

2015 Vermont Youth Risk Behavior Survey Report

Report for Rutland Central SU

Survey Format in 2015

In 2015, we conducted two surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

Results in this report include high school and middle school results for Vermont and for Rutland Central SU. All results in the 2015 high school section are for grades 9 through 12 only, and the middle school section are for grades 6 through 8 only.

The middle school and high school surveys differed slightly. The shorter middle school survey included questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, body image, physical activity, and youth assets. The high school survey included questions on these topics as well as self-reported height and weight, driving behaviors, other drug use, sexual behavior and orientation, and nutrition.

Copies of both surveys can be found online at: <http://healthvermont.gov/research/yrbs.aspx>. Copies of the full state reports, highlights, and additional sub state reports can also be found here.

The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who choose to participate in the Youth Risk Behavior Survey each year.

We would especially like to thank the following schools from Rutland Central who participated in the 2015 YRBS:

High School- Grades 9-12

Proctor Junior/Senior High School

West Rutland School

Middle School- Grades 6-8

Proctor Junior/Senior High School

Rutland Town Elementary School

West Rutland School

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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.

Note: “Getting to ‘Y’”, a program originally funded by the Agency of Education, provides a manual for student groups looking to analyze and leverage their own YRBS data – it can be found here: <http://www.upforlearning.com/index.php/yatst> .

How to Read this YRBS Report

Format: The results appear in data tables, with an overall average, by grade and by gender. The percentages in some charts may not total 100% due to rounding.

Weighting: 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 public students in grades six through eight (middle school survey) and grades nine through twelve (high school survey). This permits us to draw inferences about the school-based student population in Vermont.

From 1993 through 2011, statewide reports included numbers based on a weighted sample of schools, and local-level reports included unweighted numbers. Beginning 2013, due to the high participation from Vermont schools, the switch was made to use all of the student responses in the statewide report, instead of a sample. This allows for direct comparison between county estimates and the statewide estimates, as well as ensure that the estimates are more accurate. You can still compare the local-level report numbers to previous local-level years.

Statistical Comparisons: We note significant differences in the far right column on each table labeled “Notes.” For the 2015 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages for each county were statistically different from the state. If the confidence intervals overlapped, the percentages were not different. In every table it is noted whether this county is statistically different from the state average. However, 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).

In some cases there were not enough students responding to report an estimate. In those cases, there is a dot (.) and the “Notes” column will read “Too few students.” We limit reportable estimates to a total numerator of 5 students and denominator of 50 students.

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. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. We statistically adjust, or weight, the results so that the responses accurately represent all Vermont public school students based on gender, grade, and race/ethnicity. These precautions can reduce some sources of error, but not all.
- **Who's Not Included:** Administrators make every effort to have all students complete the YRBS. However, students who are not at school the day of the survey are not included in the results. Additionally, students who are home schooled, attend independent schools that chose not to participate, or dropped out of school are not included.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** Participating supervisory unions and school districts receive reports of their results comparing them directly to the state. It is natural to also want to know how individual supervisory unions or school districts compare to each other, but we urge caution in making such comparisons because the reasons for the differences may not be simple or easy to identify.
- **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 why they are doing it. We encourage students to analyze their own data and offer insight into the results.

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 2011, 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. Both 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. 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, 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 in 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.

- 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.

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.³¹ Obesity during 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

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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2015 Vermont Youth Risk Behavior Survey Report

High School Report for Rutland Central SU

The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who choose to participate in the Youth Risk Behavior Survey each year.

Demographics

Rutland Central
Number of High School Students in Rutland Central SU

Rutland Central SU Total

137

Sex	Total	%
Female	69	50%
Male	68	49%

Grade	Total	%
Not indicated / Ungraded	1	0%
9th grade	38	27%
10th grade	45	32%
11th grade	24	17%
12th grade	29	21%

Race / Ethnicity	Total	%
Not indicated /Missing	2	1%
Ethnic or racial minority	13	9%
White non-Hispanic	122	89%

Mother's Level of Education	Total	%
Not indicated / Missing	3	2%
High school or less	42	30%
Some college	24	17%
College graduate	42	30%
Graduate or professional degree after college	16	11%
Not sure	10	7%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Rutland Central SU.

Demographics

Vermont
Number of High School Students in Vermont

Vermont Total

21013

Sex	Total	%
Not indicated / Missing	294	1%
Female	10243	48%
Male	10476	49%

Grade	Total	%
Not indicated / Ungraded	297	1%
9th grade	5627	26%
10th grade	5586	26%
11th grade	5171	24%
12th grade	4332	20%

Race / Ethnicity	Total	%
Not indicated /Missing	611	2%
Ethnic or racial minority	3197	15%
White non-Hispanic	17205	81%

Mother's Level of Education	Total	%
Not indicated / Missing	176	0%
High school or less	5495	26%
Some college	2746	13%
College graduate	6905	32%
Graduate or professional degree after college	3825	18%
Not sure	1866	8%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Vermont. All other numbers represented in this report are weighted to reflect the enrolled student population.

