



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

CHITTENDEN COUNTY



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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

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

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

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About the YRBS

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

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

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

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

In Vermont, the YRBS has been conducted during the spring semester of odd years since 1993.

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Methodology

The Department of Health works with the Agency of Education and the CDC to conduct two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of middle school students in grades 6 through 8. These surveys are conducted as a census at all public schools and select independent schools across the state.

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

Student participation in the YRBS is anonymous and voluntary.

In addition, to protect students anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

How Accurate are the Results?

Numerous precautions are taken to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers. These precautions can reduce some sources of error, but not all.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn. Only states with an overall response rate of at least 60% are weighted based on gender, grade, and race/ethnicity.

Information about the methodology of the national, state, and large urban school district YRBS has been described elsewhere and can be found online from the CDC's Healthy Youth-DASH website at: <https://www.cdc.gov/healthyouth/data/yrbs/methods>

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

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Populations in Focus

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

- Sex (biological)
- Grade
- Race, Ethnicity
- Sexual Orientation / Gender Identity

Please note: Due to the small sample size, all students of color were grouped into a “SOC” category to compare to white, non-Hispanic students. For similar reasons, lesbian, gay, bisexual, and transgender students were grouped into a “LGBT” category to compare to heterosexual/cisgender students.

Using the YRBS Results

Engaging students, schools, and communities

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

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

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

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

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

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

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

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

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

Understanding and Interpreting the Results

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 middle school students in grades six through eight (middle school survey) and high school students grades nine through twelve (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

Throughout this report, statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups.

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

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

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This report includes the overall results or prevalence for all students in Vermont as well as the overall results and results by demographics for students in Chittenden County

Key Terms and Statistical Differences Used in the Report

Each table includes a note about any statistical differences between the overall VT and Chittenden County prevalence rates.

When subpopulations are included, statistical comparisons between subpopulations of students within Chittenden County are also noted.

Throughout this report you will see the following key terms and statistical notations.

Key Terms

. = Too few students to report

VT = All students in Vermont

County = All students in Chittenden County

M = Male students in Chittenden County

F = Female students in Chittenden County

Older = Students in grades 11 and 12

Younger = Students in grades 9 and 10

WnH = White, non-Hispanic students in Chittenden County

SOC = Students of color in Chittenden County

Het = Heterosexual or cisgender students in Chittenden County

LGBT = Lesbian, gay, bisexual, or transgender students in Chittenden County

Statistical Differences

Some subgroups of students defined by where they live, sex, race/ethnicity, grade in school, and sexual orientation / gender identity status have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity, and social problems. Statistical differences, including differences between VT and Chittenden County students as well as differences within Chittenden County by sex, grade, race, and sexual orientation / gender identity are noted by the following notations:

α = Students across VT are statistically different than students in Chitt.

β = Male students are statistically different from female students

ϵ = 11th and 12th grade students are statistically different from 9th and 10th grade students; 6th grade students are significantly different from 7th and 8th grade students

ι = 8th grade students are significantly different from 6th and 7th grade students

δ = Results statistically increase or decrease with each grade

ζ = Students of color (SOC) are statistically different from white, non-Hispanic (WnH) students

θ = Lesbian, gay, bisexual and transgender (LGBT) students are statistically different from heterosexual and cisgender (HET) students

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HIGH SCHOOL RESULTS

Demographics

Sex	VT	Chitt.
Female	48	49
Male	52	51

Grade	VT	Chitt.
9th grade	25	24
10th grade	25	26
11th grade	25	24
12th grade	25	25

Demographics

Race	VT	Chitt.
Students of Color	16	17
White, non-Hispanic	84	83

Sexual Orientation / Gender Identity	VT	Chitt.
Lesbian, Gay, Bisexual, or Transgender	14	13
Heterosexual / Cisgender	86	87

Violence and Unintentional Injuries

Physical Violence	VT	Chitt.											Statistical Differences				
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	α	β	ε	ζ	θ
Were in a physical fight, past year	18	15	22	9	22	15	14	11	15	19	15	19	α	β	ε	ζ	θ
Carried a weapon on school property, past 30 days	5	3	4	2	3	2	2	4	2	6	2	5	α	β		ζ	θ
Were threatened or injured with a weapon on school property, past 30 days	7	6	7	4	7	7	4	5	5	9	5	10	α	β	ε	ζ	θ
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	6	4	3	5	5	5	3	3	4	7	3	10	α			ζ	θ

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Violence and Unintentional Injuries

Bullying	VT	Chitt.	Gender		Grade				WnH	SOC	Het	LGBT	Statistical Differences			
			M	F	9th	10th	11th	12th					α	β	ε	θ
Were electronically bullied, past year	16	13	10	16	14	15	11	10	13	13	11	23	α	β	ε	θ
Were bullied, past 30 days	17	13	10	16	16	15	11	10	13	14	11	23	α	β	ε	θ
Bullied someone, past 30 days	10	7	8	6	8	8	6	6	7	9	6	9	α	β	ζ	

