
2011 Vermont Youth Risk Behavior Survey Report

Report for Rutland City School District

Every other year, since 1993, the Department of Health Division of Alcohol and Drug Abuse Programs and the Department of Education Student Health and Learning team sponsor the Vermont Youth Risk Behavior Survey (YRBS). The YRBS measures the prevalence of behaviors that contribute to the leading causes of death, disease, and injury among youth.

Participation by schools and individual students is voluntary. To protect student privacy, the questionnaire and survey process are anonymous. It is impossible to identify an individual student's responses.

Survey Changes in 2011

Before 2011, students in grades 8-12 took the Vermont Youth Risk Behavior Survey. In 2011, we conducted two surveys: a **high school survey** of students in grades 9-12, and a **middle school survey** of students in grades 6-8.

All results in the high school survey report are for grades 9-12 only. For the questions on the 2011 high school survey, we recalculated results from previous years for grades 9-12 for comparative purposes. Those results are at the end of this report.

About this Report

The results appear in data tables by gender and grade unless otherwise noted. All results are percentages of students who responded affirmatively. Percentages were suppressed with an asterisk (*) if five or fewer students reported affirmatively, either overall or by grade or gender.

Thank You

We thank the principals and superintendents who chose to participate, the teachers and school staff who administered or in other ways supported the survey, and the students who took the time and effort to share a piece of their lives with us. We also thank the Centers for Disease Control and Prevention, Division of Adolescent and School Health for sponsoring the survey through a cooperative agreement with the Vermont Department of Education, and the CDC and Westat for technical assistance.

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How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we 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.

A Word of Caution

The YRBS represents the most complete and most recent information available about risk behaviors among Vermont students. However, the YRBS has some limitations that you should keep in mind when interpreting the results.

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. We run over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These precautions can reduce some sources of error, but not all.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** It is natural to want to know how individual supervisory unions or school districts compare to the state overall or to each other. We urge caution in making such comparisons because the statewide results are weighted and the local results are not. As a result, it is possible that apparent differences, especially small differences, are due to demographic characteristics rather than to true differences in prevalence. Furthermore, small differences may not be statistically different and may simply be a function of normal sampling error.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer the most important question: *Why* are they doing it?

Personal Safety

Feeling safe – whether at school, in a car, or in a relationship – fosters positive adolescent development. The high school and middle school surveys included questions on fighting, bullying, seat belt use, safety at school, helmet use, and suicidality. The high school survey included additional questions on driving behaviors, dating violence, and self harm.

- Physical fighting is a marker for problem behaviors¹ and is associated with serious injury.^{2,3} Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.^{4,5,6}
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,^{7,8} poor academic achievement,⁸ and violent behavior.⁹
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.¹⁰ Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.¹¹
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.¹² Despite this, less than one quarter of bicyclists wear helmets.¹²
- In 2009, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.¹³ Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.¹⁴

Alcohol, Tobacco, and Other Drugs

Early use of alcohol, tobacco, and other drugs is associated with myriad problems later in life. The high school and middle school surveys asked about tobacco, alcohol, marijuana, inhalant, and prescription drug use. The surveys also asked the age at which students first used alcohol, cigarettes, and marijuana. The high school survey asked additional questions on other drug use, such as heroin, methamphetamines, and hallucinogens. Both surveys asked about ease of availability of alcohol, cigarettes, and marijuana, peer disapproval of use of these substances, perceived parental disapproval of use, and the risk of harm associated with use of these substances.

- Alcohol use is a major contributing factor in about half of all homicides and sexual assaults,¹⁵ and about one-third of all motor vehicle crash fatalities.¹⁶ Heavy drinking among youth has been linked to violence, academic and job problems, suicidal behavior, trouble with law enforcement authorities, risky sexual behavior, and use of cigarettes, marijuana, cocaine, and other illegal drugs.^{17,18}
- Tobacco use is the single most preventable cause of death in the United States,¹⁹ contributing to more than one of every five deaths.²⁰ Cigarette smoking increases the risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.¹⁹
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.²¹ Other reactions include feelings of distrust, anxiety, or depression.²¹ In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.²²
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.²³
- Multi-year results from the Monitoring the Future survey indicate that the prevalence of marijuana use among youth declines as the percentage of youth expressing disapproval of marijuana increases.²⁴ As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.²⁴ Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.²⁴

Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing. The middle school survey did not ask any questions about sex.

- Early sexual activity and having multiple sexual partners are associated with an increased risk of unwanted pregnancy, sexually transmitted diseases (STDs) including HIV infection,²⁵ and negative effects on social and psychological development.²⁶ Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.²⁷
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.²⁸ STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.²⁶ Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.²⁹
- Although many lesbian, gay, bisexual, and transgender adolescents lead happy and healthy lives, others face tremendous challenges to growing up physically and mentally healthy. Compared to heterosexual youth, lesbian, gay, bisexual, and transgender youth are at higher risk for depression, tobacco, alcohol and other drug use, suicide, and unhealthy sexual behaviors.³⁰

Body Image

Negative feelings about weight and body image often develop in adolescence. The high school and middle school surveys included questions about weight perception and weight control. The high school survey asked for students' height and weight to calculate body mass index, and about use of artificial tanning devices.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.³¹ Obesity in childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.³² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.³³ Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.²⁰
- However, overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.^{34,35} Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors such as fasting and self-induced vomiting that can lead to abnormal physical and psychological development.^{36,37}
- Indoor tanning increases risk for melanoma and non-melanoma cancers. In the U.S., the incidence of melanoma is increasing more rapidly than that of any other cancer, particularly among girls and women between the ages of 15 and 39. Some evidence suggests that repeated UV irradiation, and the use of indoor tanning beds specifically, may have important behavioral consequences, including mood changes, pain, and physical dependency.³⁸

Nutrition and Physical Activity

Nutritious eating and physical activity are two cornerstones of healthy adolescent development. The high school and middle school surveys asked about breakfast consumption, physical activity, physical education classes, and television, computer, and video game use. The high school survey also asked about consumption of fruits, vegetables, soda, and sugar-sweetened beverages.

- Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer.³⁹⁻⁴³
- In recent years, soft drink consumption has significantly increased among children and adolescents. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with an increased risk for being overweight in children.⁴⁴⁻⁴⁵
- Regular physical activity builds and maintains healthy bones and muscles, controls weight, builds lean muscle, reduces fat, reduces feelings of depression and anxiety. It also decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁴⁶ The U.S. Department of Health and Human Services recommends that young people ages 6–17 participate in at least 60 minutes of physical activity every day.⁴⁶
- By 12th grade, more than half of female students in the U.S. do not participate in vigorous physical activity regularly. School physical education classes can increase adolescent participation in physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.⁴⁷⁻⁵⁰
- Television viewing is the principal sedentary leisure time behavior in the U.S. Studies have shown that television viewing in young people is related to obesity⁵¹ and violent or aggressive behavior.⁵²⁻⁵⁴ Using the computer for fun and playing video games have become increasingly common sedentary leisure time activities among young people as well.