*1 Personal Safety***1.01 Percent of students who were in a physical fight, past 12 months**

		Rutland Central	Vermont	Notes
Grade	9th	.	22%	Too few students
	10th	.	20%	Too few students
	11th	.	17%	Too few students
	12th	.	14%	Too few students
Sex	Female	7%	12%	SU/SD statistically lower
	Male	26%	24%	
Total		16%	18%	

1.02 Percent of students who were in a physical fight on school property, past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	10%	Too few students
	10th	.	8%	Too few students
	11th	.	6%	Too few students
	12th	.	5%	Too few students
Sex	Female	.	4%	Too few students
	Male	.	10%	Too few students
Total		.	7%	Too few students

1.03 Percent of students who were threatened or injured with a weapon on school property, past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	6%	Too few students
	10th	.	6%	Too few students
	11th	.	4%	Too few students
	12th	.	4%	Too few students
Sex	Female	.	4%	Too few students
	Male	.	6%	Too few students
Total		.	5%	Too few students

*1 Personal Safety***1.04 Percent of students who carried a weapon such as a gun, knife, or club on school property, past 30 days**

		Rutland Central	Vermont	Notes
Grade	9th	.	6%	Too few students
	10th	.	7%	Too few students
	11th	.	9%	Too few students
	12th	.	8%	Too few students
Sex	Female	.	4%	Too few students
	Male	.	11%	Too few students
Total		4%	8%	SU/SD statistically lower

1.05 Percent of students who did not go to school because they felt unsafe, past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	7%	Too few students
	10th	.	6%	Too few students
	11th	.	5%	Too few students
	12th	.	5%	Too few students
Sex	Female	.	7%	Too few students
	Male	.	4%	Too few students
Total		4%	6%	

*1 Personal Safety***1.06 Percent of students who reported being bullied, past 30 days**

		Rutland Central	Vermont	Notes
Grade	9th	.	23%	Too few students
	10th	.	18%	Too few students
	11th	.	16%	Too few students
	12th	.	14%	Too few students
Sex	Female	30%	23%	SU/SD statistically higher
	Male	.	12%	Too few students
Total		18%	18%	

1.07 Percent of students who reported being electronically bullied, past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	20%	Too few students
	10th	.	17%	Too few students
	11th	.	16%	Too few students
	12th	.	13%	Too few students
Sex	Female	26%	23%	
	Male	.	10%	Too few students
Total		16%	16%	

NOTE: 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.

*1 Personal Safety***1.08 Percent of students who bullied someone else, past 30 days**

		Rutland Central	Vermont	Notes
Grade	9th	.	13%	Too few students
	10th	.	11%	Too few students
	11th	.	11%	Too few students
	12th	.	10%	Too few students
Sex	Female	15%	11%	
	Male	11%	12%	
Total		13%	11%	

1.09 Percent of students who purposefully hurt themselves without wanting to die, past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	20%	Too few students
	10th	.	19%	Too few students
	11th	.	17%	Too few students
	12th	.	14%	Too few students
Sex	Female	24%	26%	
	Male	.	9%	Too few students
Total		14%	17%	SU/SD statistically lower

1.10 Percent of students who felt sad or hopeless for two weeks in a row, past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	24%	Too few students
	10th	.	26%	Too few students
	11th	.	24%	Too few students
	12th	.	24%	Too few students
Sex	Female	34%	34%	
	Male	11%	15%	
Total		23%	24%	

*1 Personal Safety***1.11 Percent of students who made a suicide plan, past 12 months**

		Rutland Central	Vermont	Notes
Grade	9th	.	13%	Too few students
	10th	.	13%	Too few students
	11th	.	12%	Too few students
	12th	.	10%	Too few students
Sex	Female	11%	16%	SU/SD statistically lower
	Male	.	8%	Too few students
Total		7%	12%	SU/SD statistically lower

1.12 Percent of students who attempted suicide, past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	7%	Too few students
	10th	.	6%	Too few students
	11th	.	5%	Too few students
	12th	.	5%	Too few students
Sex	Female	.	8%	Too few students
	Male	.	4%	Too few students
Total		4%	6%	

1.13 Percent of students who attempted suicide that resulted in an injury, poisoning, or overdose that required medical treatment, past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	2%	Too few students
	11th	.	2%	Too few students
	12th	.	2%	Too few students
Sex	Female	.	3%	Too few students
	Male	.	1%	Too few students
Total		.	2%	Too few students

*1 Personal Safety***1.14 Percent of students who dated in the past 12 months and were physically hurt by someone they were dating or going out with**

		Rutland Central	Vermont	Notes
Grade	9th	.	8%	Too few students
	10th	.	9%	Too few students
	11th	.	9%	Too few students
	12th	.	9%	Too few students
Sex	Female	.	11%	Too few students
	Male	.	7%	Too few students
Total		6%	9%	

1.15 Percent of students who have ever been physically forced to have sexual intercourse

		Rutland Central	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	6%	Too few students
	11th	.	7%	Too few students
	12th	.	8%	Too few students
Sex	Female	13%	10%	
	Male	.	3%	Too few students
Total		7%	7%	

*1 Personal Safety***1.16 Percent of students who rode with a drinking driver, past 30 days**

		Rutland Central	Vermont	Notes
Grade	9th	.	19%	Too few students
	10th	.	20%	Too few students
	11th	.	20%	Too few students
	12th	.	19%	Too few students
Sex	Female	23%	20%	
	Male	.	19%	Too few students
Total		15%	20%	SU/SD statistically lower

