

# The 2007 Vermont Youth Risk Behavior Survey - Statewide Highlights

The Vermont Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth. The statewide highlights are based on a random sample of 8,453 Vermont students in grades 8 through 12.

For a copy of the full report visit our website at <http://healthvermont.gov>

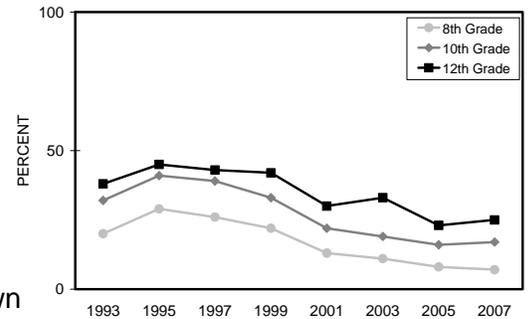
## 1. Smoking

**Cigarette smoking continues to decline.**

**More students disapprove of smoking cigarettes.**

- 16 percent of students smoked during the past 30 days, down from 31 percent in 1999.
- 7 percent of 8<sup>th</sup> graders smoked, down from 22 percent in 1999.
- 12 percent of students smoked prior to age 13, down from 28 percent in 1999.
- 66 percent of students report that it is easy to get cigarettes, down from 74 percent in 1999.
- 75 percent of students think it is wrong to smoke cigarettes, up from 57 percent in 1999.

**Cigarette Smoking in Vermont 1993-2007**  
Percent of students who smoked cigarettes during the past 30 days

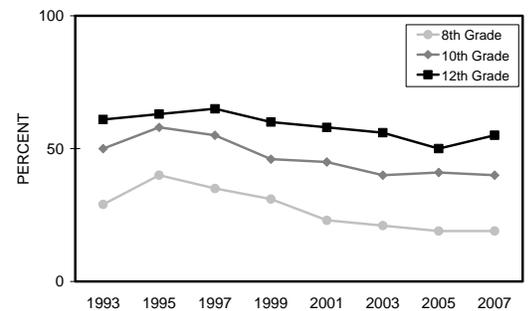


## 2. Alcohol

**Alcohol use is declining. Still too many teens drink.**

- 39 percent of students drink alcohol, down from 46 percent in 1999.
- 19 percent of 8<sup>th</sup> graders drink, down from 31 percent in 1999.
- 73 percent of 8<sup>th</sup> graders think it is wrong to drink alcohol, up from 64 percent in 1999.
- 23 percent of students binge drink (five or more drinks), down from 29 percent in 1999.

**Alcohol Use in Vermont 1993-2007**  
Percent of students who drank during the past 30 days



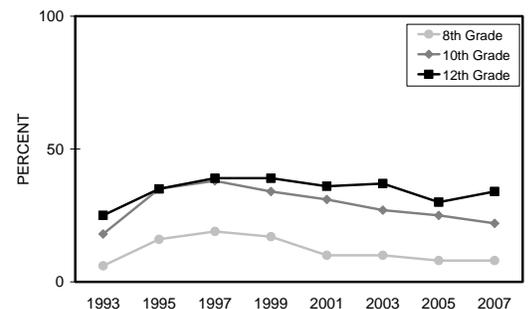
## 3. Other Drugs

**Marijuana use is declining.**

**Heroin use essentially unchanged.**

- 21 percent of students used marijuana, down from 30 percent in 1999.
- 8 percent of 8<sup>th</sup> graders had used marijuana in the past 30 days, down from 17 percent in 1999.
- 14 percent of 8<sup>th</sup> graders ever tried marijuana, down from 28 percent in 1999.
- 87 percent of 8<sup>th</sup> graders think it is wrong to use marijuana, up from 73 percent in 1999.
- 3 percent of students used heroin, unchanged from previous years.
- 52 percent of students know an adult who uses illegal drugs and 31 percent of students know an adult who sells illegal drugs.

