



2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

RUTLAND NORTHEAST SU



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>

We would especially like to thank the students and schools in Rutland Northeast SU who participated in the 2019 YRBS.

This report includes the results for the following schools:

High Schools

OTTER VALLEY UNION HIGH SCHOOL

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

Middle Schools

BARSTOW MEMORIAL SCHOOL

OTTER VALLEY UNION HIGH SCHOOL

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

About the YRBS

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

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

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

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

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.

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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 the following specific populations are noted throughout the statewide report:

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

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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>

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

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).

Key Terms and Statistical Differences Used in the Report

Each table includes a note about any statistical differences between the overall Vermont and Rutland Northeast SU prevalence rates.

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

SU or SD = All students in Rutland Northeast SU

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Demographics

| Sex | VT | SU |
|--------|----|----|
| Female | 48 | 43 |
| Male | 52 | 57 |

| Grade | VT | SU |
|------------|----|----|
| 9th grade | 25 | 28 |
| 10th grade | 25 | 25 |
| 11th grade | 25 | 24 |
| 12th grade | 25 | 23 |

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Demographics

| Race | VT | SU |
|---------------------|----|----|
| Students of Color | 16 | 9 |
| White, non-Hispanic | 84 | 91 |

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

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Violence and Unintentional Injuries

| Physical Violence | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Were in a physical fight, past year | 18 | 18 | |
| Carried a weapon on school property, past 30 days | 5 | 3 | |
| Were threatened or injured with a weapon on school property, past 30 days | 7 | 4 | SU/SD is lower than VT |
| Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days | 6 | 4 | SU/SD is lower than VT |

| Bullying | VT | SU | Statistical Differences |
|-------------------------------|----|----|-------------------------|
| Were electronically bullied | 16 | 14 | |
| Were bullied, past 30 days | 17 | 21 | |
| Bullied someone, past 30 days | 10 | 12 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Violence and Unintentional Injuries

| Sexual and Dating Violence | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Report someone has ever done sexual things to them that they did not want | 18 | 15 | |
| Experienced physical dating violence | 8 | 4 | |
| 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 | 25 | |
| 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 | 28 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Violence and Unintentional Injuries

| Motor Vehicle Safety | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Rode with a driver who had been drinking alcohol, past 30 days | 17 | 19 | |
| Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days | 23 | 22 | |

| Motor Vehicle Safety, Among Students Who Drive | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Texted or e-mailed while driving a car or other vehicle, past 30 days | 35 | 28 | SU/SD is lower than VT |
| Drove a car or other vehicle when they had been drinking alcohol, past 30 days | 6 | 6 | |
| Drove a car or other vehicle when they had been using marijuana, past 30 days | 15 | 14 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Violence and Unintentional Injuries

| Unintentional Injuries & Prevention | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Rarely or never wore a helmet when skiing or snowboarding, past year | 11 | 16 | |
| Had a concussion from playing a sport or being physically active, past year | 18 | 18 | |
| Had a sunburn, past year | 73 | 65 | SU/SD is lower than VT |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Mental Health

| Mental Health | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Did something to purposely hurt themselves without wanting to die, past year | 19 | 23 | |
| Felt sad or hopeless, past year | 31 | 35 | |
| Made a plan about how they would attempt suicide, past year | 13 | 14 | |
| Attempted suicide, past year | 7 | 7 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Lifetime Substance Use

| Tobacco, Alcohol, or Marijuana Use Before Age 13 | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| First tried cigarette smoking before age 13 years | 7 | 6 | |
| Drank alcohol before age 13 | 13 | 15 | |
| Tried marijuana for the first time before age 13 years | 6 | 10 | SU/SD is higher than VT |

| Lifetime Substance Use - Alcohol, Marijuana, & Tobacco | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Ever tried cigarette smoking | 22 | 22 | |
| Ever used an electronic vapor product | 50 | 50 | |
| Ever used a flavored tobacco product | 27 | 27 | |
| Ever drank alcohol | 55 | 53 | |
| Ever used marijuana | 40 | 37 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Lifetime Substance Use

| Lifetime Substance Use - Prescription Drug Misuse | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Ever used a prescription drug | 12 | 12 | |
| Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it | 9 | 10 | |
| 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 | 5 | |

| Lifetime Substance Use - Other Drug Use | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Ever used cocaine | 4 | 3 | |
| Ever used inhalants | 7 | 7 | |
| Ever used heroin | 2 | 3 | |
| Ever used methamphetamines | 2 | . | Too few students |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Past 30 Day Substance Use