Measures of Youth Assets

Adolescent achievement requires sources of positive influence. The high school and middle school surveys asked about school and community connectivity as well as parental conversations about school. The high school survey asked additional questions about volunteerism and grades earned in school.

- Above-average school performance is one of many developmental assets, or factors promoting positive development. Studies have shown that students who get higher grades in school are less likely to use cigarettes, alcohol, or marijuana, and are more likely to postpone sexual intercourse.⁵⁵
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.⁵⁶ A national study of adolescent health found that youth who reported a "connectedness" to their parents/family and school were the least likely to engage in risky behaviors.⁵⁷ Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.⁵⁷
- Research shows that involvement in constructive, supervised extracurricular activities is associated with reduced likelihood of involvement in risky behaviors such as school failure, drug use, and delinquency.⁵⁸ In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.⁵⁹
- Youth are not simply objects of adult efforts to modify their behaviors. Rather, if given the opportunities, they can make significant contributions to their families, schools, and communities. Adolescents, especially, need to exercise decision-making power in as many settings as is practical, so that they can develop into competent adults. Schools are a natural setting for youth to share in decisions that affect their lives.

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2011 Vermont High School Youth Risk Behavior Survey

Results for Rutland City SD

Participation Rates

	Grade				Gender		All
	9	10	11	12	F	M	
Participated	190	194	160	131	353	326	682
Enrolled	246	259	240	214	475	484	959
Participation Rate	77%	75%	67%	61%	74%	67%	71%

Based on October 1, 2010 enrollment. Some students did not indicate grade or gender.

Demographics

Age

	2011
14 or younger	13%
15	28%
16	27%
17	22%
18 or older	11%

Race and Ethnicity

	2011
White non-Hispanic	87%
Racial or ethnic minority	13%

Mother's Education

	2011
High school or less	27%
Some college	16%
College graduate	36%
Graduate or professional degree after college	16%
Not sure	5%

Personal Safety

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Ride bicycles	70%	77%	73%	64%	62%	64%	77%

Of students who ride bicycles, percent who wear helmets:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Always	10%	10%	12%	13%	*	12%	9%
Most of the time	10%	14%	6%	10%	11%	9%	11%
Sometimes	11%	11%	10%	9%	14%	14%	8%
Rarely or never	68%	65%	71%	69%	68%	65%	71%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who wear seatbelts when riding in a car:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Always	59%	52%	60%	63%	63%	62%	56%
Most of the time	25%	32%	25%	21%	20%	24%	26%
Sometimes	9%	7%	9%	11%	9%	9%	9%
Rarely or never	7%	8%	5%	5%	8%	5%	8%

Percent of students who, in the past 30 days:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Rode in a car or other vehicle driven by someone who had been drinking alcohol	27%	28%	30%	21%	29%	27%	27%
Drove a car or other vehicle after drinking	9%	4%	6%	15%	13%	6%	12%
Rode in a car or other vehicle driven by someone who had been smoking marijuana	28%	17%	27%	30%	43%	28%	29%
Drove a car or other vehicle after smoking marijuana	13%	6%	11%	16%	22%	9%	17%

Personal Safety

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Carried a weapon such as a gun, knife or club on school property, past 30 days	7%	6%	7%	8%	9%	3%	12%
Did not go to school because they felt unsafe, past 30 days	4%	7%	4%	*	*	4%	3%
Were threatened or injured with a weapon at school, past 12 months	8%	9%	6%	8%	9%	5%	10%
Were in a physical fight, past 12 months	24%	25%	30%	21%	19%	16%	34%
Were in a physical fight on school property, past 12 months	8%	9%	8%	7%	8%	4%	13%
Were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend, past 12 months	9%	8%	7%	6%	17%	7%	11%
Were physically forced to have sexual intercourse, ever	8%	8%	7%	6%	13%	11%	5%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Were bullied, past 30 days	24%	27%	27%	21%	16%	26%	21%
Bullied someone else, past 30 days	21%	19%	24%	22%	19%	18%	24%
Were electronically bullied, past 12 months	23%	23%	27%	21%	20%	31%	14%
Caused purposeful harm to themselves such as by cutting or burning, past 12 months	19%	26%	19%	15%	14%	25%	13%
Felt sad or hopeless almost every day for two weeks or more in a row, past 12 months	26%	27%	30%	23%	24%	34%	18%
Made a suicide plan, past 12 months	14%	15%	15%	11%	15%	17%	11%
Made a suicide attempt, past 12 months	6%	7%	6%	4%	5%	7%	5%

For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight, or when teasing is done in a friendly way. Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Ever drank alcohol other than a few sips	62%	48%	62%	72%	73%	65%	60%
Had first drink other than a few sips before age 13	12%	17%	10%	11%	9%	10%	15%
Drank alcohol, past 30 days	39%	21%	40%	50%	47%	40%	37%
Had five or more drinks of alcohol in a row, past 30 days	25%	9%	27%	34%	34%	23%	27%
Drank alcohol on 3 to 9 of the past 30 days	15%	5%	20%	15%	21%	15%	14%
Drank alcohol on 10 or more of the past 30 days	4%	*	*	6%	6%	2%	6%
Binged on 3 or more of the past 30 days	9%	*	10%	11%	15%	7%	11%
Drank alcohol on school property, past 30 days	2%	*	*	*	*	*	3%

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Among students who drank in the past 30 days:

Usual type of beverage consumed, past 30 days

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Liquor, such as rum, gin, vodka, or whiskey	53%	49%	61%	51%	50%	53%	54%
Beer	23%	15%	19%	29%	24%	13%	34%
Other alcoholic beverages, such as Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, or Twisted Tea	21%	33%	20%	19%	17%	31%	10%
Wine	3%	*	*	*	*	*	*

Usual source of alcohol, past 30 days

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Someone gave it to me	48%	56%	46%	51%	42%	59%	35%
Gave someone money to buy it for me	32%	15%	32%	33%	41%	28%	36%
Got it or stole it from home	13%	23%	14%	11%	*	12%	15%
Purchased from a store, liquor store; or restaurant	5%	*	*	*	*	*	9%
Stole it from a store or restaurant	*	*	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Ever smoked a whole cigarette	24%	16%	27%	24%	30%	23%	25%
Smoked before age 13	7%	8%	6%	6%	10%	5%	10%
Smoked cigarettes, past 30 days	13%	11%	13%	13%	16%	12%	14%
Smoked on 20 or more of the past 30 days	6%	4%	6%	5%	9%	5%	7%
Smoked every day, past 30 days	5%	*	6%	*	7%	3%	6%
Used chewing tobacco, past 30 days	8%	*	12%	10%	9%	2%	15%
Smoked cigars, past 30 days	13%	5%	15%	11%	22%	5%	21%
Used snus, ever	11%	6%	13%	11%	13%	5%	17%

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Among students who smoked in the past 30 days:

Usual source of cigarettes, past 30 days

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Bought them in a store or from a vending machine	20%	*	*	*	42%	*	26%
Gave someone else money to buy them for me	29%	45%	35%	*	*	33%	26%
Borrowed (or bummed) them from someone else; Person 18 years or older gave them to me; took them from a store or family member	45%	40%	52%	60%	26%	48%	43%
Some other way	*	*	*	*	*	*	*

Percent who tried to quit, past 12 months

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Tried to quit	58%	63%	63%	57%	48%	60%	55%

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Were in the same room with someone who was smoking, past 7 days	43%	46%	43%	36%	47%	43%	42%
Were in the same car with someone who was smoking, past 7 days	34%	39%	39%	25%	32%	34%	35%
Were asked about smoking by a health professional, past 12 months	43%	35%	39%	49%	50%	49%	36%
Discussed dangers of smoking with parents or guardian, past 12 months	35%	44%	38%	34%	20%	33%	37%
Think that out of 100 Vermont high school students, 56 or more smoke cigarettes	12%	11%	11%	14%	12%	14%	9%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Used marijuana, ever	39%	26%	43%	41%	51%	38%	41%
Used marijuana before age 13	7%	10%	7%	5%	7%	5%	9%
Used marijuana, past 30 days	27%	16%	30%	29%	35%	24%	29%
Used marijuana on 3 to 9 of the past 30 days	5%	*	8%	5%	6%	6%	5%
Used marijuana on 10 or more of the past 30 days	13%	9%	14%	13%	20%	9%	18%
Used marijuana on school property, past 30 days	7%	7%	7%	7%	9%	4%	11%

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Used cocaine, past 30 days	4%	3%	4%	*	6%	*	7%
Used inhalants, ever	10%	14%	8%	11%	9%	10%	11%
Used heroin, ever	3%	*	*	*	7%	*	5%
Used methamphetamines, ever	4%	5%	*	*	5%	2%	5%
Used hallucinogens, ever	9%	9%	10%	8%	10%	7%	12%
Used the prescription stimulant Ritalin or Adderall not prescribed to them, ever	6%	9%	4%	4%	7%	3%	9%
Used a prescription pain reliever such as OxyContin, Vicodin, or other prescription pain reliever not prescribed to them, ever	13%	11%	12%	13%	16%	11%	15%
Used a prescription pain reliever or a prescription stimulant not prescribed to them, ever	14%	12%	12%	14%	18%	12%	16%
Were offered, sold, or given an illegal drug on school property, past 12 months	17%	17%	19%	14%	18%	12%	22%

* Suppressed due to small cell sizes (≤ 5 students)

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think their parents would think it is wrong or very wrong for them to:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Smoke cigarettes	91%	92%	92%	93%	84%	93%	89%
Drink alcohol	76%	80%	81%	74%	66%	80%	72%
Smoke marijuana	84%	89%	84%	85%	76%	87%	80%

Percent of students who think it would be wrong or very wrong for someone their age to:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Smoke cigarettes	79%	82%	84%	78%	67%	82%	75%
Drink alcohol	44%	54%	48%	35%	36%	47%	42%
Smoke marijuana	60%	72%	62%	56%	47%	62%	59%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think people their age greatly risk harming themselves (physically or in other ways) if they:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Smoke one or more packs of cigarettes per day	67%	60%	68%	71%	69%	70%	63%
Have five or more drinks of alcohol once or twice each weekend	38%	48%	38%	33%	33%	43%	33%
Smoke marijuana regularly	39%	50%	42%	34%	25%	43%	34%

Percent of students who report that it would be easy or very easy to get:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Cigarettes	70%	56%	67%	76%	89%	69%	72%
Alcohol	74%	68%	71%	78%	83%	75%	73%
Marijuana	67%	50%	68%	76%	79%	62%	72%

Sexual Behavior and Orientation

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Had sexual intercourse, ever	42%	33%	54%	43%	41%
First had sexual intercourse before age 13	4%	4%	5%	2%	7%
Had sexual intercourse with four or more people during their life	13%	7%	20%	11%	14%
Had sexual intercourse at least once in the past three months	33%	25%	43%	35%	30%
Had oral sex, ever	47%	39%	58%	47%	47%
Had a HIV test, ever	11%	8%	15%	13%	9%

* Suppressed due to small cell sizes (≤ 5 students)

Sexual Behavior and Orientation

Among students who had sex in the past 3 months:

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Used drugs or alcohol before last sexual intercourse	20%	20%	20%	15%	28%
Used a condom for last sexual intercourse	65%	70%	61%	67%	62%

Method used to prevent pregnancy during last sexual intercourse

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Condoms	49%	60%	41%	50%	48%
Prescription birth control including pills, rings, implants, injections, IUDs	28%	20%	34%	36%	18%
No method	9%	9%	10%	8%	12%
Withdrawal	7%	*	8%	*	10%
Some other method/not sure	7%	*	8%	*	12%

* Suppressed due to small cell sizes (≤ 5 students)

Sexual Behavior and Orientation

Sexual orientation

	Sex	
	Female	Male
Heterosexual	92%	93%
Gay or lesbian	*	2%
Bisexual	6%	2%
Not sure	*	2%

With whom have you had sexual contact?

	Sex	
	Female	Male
Females	*	54%
Males	53%	1%
Both	9%	*
Never had sexual contact	37%	43%

* Suppressed due to small cell sizes (≤ 5 students)

Body Image

Percent of students who are:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Overweight (85th BMI Percentile)	12%	13%	13%	7%	18%	10%	15%
Obese (95th BMI Percentile)	8%	6%	9%	11%	7%	5%	12%

BMI=body mass index; weight in kilograms divided by height in meters, squared

Percent of students who think that they are:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Underweight	12%	13%	11%	14%	11%	12%	13%
About the right weight	57%	58%	60%	58%	53%	52%	63%
Overweight	30%	29%	29%	28%	36%	36%	24%

Body Image

Percent of students who are trying to:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Lose weight	47%	49%	47%	46%	48%	62%	31%
Gain weight	13%	8%	14%	18%	11%	3%	22%
Stay the same weight	20%	22%	19%	19%	21%	22%	19%
Not trying to do anything about weight	20%	22%	20%	16%	20%	13%	28%

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Skipped meals to lose weight or keep from gaining weight, past 30 days	27%	30%	26%	27%	22%	37%	15%
Used an indoor tanning device such as a sunlamp, sunbed, or tanning booth, past 30 days	19%	14%	22%	23%	19%	31%	7%

Nutrition

Percent of students who, during the past seven days:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Ate fruits and vegetables five or more times per day	19%	16%	20%	22%	17%	17%	21%
Ate two or more servings of fruit or fruit juice per day	32%	26%	36%	40%	27%	32%	32%
Ate three or more servings of vegetables per day	13%	14%	13%	14%	12%	14%	13%
Ate breakfast seven of the past seven days	40%	41%	37%	43%	41%	38%	42%
Ate breakfast at least three of the past seven days	74%	72%	76%	73%	77%	74%	75%
Ate breakfast zero of the past seven days	10%	12%	8%	13%	7%	9%	12%
Drank a can, bottle, or glass of soda or pop at least once per day	22%	23%	28%	18%	17%	17%	28%
Drank a can, bottle, or glass of a sugar-sweetened beverage such as lemonade, sweetened tea or coffee drinks, sports drinks, energy drinks, Snapple, or Sunny Delight at least once per day	22%	17%	25%	22%	23%	18%	26%

