

Rutland County Profile

Regional Prevention Partnership Grant

Contents by Page

| | |
|--|----|
| Purpose | 3 |
| Demographics | 4 |
| Substance Use Prevalence | 6 |
| Youth Risk Behavior Survey (YRBS) | 6 |
| Young Adult Survey | 13 |
| Vermont Prescription Monitoring System (VPMS) | 14 |
| Risk and protective factors, and consequences of substance use | 19 |
| Capacity Building | 23 |
| Youth Substance Abuse Safety Program | 23 |
| Impaired Driver Crashes | 24 |
| Department of Liquor Control compliance checks | 25 |
| School-based grants | 26 |
| Conclusion & Contact Information | 27 |

Purpose of this Profile

- This profile includes estimates of substance use/abuse prevalence based on National and State surveys, as well as data to assist the District Offices and sub-recipients to focus on the following priorities:
 - ▣ Increase state, regional and community capacity to prevent underage drinking and prescription drug use by implementing a targeted regional approach to Partnership for Success implementation.
 - ▣ Reduce underage and binge drinking among persons aged 12 to 20.
 - ▣ Reduce prescription drug misuse and abuse among persons aged 12 to 25.
 - ▣ Reduce marijuana use among persons aged 12-25
- This profile is provided by the Division of Alcohol and Drug Abuse Programs (ADAP), the State Epidemiological Outcomes Workgroup (SEOW) and the Research, Epidemiology, and Evaluation Unit of the Vermont Department of Health, Center for Health Statistics as a resource to the District Offices participating in the Partnership for Success Grant II (Substance Abuse and Mental Health Services Administration [SAMHSA] Grant Number: 1U79SP020787). *This grant is also known as the Regional Prevention Partnership (RPP) grant.*

Demographics: Youth by County

Youth by County (percent of 10-24 year olds)

| County | # and % of VT 10-24 year olds | | % of District 10-24 year olds by gender | | % of District that is 10-24 years old |
|------------|-------------------------------|---------|---|------|---------------------------------------|
| | Number | Percent | Female | Male | Percent |
| Addison | 8,601 | 7% | 48% | 52% | 23% |
| Bennington | 6,958 | 5% | 51% | 49% | 19% |
| Caledonia | 6,255 | 5% | 47% | 53% | 20% |
| Chittenden | 39,134 | 31% | 50% | 50% | 25% |
| Essex | 1,036 | 1% | 50% | 50% | 16% |
| Franklin | 9,075 | 7% | 48% | 52% | 19% |
| Grand Isle | 1,161 | 1% | 46% | 54% | 17% |
| Lamoille | 4,854 | 4% | 48% | 52% | 20% |
| Orange | 5,319 | 4% | 47% | 53% | 18% |
| Orleans | 4,776 | 4% | 48% | 52% | 18% |
| Rutland | 11,879 | 9% | 49% | 51% | 19% |
| Washington | 11,285 | 9% | 45% | 55% | 19% |
| Windham | 7,976 | 6% | 48% | 52% | 18% |
| Windsor | 9,191 | 7% | 49% | 51% | 16% |
| Vermont | 127,500 | 100% | 48% | 52% | 20% |

Demographics: Race by County

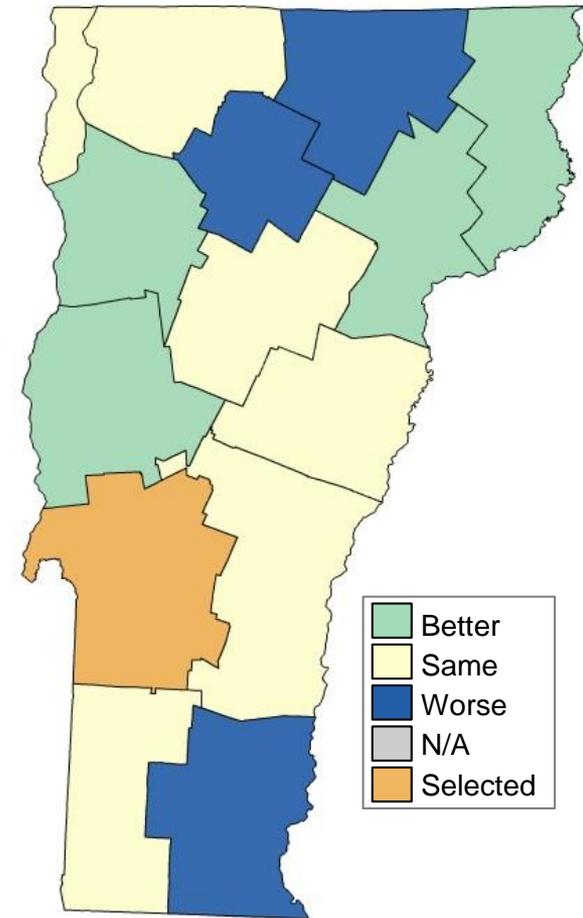
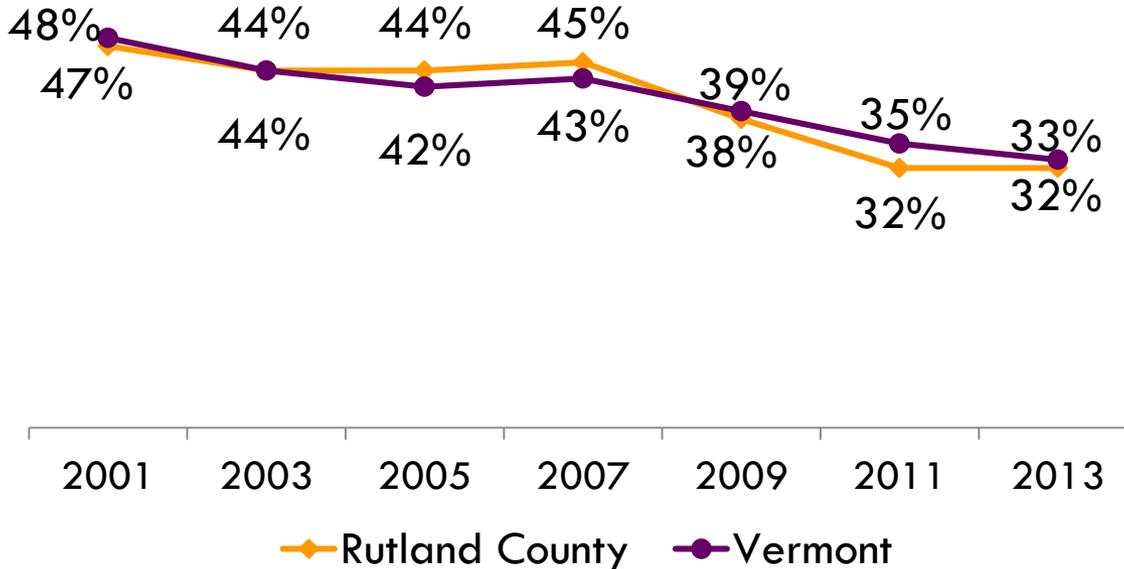
Race/Ethnicity by County (percent of county population)