| Past 30 Day Tobacco Use | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products | 28 | 29 | |
| Currently smoked cigarettes or cigars or used smokeless tobacco | 10 | 12 | |
| Tried to quit using all tobacco products, past year | 44 | 38 | |

| Past 30 Day Tobacco Use | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Currently smoked cigarettes | 7 | 6 | |
| Currently used an electronic vapor product | 26 | 26 | |
| Currently used smokeless tobacco | 3 | 3 | |
| Currently smoked cigars | 6 | 6 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Past 30 Day Substance Use

| Past 30 Day Alcohol and Other Drug Use | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Currently drank alcohol | 31 | 27 | |
| Currently were binge drinking | 15 | 12 | |
| Currently used marijuana | 27 | 19 | SU/SD is lower than VT |
| Currently took any prescription medication without a doctor's prescription or differently than how a doctor told them to use it | 5 | 3 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Other Substance Use Related Topics

| Substance Use Exposure and Prevention | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Were asked by a doctor, dentist, or nurse if they smoked, past year | 61 | 56 | |
| Most of the time or always see ads for cigarettes or other tobacco products | 50 | 56 | SU/SD is higher than VT |

| Substance Use on School Property | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Attended school under the influence of alcohol or other illegal drugs, past year | 15 | 12 | |
| Were offered, sold, or given an illegal drug on school property, past year | 19 | 14 | SU/SD is lower than VT |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Perceptions of Substance Use

| Perceptions of Substance Use - Peer Use | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Think it is wrong or very wrong for someone their age to use electronic vapor products | 56 | 53 | |
| Think it is wrong or very wrong for someone their age to drink alcohol | 53 | 57 | |
| Think it is wrong or very wrong for someone their age to use marijuana | 51 | 48 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Perceptions of Substance Use

| Perceptions of Substance Use - Parental Beliefs | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products | 84 | 80 | SU/SD is lower than VT |
| Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol | 69 | 65 | |
| Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana | 75 | 72 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Perceptions of Substance Use

| Perceptions of Substance Use - Ease of Access | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some | 73 | 65 | SU/SD is lower than VT |
| Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some | 67 | 67 | |
| Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some | 62 | 60 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Perceptions of Substance Use

| Perceptions of Substance Use - Harm | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly | 29 | 26 | |
| 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 | 45 | SU/SD is higher than VT |
| Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly | 23 | 25 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Sexual Health

| HIV and STD Testing | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Were ever tested for human immunodeficiency virus (HIV) | 13 | 13 | |
| Were ever tested for a sexually transmitted disease (STD) | 11 | 8 | |

| Sexual Activity | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Ever had sexual intercourse | 40 | 41 | |
| Had sexual intercourse for the first time before age 13 years | 3 | 2 | |
| Had sexual intercourse with four or more persons during their life | 9 | 7 | |
| Were currently sexually active | 31 | 32 | |

. = Too few students to report

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

| Prescription Birth Control Use, Among Sexually Active Students | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Used birth control pills before last sexual intercourse, among sexually active students | 32 | 28 | |
| Used a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing), among sexually active students | 4 | . | Too few students |
| Used an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon) | 19 | 25 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Sexual Health

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

| Condom & Birth Control Use, Among Sexually Active Students | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Used a condom during last sexual intercourse, among sexually active students | 54 | 56 | |
| Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring | 56 | 56 | |
| 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 | 21 | 22 | |
| Did not use any method to prevent pregnancy | 6 | . | Too few students |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Weight, Physical Activity, and Nutrition

| Weight and Weight Perceptions | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Were obese | 13 | 19 | SU/SD is higher than VT |
| Were overweight | 14 | 18 | SU/SD is higher than VT |
| Described themselves as slightly or very overweight | 31 | 32 | |
| Were trying to lose weight | 43 | 44 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Weight, Physical Activity, and Nutrition

| Physical Activity | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Did not participate in at least 60 minutes of physical activity on at least 1 day | 14 | 17 | |
| Were physically active at least 60 minutes per day on all 7 days | 22 | 25 | |
| Were physically active at least 60 minutes per day on 5 or more days, past week | 46 | 47 | |
| Played video or computer games or used a computer 3 or more hours per day | 48 | 44 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Weight, Physical Activity, and Nutrition

| Physical Activity at School | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Report they participate in physical activity or other short breaks during class at least 1x per week | 62 | 60 | |
| Report they participate in physical activity or other short breaks during class, every day | 23 | 18 | SU/SD is lower than VT |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Weight, Physical Activity, and Nutrition