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Violence and Unintentional Injuries

Sexual and Dating Violence	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
Report someone has ever done sexual things to them that they did not want	18	17	8	25	13	19	16	19	16	19	13	37	β	θ
Experienced physical dating violence, past year	8	6	6	6	6	7	4	6	6	9	5	13	α	ζ θ
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times, past year	28	24	18	31	23	28	22	24	24	25	22	38	α β	θ
Have sent or received a revealing or sexual photo of someone using social media, email, or texting on their smartphone, computer, iPad or other tablet, past 30 days	27	27	27	26	21	29	29	27	27	26	27	29		

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Violence and Unintentional Injuries

Motor Vehicle Safety	VT	Chitt.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences	
			M	F	9th	10th	11th	12th					α	θ
Rode with a driver who had been drinking alcohol, past 30 days	17	15	13	16	15	17	15	12	15	15	14	19	α	θ
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	23	20	21	20	11	19	24	28	21	18	21	22	α	ϵ

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Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive													Statistical Differences			
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT				
Texted or e-mailed while driving a car or other vehicle, past 30 days	35	37	37	37	10	17	43	58	37	35	38	34				δ
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	6	4	5	3	3	2	4	6	3	10	3	7	α	ε	ζ	θ
Drove a car or other vehicle when they had been using marijuana, past 30 days	15	14	16	12	5	9	16	20	14	16	14	17	β	ε		

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention	VT	Chitt.											Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Rarely or never wore a helmet when skiing or snowboarding, past year	11	7	8	7	7	7	7	8	5	21	7	10	α	ζ	
Had a concussion from playing a sport or being physically active, past year	18	16	17	14	16	17	16	12	15	19	16	12	α	β	ζ
Had a sunburn, past year	73	75	69	80	74	75	76	75	82	40	75	74	β	ζ	

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Chittenden County High School Results

Mental Health

Mental Health	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	β	θ
Did something to purposely hurt themselves without wanting to die, past year	19	17	11	23	16	19	16	15	17	18	12	48	α	β	θ
Felt sad or hopeless, past year	31	28	21	36	24	31	30	27	27	32	23	59	α	β	ζ θ
Made a plan about how they would attempt suicide, past year	13	12	10	15	12	14	12	12	12	15	9	33	β	θ	
Attempted suicide, past year	7	5	4	7	6	7	5	4	5	9	3	18	β	ζ	θ

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Lifetime Substance Use

Tobacco, Alcohol, or Marijuana Use Before Age 13	VT	Chitt.			9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
			M	F									α	β	ζ
First tried cigarette smoking before age 13 years	7	4	5	3	5	4	4	4	3	9	4	6	α	β	ζ
Drank alcohol before age 13	13	9	10	7	11	9	7	6	8	11	8	12	α	β	ε ζ θ
Tried marijuana for the first time before age 13 years	6	4	5	3	5	3	4	4	3	7	4	6	α		ζ θ

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Lifetime Substance Use

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences				
													α	β	ϵ	ζ	θ
Ever tried cigarette smoking	22	16	18	14	8	15	21	20	15	20	15	22	α	β	ϵ	ζ	θ
Ever used an electronic vapor product	50	46	47	46	32	46	54	54	48	39	48	47	α	ϵ	ζ		
Ever used a flavored tobacco product	27	24	23	25	15	23	29	29	25	21	24	27	α	ϵ			
Ever drank alcohol	55	52	50	54	34	49	59	65	54	43	53	55	α	δ	ζ		
Ever used marijuana	40	39	40	38	21	38	46	51	41	32	39	45		ϵ	ζ		

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Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse													Statistical Differences	
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Ever used a prescription drug	12	11	11	10	10	12	10	10	10	15	10	15		ζ θ
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	9	8	8	8	8	10	7	7	7	12	7	13		ζ θ
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	7	6	8	5	5	7	6	7	6	9	6	9	β	ζ

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Lifetime Substance Use

Lifetime Substance Use - Other Drug Use	VT	Chitt.											Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Ever used cocaine	4	3	3	2	2	3	2	4	2	5	2	4	α	ζ	θ
Ever used inhalants	7	6	7	5	8	6	5	5	6	8	5	11	α	ζ	θ
Ever used heroin	2	1	2	1	1	1	1	1	1	3	1	2	α	β	ζ
Ever used methamphetamines	2	1	2	1	1	2	1	2	1	4	1	3	α	β	ζ θ

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Chittenden County High School Results

Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													α	ε
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	28	24	25	24	14	22	30	31	25	21	25	24	α	ε
Currently smoked cigarettes or cigars or used smokeless tobacco	10	7	9	5	4	6	8	10	7	8	7	9	α	β ε
Tried to quit using all tobacco products, past year	44	42	41	44	40	48	42	39	42	43	43	48		

