



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Students with Disabilities



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.

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. Completion of the survey depends on a student's ability to read and complete the questionnaire independently. Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data.

Student participation in the YRBS is anonymous and voluntary.

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

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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>.

Populations in Focus

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

This report focuses on the specific health disparities experienced by students with disabilities. Because completion of the survey depends on a student's ability to read and complete the questionnaire independently, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data.

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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.

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>.

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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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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

Students with Disabilities

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Sex	VT
Female	48
Male	52

Grade	VT
9th grade	25
10th grade	25
11th grade	25
12th grade	25

Race	VT
Students of Color	16
White, non-Hispanic	84

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

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Any Disability	VT
Yes	30
No	56
Not sure	13

Physical Disability	VT
Yes	14
No	74
Not sure	11

Emotional Problems or Learning Disability	VT
Yes	23
No	65
Not sure	12

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
High School Results

Violence and Unintentional Injuries

Physical Violence	Have a Disability	No Disability	Not Sure	
Were in a physical fight, past year	24	14	20	Have a Disability > No Disability
Carried a weapon on school property, past 30 days	7	4	5	Have a Disability > No Disability
Were threatened or injured with a weapon on school property, past 30 days	11	4	8	Have a Disability > No Disability
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	11	3	7	Have a Disability > No Disability

Bullying	Have a Disability	No Disability	Not Sure	
Were electronically bullied, past year	25	10	18	Have a Disability > No Disability
Were bullied, past 30 days	28	11	20	Have a Disability > No Disability
Bullied someone, past 30 days	14	7	11	Have a Disability > No Disability

. = Too few students to report
Students who indicated 'not sure' were excluded from any statistical comparisons.

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
High School Results

Violence and Unintentional Injuries

Sexual and Dating Violence	Have a Disability	No Disability	Not Sure	
Report someone has ever done sexual things to them that they did not want	30	11	17	Have a Disability > No Disability
Experienced physical dating violence, past year	13	4	9	Have a Disability > No Disability
Reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times, past year	40	21	30	Have a Disability > No Disability
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	34	24	26	Have a Disability > No Disability

Motor Vehicle Safety	Have a Disability	No Disability	Not Sure	
Rode with a driver who had been drinking alcohol, past 30 days	21	15	18	Have a Disability > No Disability
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	29	19	22	Have a Disability > No Disability

. = Too few students to report
Students who indicated 'not sure' were excluded from any statistical comparisons.

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
High School Results

Violence and Unintentional Injuries

Motor Vehicle Safety, Among Students Who Drive	Have a Disability	No Disability	Not Sure	
Texted or e-mailed while driving a car or other vehicle, past 30 days	37	35	29	
Drove a car or other vehicle when they had been drinking alcohol, past 30 days	8	5	8	Have a Disability > No Disability
Drove a car or other vehicle when they had been using marijuana, past 30 days	21	12	14	Have a Disability > No Disability

Unintentional Injuries	Have a Disability	No Disability	Not Sure	
Rarely or never wore a helmet when skiing or snowboarding, past year	13	8	12	Have a Disability > No Disability
Had a concussion from playing a sport or being physically active, past year	21	15	18	Have a Disability > No Disability
Had a sunburn, past year	73	73	73	

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High School Results

Mental Health

Mental Health	Have a Disability	No Disability	Not Sure	
Did something to purposely hurt themselves without wanting to die, past year	36	9	23	Have a Disability > No Disability
Felt sad or hopeless, past year	54	17	37	Have a Disability > No Disability
Made a plan about how they would attempt suicide, past year	27	6	15	Have a Disability > No Disability
Attempted suicide, past year	14	2	6	Have a Disability > No Disability

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
High School Results

Lifetime Substance Use

Lifetime Substance Use - Alcohol, Marijuana, & Tobacco	Have a Disability	No Disability	Not Sure	
Ever tried cigarette smoking	29	18	23	Have a Disability > No Disability
Ever used an electronic vapor product	55	47	47	Have a Disability > No Disability
Ever used a flavored tobacco product	33	24	25	Have a Disability > No Disability
Ever drank alcohol	62	53	50	Have a Disability > No Disability
Ever used marijuana	48	37	36	Have a Disability > No Disability

Used Tobacco, Alcohol, or Marijuana Before Age 13	Have a Disability	No Disability	Not Sure	
First tried cigarette smoking before age 13 years	10	4	8	Have a Disability > No Disability
Used a flavored tobacco product before age 13	19	10	21	Have a Disability > No Disability
Drank alcohol before age 13	18	10	13	Have a Disability > No Disability
Tried marijuana for the first time before age 13 years	9	4	6	Have a Disability > No Disability