| Soda and Sugar-Sweetened Beverage Consumption | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Did not drink any soda or sugar-sweetened beverages, past week | 23 | 22 | |
| Drank a can, bottle, or glass of a sugar-sweetened beverage, past week | 18 | 25 | SU/SD is higher than VT |
| Drank soda or sugar-sweetened beverages 2+ times per day, past week | 10 | 12 | |
| Drank soda or sugar-sweetened beverages 3+ times per day, past week | 5 | 8 | SU/SD is higher than VT |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Weight, Physical Activity, and Nutrition

| Water Consumption, Past Week | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Drank one or more glasses per day of water | 79 | 78 | |
| Drank two or more glasses per day of water | 70 | 68 | |
| Drank three or more glasses per day of water | 54 | 51 | |

| Fruit and Vegetable Consumption | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Ate 5+ fruits/vegetables every day, past week | 21 | 17 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Weight, Physical Activity, and Nutrition

| Fruit Consumption, Past Week | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Did not eat fruit or drink 100% fruit juices | 6 | 12 | SU/SD is higher than VT |
| Ate fruit or drank 100% fruit juices one or more times per day | 62 | 48 | SU/SD is lower than VT |
| Ate fruit or drank 100% fruit juices two or more times per day | 31 | 25 | SU/SD is lower than VT |

| Vegetable Consumption, Past Week | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Did not eat vegetables | 5 | 7 | SU/SD is higher than VT |
| Ate vegetables one or more times per day | 72 | 61 | SU/SD is lower than VT |
| Ate vegetables two or more times per day | 37 | 28 | SU/SD is lower than VT |
| Ate vegetables three or more times per day | 19 | 12 | SU/SD is lower than VT |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Weight, Physical Activity, and Nutrition

| Breakfast Consumption | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Did not eat breakfast, past week | 11 | 19 | SU/SD is higher than VT |
| Ate breakfast on at least 5 days, past week | 54 | 46 | SU/SD is lower than VT |
| Ate breakfast on all 7 days | 37 | 34 | |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Social Determinants of Health

| Social Determinants of Health | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned | 4 | 5 | |
| Most of the time or always went hungry because there was not enough food in their home, past 30 days | 2 | 5 | SU/SD is higher than VT |
| Have a physical disability, emotional problems, or learning disability | 30 | 32 | |

| Social Determinants of Health | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Described their grades in school as mostly A's or B's | 78 | 77 | |
| Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school | 76 | 69 | SU/SD is lower than VT |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Youth Assets and Other Protective Factors

| Protective Factors - Family | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Did not eat dinner at home with parents, past week | 9 | 11 | |
| Ate dinner at home with parent at least 2x, past week | 86 | 86 | |
| Ate dinner at home with at least one of their parents or other adult family member on 4+ days, past week | 75 | 69 | SU/SD is lower than VT |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU High School Results

Youth Assets and Other Protective Factors

| Protective Factors - School Connectedness | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem | 78 | 74 | |
| Strongly agree or agree that their school has clear rules and consequences for behavior | 56 | 47 | SU/SD is lower than VT |
| Do not participate in any afterschool activities | 34 | 33 | |
| Spend 10 or more hours participating in afterschool activities | 24 | 23 | |

| Protective Factors - Community | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Strongly agree or agree that in their community they feel like they matter to people | 58 | 49 | SU/SD is lower than VT |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Demographics

| Sex | VT | SU |
|--------|----|----|
| Female | 49 | 50 |
| Male | 51 | 50 |

| Grade | VT | SU |
|-----------|----|----|
| 6th grade | 24 | 9 |
| 7th grade | 38 | 44 |
| 8th grade | 38 | 48 |

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Demographics

| Race | VT | SU |
|---------------------|----|----|
| Students of Color | 19 | 17 |
| White, non-Hispanic | 81 | 83 |

| Sexual Orientation / Gender Identity | VT | SU |
|--|----|----|
| Lesbian, Gay, Bisexual, or Transgender | 11 | 12 |
| Heterosexual / Cisgender | 89 | 88 |