**Marijuana Use in Vermont 1993-2007**  
Percent of students who used marijuana during the past 30 days



## 4. Driving

**Riding in a car with an impaired driver has declined slightly.**

- 23 percent of students rode with a drinking driver, compared to 26 percent in 1999.
- 22 percent of students rode with a driver who had been using marijuana, compared to 30 percent in 1999.

- 8 percent of students have driven when drinking alcohol, unchanged from 10 percent in 1999.
- 11 percent of students have driven when using marijuana, compared to 16 percent in 1999.

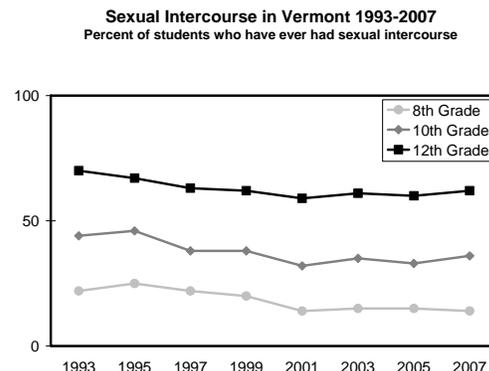
### Safety belt use is up

- 83 percent of students always or almost always wore a safety belt when riding in a car, up from 77 percent in 1999.

## 5. Sex

### Fewer students have had sex since 1993.

- 37 percent of students have had sex, down from 53 percent in 1993, but unchanged from 38 percent in 1999.
- 63 percent of students who are sexually active used a condom during their most recent sexual experience, unchanged from 62 percent in 1999.
- 28 percent of students who are sexually active use alcohol or other drugs before sex, down slightly from 31 percent in 1999.



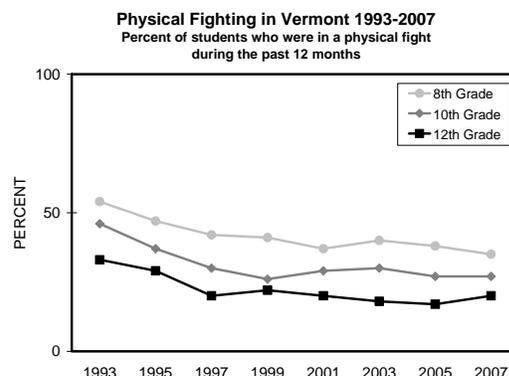
## 6. Violence

### Fewer students plan suicide.

- 9 percent of students made a suicide plan during the past year, down from 16 percent in 1999.
- 10 percent of girls made a suicide plan vs. 7 percent of boys, and 6 percent of girls actually attempted suicide vs. 4 percent of boys.

### Physical fighting is down from 1993.

- 27 percent of students fought, down from 45 percent in 1993, but unchanged from 29 percent in 1999.
- 6 percent of students were threatened or injured with a weapon on school property, similar to 8 percent in 1999.
- 14 percent of boys carried weapons (guns, clubs, knives, etc.) to school down slightly from 19 percent in 1999.
- 7 percent of students were hit, slapped, or physically hurt by a boyfriend or girlfriend, similar to 8 percent in 1999.
- 17 percent of students were bullied, and 21 percent bullied someone during the past 30 days.



## 7. Diet and Exercise

### Fewer students eat enough fruits and vegetables.

### Fewer students take physical education every day.

- 24 percent of students eat five or more servings of fruits and vegetables per day, down from 33 percent in 1999.
- 18 percent of students take physical education five days a week, down from 24 percent in 1999.
- 26 percent of students participated in at least 60 minutes of physical activity every day.
- 36 percent of students spend three or more hours per school day watching TV, playing video games, or using the computer for fun, similar to 35 percent in 2003.

## 8. Youth Assets

### Most students talk to their parents about school.

- 77 percent of students said their parents talked with them about school every day or week, up slightly from 74 percent in 1999.
- 30 percent spend one or more hours per week participating in clubs or organizations, similar to 28 percent in 2003.
- 45 percent spend one or more hours per week volunteering their time, unchanged from 45 percent in 2003.
- 89 percent have an adult in their life they can turn to for help and advice.