Physical Activity

Percent of students who were physically active on:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Seven of the past seven days	31%	31%	31%	33%	28%	24%	39%
Zero of the past seven days	14%	12%	16%	14%	13%	13%	15%

Percent of students who attend physical education classes:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Every day during an average school week	30%	39%	26%	28%	26%	32%	28%
At least one day during an average school week	34%	43%	32%	31%	29%	35%	34%

Percent of students who, on an average school day, watch TV, play video or computer games, or use a computer for something that is not school work:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Three or more hours	44%	45%	46%	45%	38%	37%	52%
Five or more hours	14%	13%	14%	16%	13%	9%	19%

Youth Assets

Grades earned in school

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Mostly As	39%	30%	33%	47%	47%	46%	31%
Mostly Bs	43%	47%	48%	37%	37%	42%	43%
Mostly Cs	13%	15%	14%	10%	11%	8%	18%
Mostly Ds or Fs	3%	*	4%	*	5%	*	5%
None/not sure	3%	6%	*	5%	*	3%	3%

Percent of students who talk with their parents about school:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
About every day	48%	51%	53%	43%	40%	49%	46%
About once or twice a week	29%	26%	27%	32%	31%	31%	27%
About once or twice a month	11%	7%	13%	14%	11%	11%	11%
Less than once a month	6%	6%	5%	7%	7%	5%	8%
Never	6%	10%	*	5%	10%	5%	8%

* Suppressed due to small cell sizes (≤ 5 students)

Youth Assets

Percent of students who:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Volunteer one or more hours in an average week	51%	48%	54%	48%	56%	56%	46%
Volunteer three or more hours in an average week	19%	17%	22%	16%	21%	20%	18%

Percent of students who agree or strongly agree:

	All	Grade				Sex	
	2011	9	10	11	12	Female	Male
Teachers really care about you and give you a lot of encouragement	55%	55%	51%	62%	55%	56%	54%
Students help decide what goes on in your school	51%	54%	50%	51%	48%	52%	50%
In your community, you feel like you matter to people	46%	49%	45%	45%	44%	44%	48%

2011 Vermont Middle School Youth Risk Behavior Survey

Results for Rutland City SD

Participation Rates

	Grade		Gender		All
	7	8	F	M	
Participated	139	129	126	140	268
Enrolled	152	143	140	155	295
Participation Rate	91%	89%	90%	90%	90%

Based on October 1, 2010 enrollment. Some students did not indicate grade or gender.

Demographics

Age

	All
	2011
12	20%
13	49%
14 or older	30%

Race and Ethnicity

	All
	2011
White non-Hispanic	85%
Racial or ethnic minority	15%

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Ride bicycles	89%	91%	86%	88%	90%

Of students who ride bicycles, percent who wear helmets:

	All	Grade		Sex	
	2011	7	8	Female	Male
Always	17%	18%	17%	16%	18%
Most of the time	16%	18%	13%	16%	15%
Sometimes	15%	16%	15%	16%	14%
Rarely or never	52%	48%	56%	51%	52%

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Rollerblade or skateboard	41%	42%	41%	37%	46%

Of students who rollerblade or skateboard, percent who wear helmets:

	All	Grade		Sex	
	2011	7	8	Female	Male
Always	18%	18%	18%	22%	15%
Most of the time	14%	18%	*	*	16%
Sometimes	14%	13%	16%	18%	11%
Rarely or never	54%	52%	57%	49%	58%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who wear seatbelts when riding in a car:

	All	Grade		Sex	
	2011	7	8	Female	Male
Always	66%	67%	65%	68%	65%
Most of the time	23%	21%	24%	20%	25%
Sometimes	5%	5%	4%	*	5%
Rarely or never	7%	6%	7%	8%	5%

Percent of students who ever rode in a car driven by someone who had been drinking alcohol:

	All	Grade		Sex	
	2011	7	8	Female	Male
Yes	24%	20%	28%	23%	25%
No	57%	61%	52%	53%	60%
Not sure	25%	24%	27%	31%	20%

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Were ever in a physical fight	51%	47%	56%	35%	66%
Did not go to school because felt unsafe, past 30 days	7%	5%	8%	7%	6%
Were ever bullied on school property	42%	49%	35%	44%	40%
Were ever electronically bullied	35%	38%	32%	44%	26%
Were bullied, past 30 days	26%	30%	23%	25%	27%
Bullied someone else, past 30 days	24%	19%	28%	22%	25%
Ever seriously thought about killing themselves	18%	13%	24%	21%	16%
Ever made a suicide plan	8%	7%	9%	11%	6%
Ever attempted suicide	7%	*	11%	8%	5%

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Ever had a drink of alcohol other than a few sips	24%	18%	31%	28%	21%
Had first drink other than a few sips before age 11	7%	*	11%	*	9%
Drank alcohol, past 30 days	8%	6%	10%	11%	4%
Had five or more drinks of alcohol in a row, past 30 days	4%	*	5%	6%	*

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Tried cigarette smoking, even one or two puffs, ever	17%	15%	19%	22%	13%
Smoked before age 11	4%	*	5%	7%	*
Smoked in past 30 days	6%	*	8%	7%	4%
Used chewing tobacco, past 30 days	*	*	*	*	*
Smoked cigars, past 30 days	3%	*	6%	*	5%
Used snus, ever	4%	4%	4%	5%	*

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Were in the same room with someone who was smoking, past 7 days	42%	38%	47%	42%	43%
Were in the same car with someone who was smoking, past 7 days	32%	28%	37%	30%	34%
Were asked about smoking by a health professional, past 12 months	26%	16%	37%	30%	23%
Discussed dangers of smoking with parents or guardian, past 12 months	39%	46%	33%	36%	43%
Think that out of 100 Vermont high school students, 56 or more smoke cigarettes	16%	14%	18%	14%	18%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Used marijuana, ever	10%	6%	15%	10%	10%
Used marijuana before age 11	*	*	*	*	*
Used marijuana, past 30 days	6%	5%	7%	6%	6%
Used inhalants, ever	11%	9%	13%	13%	9%
Misused prescription drugs, ever	7%	5%	9%	10%	*

* Suppressed due to small cell sizes (≤ 5 students)

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think their parents would think it is wrong or very wrong for them to:

	All	Grade		Sex	
	2011	7	8	Female	Male
Smoke cigarettes	93%	94%	92%	94%	93%
Drink alcohol	91%	93%	90%	91%	91%
Smoke marijuana	94%	97%	91%	93%	95%

Percent of students who think it would be wrong or very wrong for someone their age to:

	All	Grade		Sex	
	2011	7	8	Female	Male
Smoke cigarettes	91%	94%	88%	88%	94%
Drink alcohol	83%	90%	74%	81%	85%
Smoke marijuana	90%	96%	84%	89%	92%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think people their age greatly risk harming themselves (physically or in other ways) if they:

	All	Grade		Sex	
	2011	7	8	Female	Male
Smoke one or more packs of cigarettes per day	69%	75%	62%	70%	67%
Have five or more drinks of alcohol once or twice each weekend	54%	62%	46%	54%	55%
Smoke marijuana regularly	64%	71%	57%	67%	61%

Percent of students who report that it would be easy or very easy to get:

	All	Grade		Sex	
	2011	7	8	Female	Male
Cigarettes	35%	27%	44%	35%	36%
Alcohol	43%	33%	55%	44%	42%
Marijuana	17%	8%	27%	17%	16%

Body Image

Percent of students who think that they are:

	All	Grade		Sex	
	2011	7	8	Female	Male
Underweight	17%	22%	11%	13%	21%
About the right weight	52%	52%	51%	50%	53%
Overweight	31%	25%	38%	37%	26%

Percent of students who are trying to:

	All	Grade		Sex	
	2011	7	8	Female	Male
Lose weight	52%	45%	60%	68%	38%
Gain weight	9%	11%	8%	*	17%
Stay the same weight	18%	20%	17%	14%	23%
Not trying to do anything about weight	20%	25%	15%	16%	23%

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Skipped meals to lose weight or keep from gaining weight, past 30 days	18%	13%	24%	27%	11%

* Suppressed due to small cell sizes (≤ 5 students)

Nutrition

Percent of students who ate breakfast on:

	All	Grade		Sex	
	2011	7	8	Female	Male
Seven of the past seven days	41%	42%	40%	35%	47%
At least three of the past seven days	72%	73%	71%	70%	74%
Zero of the past seven days	14%	12%	17%	15%	13%

Physical Activity

Percent of students who were physically active on:

	All	Grade		Sex	
	2011	7	8	Female	Male
Seven of the past seven days	27%	32%	21%	19%	34%
Zero of the past seven days	13%	10%	17%	12%	14%

Percent of students who attend physical education classes:

	All	Grade		Sex	
	2011	7	8	Female	Male
Every day during an average school week	36%	26%	46%	29%	42%
At least one day during an average school week	44%	34%	54%	36%	50%

Physical Activity

Percent of students who, on an average school day, watch TV:

	All	Grade		Sex	
	2011	7	8	Female	Male
Three or more hours	40%	34%	46%	37%	42%
Five or more hours	10%	7%	14%	6%	14%

Percent of students who, on an average school day, play video or computer games or use a computer for something that is not school work:

	All	Grade		Sex	
	2011	7	8	Female	Male
Three or more hours	38%	33%	44%	27%	48%
Five or more hours	16%	13%	21%	6%	26%

Youth Assets

Percent of students who, in the past 7 days, went online for something that was not for school:

	All	Grade		Sex	
	2011	7	8	Female	Male
Zero or one day	20%	24%	16%	14%	26%
Two or three days	13%	16%	9%	14%	11%
Four or five days	17%	18%	15%	17%	17%
Six or seven days	50%	42%	59%	55%	47%

Percent of students who talk with their parents about school:

	All	Grade		Sex	
	2011	7	8	Female	Male
About every day	44%	41%	47%	48%	40%
About once or twice a week	23%	22%	25%	22%	24%
About once or twice a month	16%	16%	16%	19%	13%
Less than once a month	9%	9%	9%	6%	12%
Never	8%	12%	4%	5%	11%

Youth Assets

Percent of students who agree or strongly agree:

	All	Grade		Sex	
	2011	7	8	Female	Male
Teachers really care about you and give you a lot of encouragement	57%	63%	50%	59%	54%
Students help decide what goes on in your school	45%	49%	40%	49%	41%
In your community, you feel like you matter to people	46%	49%	43%	44%	48%

Vermont High School Youth Risk Behavior Survey

Recalculated Results for Rutland City SD

Before 2011, students in grades 8-12 took the Vermont Youth Risk Behavior Survey. In 2011, we conducted a high school survey of students in grades 9-12, and a middle school survey of students in grades 6-8.

All results in the 2011 high school survey report are for grades 9-12 only. The following pages contain rates from previous surveys recalculated for grades 9-12, overall and by gender, for comparison to 2011. Rates by grade did not change.

This section of the report includes only the variables on the 2011 YRBS. # = question was not asked that year.

Personal Safety - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	76%	75%	82%	86%	82%	82%
Rode with drinking driver, past 30 days	31%	28%	20%	21%	27%	24%
Drove after drinking, past 30 days	12%	9%	6%	10%	13%	9%
Rode with marijuana user, past 30 days	38%	34%	26%	31%	31%	30%
Drive after marijuana use, past 30 days	20%	15%	9%	15%	16%	15%
Carried a weapon on school property, past 30 days	9%	6%	8%	8%	10%	7%
Did not go to school because felt unsafe, past 30 days	3%	5%	4%	6%	7%	3%
Threatened or injured with weapon on school property, past 12 months	8%	10%	10%	8%	10%	7%
In physical fight, past 12 months	25%	30%	31%	24%	30%	28%
In physical fight at school, past 12 months	11%	12%	11%	9%	12%	13%

Personal Safety - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	77%	76%	86%	89%	89%	85%
Rode with drinking driver, past 30 days	29%	29%	20%	22%	25%	24%
Drove after drinking, past 30 days	11%	8%	4%	8%	8%	7%
Rode with marijuana user, past 30 days	37%	36%	22%	30%	27%	30%
Drive after marijuana use, past 30 days	16%	12%	6%	12%	12%	13%
Carried a weapon on school property, past 30 days	3%	3%	3%	4%	4%	4%
Did not go to school because felt unsafe, past 30 days	2%	3%	3%	5%	8%	3%
Threatened or injured with weapon on school property, past 12 months	5%	6%	7%	5%	9%	5%
In physical fight, past 12 months	15%	22%	23%	16%	15%	19%
In physical fight at school, past 12 months	4%	6%	7%	4%	5%	7%

Personal Safety - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	74%	74%	78%	84%	75%	79%
Rode with drinking driver, past 30 days	32%	26%	20%	21%	30%	22%
Drove after drinking, past 30 days	12%	10%	9%	13%	18%	10%
Rode with marijuana user, past 30 days	39%	31%	30%	32%	34%	28%
Drive after marijuana use, past 30 days	24%	17%	13%	19%	21%	17%
Carried a weapon on school property, past 30 days	15%	9%	12%	13%	16%	12%
Did not go to school because felt unsafe, past 30 days	5%	6%	6%	7%	6%	4%
Threatened or injured with weapon on school property, past 12 months	11%	14%	12%	11%	11%	10%
In physical fight, past 12 months	36%	38%	40%	33%	46%	39%
In physical fight at school, past 12 months	18%	18%	15%	14%	19%	19%