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Violence and Unintentional Injuries

| Violence | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Were ever in a physical fight | 41 | 50 | SU/SD is higher than VT |
| 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 | 9 | |
| Report someone has ever done sexual things to them that they did not want | 10 | 13 | SU/SD is higher than VT |

| Bullying | VT | SU | Statistical Differences |
|--------------------------------------|----|----|-------------------------|
| Were ever bullied on school property | 45 | 53 | SU/SD is higher than VT |
| Were ever electronically bullied | 24 | 32 | SU/SD is higher than VT |
| Were bullied, past 30 days | 24 | 32 | SU/SD is higher than VT |
| Bullied someone, past 30 days | 9 | 13 | SU/SD is higher than VT |

. = Too few students to report

2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Violence and Unintentional Injuries

| Unintentional Injuries & Prevention | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Rarely or never wear a bicycle helmet | 8 | 4 | SU/SD is lower than VT |
| Had a concussion from playing a sport or being physically active, past year | 19 | 23 | SU/SD is higher than VT |
| Rarely or never wear a helmet when skiing or snowboarding | 6 | 13 | SU/SD is higher than VT |
| Had a sunburn, past year | 66 | 73 | SU/SD is higher than VT |

| Motor Vehicle Safety | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Rarely or never wear a seat belt | 66 | 69 | |
| Ever rode with a driver who had been drinking alcohol | 20 | 28 | SU/SD is higher than VT |
| Have ever ridden in a car driven by someone who had been using marijuana | 10 | 17 | SU/SD is higher than VT |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Mental Health

| Mental Health | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Ever seriously thought about killing themselves | 18 | 24 | SU/SD is higher than VT |
| Ever made a plan about how they would kill themselves | 12 | 16 | SU/SD is higher than VT |
| Ever tried to kill themselves | 6 | 10 | SU/SD is higher than VT |
| Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, past year | 18 | 22 | SU/SD is higher than VT |
| Felt sad or hopeless, past year | 23 | 32 | SU/SD is higher than VT |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Lifetime Substance Use

| Lifetime Substance Use | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Ever tried a cigarette | 7 | 12 | SU/SD is higher than VT |
| Ever tried a flavored tobacco product | 8 | 14 | SU/SD is higher than VT |
| Ever used an electronic vapor product | 16 | 27 | SU/SD is higher than VT |
| Ever drank alcohol | 20 | 34 | SU/SD is higher than VT |
| Ever used marijuana | 7 | 11 | SU/SD is higher than VT |
| Have ever taken a prescription drug without a doctor's prescription or differently than how a doctor told them to use it | 6 | 7 | |
| Ever used inhalants | 5 | 6 | |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Lifetime Substance Use

| Substance Use Before Age 11 | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Tried cigarette smoking for the first time before age 11 years | 3 | 5 | SU/SD is higher than VT |
| Drank alcohol for the first time before age 11 years | 9 | 18 | SU/SD is higher than VT |
| Tried marijuana for the first time before age 11 years | 1 | 3 | SU/SD is higher than VT |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Past 30 Day Substance Use

| Past 30 Day Tobacco Use | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Currently smoked cigarettes or cigars or used smokeless tobacco | 2 | 5 | SU/SD is higher than VT |
| Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products | 9 | 22 | SU/SD is higher than VT |
| Currently smoked cigarettes | 2 | 3 | |
| Currently used an electronic vapor product | 8 | 21 | SU/SD is higher than VT |
| Currently used smokeless tobacco | 1 | 3 | SU/SD is higher than VT |
| Currently smoked cigars | 1 | 2 | |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Past 30 Day Substance Use

| Past 30 Day Alcohol and Other Substance Use | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Currently drank alcohol | 7 | 13 | SU/SD is higher than VT |
| Binge drank, past 30 days | 2 | 3 | SU/SD is higher than VT |
| Currently used marijuana | 5 | 7 | SU/SD is higher than VT |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Other Substance Use Related Topics

| Tobacco Use Exposure & Prevention | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Were asked by a doctor, dentist, or nurse if they smoked | 33 | 29 | SU/SD is lower than VT |
| Most of the time or always see ads for cigarettes or other tobacco products | 46 | 55 | SU/SD is higher than VT |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Perceptions of Substance Use

| Perceptions of Peer Use as Wrong or Very Wrong | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Think it is wrong or very wrong for someone their age to use electronic vapor products | 84 | 72 | SU/SD is lower than VT |

| Believe Parents Would Think It Is Wrong or Very Wrong to Use | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Responded that their parents or guardians feel it would be wrong or very wrong for the student to use electronic vapor products | 92 | 84 | SU/SD is lower than VT |
| Responded that their parents or guardians feel it would be wrong or very wrong for the student to drink alcohol | 87 | 79 | SU/SD is lower than VT |
| Responded that their parents or guardians feel it would be wrong or very wrong for the student to use marijuana | 92 | 90 | SU/SD is lower than VT |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Perceptions of Substance Use