1.17 Percent of students who rode with a driver who had been smoking marijuana, past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	13%	Too few students
	10th	.	20%	Too few students
	11th	.	26%	Too few students
	12th	.	29%	Too few students
Sex	Female	11%	22%	SU/SD statistically lower
	Male	10%	22%	SU/SD statistically lower
Total		11%	22%	SU/SD statistically lower

*1 Personal Safety***1.18 Percent of drivers who drove a car or other vehicle when they had been drinking alcohol, past 30 days**

		Rutland Central	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	4%	Too few students
	11th	.	8%	Too few students
	12th	.	9%	Too few students
Sex	Female	.	5%	Too few students
	Male	.	9%	Too few students
Total		.	7%	Too few students

1.19 Percent of drivers who drove a car or other vehicle when they had been smoking marijuana, past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	8%	Too few students
	10th	.	10%	Too few students
	11th	.	18%	Too few students
	12th	.	20%	Too few students
Sex	Female	.	12%	Too few students
	Male	.	18%	Too few students
Total		.	15%	Too few students

1.20 Percent of drivers who texted or e-mailed while driving a car or other vehicle, past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	10%	Too few students
	10th	.	15%	Too few students
	11th	.	40%	Too few students
	12th	.	50%	Too few students
Sex	Female	.	33%	Too few students
	Male	.	33%	Too few students
Total		39%	33%	

*1 Personal Safety***1.21 Percent of students who rode a bicycle and reported never or rarely wearing a bicycle helmet, past 12 months**

		Rutland Central	Vermont	Notes
Grade	9th	.	48%	Too few students
	10th	.	54%	Too few students
	11th	.	55%	Too few students
	12th	.	56%	Too few students
Sex	Female	.	49%	Too few students
	Male	.	56%	Too few students
Total		70%	53%	SU/SD statistically higher

1.22 The percent of students who have had a sunburn in the past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	63%	Too few students
	10th	.	65%	Too few students
	11th	.	65%	Too few students
	12th	.	67%	Too few students
Sex	Female	80%	72%	SU/SD statistically higher
	Male	58%	59%	
Total		69%	65%	

1.23 The percent of students who have used a tanning device such as a sunlamp, sunbed, or tanning booth in the last 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	3%	Too few students
	11th	.	4%	Too few students
	12th	.	6%	Too few students
Sex	Female	.	5%	Too few students
	Male	.	3%	Too few students
Total		.	4%	Too few students

*2 Alcohol, Tobacco and other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

		Rutland Central	Vermont	Notes
Grade	9th	.	37%	Too few students
	10th	.	51%	Too few students
	11th	.	63%	Too few students
	12th	.	71%	Too few students
Sex	Female	45%	57%	SU/SD statistically lower
	Male	46%	54%	SU/SD statistically lower
Total		46%	56%	SU/SD statistically lower

2.02 Percent of students who drank alcohol, other than a few sips, before age 13

		Rutland Central	Vermont	Notes
Grade	9th	.	14%	Too few students
	10th	.	13%	Too few students
	11th	.	12%	Too few students
	12th	.	10%	Too few students
Sex	Female	7%	10%	
	Male	7%	14%	SU/SD statistically lower
Total		7%	12%	SU/SD statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.03 Percent of students who drank alcohol, past 30 days**

		Rutland Central	Vermont	Notes
Grade	9th	.	17%	Too few students
	10th	.	26%	Too few students
	11th	.	34%	Too few students
	12th	.	42%	Too few students
Sex	Female	21%	30%	SU/SD statistically lower
	Male	18%	29%	SU/SD statistically lower
Total		20%	30%	SU/SD statistically lower

2.04 Percent of students who had five or more drinks in a row (binged), past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	8%	Too few students
	10th	.	13%	Too few students
	11th	.	19%	Too few students
	12th	.	24%	Too few students
Sex	Female	12%	15%	
	Male	12%	17%	SU/SD statistically lower
Total		12%	16%	SU/SD statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.05 Among students who drank alcohol, the number of days students drank in the last 30 days**

			Rutland Central	Vermont	Notes
Grade	9th	1 to 2 days	.	55%	Too few students
		3 to 9 days	.	33%	Too few students
		10+ days	.	11%	Too few students

	10th	1 to 2 days	.	57%	Too few students
		3 to 9 days	.	34%	Too few students
		10+ days	.	9%	Too few students

	11th	1 to 2 days	.	49%	Too few students
		3 to 9 days	.	40%	Too few students
		10+ days	.	11%	Too few students

	12th	1 to 2 days	.	47%	Too few students
		3 to 9 days	.	40%	Too few students
		10+ days	.	13%	Too few students

Sex	Female	1 to 2 days	.	55%	Too few students
		3 to 9 days	.	36%	Too few students
		10+ days	.	9%	Too few students

	Male	1 to 2 days	.	47%	Too few students
		3 to 9 days	.	38%	Too few students
		10+ days	.	15%	Too few students

Total		1 to 2 days	.	51%	Too few students
		3 to 9 days	.	37%	Too few students
		10+ days	.	12%	Too few students

NOTE: Only students who drank alcohol during the previous 30 days are included in this analysis. Previous reports included all students.