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Past 30 Day Substance Use

Past 30 Day Tobacco Use	VT	Chitt.	Gender		Grade Level				Race/Ethnicity		Sexual Orientation		Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	α	ε	θ
Currently smoked cigarettes	7	4	5	3	3	4	5	6	4	5	4	7	α	ε	θ
Currently used an electronic vapor product	26	23	23	23	14	21	29	29	24	19	24	23	α	ε	ζ
Currently used smokeless tobacco	3	2	3	1	2	1	1	3	1	4	1	2	α	β	ζ
Currently smoked cigars	6	4	5	2	2	3	5	6	4	4	4	4	α	β	ε

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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Drug Use	VT	Chitt.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences		
			M	F	9th	10th	11th	12th					α	δ	ζ
Currently drank alcohol	31	29	28	29	16	25	34	40	30	21	29	30	α	δ	ζ
Binge drank, past 30 days	15	13	13	13	4	10	16	23	14	10	14	10	α	δ	ζ
Currently used marijuana	27	26	28	24	14	25	31	33	27	21	27	27	β	ε	ζ
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	5	4	5	4	4	5	4	4	4	8	4	8		ζ	θ

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Chitt.
1 or 2 days	41
3 to 5 days	16
6 to 9 days	7
10 to 19 days	10
20 to 29 days	7
All 30 days	19

Number of Cigarettes Smoked, Among Current Users	Chitt.
Less than 1 cigarette	40
1 cigarette	27
2 to 5 cigarettes	21
6 to 10 cigarettes	4
11 to 20 cigarettes	.
More than 20 cigarettes	9

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Chitt.
1 or 2 days	20
3 to 5 days	14
6 to 9 days	12
10 to 19 days	15
20 to 29 days	13
All 30 days	26

Primary Reason for EVP Use, Among Current Users	Chitt.
Friend/family used them	20
To try to quit other tobacco	5
Cost less than other tobacco	1
Easier to get than other	2
Less harmful than other	11
Available in flavors	8
Used for some other reason	53

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Source of EVP, Among Current Users	Chitt.
Bought them in a store	15
I got them on the Internet	2
Someone else bought them	20
Borrowed them	41
Someone gave them to me	11
Took them from a store	1
Some other way	9

Type of EVP Used, Among Current Users	Chitt.
JUUL /rechargeable w pods	85
Vape Pen/recharge e-cig	4
Disposable e-cig/vaping	.
Mods with refillable tanki	6
Other e-vapor product	2
Not sure	2

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Alcohol Use, Among Current Users

	Chitt.
1 or 2 days	52
3 to 5 days	25
6 to 9 days	14
10 to 19 days	6
20 to 29 days	1
All 30 days	2

Largest Amount of Alcohol Consumed in One Sitting, Among Current Users

	Chitt.
1 or 2 drinks	40
3 drinks	7
4 drinks	9
5 drinks	15
6 or 7 drinks	13
8 or 9 drinks	7
10 or more drinks	10

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Chitt.
1 or 2 times	34
3 to 9 times	29
10 to 19 times	13
20 to 39 times	10
40 or more times	14

Primary Way Marijuana was Used, Among Current Users	Chitt.
Smoked it	54
Ate in food	5
Drank in tea or other drink	.
Vaporized	27
Dabbed it	11
Some other way	1

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
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Other Substance Use Related Topics

Substance Use Exposure and Prevention	VT	Chitt.											Statistical Differences
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Were asked by a doctor, dentist, or nurse if they smoked, past year	61	62	61	63	54	62	66	65	63	59	62	67	ϵ
Most of the time or always see ads for cigarettes or other tobacco products	50	49	48	50	48	52	49	46	50	42	49	52	ζ

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Other Substance Use Related Topics

Substance Use on School Property	VT	Chitt.											Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Attended school under the influence of alcohol or other illegal drugs, past year	15	14	16	12	10	14	16	16	14	16	13	20	β	ε	θ
Were offered, sold, or given an illegal drug on school property, past year	19	21	24	18	18	23	23	20	21	19	21	24	α	β	

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Perceptions of Substance Use

Perceptions of Substance Use - Peer Use	VT	Chitt.											Statistical Differences			
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	α	β	ε	ζ
Think it is wrong or very wrong for someone their age to use electronic vapor products	56	60	57	62	67	62	57	52	58	65	59	60	α	β	ε	ζ
Think it is wrong or very wrong for someone their age to drink alcohol	53	53	54	52	72	55	46	40	51	65	52	54	ε	ζ		
Think it is wrong or very wrong for someone their age to use marijuana	51	51	49	52	68	53	43	40	49	60	52	41	ε	ζ	θ	

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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs													Statistical Differences		
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	84	88	87	90	92	89	88	84	88	88	89	86	α	β	ϵ
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	69	72	70	74	83	77	69	58	71	77	72	72	α	β	δ ζ
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	75	79	77	80	87	81	76	72	78	81	80	69	α	ϵ	θ