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
High School Results

Lifetime Substance Use

Lifetime Substance Use - Prescription Drug Misuse	Have a Disability	No Disability	Not Sure	
Ever used a prescription drug	18	8	13	Have a Disability > No Disability
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	14	6	10	Have a Disability > No Disability
Have taken prescription stimulants without a doctor's prescription or differently than how a doctor told them to use it one or more times	11	4	7	Have a Disability > No Disability

Lifetime Substance Use - Other Drug Use	Have a Disability	No Disability	Not Sure	
Ever used cocaine	6	2	4	Have a Disability > No Disability
Ever used inhalants	12	4	9	Have a Disability > No Disability
Ever used heroin	3	1	3	Have a Disability > No Disability
Ever used methamphetamines	3	1	3	Have a Disability > No Disability

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
High School Results

Past 30 Day Substance Use

Past 30 Day Tobacco Use	Have a Disability	No Disability	Not Sure	
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	34	25	26	Have a Disability > No Disability
Currently smoked cigarettes or cigars or used smokeless tobacco	13	8	10	Have a Disability > No Disability
Tried to quit using all tobacco products, past year	49	42	41	Have a Disability > No Disability

Past 30 Day Tobacco Use	Have a Disability	No Disability	Not Sure	
Currently smoked cigarettes	10	5	7	Have a Disability > No Disability
Currently used an electronic vapor product	32	24	24	Have a Disability > No Disability
Currently used smokeless tobacco	4	3	4	Have a Disability > No Disability
Currently smoked cigars	7	5	6	Have a Disability > No Disability

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High School Results

Past 30 Day Substance Use

Past 30 Day Alcohol and Other Use	Have a Disability	No Disability	Not Sure	
Currently drank alcohol	35	29	27	Have a Disability > No Disability
Binge drank, past 30 days	18	14	12	Have a Disability > No Disability
Currently used marijuana	33	23	23	Have a Disability > No Disability
Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it	8	3	6	Have a Disability > No Disability

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
High School Results

Other Substance Use Related Topics

Substance Use Exposure and Prevention	Have a Disability	No Disability	Not Sure	
Were asked by a doctor, dentist, or nurse if they smoked, past year	67	61	55	Have a Disability > No Disability
Most of the time or always see ads for cigarettes or other tobacco products	55	49	48	Have a Disability > No Disability

Substance Use on School Property	Have a Disability	No Disability	Not Sure	
Attended school under the influence of alcohol or other illegal drugs, past year	21	11	13	Have a Disability > No Disability
Were offered, sold, or given an illegal drug on school property, past year	25	15	19	Have a Disability > No Disability

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High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Peer Use	Have a Disability	No Disability	Not Sure	
Think it is wrong or very wrong for someone their age to use electronic vapor products	51	59	58	Have a Disability < No Disability
Think it is wrong or very wrong for someone their age to drink alcohol	50	53	57	Have a Disability < No Disability
Think it is wrong or very wrong for someone their age to use marijuana	44	54	53	Have a Disability < No Disability

Perceptions of Substance Use - Parental Beliefs	Have a Disability	No Disability	Not Sure	
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products	80	87	82	Have a Disability < No Disability
Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol	68	70	69	Have a Disability < No Disability
Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana	68	79	73	Have a Disability < No Disability

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High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Ease of Access	Have a Disability	No Disability	Not Sure	
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	76	72	69	Have a Disability > No Disability
Think it would be easy or very easy to get EVP, under 18	75	70	68	Have a Disability > No Disability
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	70	67	64	Have a Disability > No Disability
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	68	60	59	Have a Disability > No Disability

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
High School Results

Perceptions of Substance Use

Perceptions of Substance Use - Harm	Have a Disability	No Disability	Not Sure	
Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly	28	29	30	
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	41	39	40	
Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly	19	25	22	Have a Disability < No Disability

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High School Results

Sexual Health

HIV and STD Testing	Have a Disability	No Disability	Not Sure	
Were ever tested for human immunodeficiency virus (HIV)	17	11	11	Have a Disability > No Disability
Were ever tested for a sexually transmitted disease (STD)	15	9	9	Have a Disability > No Disability

Sexual Activity	Have a Disability	No Disability	Not Sure	
Ever had sexual intercourse	46	38	31	Have a Disability > No Disability
Had sexual intercourse for the first time before age 13 years	4	1	3	Have a Disability > No Disability
Had sexual intercourse with four or more persons during their life	12	7	7	Have a Disability > No Disability
Were currently sexually active	35	30	24	Have a Disability > No Disability

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Students who indicated 'not sure' were excluded from any statistical comparisons.