*2 Alcohol, Tobacco and other Drug Use***2.06 Among students who drank alcohol in the last 30 days, the greatest number of drinks consumed in one sitting**

			Rutland Central	Vermont	Notes
Grade	9th	1 to 2 drinks	.	49%	Too few students
		3 to 4 drinks	.	19%	Too few students
		5 or more drinks	.	32%	Too few students

	10th	1 to 2 drinks	.	41%	Too few students
		3 to 4 drinks	.	20%	Too few students
		5 or more drinks	.	39%	Too few students

	11th	1 to 2 drinks	.	33%	Too few students
		3 to 4 drinks	.	18%	Too few students
		5 or more drinks	.	49%	Too few students

	12th	1 to 2 drinks	.	32%	Too few students
		3 to 4 drinks	.	19%	Too few students
		5 or more drinks	.	49%	Too few students

Sex	Female	1 to 2 drinks	.	40%	Too few students
		3 to 4 drinks	.	23%	Too few students
		5 or more drinks	.	38%	Too few students

	Male	1 to 2 drinks	.	33%	Too few students
		3 to 4 drinks	.	16%	Too few students
		5 or more drinks	.	52%	Too few students

Total		1 to 2 drinks	.	36%	Too few students
		3 to 4 drinks	.	19%	Too few students
		5 or more drinks	.	45%	Too few students

NOTE: Only students who drank alcohol during the previous 30 days are included in this analysis. Previous reports included all students.

*2 Alcohol, Tobacco and other Drug Use***2.07 Among students who drank in the past 30 days, usual source of alcohol**

		Rutland Central	Vermont	Notes	
Grade	9th	Bought it	.	3%	Too few students
		Gave someone money	.	12%	Too few students
		Someone gave it to me	.	36%	Too few students
		Took it / some other way	.	49%	Too few students

	10th	Bought it	.	3%	Too few students
		Gave someone money	.	18%	Too few students
		Someone gave it to me	.	41%	Too few students
		Took it / some other way	.	37%	Too few students

	11th	Bought it	.	4%	Too few students
		Gave someone money	.	28%	Too few students
		Someone gave it to me	.	41%	Too few students
		Took it / some other way	.	27%	Too few students

	12th	Bought it	.	7%	Too few students
		Gave someone money	.	29%	Too few students
		Someone gave it to me	.	43%	Too few students
		Took it / some other way	.	22%	Too few students

Sex	Female	Bought it	.	2%	Too few students
		Gave someone money	.	24%	Too few students
		Someone gave it to me	.	46%	Too few students
		Took it / some other way	.	28%	Too few students

	Male	Bought it	.	7%	Too few students
		Gave someone money	.	24%	Too few students
		Someone gave it to me	.	35%	Too few students
		Took it / some other way	.	34%	Too few students

Total		Bought it	.	5%	Too few students
		Gave someone money	.	24%	Too few students
		Someone gave it to me	.	40%	Too few students
		Took it / some other way	.	31%	Too few students

2 Alcohol, Tobacco and other Drug Use

2.08 Among students who drank in the past 30 days, the location where students typically consumed alcohol

			Rutland Central	Vermont	Notes
Grade	9th	At my home	.	46%	Too few students
		At another person's home	.	43%	Too few students
		At a public place or event	.	12%	Too few students

	10th	At my home	.	37%	Too few students
		At another person's home	.	53%	Too few students
		At a public place or event	.	10%	Too few students

	11th	At my home	.	32%	Too few students
		At another person's home	.	58%	Too few students
		At a public place or event	.	9%	Too few students

	12th	At my home	.	30%	Too few students
		At another person's home	.	60%	Too few students
		At a public place or event	.	10%	Too few students

Sex	Female	At my home	.	34%	Too few students
		At another person's home	.	58%	Too few students
		At a public place or event	.	8%	Too few students

	Male	At my home	.	34%	Too few students
		At another person's home	.	53%	Too few students
		At a public place or event	.	13%	Too few students

Total		At my home	.	34%	Too few students
		At another person's home	.	55%	Too few students
		At a public place or event	.	10%	Too few students

*2 Alcohol, Tobacco and other Drug Use***2.09 Percent of students who have ever smoked a whole cigarette**

		Rutland Central	Vermont	Notes
Grade	9th	.	14%	Too few students
	10th	.	18%	Too few students
	11th	.	24%	Too few students
	12th	.	28%	Too few students
Sex	Female	13%	19%	SU/SD statistically lower
	Male	9%	23%	SU/SD statistically lower
Total		11%	21%	SU/SD statistically lower

2.10 Percent of students who smoked a whole cigarette before age 13

		Rutland Central	Vermont	Notes
Grade	9th	.	6%	Too few students
	10th	.	6%	Too few students
	11th	.	6%	Too few students
	12th	.	6%	Too few students
Sex	Female	.	5%	Too few students
	Male	.	7%	Too few students
Total		.	6%	Too few students

2.11 Percent of students who smoked cigarettes, past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	7%	Too few students
	10th	.	9%	Too few students
	11th	.	12%	Too few students
	12th	.	14%	Too few students
Sex	Female	.	10%	Too few students
	Male	.	12%	Too few students
Total		.	11%	Too few students

*2 Alcohol, Tobacco and other Drug Use***2.12 Among students who smoked cigarettes in the past month, number of days students smoked**

			Rutland Central	Vermont	Notes
Grade	9th	1 to 2 days	.	35%	Too few students
		3 to 9 days	.	26%	Too few students
		10+ days	.	39%	Too few students

	10th	1 to 2 days	.	31%	Too few students
		3 to 9 days	.	25%	Too few students
		10+ days	.	44%	Too few students