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access													Statistical Differences		
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	73	74	75	74	64	74	76	82	76	66	75	74	ε	ζ	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	67	68	65	71	62	68	70	72	70	58	69	72	β	ε	ζ
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	62	62	63	61	45	62	68	72	63	54	63	67	ε	ζ	

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Perceptions of Substance Use

Perceptions of Substance Use - Harm													Statistical Differences	
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	29	32	27	37	34	35	29	29	31	34	31	35	α	β ϵ
Think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	39	43	38	48	45	45	40	40	41	50	41	51	α	β ϵ ζ θ
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	23	24	21	27	33	25	19	19	22	31	25	16	β ϵ ζ θ	

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Sexual Health

HIV and STD Testing	VT	Chitt.			9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
			M	F									α	ε
Were ever tested for human immunodeficiency virus (HIV)	13	11	11	10	7	9	12	15	10	12	10	12	α	ε
Were ever tested for a sexually transmitted disease (STD)	11	10	8	12	4	7	12	16	10	9	10	12	β	ε

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Sexual Health

Sexual Activity	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	δ	ζ
Ever had sexual intercourse	40	35	37	33	14	29	42	54	36	31	35	38	α	δ	ζ
Had sexual intercourse for the first time before age 13 years	3	2	2	1	2	2	1	1	1	3	1	5	α	ε	ζ θ
Had sexual intercourse with four or more persons during their life	9	6	7	6	3	4	7	11	6	9	6	8	α	ε	
Were currently sexually active	31	26	26	27	10	20	34	42	27	22	27	26	α	δ	ζ

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Prescription Birth Control Use, Among Sexually Active Students													Statistical Differences
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	
Used birth control pills before last sexual intercourse, among sexually active students	32	31	28	33	25	27	34	32	32	19	31	29	ζ
Used a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing), among sexually active students	4	3	2	4	.	4	2	4	3	.	3	4	
Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon), among sexually active students	19	21	17	26	12	18	19	27	21	25	22	18	β ε

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students													Statistical Differences	
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Used a condom during last sexual intercourse, among sexually active students	54	55	57	53	61	61	57	49	56	52	56	49		
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	56	55	48	63	37	49	55	63	57	46	56	52	β	ε
Used both a condom during last sexual intercourse and birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse, among sexually active students	21	20	16	24	17	21	21	19	21	11	20	16	β	ζ

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Sexual Health

Sexual Activity Among Students Who Had Sexual Intercourse During the Previous Three Months

Condom & Birth Control Use, Among Sexually Active Students	VT	Chitt.	Gender		Grade Level				Race/Ethnicity			Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het		LGBT
Did not use any method to prevent pregnancy, among sexually active students	6	4	4	4	10	3	4	3	4	6	3	9	θ

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Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	β	θ
Were obese	13	9	11	7	9	9	9	11	9	10	8	15	α	β	θ
Were overweight	14	12	12	12	12	12	12	12	12	13	11	17	α		θ
Described themselves as slightly or very overweight	31	27	23	31	26	26	27	27	27	27	24	40	α	β	θ
Were trying to lose weight	43	39	27	52	39	40	40	38	39	41	38	51	α	β	θ

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Weight, Physical Activity, and Nutrition

Physical Activity													Statistical Differences				
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT					
Did not participate in at least 60 minutes of physical activity on at least one day, past week	14	14	11	16	13	11	15	17	13	18	12	22		β	ε	ζ	θ
Were physically active at least 60 minutes per day every day, past week	22	18	23	13	22	19	16	17	18	17	20	10	α	β	ε		θ
Were physically active at least 60 minutes per day on 5 or more days, past week	46	42	47	36	44	44	38	39	43	36	45	24	α	β	ε	ζ	θ
Play video or computer games or used a computer 3 or more hours per day	48	52	53	51	53	51	50	52	52	52	51	60	α				θ

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Weight, Physical Activity, and Nutrition

Physical Activity at School	VT	Chitt.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences
			M	F	9th	10th	11th	12th					
Report they participate in physical activity or other short breaks during class at least 1x per week	62	60	62	58	65	64	59	51	59	62	60	58	ε
Report they participate in physical activity or other short breaks during class, every day	23	17	18	16	19	17	15	16	17	18	18	15	α

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Weight, Physical Activity, and Nutrition

Soda and Sugar-Sweetened Beverage Consumption													Statistical Differences	
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Did not drink any soda or sugar-sweetened beverages, past week	23	25	20	31	24	25	24	27	24	28	24	26	α	β
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	18	14	17	11	14	15	13	14	14	16	14	17	α	β
Drank soda or sugar-sweetened beverages 2+ times per day, past week	10	8	9	6	8	8	7	7	7	9	7	12	α	β θ
Drank soda or sugar-sweetened beverages 3+ times per day, past week	5	3	4	2	4	4	3	3	3	5	3	6	α	β ζ θ