| Believe People Greatly Risk Harm from Substance Use | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Think people greatly risk harming themselves (physically or in other ways) if they use electronic vapor products regularly | 45 | 41 | SU/SD is lower than VT |
| 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 | 38 | SU/SD is lower than VT |
| Think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly | 49 | 52 | |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Perceptions of Substance Use

| Think it is Easy or Very Easy to Access | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some | 29 | 35 | SU/SD is higher than VT |
| Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some | 40 | 42 | |
| Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some | 19 | 21 | |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Sexual Health

| Sexual Activity & Condom Use | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Ever had sexual intercourse | 5 | 10 | SU/SD is higher than VT |
| Used a condom during last sexual intercourse, among those who have has sexual intercourse | 58 | 79 | SU/SD is higher than VT |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Physical Activity, and Nutrition

| Physical Activity: 60 min per day | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Did not participate in at least 60 minutes of physical activity on at least 1 day, past week | 9 | 9 | |
| Were physically active at least 60 minutes per day on 5 or more days, past week | 56 | 57 | |
| Were physically active at least 60 minutes per day on all 7 days, past week | 30 | 31 | |

| Physical Inactivity, Average School Day | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Watch television 1 hour or less per day | 58 | 58 | |
| Watch television 3 or more hours per day | 22 | 25 | |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Physical Activity, and Nutrition

| Physical Inactivity, Average School Day | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Play video or computer games or used a computer 1 hour or less per day | 42 | 33 | SU/SD is lower than VT |
| Play video or computer games or used a computer 3 or more hours per day | 41 | 48 | SU/SD is higher than VT |

| Physical Activity at School | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Participate in physical activity or other short breaks during class at least once a week | 80 | 85 | SU/SD is higher than VT |
| Participate in physical activity or other short breaks during class everyday | 36 | 36 | |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Physical Activity, and Nutrition

| Walk or Bike To/From School | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Walk or ride a bike to school at least once a week when weather permits | 26 | 10 | SU/SD is lower than VT |
| Walk or ride their bike to school every day when weather permits | 11 | 4 | SU/SD is lower than VT |

| Sport Team Participation | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Play on at least one sports team, past year | 72 | 73 | |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Physical Activity, and Nutrition

| Water Consumption, Past Week | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Drank one or more glasses per day of water, past week | 78 | 72 | SU/SD is lower than VT |
| Drank two or more glasses per day of water, past week | 71 | 61 | SU/SD is lower than VT |
| Drank three or more glasses per day of water, past week | 56 | 49 | SU/SD is lower than VT |

| Breakfast Consumption | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Did not eat breakfast, past week | 9 | 12 | SU/SD is higher than VT |
| Ate breakfast on 5 or more days, past week | 64 | 52 | SU/SD is lower than VT |
| Ate breakfast on all 7 days, past week | 46 | 32 | SU/SD is lower than VT |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Social Determinants of Health

| Social Determinants of Health | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Described their grades in school as mostly A's or B's | 66 | 71 | SU/SD is higher than VT |
| Reported in their home people most of the time or always speak a language other than English | 6 | 4 | SU/SD is lower than VT |
| Most of the time or always went hungry because there was not enough food in their home, past 30 days | 3 | 4 | |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Youth Assets and Other Protective Factors

| Family Engagement | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Did not eat dinner at home with at least one of their parents or other adult family member, past week | 6 | 5 | |
| Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week | 85 | 82 | SU/SD is lower than VT |
| Ate dinner at home with at least one of their parents or other adult family member on two or more days, past week | 92 | 92 | |
| Ate dinner at home with at least one of their parents or other adult family member every day, past week | 61 | 54 | SU/SD is lower than VT |

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2019 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland Northeast SU Middle School Results

Youth Assets and Other Protective Factors

| School Connectedness | VT | SU | Statistical Differences |
|---|----|----|-------------------------|
| Have at least one teacher or other adult in their school that they can talk to if they have a problem | 72 | 64 | SU/SD is lower than VT |
| Strongly agree or agree that their school has clear rules and consequences for behavior | 64 | 56 | SU/SD is lower than VT |

| Community Connectedness | VT | SU | Statistical Differences |
|--|----|----|-------------------------|
| Strongly agree or agree that in their community they feel like they matter to people | 59 | 50 | SU/SD is lower than VT |

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