	11th	1 to 2 days	.	29%	Too few students
		3 to 9 days	.	23%	Too few students
		10+ days	.	48%	Too few students

	12th	1 to 2 days	.	26%	Too few students
		3 to 9 days	.	19%	Too few students
		10+ days	.	55%	Too few students

Sex	Female	1 to 2 days	.	32%	Too few students
		3 to 9 days	.	23%	Too few students
		10+ days	.	44%	Too few students

	Male	1 to 2 days	.	26%	Too few students
		3 to 9 days	.	22%	Too few students
		10+ days	.	52%	Too few students

Total		1 to 2 days	.	29%	Too few students
		3 to 9 days	.	22%	Too few students
		10+ days	.	49%	Too few students

NOTE: Only students who smoked cigarettes during the previous 30 days are included in this analysis. Previous reports included all students.

2 Alcohol, Tobacco and other Drug Use

2.13 Among students who smoked cigarettes in the past month, the amount of cigarettes smoked on days smoked

			Rutland Central	Vermont	Notes
Grade	9th	1 cigarette or less	.	51%	Too few students
		2 to 10 cigarettes	.	39%	Too few students
		11 or more cigarettes	.	10%	Too few students

	10th	1 cigarette or less	.	45%	Too few students
		2 to 10 cigarettes	.	45%	Too few students
		11 or more cigarettes	.	10%	Too few students

	11th	1 cigarette or less	.	43%	Too few students
		2 to 10 cigarettes	.	48%	Too few students
		11 or more cigarettes	.	9%	Too few students

	12th	1 cigarette or less	.	42%	Too few students
		2 to 10 cigarettes	.	45%	Too few students
		11 or more cigarettes	.	13%	Too few students

Sex	Female	1 cigarette or less	.	47%	Too few students
		2 to 10 cigarettes	.	44%	Too few students
		11 or more cigarettes	.	9%	Too few students

	Male	1 cigarette or less	.	42%	Too few students
		2 to 10 cigarettes	.	45%	Too few students
		11 or more cigarettes	.	13%	Too few students

Total		1 cigarette or less	.	44%	Too few students
		2 to 10 cigarettes	.	44%	Too few students
		11 or more cigarettes	.	12%	Too few students

NOTE: Only students who smoked cigarettes during the previous 30 days are included in this analysis. Previous reports included all students.

2 Alcohol, Tobacco and other Drug Use

2.14 Among students who smoked cigarettes in the past month and were under age 18, how they obtained cigarettes

			Rutland Central	Vermont	Notes
Grade	9th	Bought them	.	5%	Too few students
		Someone else bought them	.	27%	Too few students
		Borrowed/bummed them	.	37%	Too few students
		Took them / some other way	.	31%	Too few students

	10th	Bought them	.	7%	Too few students
		Someone else bought them	.	26%	Too few students
		Borrowed/bummed them	.	41%	Too few students
		Took them / some other way	.	26%	Too few students

	11th	Bought them	.	12%	Too few students
		Someone else bought them	.	31%	Too few students
		Borrowed/bummed them	.	39%	Too few students
		Took them / some other way	.	17%	Too few students

	12th	Bought them	.	14%	Too few students
		Someone else bought them	.	32%	Too few students
		Borrowed/bummed them	.	41%	Too few students
		Took them / some other way	.	14%	Too few students

Sex	Female	Bought them	.	6%	Too few students
		Someone else bought them	.	30%	Too few students
		Borrowed/bummed them	.	45%	Too few students
		Took them / some other way	.	19%	Too few students

	Male	Bought them	.	14%	Too few students
		Someone else bought them	.	28%	Too few students
		Borrowed/bummed them	.	34%	Too few students
		Took them / some other way	.	24%	Too few students

Total		Bought them	.	10%	Too few students
		Someone else bought them	.	29%	Too few students
		Borrowed/bummed them	.	39%	Too few students
		Took them / some other way	.	22%	Too few students

*2 Alcohol, Tobacco and other Drug Use***2.15 Among current smokers, the percent of smokers who tried to quit smoking, past 12 months**

		Rutland Central	Vermont	Notes
Grade	9th	.	45%	Too few students
	10th	.	46%	Too few students
	11th	.	44%	Too few students
	12th	.	39%	Too few students
Sex	Female	.	43%	Too few students
	Male	.	41%	Too few students
Total		.	42%	Too few students

2.16 Percent of students who have ever used electronic vapor products such as e-cigarettes, vaping pens, e-hookahs, and hookah pens.