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Weight, Physical Activity, and Nutrition

Water Consumption	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences	
													α	ζ
Drank one or more glasses per day of water, past week	79	82	81	84	81	82	82	84	84	75	84	79	α	ζ
Drank two or more glasses per day of water, past week	70	73	73	74	72	74	73	76	75	67	75	71	α	ζ
Drank three or more glasses per day of water, past week	54	56	56	56	53	57	55	59	57	52	57	52	α	

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Weight, Physical Activity, and Nutrition

Fruit and Vegetable Consumption	VT	Chitt.											Statistical Differences	
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Ate 5+ fruits/vegetables every day, past week	21	22	22	22	24	23	20	21	21	27	23	17	ζ	θ

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Weight, Physical Activity, and Nutrition

Fruit Consumption													Statistical Differences	
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT		
Did not eat fruit or drink 100% fruit juices, past week	6	4	5	3	3	3	3	5	3	5	3	4	α	β
Ate fruit or drank 100% fruit juices one or more times per day, past week	62	66	67	66	68	66	64	67	67	65	67	61	α	θ
Ate fruit or drank 100% fruit juices two or more times per day, past week	31	33	32	33	36	33	31	33	33	34	33	28		θ

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Weight, Physical Activity, and Nutrition

Vegetable Consumption	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	Statistical Differences		
													α	β	ζ
Did not eat vegetables, past week	5	4	5	2	4	4	3	4	3	6	3	5	α	β	ζ
Ate vegetables one or more times per day, past week	72	75	73	77	73	77	75	75	75	74	76	70	α		θ
Ate vegetables two or more times per day, past week	37	39	37	41	38	40	38	40	38	41	39	35			
Ate vegetables three or more times per day, past week	19	19	19	20	19	22	17	19	19	23	20	17			ζ

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Weight, Physical Activity, and Nutrition

Breakfast Consumption	VT	Chitt.											Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Did not eat breakfast, past week	11	9	10	9	9	9	9	10	9	12	9	13	α	ζ	θ
Ate breakfast on at least 5 days, past week	54	58	60	56	61	59	56	56	59	50	59	50	α	ζ	θ
Ate breakfast on all 7 days, past week	37	41	43	38	44	41	40	38	42	35	42	30	α	β	ζ θ

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Social Determinants of Health

Social Determinants of Health	VT	Chitt.											Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	4	3	3	3	3	3	3	3	3	2	6	3	5	α	ζ θ
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	2	2	1	1	1	1	1	2	1	4	1	2		ζ
Have a physical disability, emotional problems, or learning disability	30	29	25	32	25	31	30	28	29	26	25	53		β	θ

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Social Determinants of Health

Social Determinants of Health	VT	Chitt.	Gender		Grade Level				WnH	SOC	Het	LGBT	Statistical Differences				
			M	F	9th	10th	11th	12th					α	β	ε	ζ	θ
Described their grades in school as mostly A's or B's	78	84	80	88	83	82	83	89	86	77	85	80	α	β	ε	ζ	θ
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	76	83	78	88	78	82	85	85	84	79	84	79	α	β	ε	ζ	θ

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Youth Assets and Other Protective Factors

Protective Factors - Family	VT	Chitt.											Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT			
Did not eat dinner at home with parents, past week	9	7	7	7	6	7	8	8	6	14	6	11	α	ζ	θ
Ate dinner at home with parent at least 2x, past week	86	89	89	89	92	90	88	87	91	81	91	82	α	ε	ζ θ
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	75	77	78	77	83	79	74	74	80	67	79	67	α	ε	ζ θ

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Youth Assets and Other Protective Factors

Protective Factors - School Connectedness													Statistical Differences				
	VT	Chitt.	M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT					
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	78	79	80	79	74	76	83	84	81	72	81	75			ε	ζ	θ
Strongly agree or agree that their school has clear rules and consequences for behavior	56	58	62	55	60	59	57	58	59	58	60	49	α	β			θ
Do not participate in any afterschool activities	34	31	33	29	33	28	32	32	30	38	30	40	α	β	ζ	θ	
Spend 10 or more hours participating in afterschool activities	24	24	22	25	19	25	25	26	25	18	24	21					ζ

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Youth Assets and Other Protective Factors

Protective Factors - Community	VT	Chitt.												Statistical Differences		
			M	F	9th	10th	11th	12th	WnH	SOC	Het	LGBT	α	ζ	θ	
Strongly agree or agree that in their community they feel like they matter to people	58	66	68	64	63	66	64	71	68	56	70	46	α	ζ	θ	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

Sex	VT	Chitt.
Female	49	49
Male	51	51

Grade	VT	Chitt.
6th grade	24	33
7th grade	38	33
8th grade	38	34

Demographics

Race	VT	Chitt.
Students of Color	19	25
White, non-Hispanic	81	75

Sexual Orientation / Gender Identity	VT	Chitt.
Lesbian, Gay, Bisexual, or Transgender	11	10
Heterosexual / Cisgender	89	90