Personal Safety - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	17%	21%	16%
Bullied someone, past 30 days	#	#	#	17%	24%	20%
Electronically bullied, past 12 months	#	#	#	#	#	20%
Hit by boy/girlfriend on purpose, past 12 months	9%	9%	7%	8%	10%	9%
Purposefully hurt self without wanting to die, ever	#	#	#	#	17%	18%
Planned suicide, past 12 months	17%	15%	16%	14%	12%	13%
Attempted suicide, past 12 months	6%	8%	9%	6%	6%	7%

Personal Safety - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	17%	25%	18%
Bullied someone, past 30 days	#	#	#	13%	21%	15%
Electronically bullied, past 12 months	#	#	#	#	#	28%
Hit by boy/girlfriend on purpose, past 12 months	9%	9%	7%	5%	9%	8%
Purposefully hurt self without wanting to die, ever	#	#	#	#	20%	25%
Planned suicide, past 12 months	20%	17%	20%	17%	13%	18%
Attempted suicide, past 12 months	8%	9%	11%	7%	7%	10%

Personal Safety - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	17%	16%	14%
Bullied someone, past 30 days	#	#	#	22%	28%	26%
Electronically bullied, past 12 months	#	#	#	#	#	11%
Hit by boy/girlfriend on purpose, past 12 months	10%	7%	7%	10%	11%	10%
Purposefully hurt self without wanting to die, ever	#	#	#	#	14%	11%
Planned suicide, past 12 months	13%	11%	12%	12%	12%	8%
Attempted suicide, past 12 months	4%	6%	6%	6%	6%	4%

Alcohol - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	74%	72%	68%	70%	67%	69%
Drank alcohol prior to age 13	24%	22%	18%	15%	18%	15%
Consumed alcohol, past 30 days	49%	44%	37%	46%	47%	40%
Binged on alcohol, past 30 days	31%	27%	20%	29%	32%	23%
3 or more days drinking, past 30 days	26%	25%	22%	26%	26%	22%
10 or more days drinking, past 30 days	7%	6%	6%	7%	9%	4%
3 or more days bingeing, past 30 days	13%	12%	9%	13%	15%	10%
Drank on school property, past 30 days	4%	4%	3%	5%	6%	4%

Alcohol - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	74%	76%	68%	72%	64%	70%
Drank alcohol prior to age 13	17%	19%	17%	12%	16%	12%
Consumed alcohol, past 30 days	51%	48%	36%	46%	45%	43%
Binged on alcohol, past 30 days	28%	29%	20%	27%	29%	22%
3 or more days drinking, past 30 days	23%	26%	18%	23%	25%	22%
10 or more days drinking, past 30 days	4%	3%	4%	2%	6%	3%
3 or more days bingeing, past 30 days	9%	11%	7%	10%	12%	8%
Drank on school property, past 30 days	3%	3%	3%	2%	3%	3%

Alcohol - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	74%	68%	67%	68%	70%	67%
Drank alcohol prior to age 13	30%	24%	18%	19%	21%	18%
Consumed alcohol, past 30 days	47%	37%	38%	45%	48%	37%
Binged on alcohol, past 30 days	33%	24%	20%	30%	35%	23%
3 or more days drinking, past 30 days	28%	24%	25%	28%	28%	20%
10 or more days drinking, past 30 days	9%	8%	8%	11%	12%	5%
3 or more days bingeing, past 30 days	16%	13%	10%	15%	18%	11%
Drank on school property, past 30 days	4%	4%	4%	8%	9%	7%

Alcohol - All

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	58%	45%
Usually consumed beer	#	#	#	#	21%	29%
Usually consumed alcopops	#	#	#	#	17%	20%
Usually consumed wine or wine coolers	#	#	#	#	4%	6%
Someone gave alcohol to me	#	#	#	#	#	41%
Gave someone money to buy alcohol for me	#	#	#	#	#	37%
Got or stole alcohol from home	#	#	#	#	#	14%
Bought in a store	#	#	#	#	#	5%
Stole alcohol from a store or restaurant	#	#	#	#	#	2%

Alcohol - Females

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	56%	49%
Usually consumed beer	#	#	#	#	17%	17%
Usually consumed alcopops	#	#	#	#	22%	26%
Usually consumed wine or wine coolers	#	#	#	#	5%	7%
Someone gave alcohol to me	#	#	#	#	#	48%
Gave someone money to buy alcohol for me	#	#	#	#	#	37%
Got or stole alcohol from home	#	#	#	#	#	13%
Bought in a store	#	#	#	#	#	0%
Stole alcohol from a store or restaurant	#	#	#	#	#	1%

Alcohol - Males

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	62%	39%
Usually consumed beer	#	#	#	#	26%	44%
Usually consumed alcopops	#	#	#	#	11%	12%
Usually consumed wine or wine coolers	#	#	#	#	2%	5%
Someone gave alcohol to me	#	#	#	#	#	33%
Gave someone money to buy alcohol for me	#	#	#	#	#	36%
Got or stole alcohol from home	#	#	#	#	#	15%
Bought in a store	#	#	#	#	#	13%
Stole alcohol from a store or restaurant	#	#	#	#	#	3%

Tobacco - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	57%	49%	36%	34%	34%	31%
Smoked cigarettes, past 30 days	37%	27%	19%	20%	21%	20%
Smoked daily, past 30 days	15%	16%	9%	6%	7%	9%
Smoked first cigarette prior to age 13	24%	22%	14%	13%	13%	12%
Smoked 11 or more cigarettes on days smoked, past 30 days	6%	5%	5%	2%	3%	3%
Smoked 20 or more cigarettes on days smoked, past 30 days	2%	2%	1%	1%	2%	1%
Used chewing tobacco, past 30 days	5%	4%	4%	12%	15%	12%
Smoked cigars, past 30 days	14%	11%	9%	#	#	15%

Tobacco - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	59%	52%	39%	36%	33%	28%
Smoked cigarettes, past 30 days	42%	31%	21%	22%	21%	18%
Smoked daily, past 30 days	13%	19%	9%	5%	5%	7%
Smoked first cigarette prior to age 13	19%	21%	13%	11%	9%	9%
Smoked 11 or more cigarettes on days smoked, past 30 days	4%	5%	3%	1%	1%	2%
Smoked 20 or more cigarettes on days smoked, past 30 days	1%	2%	1%	0%	1%	0%
Used chewing tobacco, past 30 days	1%	2%	1%	5%	7%	3%
Smoked cigars, past 30 days	7%	5%	4%	#	#	8%

Tobacco - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	55%	44%	32%	32%	36%	34%
Smoked cigarettes, past 30 days	32%	22%	16%	18%	22%	21%
Smoked daily, past 30 days	16%	11%	10%	6%	8%	10%
Smoked first cigarette prior to age 13	28%	23%	15%	14%	16%	15%
Smoked 11 or more cigarettes on days smoked, past 30 days	8%	5%	7%	3%	6%	3%
Smoked 20 or more cigarettes on days smoked, past 30 days	2%	2%	1%	2%	4%	1%
Used chewing tobacco, past 30 days	8%	7%	7%	19%	23%	22%
Smoked cigars, past 30 days	22%	18%	15%	#	#	22%