		Rutland Central	Vermont	Notes
Grade	9th	.	18%	Too few students
	10th	.	28%	Too few students
	11th	.	35%	Too few students
	12th	.	39%	Too few students
Sex	Female	23%	27%	
	Male	27%	33%	
Total		25%	30%	SU/SD statistically lower

2.17 Percent of students who have used electronic vapor products, past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	10%	Too few students
	10th	.	14%	Too few students
	11th	.	17%	Too few students
	12th	.	19%	Too few students
Sex	Female	10%	13%	
	Male	10%	18%	SU/SD statistically lower
Total		10%	15%	SU/SD statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.18 Percent of students who have ever tried a flavored tobacco product**

		Rutland Central	Vermont	Notes
Grade	9th	.	15%	Too few students
	10th	.	21%	Too few students
	11th	.	29%	Too few students
	12th	.	32%	Too few students
Sex	Female	13%	20%	SU/SD statistically lower
	Male	15%	28%	SU/SD statistically lower
Total		14%	24%	SU/SD statistically lower

2.19 Percent of students who tried a flavored tobacco product before age 13

		Rutland Central	Vermont	Notes
Grade	9th	.	6%	Too few students
	10th	.	5%	Too few students
	11th	.	6%	Too few students
	12th	.	5%	Too few students
Sex	Female	.	4%	Too few students
	Male	.	7%	Too few students
Total		.	6%	Too few students

NOTE: Flavored tobacco products include any tobacco product flavored to taste like menthol (mint), clove, spice, alcohol (wine or cognac), candy, fruit, chocolate, or other sweets.

*2 Alcohol, Tobacco and other Drug Use***2.20 Percent of students who used smokeless tobacco such as snuff or dip, past 30 days**

		Rutland Central	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	6%	Too few students
	11th	.	8%	Too few students
	12th	.	8%	Too few students
Sex	Female	.	3%	Too few students
	Male	.	11%	Too few students
Total		.	7%	Too few students

2.21 Percent of students who smoked cigars or little cigars, past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	8%	Too few students
	11th	.	12%	Too few students
	12th	.	16%	Too few students
Sex	Female	.	6%	Too few students
	Male	13%	14%	
Total		7%	10%	SU/SD statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.22 Percent of students who smoked cigarettes, cigars or little cigars, or used smokeless tobacco, during the past 30 days**

		Rutland Central	Vermont	Notes
Grade	9th	.	11%	Too few students
	10th	.	15%	Too few students
	11th	.	21%	Too few students
	12th	.	25%	Too few students
Sex	Female	.	13%	Too few students
	Male	14%	23%	SU/SD statistically lower
Total		9%	18%	SU/SD statistically lower

2.23 Percent of students who smoked cigarettes, cigars or little cigars, used smokeless tobacco, or electronic vapor products during the past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	16%	Too few students
	10th	.	22%	Too few students
	11th	.	28%	Too few students
	12th	.	32%	Too few students
Sex	Female	11%	20%	SU/SD statistically lower
	Male	17%	29%	SU/SD statistically lower
Total		14%	25%	SU/SD statistically lower

*2 Alcohol, Tobacco and other Drug Use***2.24 Percent of students who have ever tried marijuana**

		Rutland Central	Vermont	Notes
Grade	9th	.	22%	Too few students
	10th	.	32%	Too few students
	11th	.	44%	Too few students
	12th	.	49%	Too few students
Sex	Female	22%	36%	SU/SD statistically lower
	Male	20%	38%	SU/SD statistically lower
Total		21%	37%	SU/SD statistically lower

2.25 Percent of students who used marijuana before age 13

		Rutland Central	Vermont	Notes
Grade	9th	.	6%	Too few students
	10th	.	6%	Too few students
	11th	.	7%	Too few students
	12th	.	6%	Too few students
Sex	Female	.	5%	Too few students
	Male	.	8%	Too few students
Total		.	6%	Too few students

2.26 Percent of students who used marijuana, past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	13%	Too few students
	10th	.	20%	Too few students
	11th	.	27%	Too few students
	12th	.	29%	Too few students
Sex	Female	12%	21%	SU/SD statistically lower
	Male	7%	24%	SU/SD statistically lower
Total		10%	22%	SU/SD statistically lower

2 Alcohol, Tobacco and other Drug Use

2.27 Among those who currently use marijuana, the number of times reported using marijuana, in the last month

			Rutland Central	Vermont	Notes
Grade	9th	1 to 2 times	.	36%	Too few students
		3 to 9 times	.	24%	Too few students
		10+ times	.	40%	Too few students

	10th	1 to 2 times	.	32%	Too few students
		3 to 9 times	.	26%	Too few students
		10+ times	.	42%	Too few students

	11th	1 to 2 times	.	30%	Too few students
		3 to 9 times	.	24%	Too few students
		10+ times	.	46%	Too few students

	12th	1 to 2 times	.	29%	Too few students
		3 to 9 times	.	23%	Too few students
		10+ times	.	48%	Too few students

Sex	Female	1 to 2 times	.	37%	Too few students
		3 to 9 times	.	26%	Too few students
		10+ times	.	37%	Too few students

	Male	1 to 2 times	.	26%	Too few students
		3 to 9 times	.	23%	Too few students
		10+ times	.	52%	Too few students

Total		1 to 2 times	.	31%	Too few students
		3 to 9 times	.	24%	Too few students
		10+ times	.	45%	Too few students

*2 Alcohol, Tobacco and other Drug Use***2.28 Percent of students who ever misused a stimulant or prescription pain reliever**

		Rutland Central	Vermont	Notes
Grade	9th	.	8%	Too few students
	10th	.	10%	Too few students
	11th	.	13%	Too few students
	12th	.	14%	Too few students
Sex	Female	.	11%	Too few students
	Male	.	12%	Too few students
Total		5%	11%	SU/SD statistically lower

2.29 Percent of students who misused a stimulant or prescription pain reliever in the past 30 days

		Rutland Central	Vermont	Notes
Grade	9th	.	4%	Too few students
	10th	.	4%	Too few students
	11th	.	5%	Too few students
	12th	.	6%	Too few students
Sex	Female	.	4%	Too few students
	Male	.	5%	Too few students
Total		.	5%	Too few students