Sexual Health

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

Substance Use, Among Sexually Active Students	Have a Disability	No Disability	Not Sure	
Drank alcohol or used drugs before last sexual intercourse, among sexually active students	24	17	23	Have a Disability > No Disability

Condom & Birth Control Use, Among Sexually Active Students	Have a Disability	No Disability	Not Sure	
Used a condom during last sexual intercourse, among sexually active students	50	57	57	Have a Disability < No Disability
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring, among sexually active students	55	58	49	
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	18	23	18	Have a Disability < No Disability
Did not use any method to prevent pregnancy, among sexually active students	7	4	7	Have a Disability > No Disability

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Students who indicated 'not sure' were excluded from any statistical comparisons.

Weight, Physical Activity, and Nutrition

Weight and Weight Perceptions	Have a Disability	No Disability	Not Sure	
Were obese	17	11	15	Have a Disability > No Disability
Were overweight	15	13	14	Have a Disability > No Disability
Described themselves as slightly or very overweight	40	25	34	Have a Disability > No Disability
Were trying to lose weight	51	38	44	Have a Disability > No Disability

. = Too few students to report

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
High School Results

Weight, Physical Activity, and Nutrition

Physical Activity	Have a Disability	No Disability	Not Sure	
Did not participate in at least 60 minutes of physical activity on at least one day, past week	19	11	17	Have a Disability > No Disability
Were physically active at least 60 minutes per day every day, past week	18	25	18	Have a Disability < No Disability
Were physically active at least 60 minutes per day on 5 or more days, past week	38	53	37	Have a Disability < No Disability
Play video or computer games or used a computer 3 or more hours per day	54	44	53	Have a Disability > No Disability

Physical Activity at School	Have a Disability	No Disability	Not Sure	
Report they participate in physical activity or other short breaks during class at least 1x per week	59	63	62	Have a Disability < No Disability
Report they participate in physical activity or other short breaks during class, every day	21	24	20	Have a Disability < No Disability

. = Too few students to report
Students who indicated 'not sure' were excluded from any statistical comparisons.

Weight, Physical Activity, and Nutrition

Nutrition	Have a Disability	No Disability	Not Sure	
Ate fruit or drank 100% fruit juices two or more times per day, past week	29	33	28	Have a Disability < No Disability
Ate vegetables three or more times per day, past week	18	19	18	
Ate 5+ fruits/vegetables every day, past week	20	22	20	Have a Disability < No Disability
Drank three or more glasses per day of water, past week	51	56	50	Have a Disability < No Disability
Drank a can, bottle, or glass of soda or a sugar-sweetened beverage, past week	21	15	20	Have a Disability > No Disability

Breakfast	Have a Disability	No Disability	Not Sure	
Did not eat breakfast, past week	15	9	12	Have a Disability > No Disability
Ate breakfast on all 7 days, past week	30	42	33	Have a Disability < No Disability

. = Too few students to report

Students who indicated 'not sure' were excluded from any statistical comparisons.

Social Determinants of Health

Social Determinants of Health	Have a Disability	No Disability	Not Sure	
Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned	8	2	4	Have a Disability > No Disability
Most of the time or always went hungry because there was not enough food in their home, past 30 days	4	1	3	Have a Disability > No Disability
Think their family's subjective social status is worse than other families	4	1	3	Have a Disability > No Disability
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	72	80	67	Have a Disability < No Disability
Described their grades in school as mostly A's or B's	72	84	69	Have a Disability < No Disability

. = Too few students to report
Students who indicated 'not sure' were excluded from any statistical comparisons.

Youth Assets and Other Protective Factors

Protective Factors - Family	Have a Disability	No Disability	Not Sure	
Did not eat dinner at home with parents, past week	13	7	11	Have a Disability > No Disability
Ate dinner at home with parent at least 2x, past week	82	89	85	Have a Disability < No Disability
Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week	68	79	73	Have a Disability < No Disability

Protective Factors - School Connectedness	Have a Disability	No Disability	Not Sure	
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	76	81	68	Have a Disability < No Disability
Strongly agree or agree that their school has clear rules and consequences for behavior	49	61	50	Have a Disability < No Disability
Do not participate in any afterschool activities	41	29	39	Have a Disability > No Disability
Spend 10 or more hours participating in afterschool activities	20	27	20	Have a Disability < No Disability

. = Too few students to report

Students who indicated 'not sure' were excluded from any statistical comparisons.

Youth Assets and Other Protective Factors

Protective Factors - Community	Have a Disability	No Disability	Not Sure	
Strongly agree or agree that in their community they feel like they matter to people	44	69	46	Have a Disability < No Disability

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Students who indicated 'not sure' were excluded from any statistical comparisons.

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The Vermont Youth Risk Behavior Survey is a collaborative project between the CDC, Vermont Department of Health and Agency of Education.

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