Violence and Unintentional Injuries

Violence	VT	Chitt.										Statistical Differences			
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	α	β	ζ	θ
Were ever in a physical fight	41	37	50	22	35	35	39	34	48	37	46	α	β	ζ	θ
Did not go to school because they felt they would be unsafe at school or on their way to or from school, past 30 days	9	8	6	9	8	8	7	7	11	6	22	β	ζ	θ	
Report someone has ever done sexual things to them that they did not want	10	8	5	11	5	6	12	8	10	6	23	α	β	i	θ

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Violence and Unintentional Injuries

Bullying	VT	Chitt.										Statistical Differences		
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Were ever bullied on school property	45	38	34	42	38	38	38	39	37	36	64	α	β	θ
Were ever electronically bullied	24	18	14	22	15	19	21	19	19	17	34	α	β	ε θ
Were bullied, past 30 days	24	18	15	21	19	19	16	18	18	16	38	α	β	θ
Bullied someone, past 30 days	9	7	7	6	6	7	8	6	10	6	14	α		ζ θ

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Violence and Unintentional Injuries

Unintentional Injuries & Prevention												Statistical Differences						
	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT							
Rarely or never wear a bicycle helmet	26	17	19	15	11	16	23	14	29	17	25	α	β	δ	ε	i	ζ	θ
Rarely or never wear a helmet when skiing or snowboarding	6	3	4	3	3	3	4	2	8	3	9	α					ζ	θ
Had a concussion from playing a sport or being physically active, past year	19	17	20	14	17	17	17	16	22	17	19	β					ζ	
Had a sunburn, past year	66	64	62	66	59	67	66	74	39	67	62	β		ε			ζ	

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Violence and Unintentional Injuries

Motor Vehicle Safety	Statistical Differences											
	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Rarely or never wear a seat belt	2	1	1	2	1	2	1	1	4	1	4	ζ θ
Ever rode with a driver who had been drinking alcohol	20	15	15	16	11	13	21	16	15	15	25	α ι θ
Have ever ridden in a car driven by someone who had been using marijuana	10	6	6	6	3	5	9	6	8	5	17	α δ ε ι ζ θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Chittenden County Middle School Results

Mental Health

Mental Health	VT	Chitt.										Statistical Differences						
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	α	β	ι	θ			
Ever seriously thought about killing themselves	18	14	11	18	11	13	18	14	17	11	47	α	β	ι	θ			
Ever made a plan about how they would kill themselves	12	10	7	12	6	10	13	9	14	7	35	α	β	δ	ϵ	ι	ζ	θ
Ever tried to kill themselves	6	4	3	5	3	4	5	3	6	2	21	α	β	ζ	θ			
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year	18	14	10	17	11	12	17	14	17	11	49	α	β	ι	ζ	θ		
Felt sad or hopeless, past year	23	18	12	23	16	17	21	17	24	15	54	α	β	ζ	θ			

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Lifetime Substance Use

Lifetime Substance Use	VT	Chitt.										Statistical Differences					
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	α	ε	ζ	θ		
Ever tried a cigarette	7	4	5	3	2	4	6	4	7	4	12	α	ε	ζ	θ		
Ever tried a flavored tobacco product	8	5	5	4	2	4	7	4	7	4	12	α		ι	ζ	θ	
Ever used an electronic vapor product	16	11	12	9	4	10	17	10	15	11	22	α	δ	ε	ι	ζ	θ
Ever drank alcohol	20	14	15	12	9	11	20	13	16	13	29	α	β		ι	θ	
Ever used marijuana	7	5	5	4	1	4	8	4	8	4	13	α	δ	ε	ι	ζ	θ
Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it	6	5	6	4	4	5	5	4	6	4	11		β			θ	
Ever used inhalants	5	4	4	3	3	3	6	4	5	3	9	α		ι		θ	

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Lifetime Substance Use

Substance Use Before Age 11	VT	Chitt.										Statistical Differences			
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT				
Tried cigarette smoking for the first time before age 11 years	3	2	2	1	1	1	1	2	1	3	2	4	α	ζ	θ
Drank alcohol for the first time before age 11 years	9	7	8	5	7	6	7	6	9	6	12		α	β	θ
Tried marijuana for the first time before age 11 years	1	1	1	0	1	1	1	1	2	1	2			ζ	θ

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Past 30 Day Substance Use

Past 30 Day Tobacco Use												Statistical Differences		
	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Currently smoked cigarettes or cigars or used smokeless tobacco	2	1	2	1	1	1	2	1	3	1	5	α		ζ θ
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	9	5	5	5	2	4	8	4	8	5	13	α	δ ε ι ζ θ	
Currently smoked cigarettes	2	1	1	1	0	1	1	1	2	1	4	α		ζ θ
Currently used an electronic vapor product	8	4	5	4	2	4	8	4	7	4	12	α	δ ε ι ζ θ	
Currently used smokeless tobacco	1	1	1	1	1	1	1	1	2	0	4			ζ θ
Currently smoked cigars	1	1	1	1	0	1	1	1	2	1	4			ζ θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
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Past 30 Day Substance Use