2.30 Percent of students who ever used cocaine

		Rutland Central	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	.	4%	Too few students
	11th	.	5%	Too few students
	12th	.	7%	Too few students
Sex	Female	.	4%	Too few students
	Male	.	6%	Too few students
Total		.	5%	Too few students

*2 Alcohol, Tobacco and other Drug Use***2.31 Percent of students who ever used inhalants**

		Rutland Central	Vermont	Notes
Grade	9th	.	7%	Too few students
	10th	.	6%	Too few students
	11th	.	7%	Too few students
	12th	.	5%	Too few students
Sex	Female	.	6%	Too few students
	Male	.	7%	Too few students
Total		3%	7%	SU/SD statistically lower

2.32 Percent of students who ever used methamphetamines

		Rutland Central	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	2%	Too few students
	11th	.	3%	Too few students
	12th	.	3%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	3%	Too few students
Total		.	3%	Too few students

2.33 Percent of students who ever used heroin

		Rutland Central	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	.	2%	Too few students
	11th	.	2%	Too few students
	12th	.	3%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	3%	Too few students
Total		.	2%	Too few students

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.01 Percent of students who were in the same room as someone smoking, past 7 days

		Rutland Central	Vermont	Notes
Grade	9th	.	34%	Too few students
	10th	.	36%	Too few students
	11th	.	39%	Too few students
	12th	.	38%	Too few students
Sex	Female	39%	37%	
	Male	35%	37%	
Total		37%	37%	

3.02 Percent of students who were in the same car as someone smoking, past 7 days

		Rutland Central	Vermont	Notes
Grade	9th	.	25%	Too few students
	10th	.	27%	Too few students
	11th	.	28%	Too few students
	12th	.	28%	Too few students
Sex	Female	32%	28%	
	Male	32%	27%	
Total		32%	27%	SU/SD statistically higher

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.03 Frequency in which students see advertisements for tobacco when they are in a grocery store, gas station, or convenience store.

			Rutland Central	Vermont	Notes
Grade	9th	Never or rarely	.	19%	Too few students
		Sometimes	.	27%	Too few students
		At least most of the time	.	54%	Too few students

	10th	Never or rarely	.	19%	Too few students
		Sometimes	.	27%	Too few students
		At least most of the time	.	53%	Too few students

	11th	Never or rarely	.	21%	Too few students
		Sometimes	.	28%	Too few students
		At least most of the time	.	52%	Too few students

	12th	Never or rarely	.	22%	Too few students
		Sometimes	.	28%	Too few students
		At least most of the time	.	50%	Too few students

Sex	Female	Never or rarely	14%	19%	
		Sometimes	28%	28%	
		At least most of the time	58%	53%	

	Male	Never or rarely	33%	22%	SU/SD statistically higher
		Sometimes	28%	26%	
		At least most of the time	39%	51%	SU/SD statistically lower

Total		Never or rarely	23%	21%	
		Sometimes	28%	27%	
		At least most of the time	49%	52%	

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

In 2015, 11% of Vermont high school students reported smoking cigarettes in the last 30 days and 22% of students reported using marijuana during that same time period. Students were asked about their perceptions on how many students smoke and use marijuana.

3.04 Out of 100 high school students, the number thought to smoke cigarettes

	Rutland Central	Vermont	Notes
15 or less students	22%	19%	
16 to 25 students	33%	29%	SU/SD statistically higher
26 to 45 students	20%	24%	
46 to 55 students	13%	14%	
56 to 75 students	6%	8%	
76 or more students	5%	7%	

3.05 Out of 100 high school students, the number thought to use marijuana

	Rutland Central	Vermont	Notes
15 or less students	14%	8%	SU/SD statistically higher
16 to 25 students	14%	13%	
26 to 45 students	27%	21%	SU/SD statistically higher
46 to 55 students	27%	21%	SU/SD statistically higher
56 to 75 students	10%	20%	SU/SD statistically lower
76 or more students	8%	16%	SU/SD statistically lower

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.06 Percent of students who think their parents think it is wrong for them to smoke cigarettes

		Rutland Central	Vermont	Notes
Grade	9th	.	94%	Too few students
	10th	.	93%	Too few students
	11th	.	92%	Too few students
	12th	.	87%	Too few students
Sex	Female	93%	93%	
	Male	91%	90%	
Total		92%	91%	

3.07 Percent of students who think their parents think it is wrong for them to drink alcohol

		Rutland Central	Vermont	Notes
Grade	9th	.	84%	Too few students
	10th	.	78%	Too few students
	11th	.	70%	Too few students
	12th	.	57%	Too few students
Sex	Female	84%	74%	SU/SD statistically higher
	Male	69%	70%	
Total		77%	72%	SU/SD statistically higher

3.08 Percent of students who think their parents think it is wrong for them to smoke marijuana

		Rutland Central	Vermont	Notes
Grade	9th	.	87%	Too few students
	10th	.	82%	Too few students
	11th	.	78%	Too few students
	12th	.	74%	Too few students
Sex	Female	91%	82%	SU/SD statistically higher
	Male	90%	79%	SU/SD statistically higher
Total		91%	80%	SU/SD statistically higher

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.09 Percent of students who think it is wrong for someone their age to smoke cigarettes

