Sex	Female	34%	29%	
	Male	33%	27%	
Total		33%	28%	County statistically higher

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

		Orange	Vermont	Notes
Grade	6th	23%	17%	
	7th	25%	20%	
	8th	28%	23%	
Sex	Female	27%	22%	
	Male	25%	19%	County statistically higher
Total		26%	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

		Orange	Vermont	Notes
Grade	6th	51%	47%	
	7th	51%	52%	
	8th	59%	55%	
Sex	Female	52%	52%	
	Male	56%	52%	
Total		55%	52%	

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

		Orange	Vermont	Notes
Grade	6th	18%	15%	
	7th	30%	26%	
	8th	39%	35%	
Sex	Female	34%	28%	
	Male	31%	26%	
Total		32%	27%	County statistically higher

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

	Orange	Vermont	Notes
15 or less students	21%	16%	County statistically higher
16 to 25 students	22%	25%	
26 to 45 students	22%	24%	
46 to 55 students	16%	16%	
56 to 75 students	9%	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

		Orange	Vermont	Notes
Grade	6th	96%	96%	
	7th	96%	96%	
	8th	95%	96%	
Sex	Female	95%	97%	
	Male	96%	96%	
Total		96%	96%	

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

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

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

		Orange	Vermont	Notes
Grade	6th	97%	96%	
	7th	95%	95%	
	8th	92%	92%	
Sex	Female	95%	94%	
	Male	94%	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

		Orange	Vermont	Notes
Grade	6th	95%	97%	
	7th	96%	95%	
	8th	90%	92%	
Sex	Female	95%	95%	
	Male	91%	94%	
Total		93%	94%	

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

		Orange	Vermont	Notes
Grade	6th	91%	94%	
	7th	87%	90%	
	8th	81%	83%	
Sex	Female	90%	90%	
	Male	81%	87%	County statistically lower
Total		85%	88%	County statistically lower

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

		Orange	Vermont	Notes
Grade	6th	99%	97%	
	7th	93%	92%	
	8th	81%	83%	
Sex	Female	91%	91%	
	Male	88%	89%	
Total		89%	90%	

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

		Orange	Vermont	Notes
Grade	6th	64%	70%	
	7th	69%	72%	
	8th	67%	72%	
Sex	Female	65%	71%	County statistically lower
	Male	71%	72%	
Total		67%	71%	County statistically lower

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

		Orange	Vermont	Notes
Grade	6th	41%	49%	
	7th	44%	49%	
	8th	41%	46%	
Sex	Female	42%	49%	County statistically lower
	Male	42%	46%	
Total		42%	48%	County statistically lower

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

		Orange	Vermont	Notes
Grade	6th	61%	67%	
	7th	61%	61%	
	8th	48%	51%	
Sex	Female	56%	60%	
	Male	55%	58%	
Total		55%	59%	

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

		Orange	Vermont	Notes
Grade	6th	23%	18%	
	7th	27%	24%	
	8th	40%	34%	
Sex	Female	29%	25%	
	Male	34%	29%	
Total		31%	27%	County statistically higher

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

		Orange	Vermont	Notes
Grade	6th	28%	24%	
	7th	32%	33%	
	8th	46%	46%	
Sex	Female	35%	35%	
	Male	38%	37%	
Total		37%	36%	

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

		Orange	Vermont	Notes
Grade	6th	.	6%	Too few students
	7th	10%	12%	
	8th	26%	22%	
Sex	Female	14%	13%	
	Male	17%	16%	
Total		16%	14%	

4 Sexual Behavior

4.01 Percent of students who have ever had sexual intercourse

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

4.02 Percent of students who have ever had oral sex

		Orange	Vermont	Notes
Grade	6th	6%	2%	County statistically higher
	7th	4%	3%	
	8th	9%	9%	
Sex	Female	5%	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

			Orange	Vermont	Notes
Grade	6th	Never	7%	4%	
		1 to 3 times	14%	13%	
		4 to 6 times	21%	22%	
		Everyday	58%	61%	

	7th	Never	9%	7%	
		1 to 3 times	16%	16%	
		4 to 6 times	24%	25%	
		Everyday	51%	51%	

	8th	Never	10%	8%	
		1 to 3 times	21%	20%	
		4 to 6 times	23%	25%	
		Everyday	46%	48%	

Sex	Female	Never	9%	8%	
		1 to 3 times	21%	21%	
		4 to 6 times	30%	26%	
		Everyday	40%	45%	

	Male	Never	9%	6%	County statistically higher
		1 to 3 times	14%	13%	
		4 to 6 times	17%	23%	County statistically lower
		Everyday	60%	59%	

Total		Never	9%	7%	County statistically higher
		1 to 3 times	18%	17%	
		4 to 6 times	23%	24%	
		Everyday	50%	52%	

5 Nutrition and Physical Activity

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

		Orange	Vermont	Notes
Grade	6th	37%	45%	
	7th	48%	41%	County statistically higher
	8th	43%	39%	
Sex	Female	39%	38%	
	Male	49%	44%	
Total		45%	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

			Orange	Vermont	Notes
Grade	6th	Never	13%	8%	
		1 to 4 days	34%	32%	
		5 to 6 days	24%	27%	
		Everyday	30%	33%	