Other Drug Use - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	52%	47%	40%	45%	40%	44%
Tried marijuana prior to age 13	13%	13%	8%	8%	9%	8%
Used marijuana, past 30 days	35%	30%	24%	30%	29%	29%
Used marijuana 10 or more times, past 30 days	17%	12%	11%	12%	13%	14%
Used marijuana on school property, past 30 days	12%	8%	6%	8%	9%	7%
Used cocaine, past 30 days	5%	5%	4%	4%	7%	4%
Use inhalants, ever	22%	16%	16%	6%	14%	9%
Used heroin, ever	4%	5%	4%	3%	5%	2%
Used methamphetamines, ever	9%	9%	6%	6%	7%	4%
Used hallucinogens, ever	20%	18%	13%	13%	14%	11%
Were offered, sold, or given drugs on school property, past 12 months	35%	27%	30%	25%	26%	22%

Other Drug Use - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	52%	48%	37%	44%	35%	42%
Tried marijuana prior to age 13	7%	9%	6%	5%	5%	5%
Used marijuana, past 30 days	34%	29%	20%	28%	27%	26%
Used marijuana 10 or more times, past 30 days	11%	10%	6%	8%	9%	11%
Used marijuana on school property, past 30 days	9%	6%	4%	5%	6%	6%
Used cocaine, past 30 days	4%	5%	2%	2%	5%	2%
Use inhalants, ever	20%	17%	18%	4%	12%	8%
Used heroin, ever	1%	4%	3%	1%	3%	1%
Used methamphetamines, ever	6%	9%	5%	4%	5%	3%
Used hallucinogens, ever	16%	20%	11%	9%	10%	9%
Were offered, sold, or given drugs on school property, past 12 months	32%	24%	25%	22%	20%	20%

Other Drug Use - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	52%	46%	42%	47%	45%	46%
Tried marijuana prior to age 13	19%	16%	11%	10%	13%	11%
Used marijuana, past 30 days	36%	31%	28%	32%	31%	32%
Used marijuana 10 or more times, past 30 days	22%	13%	16%	17%	17%	16%
Used marijuana on school property, past 30 days	16%	10%	7%	12%	13%	9%
Used cocaine, past 30 days	6%	6%	6%	7%	8%	5%
Use inhalants, ever	22%	15%	12%	8%	16%	11%
Used heroin, ever	6%	6%	5%	5%	7%	3%
Used methamphetamines, ever	11%	8%	7%	8%	9%	5%
Used hallucinogens, ever	25%	17%	14%	17%	17%	13%
Were offered, sold, or given drugs on school property, past 12 months	39%	31%	35%	29%	32%	24%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	83%	83%	88%	91%	91%	90%
Parents would think it is wrong/very wrong for you to drink	82%	81%	81%	78%	80%	79%
Parents would think it is wrong/very wrong for you to smoke marijuana	88%	88%	89%	91%	88%	86%
Wrong/very wrong for someone your age to smoke	53%	62%	73%	75%	73%	71%
Wrong/very wrong for someone your age to drink alcohol	46%	47%	49%	43%	42%	42%
Wrong/very wrong for someone your age to smoke marijuana	53%	58%	64%	61%	63%	57%
Easy/very easy to obtain cigarettes	80%	74%	72%	77%	75%	77%
Easy/very easy to obtain alcohol	71%	72%	73%	76%	76%	72%
Easy/very easy to obtain marijuana	70%	63%	65%	66%	64%	68%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	83%	84%	88%	91%	93%	92%
Parents would think it is wrong/very wrong for you to drink	84%	81%	84%	80%	84%	83%
Parents would think it is wrong/very wrong for you to smoke marijuana	92%	89%	90%	91%	92%	88%
Wrong/very wrong for someone your age to smoke	49%	55%	75%	75%	77%	74%
Wrong/very wrong for someone your age to drink alcohol	46%	42%	50%	41%	45%	44%
Wrong/very wrong for someone your age to smoke marijuana	55%	57%	68%	61%	65%	60%
Easy/very easy to obtain cigarettes	81%	75%	69%	76%	73%	78%
Easy/very easy to obtain alcohol	72%	74%	75%	78%	75%	73%
Easy/very easy to obtain marijuana	67%	62%	64%	66%	60%	64%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	83%	83%	87%	91%	88%	87%
Parents would think it is wrong/very wrong for you to drink	81%	80%	78%	77%	76%	75%
Parents would think it is wrong/very wrong for you to smoke marijuana	85%	87%	88%	91%	84%	84%
Wrong/very wrong for someone your age to smoke	58%	70%	71%	76%	69%	69%
Wrong/very wrong for someone your age to drink alcohol	46%	52%	49%	46%	38%	40%
Wrong/very wrong for someone your age to smoke marijuana	51%	60%	60%	61%	61%	54%
Easy/very easy to obtain cigarettes	78%	74%	75%	77%	78%	77%
Easy/very easy to obtain alcohol	70%	70%	70%	74%	79%	72%
Easy/very easy to obtain marijuana	72%	63%	65%	67%	68%	72%

Sexual Behavior and Orientation - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	47%	43%	35%	46%	46%	49%
Had sex, past 3 months	33%	33%	25%	36%	37%	#
Had sex before age 13	6%	6%	6%	5%	7%	5%
4 or more sexual partners in lifetime	14%	16%	11%	13%	15%	16%
3 or more sexual partners in last 3 months	4%	5%	4%	5%	8%	#
Used alcohol or drugs prior to last sex (among sexually active)	28%	26%	22%	25%	32%	20%
Used condom at last sex (among sexually active)	63%	60%	64%	71%	64%	67%
Heterosexual	#	#	#	92%	92%	92%
Gay or lesbian, bisexual, not sure	#	#	#	8%	8%	8%

Sexual Behavior and Orientation - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	43%	42%	33%	46%	42%	48%
Had sex, past 3 months	34%	33%	25%	37%	36%	#
Had sex before age 13	2%	4%	4%	2%	4%	2%
4 or more sexual partners in lifetime	13%	16%	11%	10%	11%	14%
3 or more sexual partners in last 3 months	3%	3%	2%	1%	5%	#
Used alcohol or drugs prior to last sex (among sexually active)	27%	27%	24%	18%	27%	19%
Used condom at last sex (among sexually active)	59%	54%	58%	68%	56%	61%
Heterosexual	#	#	#	91%	92%	88%
Gay or lesbian, bisexual, not sure	#	#	#	9%	8%	12%

Sexual Behavior and Orientation - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	50%	45%	37%	46%	50%	50%
Had sex, past 3 months	33%	31%	25%	34%	38%	#
Had sex before age 13	10%	8%	8%	9%	10%	9%
4 or more sexual partners in lifetime	14%	16%	10%	16%	19%	16%
3 or more sexual partners in last 3 months	4%	7%	6%	10%	11%	#
Used alcohol or drugs prior to last sex (among sexually active)	29%	24%	20%	32%	37%	21%
Used condom at last sex (among sexually active)	66%	67%	72%	75%	71%	76%
Heterosexual	#	#	#	93%	91%	97%
Gay or lesbian, bisexual, not sure	#	#	#	7%	9%	3%