Past 30 Day Alcohol and Other Substance Use	VT	Chitt.										Statistical Differences					
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	α	δ	ε	ι	ζ	θ
Currently drank alcohol	7	4	4	4	2	3	7	3	7	3	12	α	δ	ε	ι	ζ	θ
Binge drank, past 30 days	2	1	1	1	0	1	1	1	2	0	4	α				ζ	θ
Currently used marijuana	5	3	3	2	1	2	4	2	6	2	9	α				ζ	θ

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Cigarette Use, Among Current Users	Chitt.
1 or 2 days	26
3 to 9 days	22
10 to 29 days	20
Every day	32

Number of Cigarettes Smoked, Among Current Users	Chitt.
1 or Less	37
2 to 5 cigarettes	32
11 or more cigarettes	31

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of EVP Use, Among Current Users	Chitt.
1 or 2 days	42
3 to 9 days	28
10 to 29 days	17
Every day	14

Access to EVP, Among Current Users	Chitt.
Bought them in a store or online	5
Borrowed them	51
Someone else bought them or someone gave them to me	24
Took them from a store	1
Some other way	20

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Reason for EVP Use, Among Current Users	Chitt.
Friend/family used them	22
To try to quit other tobacco	1
Cost less than other tobacco	1
Easier to get than other	3
Less harmful than other	8
Available in flavors	21
Used for some other reason	44

Type of EVP Used, Among Current Users	Chitt.
JUUL / pod-type device	80
Vape Pen / rechargeable e-cigarette	7
Disposable e-cigarette / vaping device	1
Mods with refillable tank	6
Other electronic vapor product	4
Not sure	1

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Tobacco, Alcohol, and Marijuana Use Among Current Users

Frequency of Marijuana Use, Among Current Users	Chitt.
1 or 2 times	42
3 to 9 times	20
10 to 19 times	11
20+ times	26

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
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Other Substance Use Related Topics

Tobacco Use Exposure & Prevention	VT	Chitt.										Statistical Differences					
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	α	β	ϵ	ζ	θ	
Were asked by a doctor, dentist, or nurse if they smoked	33	32	32	32	21	31	42	32	34	33	34						
Most of the time or always see ads for cigarettes or other tobacco products	46	39	40	38	31	39	48	41	40	41	52	α	β	ϵ	ζ	θ	

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Perceptions of Substance Use

Perceptions of Peer Use as Wrong or Very Wrong	VT	Chitt.										Statistical Differences					
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	α	δ	ϵ	ι	ζ	θ
Think it is wrong or very wrong for someone their age to use electronic vapor products	84	88	87	88	95	87	81	88	83	88	77	α	δ	ϵ	ι	ζ	θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
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Perceptions of Substance Use

Perceptions of Substance Use - Parental Beliefs													Statistical Differences			
	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT					
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	92	94	93	95	94	94	93	95	90	95	90	α	β	ζ	θ	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	87	90	88	91	92	91	87	90	88	91	82	α	β	i	θ	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	92	95	94	95	97	95	93	95	92	96	86	α		ζ	θ	

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Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access												Statistical Differences						
	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT							
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	29	24	25	24	13	23	36	24	29	24	35	α	δ	ε	ι	ζ	θ	
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	40	38	36	41	25	37	51	41	35	38	57		β	δ	ε	ι	ζ	θ
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	19	14	14	15	5	13	24	14	18	14	27	α	δ	ε	ι	ζ	θ	

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Chittenden County Middle School Results

Perceptions of Substance Use

Perceptions of Substance Use - Harm												Statistical Differences					
	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	α	β	δ	ε	ι	θ
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	45	50	47	54	56	51	45	50	49	51	41	α	β	δ	ε	ι	θ
Think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend	45	50	48	53	50	50	52	49	56	51	46	α	β				ζ
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	49	55	51	59	63	55	47	55	51	56	36	α	β	δ	ε	ι	θ

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Sexual Health

Sexual Activity & Condom Use	VT	Chitt.										Statistical Differences				
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	α	β	ϵ	ζ	θ
Ever had sexual intercourse	5	4	5	3	2	3	7	3	8	3	11					
Used a condom during last sexual intercourse, among those who have has sexual intercourse	58	52	55	.	.	.	58	52	51	57	.					