| County | White | Black | Hispanic | Asian | American Indian/ Alaskan Native |
|-------------------|-------|-------|----------|-------|------------------------------------|
| Addison | 95.7% | 0.9% | 1.9% | 1.5% | 0.3% |
| Bennington | 96.8% | 0.9% | 1.5% | 0.7% | 0.3% |
| Caledonia | 96.5% | 0.7% | 1.2% | 0.9% | 0.5% |
| Chittenden | 92.6% | 2.2% | 1.9% | 3% | 0.3% |
| Essex | 97.4% | 0.3% | 1.1% | 0.3% | 0.6% |
| Franklin | 95.8% | 0.6% | 1.3% | 0.5% | 1% |
| Grand Isle | 95.3% | 0.5% | 1.3% | 0.4% | 1% |
| Lamoille | 96.8% | 0.8% | 1.4% | 0.6% | 0.5% |
| Orange | 97.2% | 0.4% | 1.1% | 0.6% | 0.3% |
| Orleans | 96.9% | 0.7% | 1.2% | 0.4% | 0.5% |
| Rutland | 97.3% | 0.6% | 1.2% | 0.6% | 0.3% |
| Washington | 96.3% | 0.8% | 1.7% | 0.9% | 0.3% |
| Windham | 95.7% | 1.1% | 1.9% | 1.1% | 0.3% |
| Windsor | 96.4% | 0.7% | 1.3% | 1% | 0.3% |
| Vermont | 95.5% | 1.1% | 1.6% | 1.4% | 0.4% |

Prevalence: High School Youth – Alcohol Use

Percent of adolescents in grades 9-12 who drank any alcohol in the past 30 days

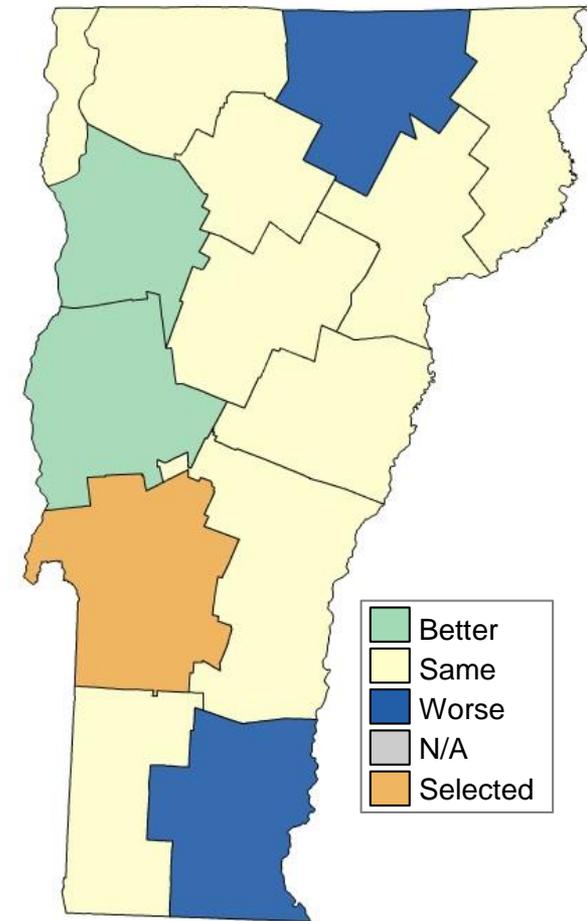
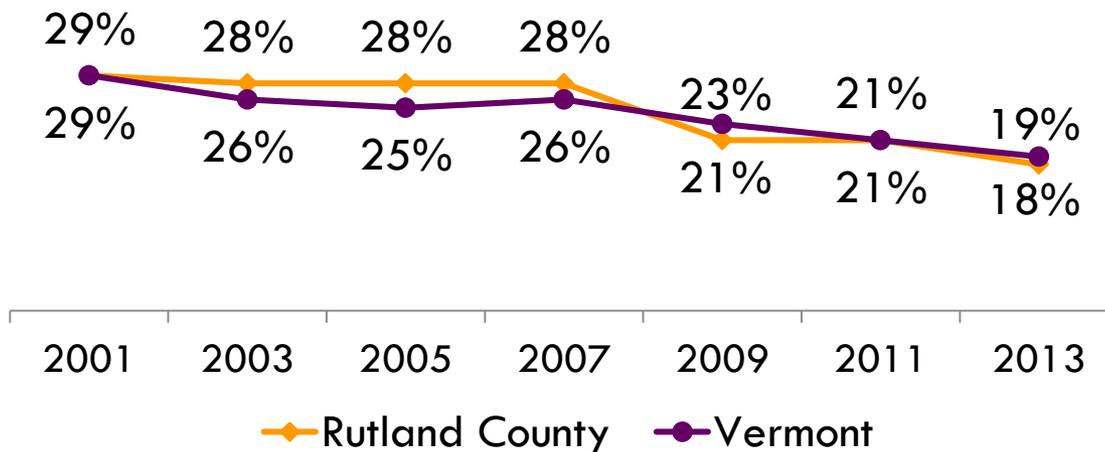
| Rutland County | Vermont | Statistical Comparison |
|----------------|---------|------------------------|
| 32% | 33% | Same |



Prevalence: High School Youth – Binge Drinking

Percent of adolescents in grades 9-12 who drank five or more drinks in a row (binged), in the past 30 days

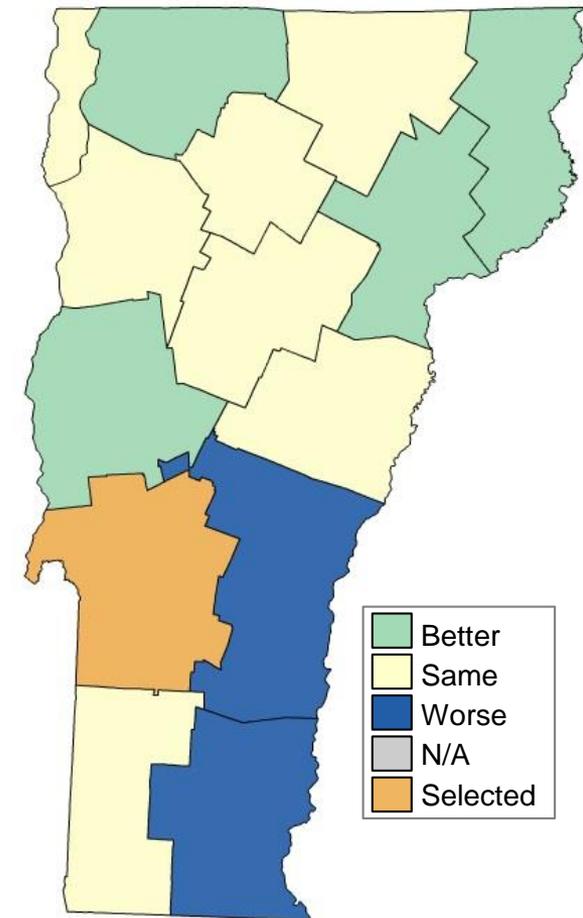
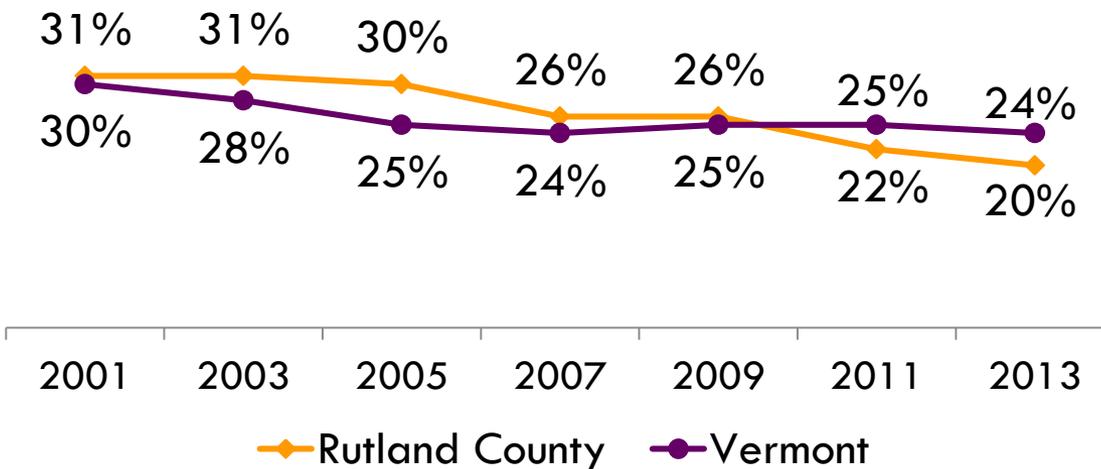
| Rutland County | Vermont | Statistical Comparison |
|----------------|---------|------------------------|
| 18% | 19% | Same |