Body Image - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	14%	13%	14%	15%	11%	11%
BMI >95th percentile	8%	13%	11%	12%	16%	16%
Underweight	16%	14%	14%	14%	11%	12%
Right weight	52%	56%	50%	55%	55%	56%
Overweight	32%	30%	36%	31%	33%	32%
Trying to lose weight	47%	44%	50%	47%	52%	49%
Trying to gain weight	16%	15%	15%	14%	16%	14%
Trying to stay at current weight	15%	15%	16%	17%	14%	16%
Doing nothing about weight	22%	26%	20%	23%	19%	20%

Body Image - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	9%	12%	13%	12%	10%	10%
BMI >95th percentile	7%	14%	6%	7%	10%	12%
Underweight	10%	9%	11%	11%	8%	8%
Right weight	47%	49%	47%	54%	57%	56%
Overweight	43%	41%	42%	35%	35%	36%
Trying to lose weight	70%	65%	67%	63%	69%	65%
Trying to gain weight	2%	3%	5%	4%	2%	4%
Trying to stay at current weight	14%	11%	12%	15%	14%	15%
Doing nothing about weight	14%	20%	16%	18%	15%	15%

Body Image - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	19%	14%	16%	17%	13%	13%
BMI >95th percentile	9%	12%	16%	17%	23%	22%
Underweight	22%	19%	17%	17%	14%	15%
Right weight	58%	64%	54%	55%	54%	57%
Overweight	20%	17%	29%	28%	31%	28%
Trying to lose weight	22%	19%	29%	30%	34%	31%
Trying to gain weight	32%	29%	25%	24%	29%	26%
Trying to stay at current weight	16%	20%	21%	18%	14%	17%
Doing nothing about weight	31%	32%	24%	28%	23%	25%

Nutrition - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	43%	40%	35%	30%	36%	36%
3 or more servings of vegetables per day, past week	12%	13%	15%	12%	17%	17%
5 or more servings of fruit/vegetables per day, past week	20%	21%	23%	20%	23%	25%
Breakfast on 7 or more days, past week	#	#	#	#	37%	41%
Breakfast on 3 or more days, past week	#	#	#	#	70%	73%
Breakfast on 0 days, past week	#	#	#	#	13%	11%
1 or more servings of soda per day, past week	#	#	#	#	27%	22%

Nutrition - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	40%	40%	34%	28%	37%	35%
3 or more servings of vegetables per day, past week	11%	14%	14%	11%	18%	17%
5 or more servings of fruit/vegetables per day, past week	20%	22%	23%	18%	23%	24%
Breakfast on 3 or more days, past week	#	#	#	#	69%	72%
Breakfast on 7 or more days, past week	#	#	#	#	35%	39%
1 or more servings of soda per day, past week	#	#	#	#	17%	16%

Nutrition - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	46%	40%	37%	33%	35%	37%
3 or more servings of vegetables per day, past week	13%	13%	16%	13%	15%	17%
5 or more servings of fruit/vegetables per day, past week	21%	19%	25%	22%	24%	26%
Breakfast on 3 or more days, past week	#	#	#	#	70%	74%
Breakfast on 7 or more days, past week	#	#	#	#	40%	45%
1 or more servings of soda per day, past week	#	#	#	#	38%	29%

Physical Activity - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	27%	24%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	11%	16%
P.E. at least once per week	54%	56%	64%	42%	37%	35%
P.E. five days per week	3%	4%	5%	37%	34%	31%
Watched tv/used computer for fun, 3 or more hours per day	#	32%	39%	43%	42%	44%
Watched tv/used computer for fun, 5 or more hours per day	#	10%	11%	11%	12%	11%

Physical Activity - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	19%	17%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	12%	19%
P.E. at least once per week	45%	56%	62%	39%	34%	29%
P.E. five days per week	2%	4%	3%	36%	32%	28%
Watched tv/used computer for fun, 3 or more hours per day	#	27%	30%	38%	41%	35%
Watched tv/used computer for fun, 5 or more hours per day	#	7%	5%	7%	10%	7%

Physical Activity - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	36%	32%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	9%	13%
P.E. at least once per week	64%	55%	66%	45%	39%	42%
P.E. five days per week	4%	4%	8%	37%	35%	34%
Watched tv/used computer for fun, 3 or more hours per day	#	38%	49%	48%	44%	54%
Watched tv/used computer for fun, 5 or more hours per day	#	12%	17%	15%	13%	16%

Youth Assets - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	38%	39%	37%	39%	34%
Earned mostly Bs	#	39%	43%	43%	39%	41%
Earned mostly Cs	#	15%	12%	13%	14%	17%
Earned mostly Ds or Fs	#	4%	4%	3%	4%	3%
Not sure/not graded	#	4%	3%	5%	5%	5%
Parents talk to you about school at least once a week	81%	78%	79%	80%	81%	79%
Volunteer, 1 or more hours per week	#	48%	44%	38%	43%	38%
Volunteer, 3 or more hours per week	#	13%	12%	11%	13%	11%
Agree/strongly agree that students help decide what goes on at school	#	54%	49%	38%	47%	53%
Agree/strongly agree that you matter to your community	#	46%	40%	43%	51%	46%

Youth Assets - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	42%	45%	42%	46%	39%
Earned mostly Bs	#	39%	39%	43%	37%	41%
Earned mostly Cs	#	12%	10%	9%	10%	12%
Earned mostly Ds or Fs	#	3%	1%	2%	3%	3%
Not sure/not graded	#	4%	4%	5%	5%	5%
Parents talk to you about school at least once a week	82%	79%	82%	81%	81%	79%
Volunteer, 1 or more hours per week	#	51%	45%	41%	48%	45%
Volunteer, 3 or more hours per week	#	15%	12%	11%	14%	11%
Agree/strongly agree that students help decide what goes on at school	#	58%	48%	37%	50%	57%
Agree/strongly agree that you matter to your community	#	44%	41%	43%	51%	45%

Youth Assets - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	33%	31%	32%	32%	29%
Earned mostly Bs	#	39%	47%	43%	40%	41%
Earned mostly Cs	#	18%	15%	16%	19%	21%
Earned mostly Ds or Fs	#	5%	6%	4%	4%	4%
Not sure/not graded	#	4%	2%	4%	5%	5%
Parents talk to you about school at least once a week	82%	79%	77%	79%	82%	79%
Volunteer, 1 or more hours per week	#	44%	42%	34%	39%	30%
Volunteer, 3 or more hours per week	#	10%	13%	11%	11%	10%
Agree/strongly agree that students help decide what goes on at school	#	50%	49%	38%	45%	50%
Agree/strongly agree that you matter to your community	#	48%	38%	44%	51%	48%