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Physical Activity, and Nutrition

Physical Activity: 60 min per day	VT	Chitt.										Statistical Differences			
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT				
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	9	8	7	8	7	8	8	6	11	5	18			ζ	θ
Were physically active at least 60 minutes per day on 5 or more days, past week	56	59	62	56	62	57	58	61	53	63	38	α	β	ζ	θ
Were physically active at least 60 minutes per day on all 7 days, past week	30	30	35	24	33	28	29	30	32	33	20		β		θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Chittenden County Middle School Results

Physical Activity, and Nutrition

Physical Inactivity	VT	Chitt.											Statistical Differences		
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT				
Watch television 1 hour or less per day	42	38	36	40	37	38	38	36	45	37	45	α	ζ	θ	
Watch television 3 or more hours per day	22	18	18	19	17	19	19	16	26	17	27	α	ζ	θ	

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Physical Activity, and Nutrition

Physical Inactivity	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT	Statistical Differences						
												α	β	δ	ε	ι	θ	
Play video or computer games or used a computer 1 hour or less per day	58	56	61	50	48	56	62	55	60	55	71	α	β	δ	ε	ι	θ	
Play video or computer games or used a computer 3 or more hours per day	41	36	39	32	28	36	43	35	41	34	57	α	β	δ	ε	ι	ζ	θ

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Chittenden County Middle School Results

Physical Activity, and Nutrition

Physical Activity at School	VT	Chitt.	Statistical Differences									
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	
Participate in physical activity or other short breaks during class at least once a week	80	81	82	81	87	82	75	81	81	84	68	δ ϵ ι θ
Participate in physical activity or other short breaks during class everyday	64	62	58	67	56	61	70	63	61	61	69	β δ ϵ ι θ

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Physical Activity, and Nutrition

Walk or Bike To/From School													Statistical Differences	
	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Walk or ride a bike to school at least once a week when weather permits	74	66	64	68	66	64	68	68	59	66	63	α	ζ	
Walk or ride their bike to school every day when weather permits	11	15	17	13	16	15	13	13	19	14	18	α β	ζ	

Sport Team Participation													Statistical Differences	
	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Play on at least one sports team, past year	72	75	75	74	74	76	73	77	69	79	56	α	ζ θ	

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Physical Activity, and Nutrition

Water Consumption	VT	Chitt.										Statistical Differences		
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT			
Drank one or more glasses per day of water, past week	78	82	82	81	81	81	83	84	77	84	70	α	ζ	θ
Drank two or more glasses per day of water, past week	71	76	77	75	75	76	77	78	72	78	63	α	ζ	θ
Drank three or more glasses per day of water, past week	56	62	63	60	63	61	61	62	61	64	50	α		θ

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Physical Activity, and Nutrition

Breakfast Consumption	VT	Chitt.										Statistical Differences								
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT									
Did not eat breakfast, past week	9	7	7	8	5	7	10	7	10	6	14							i	ζ	θ
Ate breakfast on 5 or more days, past week	36	30	25	36	23	30	38	28	39	29	52	α	β	δ	ε			i	ζ	θ
Ate breakfast on all 7 days, past week	46	52	58	45	61	52	43	53	44	53	29	α	β	δ	ε			i	ζ	θ

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Social Determinants of Health

Social Determinants of Health	VT	Chitt.										Statistical Differences			
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT	α	β	ζ	θ
Described their grades in school as mostly A's or B's	66	73	70	76	73	70	76	74	69	77	59	α	β	ζ	θ
Reported in their home people most of the time or always speak a language other than English	6	12	12	11	12	12	11	5	33	11	9	α		ζ	
Most of the time or always went hungry because there was not enough food in their home, past 30 days	3	2	2	2	2	2	2	2	4	1	7			ζ	θ

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Youth Assets and Other Protective Factors

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Youth Assets and Other Protective Factors

Family Engagement												Statistical Differences			
	VT	Chitt.	M	F	6th	7th	8th	WnH	SOC	Het	LGBT				
Did not eat dinner at home with at least one of their parents or other adult family member, past week	6	5	5	5	4	4	7	4	9	4	8		i	ζ	θ
Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week	92	93	93	93	94	94	91	94	87	94	87		i	ζ	θ
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	85	87	88	87	89	87	85	89	81	88	78	α		ζ	θ
Ate dinner at home with at least one of their parents or other adult family member every day, past week	61	60	61	60	67	60	55	61	57	61	48		ε		θ

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Youth Assets and Other Protective Factors

School Connectedness	VT	Chitt.										Statistical Differences					
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT						
Have at least one teacher or other adult in their school that they can talk to if they have a problem	72	72	73	71	74	69	72	74	66	73	59					ζ	θ
Strongly agree or agree that their school has clear rules and consequences for behavior	64	68	71	65	74	65	65	70	63	70	53	α	β	ε	ζ	θ	

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Youth Assets and Other Protective Factors

Community Connectedness	VT	Chitt.											Statistical Differences					
			M	F	6th	7th	8th	WnH	SOC	Het	LGBT							
Strongly agree or agree that in their community they feel like they matter to people	59	65	69	62	68	65	64	67	60	70	36			α	β		ζ	θ

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