Prevalence: High School Youth – Marijuana

Percent of adolescents in grades 9-12 who used marijuana in the past 30 days

| Rutland County | Vermont | Statistical Comparison |
|----------------|---------|------------------------|
| 20% | 24% | Better |

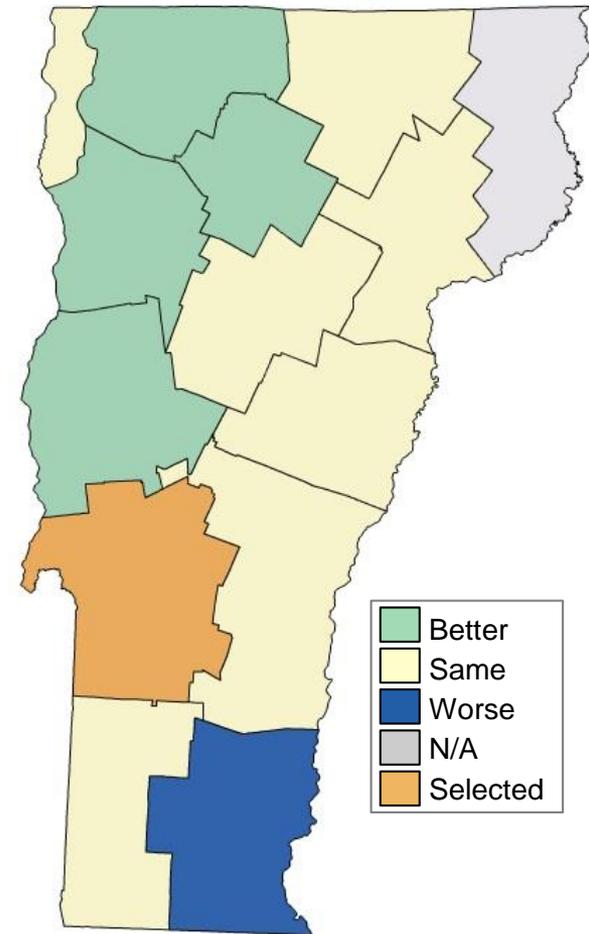


Prevalence: High School Youth – Prescription Drugs

Percent of adolescents in grades 9-12 who took a prescription drug not prescribed to them, in the past 30 days

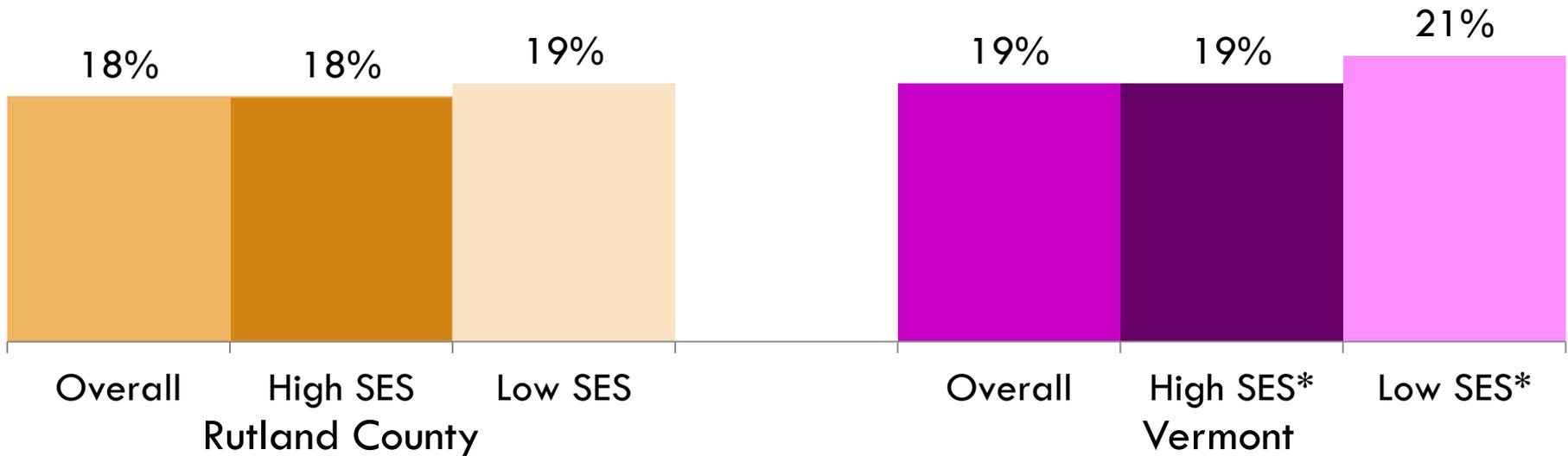
| Rutland County | Vermont | Statistical Comparison |
|----------------|---------|------------------------|
| 5% | 7% | Better |

*Note that 2013 was the first year this question was asked on the Youth Risk Behavior Survey, so trend data is not yet available.



Disparities in Prevalence: High School Youth

Percent of students who drank five or more drinks in a row (binged) in the past 30 days by socioeconomic status for grades 9th – 12th (2013)
 (SES is maternal level of education: high school or less versus more than high school)