	7th	Never	7%	7%	
		1 to 4 days	29%	34%	
		5 to 6 days	28%	28%	
		Everyday	36%	31%	

	8th	Never	9%	8%	
		1 to 4 days	29%	36%	County statistically lower
		5 to 6 days	25%	27%	
		Everyday	37%	29%	County statistically higher

Sex	Female	Never	5%	8%	
		1 to 4 days	36%	39%	
		5 to 6 days	34%	30%	
		Everyday	25%	23%	

	Male	Never	12%	8%	County statistically higher
		1 to 4 days	24%	29%	
		5 to 6 days	20%	25%	
		Everyday	45%	38%	County statistically higher

Total		Never	9%	8%	
		1 to 4 days	30%	34%	County statistically lower
		5 to 6 days	26%	27%	
		Everyday	35%	31%	County statistically higher

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

			Orange	Vermont	Notes
Grade	6th	0 days	22%	18%	
		1 to 2 days	15%	15%	
		3 to 4 days	26%	19%	
		Everyday	36%	48%	County statistically lower

	7th	0 days	36%	30%	County statistically higher
		1 to 2 days	15%	17%	
		3 to 4 days	13%	17%	
		Everyday	36%	36%	

	8th	0 days	40%	33%	County statistically higher
		1 to 2 days	17%	16%	
		3 to 4 days	16%	16%	
		Everyday	27%	35%	County statistically lower

Sex	Female	0 days	34%	28%	County statistically higher
		1 to 2 days	16%	18%	
		3 to 4 days	20%	17%	
		Everyday	31%	38%	County statistically lower

	Male	0 days	36%	28%	County statistically higher
		1 to 2 days	16%	15%	
		3 to 4 days	14%	17%	
		Everyday	34%	40%	

Total		0 days	35%	28%	County statistically higher
		1 to 2 days	16%	16%	
		3 to 4 days	17%	17%	
		Everyday	32%	39%	County statistically lower

5 Nutrition and Physical Activity

5.05 Number of hours spent watching TV on an average school day

			Orange	Vermont	Notes
Grade	6th	1 hour or less per day	57%	60%	
		2 to 4 hours per day	34%	34%	
		5 or more hours per day	10%	6%	

	7th	1 hour or less per day	57%	57%	
		2 to 4 hours per day	37%	37%	
		5 or more hours per day	6%	6%	

	8th	1 hour or less per day	54%	57%	
		2 to 4 hours per day	36%	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	34%	37%	
		5 or more hours per day	7%	6%	

	Male	1 hour or less per day	53%	58%	
		2 to 4 hours per day	38%	35%	
		5 or more hours per day	8%	7%	

Total	1 hour or less per day		56%	58%	
	2 to 4 hours per day		36%	36%	
	5 or more hours per day		8%	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**

			Orange	Vermont	Notes
Grade	6th	1 hour or less per day	48%	55%	
		2 to 4 hours per day	36%	33%	
		5 or more hours per day	16%	12%	

	7th	1 hour or less per day	47%	46%	
		2 to 4 hours per day	41%	40%	
		5 or more hours per day	12%	14%	

	8th	1 hour or less per day	40%	40%	
		2 to 4 hours per day	38%	41%	
		5 or more hours per day	22%	19%	

Sex	Female	1 hour or less per day	43%	48%	
		2 to 4 hours per day	39%	37%	
		5 or more hours per day	18%	15%	

	Male	1 hour or less per day	45%	44%	
		2 to 4 hours per day	39%	41%	
		5 or more hours per day	16%	15%	

Total	1 hour or less per day		44%	46%	
	2 to 4 hours per day		39%	39%	
	5 or more hours per day		17%	15%	

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

			Orange	Vermont	Notes
Grade	6th	Never	23%	22%	
		1 to 5 days	48%	45%	
		At least six days	29%	33%	

	7th	Never	17%	16%	
		1 to 5 days	39%	41%	
		At least six days	44%	42%	

	8th	Never	14%	11%	
		1 to 5 days	28%	34%	
		At least six days	58%	55%	

Sex	Female	Never	12%	13%	
		1 to 5 days	40%	41%	
		At least six days	48%	46%	

	Male	Never	21%	18%	
		1 to 5 days	32%	38%	County statistically lower
		At least six days	47%	44%	

Total	Never		17%	15%	
	1 to 5 days		36%	39%	
	At least six days		47%	45%	

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

		Orange	Vermont	Notes
Grade	6th	75%	81%	
	7th	77%	80%	
	8th	75%	78%	
Sex	Female	77%	80%	
	Male	75%	79%	
Total		76%	79%	

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

		Orange	Vermont	Notes
Grade	6th	53%	60%	
	7th	60%	56%	
	8th	42%	51%	County statistically lower
Sex	Female	44%	50%	
	Male	58%	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**

		Orange	Vermont	Notes
Grade	6th	67%	69%	
	7th	60%	62%	
	8th	53%	59%	
Sex	Female	58%	62%	
	Male	59%	64%	
Total		59%	63%	County statistically lower

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

		Orange	Vermont	Notes
Grade	6th	46%	45%	
	7th	51%	44%	County statistically higher
	8th	43%	39%	
Sex	Female	50%	42%	County statistically higher
	Male	44%	43%	
Total		47%	43%	County statistically higher