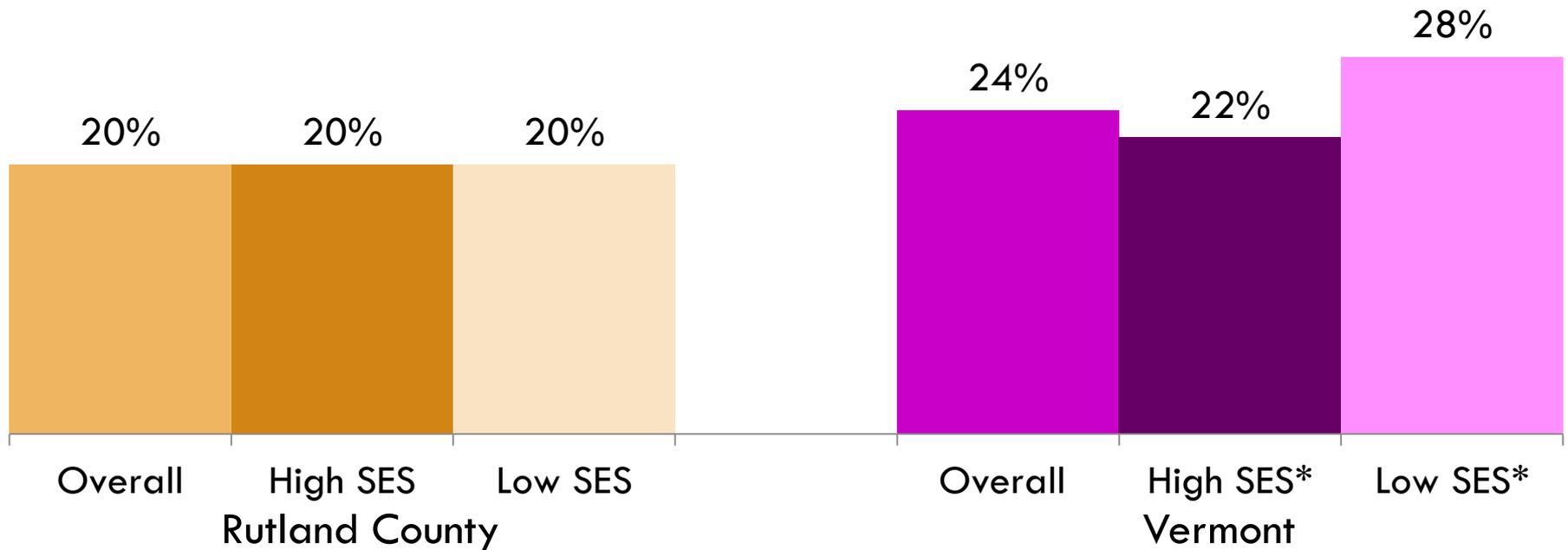


While the difference in prevalence of binge drinking by SES in Rutland County was not statistically significant, it remains an important risk factor.

Disparities in Prevalence: High School Youth

**Percent of students who used marijuana in the past 30 days
by socioeconomic status for grades 9th – 12th (2013)**

(SES is maternal level of education: high school or less versus more than high school)

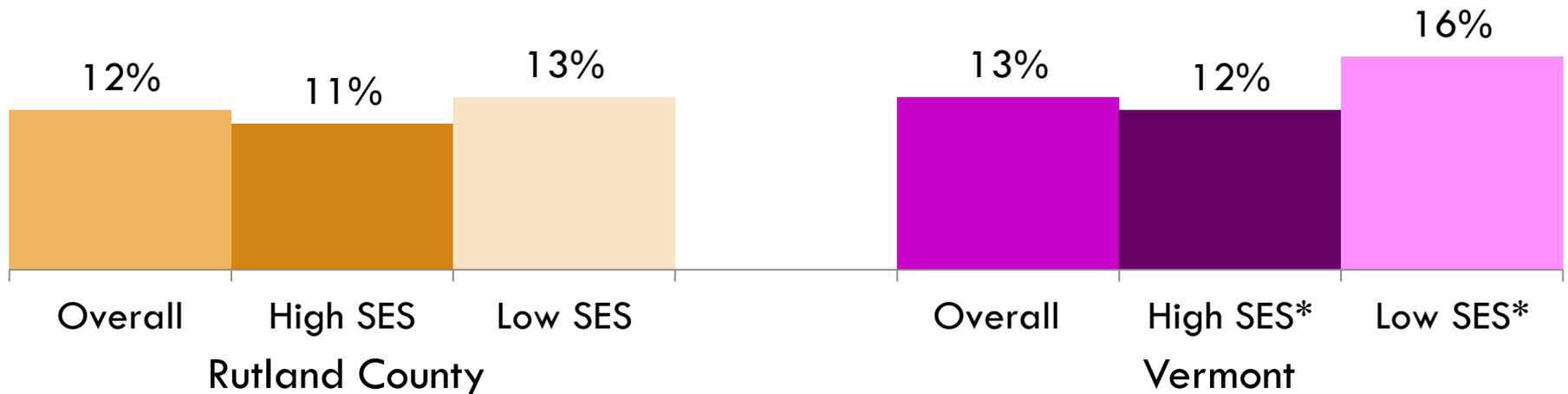


While the difference in prevalence of marijuana use by SES in Rutland County was not statistically significant, it remains an important risk factor.

Disparities in Prevalence: High School Youth

Percent of students reporting lifetime prescription drug use by socioeconomic status for grades 9th – 12th (2013)

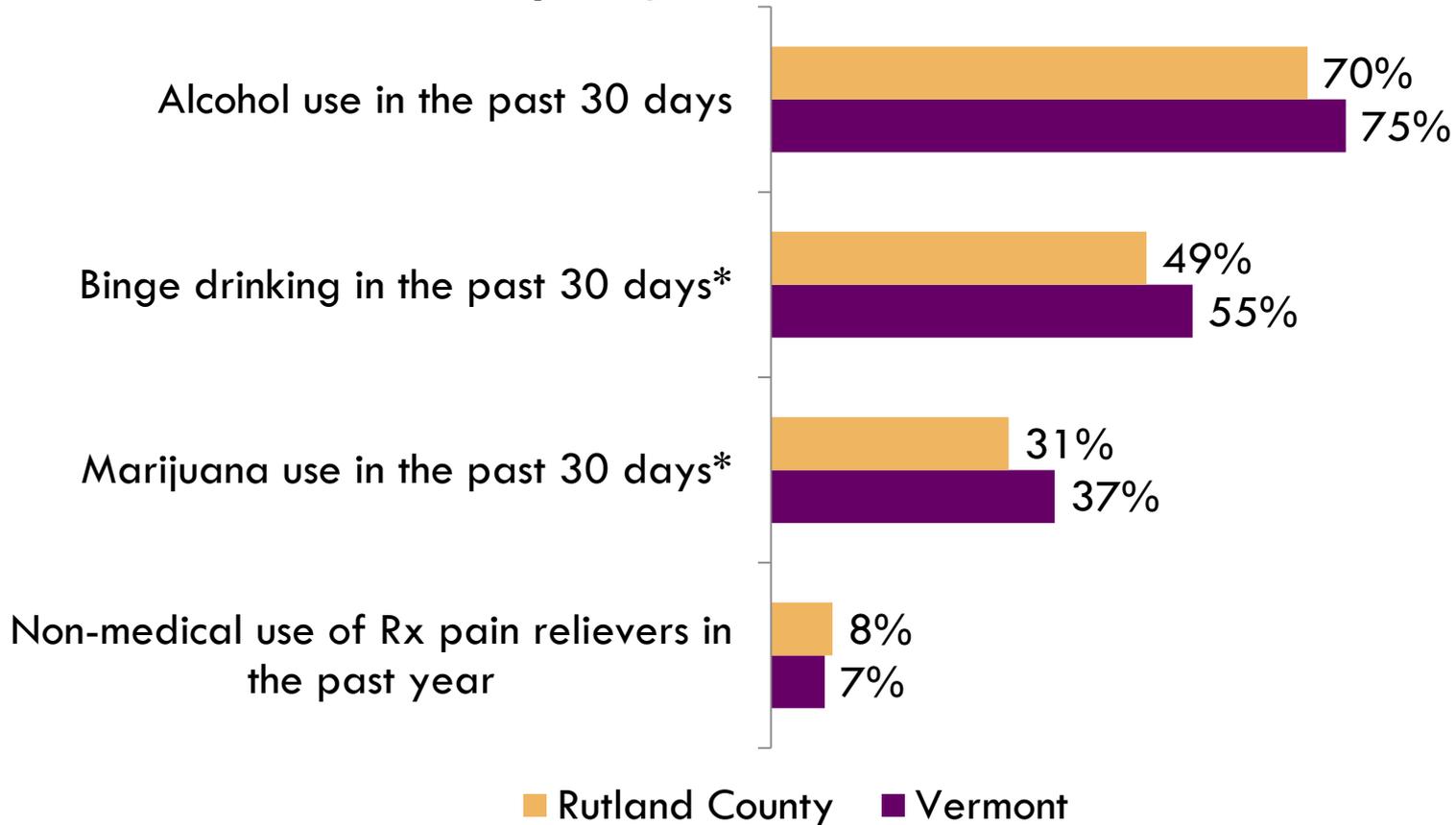
(SES is maternal level of education: high school or less versus more than high school)



While the difference in prevalence of prescription drug misuse by SES in Rutland County was not statistically significant, it remains an important risk factor.

Prevalence: Young Adult Substance Use

Prevalence of selected substance use behaviors in young adults 18-25 (2014)



*Rutland County's binge drinking and marijuana use prevalence are statistically better compared to Vermont overall.

Vermont Prescription Drug Monitoring System

- In 2006, the Vermont Legislature passed Act 205 authorizing the Vermont Department of Health to establish and operate a Prescription Drug Monitoring Program (PDMP).
- Vermont's PDMP, known as the Vermont Prescription Monitoring System (VPMS), is a statewide electronic database of controlled substance prescriptions dispensed from Vermont-licensed pharmacies that became operational in January of 2009.
- For the purposes of this report, the following drug types were defined using the U.S. Food and Drug Administration's established pharmacologic class (EPC).
 - Opioids: Examples: oxycodone, hydrocodone, fentanyl, morphine, buprenorphine, methadone
 - Sedatives: Examples: lorazepam, clonazepam, diazepam, carisoprodol, alprazolam
 - Stimulants: Examples: methylphenidate, lisdexamfetamine, amphetamine

Vermonters Receiving At Least One Prescription

- Annually, approximately 92% of all prescriptions for controlled substances that are dispensed by Vermont licensed pharmacies are dispensed to Vermont residents.
- One quarter (27%) of Vermont residents received at least one prescription for a controlled substance in 2014.
- The range among Vermont counties was quite wide. In Essex County, 14% of residents received a controlled substance, whereas in Bennington and Rutland counties 31% did.
- In Rutland County, 31% of residents received at least one prescription for a controlled substance in 2014, that is 4% higher than Vermont overall.

| County | Recipients | % of Pop |
|------------|------------|----------|
| Addison | 9,878 | 27% |
| Bennington | 11,297 | 31% |
| Caledonia | 7,698 | 25% |
| Chittenden | 41,755 | 26% |
| Essex | 884 | 14% |
| Franklin | 14,390 | 30% |
| Grand Isle | 2,110 | 30% |
| Lamoille | 7,445 | 30% |
| Orange | 6,691 | 23% |
| Orleans | 7,928 | 29% |
| Rutland | 18,989 | 31% |
| Washington | 16,346 | 28% |
| Windham | 12,907 | 29% |
| Windsor | 11,214 | 20% |
| Vermont | 169,532 | 27% |

Vermonters Receiving Opioid Prescriptions

- Approximately one in five (17%) Vermont residents received at least one prescription for an opioid in 2014.
- The percentage of residents having received an opioid prescription in 2014 ranged from 10% in Essex County to 22% in Rutland County.
- In Rutland County, 22% of residents received at least one prescription for an opioid in 2014, that is 5% higher than Vermont overall.

| County | Recipients | % of Pop |
|------------|------------|----------|
| Addison | 6,228 | 17% |
| Bennington | 7,511 | 20% |
| Caledonia | 5,204 | 17% |
| Chittenden | 24,904 | 16% |
| Essex | 610 | 10% |
| Franklin | 10,249 | 21% |
| Grand Isle | 1,415 | 20% |
| Lamoille | 5,002 | 20% |
| Orange | 4,187 | 14% |
| Orleans | 5,321 | 20% |
| Rutland | 13,343 | 22% |
| Washington | 9,975 | 17% |
| Windham | 8,078 | 18% |
| Windsor | 7,363 | 13% |
| All VT | 109,390 | 17% |

Vermonters Receiving Sedative Prescriptions

- One in ten (10%) Vermont residents received at least one prescription for a sedative in 2014.
- The percentage of residents having received a sedative prescription in 2014 ranged 5% to 11%.
- In Rutland County, 11% of residents received at least one prescription for a sedative in 2014, that is 1% higher than Vermont overall.

| County | Recipients | % of Pop |
|------------|------------|----------|
| Addison | 3,657 | 10% |
| Bennington | 4,163 | 11% |
| Caledonia | 2,575 | 8% |
| Chittenden | 15,904 | 10% |
| Essex | 293 | 5% |
| Franklin | 4,889 | 10% |
| Grand Isle | 713 | 10% |
| Lamoille | 2,787 | 11% |
| Orange | 2,675 | 9% |
| Orleans | 2,956 | 11% |
| Rutland | 6,654 | 11% |
| Washington | 6,536 | 11% |
| Windham | 4,902 | 11% |
| Windsor | 4,218 | 8% |
| All VT | 62,922 | 10% |

Vermonters Receiving Stimulant Prescriptions

- Very few (3%) Vermont residents received at least one prescription for a stimulant in 2014.
- The percent of residents having received a stimulant prescription in 2014 ranged from 2% Essex County to 6% in Windham County.
- In Rutland County, 3% of residents received at least one prescription for a stimulant in 2014, this is consistent with Vermont overall.

| County | Recipients | % of Pop |
|------------|------------|----------|
| Addison | 1,269 | 3% |
| Bennington | 1,345 | 4% |
| Caledonia | 1,068 | 3% |
| Chittenden | 5,996 | 4% |
| Essex | 95 | 2% |
| Franklin | 1,289 | 3% |
| Grand Isle | 200 | 3% |
| Lamoille | 1,005 | 4% |
| Orange | 762 | 3% |
| Orleans | 854 | 3% |
| Rutland | 1,919 | 3% |
| Washington | 2,282 | 4% |
| Windham | 2,417 | 6% |
| Windsor | 1,229 | 2% |
| All VT | 21,730 | 3% |

Risk and Protective Factors for Substance Use: High School

**Percent of students in grades 9th – 12th
reporting risk or protective behavior (2013)**

| Risk/Protective Factor | Rutland County | Vermont | Statistical Comparison |
|---|-----------------------|----------------|-------------------------------|
| Drank before age 13 | 12% | 14% | Same |
| Felt valued by Community | 44% | 50% | Worse |
| Believe it is easy to get alcohol | 72% | 72% | Same |
| Think people their age risk harming themselves binge drinking | 39% | 38% | Same |
| Believe it is easy to get marijuana | 62% | 63% | Same |
| Think people their age risk harming themselves smoking marijuana | 35% | 31% | Better |

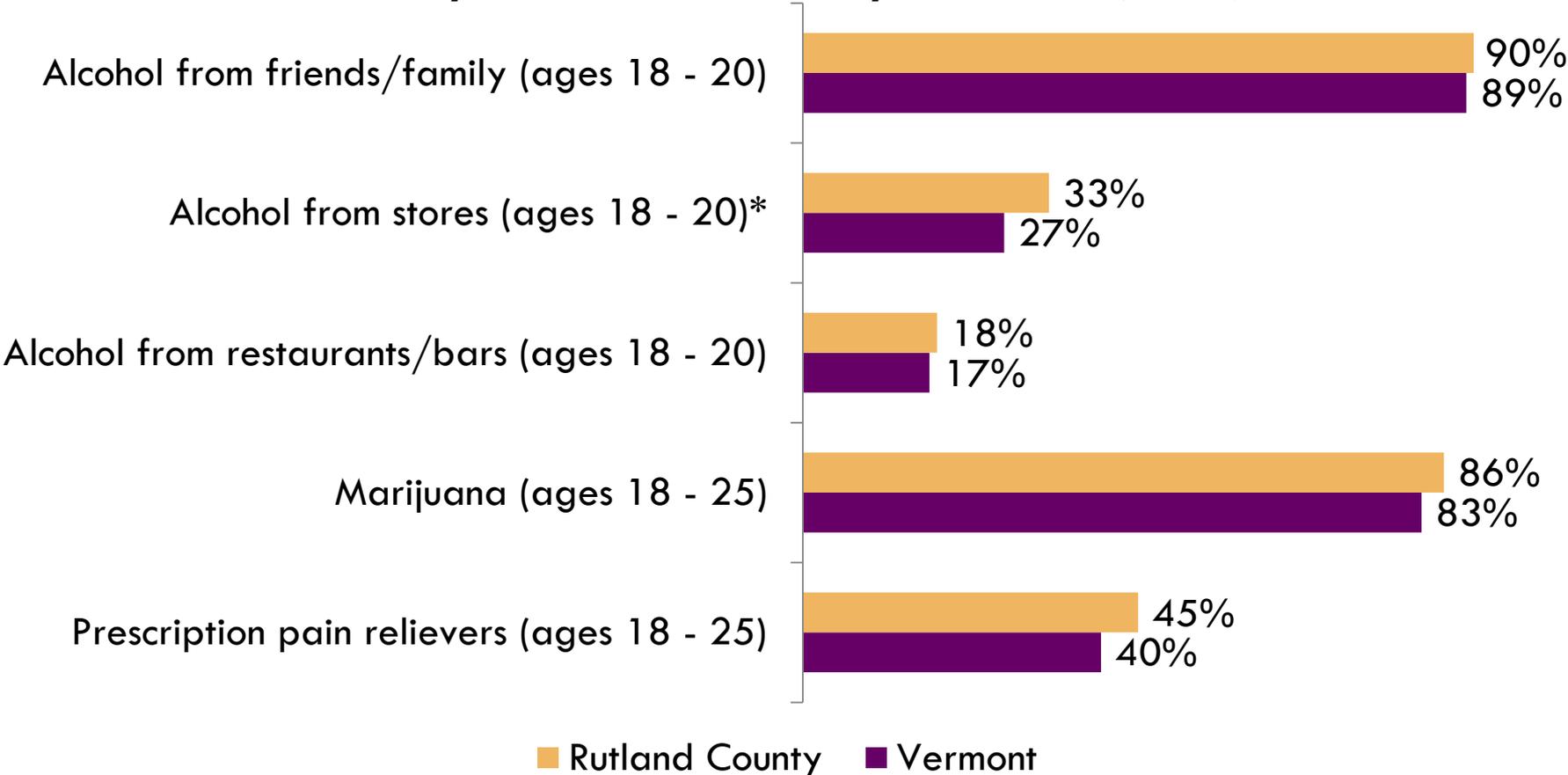
Consequences of Substance Use: High School Youth and Young Adults

Percent of students and young adults (who drive) reporting a consequence of substance use

| Risk/Protective Factor | Rutland County | Vermont | Statistical Comparison |
|--|-----------------------|----------------|-------------------------------|
| 9th – 12th graders drove under the influence of marijuana in the past 30 days | 14% | 16% | Same |
| 18 – 25 year olds drove under the influence of marijuana in the past 30 days | 16% | 15% | Same |
| 9th – 12th graders drove under the influence of alcohol in the past 30 days | 9% | 8% | Same |
| 18 – 25 year olds drove under the influence of alcohol in the past 30 days | 6% | 4% | Worse |

Risk and Protective Factors for Substance Use: Young Adults

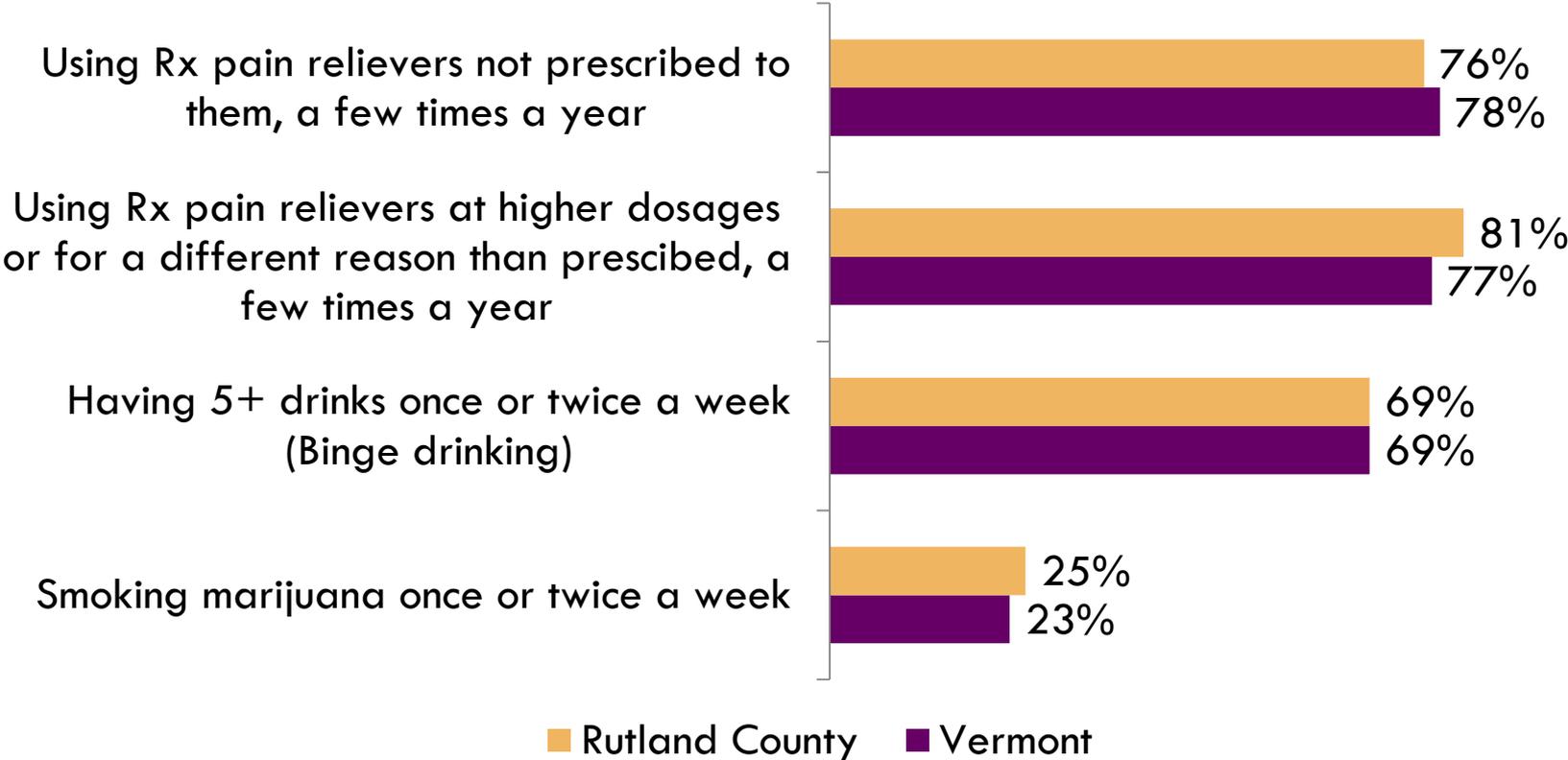
Percent of young adults perceiving “very easy” or “somewhat easy” to obtain (2014)



*Perception of ease to obtain alcohol from stores was statistically worse in Rutland County than Vermont overall.

Risk and Protective Factors for Substance Use: Young Adults

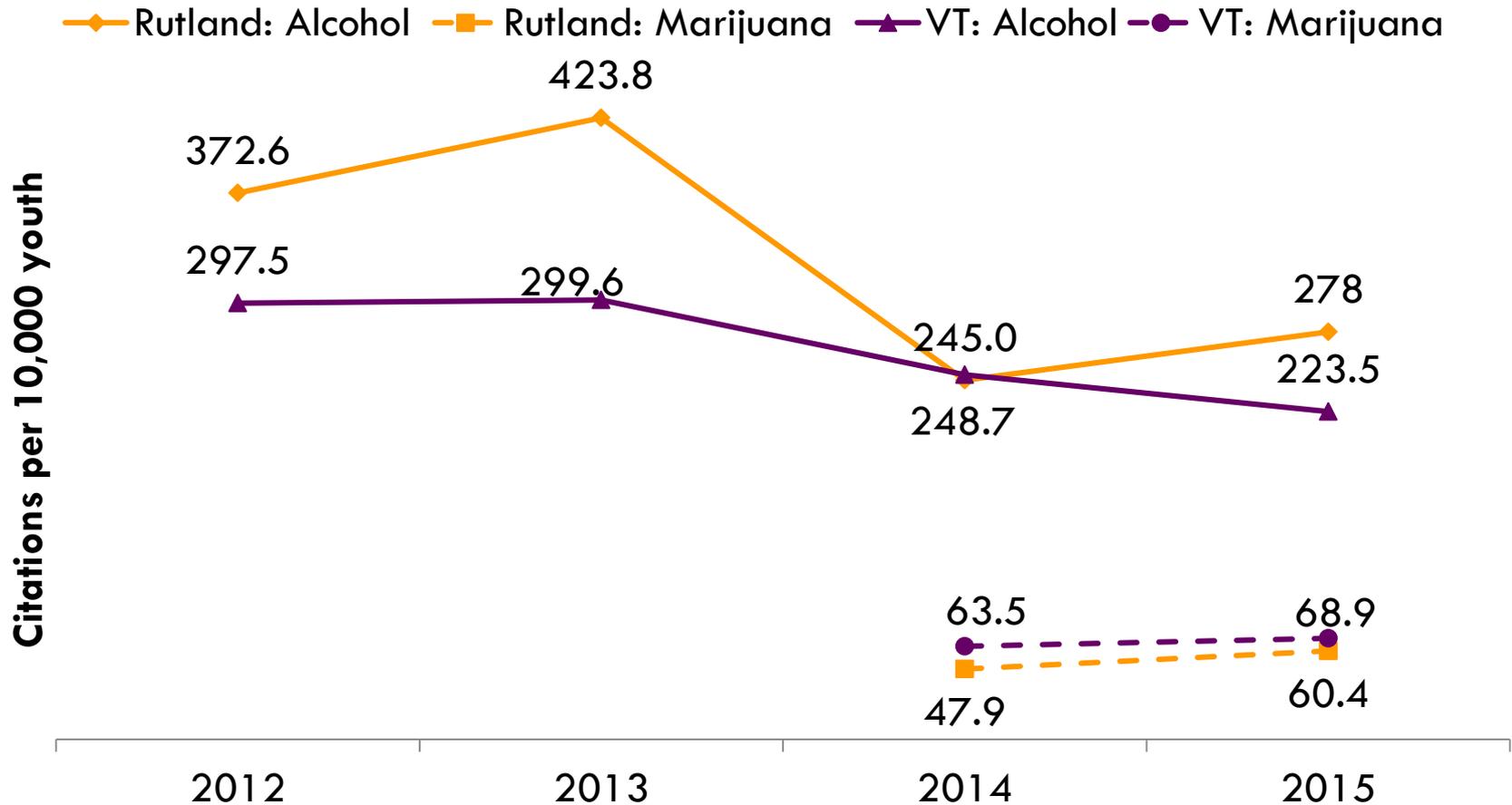
Percent of young adults 18-25 perceiving “moderate risk” or “great risk” (2014)



There are no statistical differences between Rutland County and Vermont overall for all of the above measures.

Youth Substance Abuse Safety Program Citations

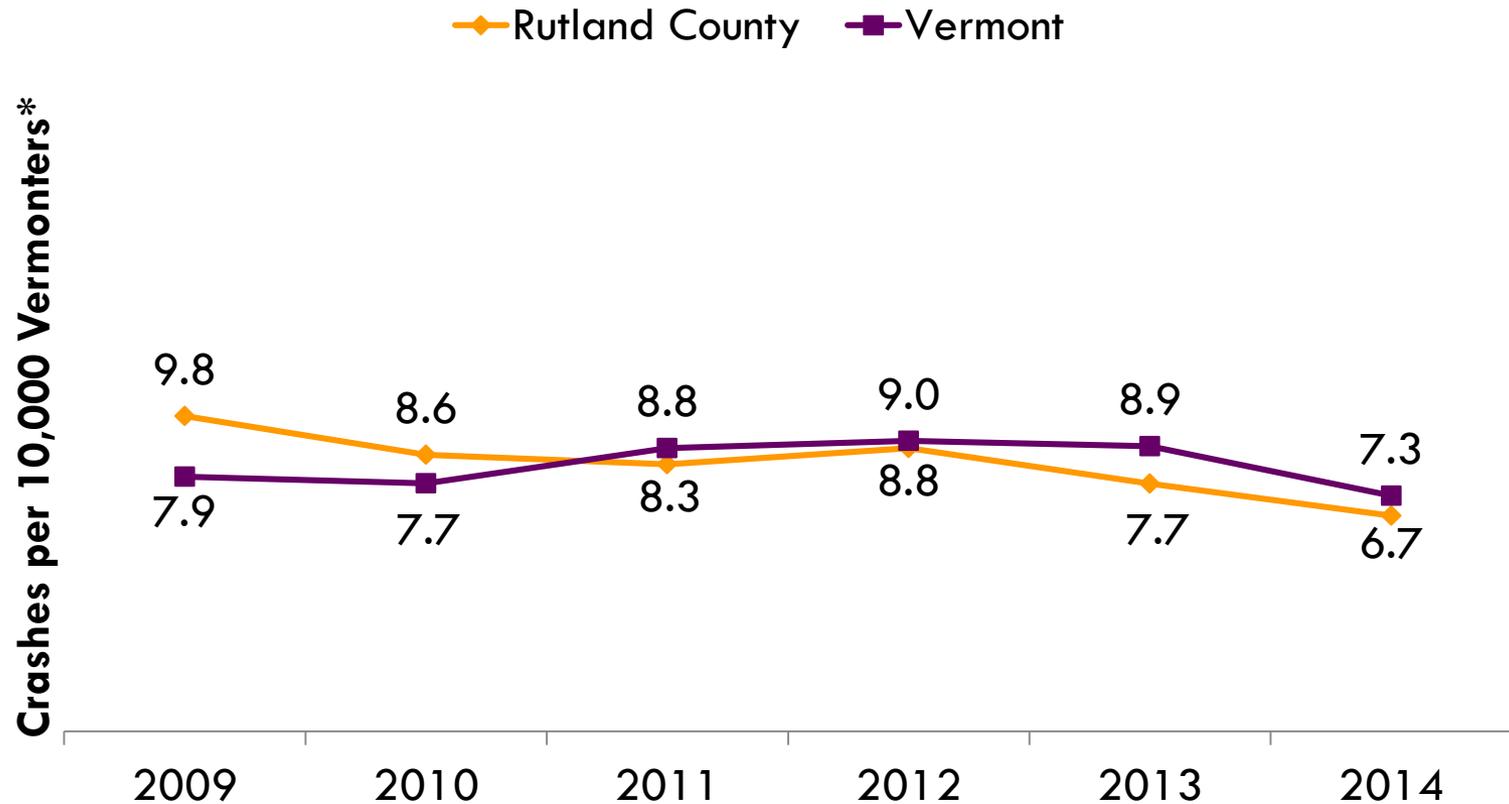
Rate of alcohol and marijuana citations for youth under 21 per 10,000 VT youth* by fiscal year



* Vermont 2010 Census data for ages 10-20

Impaired Driver Crashes

Rate of impaired driving crashes with a BAC ≥ 0.01 per 10,000 Vermonters*



* Vermont 2010 Census data for ages 15 and older

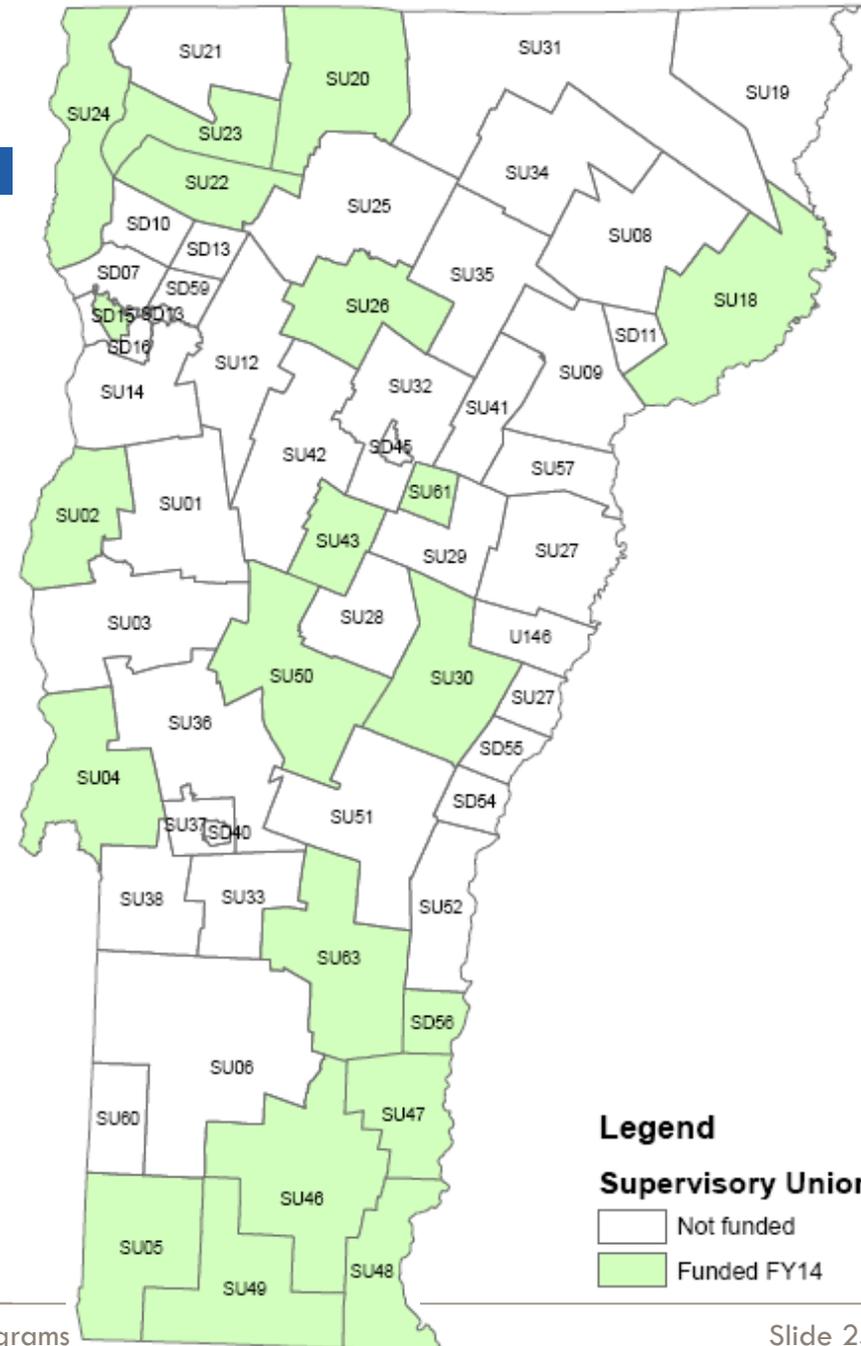
Department of Liquor Control Compliance Checks

Compliance Checks for 1st and 2nd Class Licensees, 2014

| County | # Checked | # Passed | Percent Passed |
|------------|-----------|----------|----------------|
| Addison | 26 | 25 | 96% |
| Bennington | 55 | 51 | 93% |
| Caledonia | 40 | 36 | 90% |
| Chittenden | 160 | 141 | 88% |
| Essex | 6 | 6 | 100% |
| Franklin | 28 | 23 | 82% |
| Grand Isle | 14 | 13 | 93% |
| Lamoille | 15 | 14 | 93% |
| Orange | 18 | 17 | 94% |
| Orleans | 19 | 15 | 79% |
| Rutland | 100 | 95 | 95% |
| Washington | 54 | 47 | 87% |
| Windham | 54 | 47 | 87% |
| Windsor | 66 | 61 | 92% |
| Vermont | 655 | 591 | 90% |

School-Based Grants

- Supervisory Unions funded for Fiscal Year 2015 with School-Based Substance Abuse Service Grants (in green).
- The purpose of these three year grants is to provide and enhance substance abuse prevention and early intervention services in Vermont schools, leading to reductions in students' alcohol and other drug use.
- See the [Alcohol and Drug Abuse Prevention Dashboard](#) for information on percent of students screened and referred to treatment.



Conclusion and Contacts

- These data are presented to assist the District Offices in all types of planning, needs assessment, community outreach, and prevention work surrounding alcohol use, binge drinking and prescription drug misuse.
- Please contact:

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