		Rutland Central	Vermont	Notes
Grade	9th	.	87%	Too few students
	10th	.	84%	Too few students
	11th	.	77%	Too few students
	12th	.	67%	Too few students
Sex	Female	90%	80%	SU/SD statistically higher
	Male	84%	77%	SU/SD statistically higher
Total		87%	78%	SU/SD statistically higher

3.10 Percent of students who think it is wrong for someone their age to drink alcohol

		Rutland Central	Vermont	Notes
Grade	9th	.	70%	Too few students
	10th	.	58%	Too few students
	11th	.	47%	Too few students
	12th	.	38%	Too few students
Sex	Female	69%	54%	SU/SD statistically higher
	Male	60%	53%	SU/SD statistically higher
Total		64%	53%	SU/SD statistically higher

3.11 Percent of students who think it is wrong for someone their age to smoke marijuana

		Rutland Central	Vermont	Notes
Grade	9th	.	70%	Too few students
	10th	.	59%	Too few students
	11th	.	51%	Too few students
	12th	.	44%	Too few students
Sex	Female	76%	57%	SU/SD statistically higher
	Male	71%	55%	SU/SD statistically higher
Total		74%	56%	SU/SD statistically higher

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use _____

3.12 Percent of students who think people their age risk harming themselves if they smoke a pack of cigarettes a day

		Rutland Central	Vermont	Notes
Grade	9th	.	62%	Too few students
	10th	.	66%	Too few students
	11th	.	66%	Too few students
	12th	.	66%	Too few students
Sex	Female	66%	67%	
	Male	62%	63%	
Total		64%	65%	

3.13 Percent of students who think people their age risk harming themselves if they binge drink on weekends

		Rutland Central	Vermont	Notes
Grade	9th	.	42%	Too few students
	10th	.	40%	Too few students
	11th	.	36%	Too few students
	12th	.	35%	Too few students
Sex	Female	43%	43%	
	Male	38%	33%	
Total		40%	38%	

3.14 Percent of students who think people their age risk harming themselves if they smoke marijuana regularly

		Rutland Central	Vermont	Notes
Grade	9th	.	35%	Too few students
	10th	.	29%	Too few students
	11th	.	22%	Too few students
	12th	.	21%	Too few students
Sex	Female	49%	30%	SU/SD statistically higher
	Male	32%	24%	SU/SD statistically higher
Total		41%	27%	SU/SD statistically higher

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.15 Percent of students who think it would be easy to get cigarettes

		Rutland Central	Vermont	Notes
Grade	9th	.	44%	Too few students
	10th	.	55%	Too few students
	11th	.	64%	Too few students
	12th	.	80%	Too few students
Sex	Female	50%	57%	SU/SD statistically lower
	Male	57%	64%	SU/SD statistically lower
Total		54%	61%	SU/SD statistically lower

3.16 Percent of students who think it would be easy to get alcohol

		Rutland Central	Vermont	Notes
Grade	9th	.	60%	Too few students
	10th	.	68%	Too few students
	11th	.	74%	Too few students
	12th	.	75%	Too few students
Sex	Female	60%	71%	SU/SD statistically lower
	Male	67%	68%	
Total		64%	69%	SU/SD statistically lower

3.17 Percent of students who think it would be easy to get marijuana

		Rutland Central	Vermont	Notes
Grade	9th	.	46%	Too few students
	10th	.	60%	Too few students
	11th	.	69%	Too few students
	12th	.	74%	Too few students
Sex	Female	40%	60%	SU/SD statistically lower
	Male	57%	65%	SU/SD statistically lower
Total		49%	62%	SU/SD statistically lower

3 Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

3.18 Percent of students who were asked if they smoked by a health care provider, past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	44%	Too few students
	10th	.	50%	Too few students
	11th	.	57%	Too few students
	12th	.	60%	Too few students
Sex	Female	54%	56%	
	Male	33%	50%	SU/SD statistically lower
Total		45%	53%	SU/SD statistically lower

3.19 Percent of students who think it is likely or very likely that a party where students from their high school were drinking alcohol would be broken up by police

		Rutland Central	Vermont	Notes
Grade	9th	.	36%	Too few students
	10th	.	30%	Too few students
	11th	.	27%	Too few students
	12th	.	24%	Too few students
Sex	Female	39%	29%	SU/SD statistically higher
	Male	33%	29%	
Total		36%	29%	SU/SD statistically higher

3.20 Percent of students who were offered, sold or given an illegal drug on school property, past 12 months

		Rutland Central	Vermont	Notes
Grade	9th	.	15%	Too few students
	10th	.	19%	Too few students
	11th	.	20%	Too few students
	12th	.	18%	Too few students
Sex	Female	.	15%	Too few students
	Male	.	21%	Too few students
Total		6%	18%	SU/SD statistically lower

4 Sexual Behavior and Orientation

4.01 Sexual orientation

			Rutland Central	Vermont	Notes
Grade	9th	Heterosexual (straight)	.	88%	Too few students
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	6%	Too few students
		Not sure	.	5%	Too few students

	10th	Heterosexual (straight)	.	89%	Too few students
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	6%	Too few students
		Not sure	.	4%	Too few students

	11th	Heterosexual (straight)	.	88%	Too few students
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	6%	Too few students
		Not sure	.	4%	Too few students

	12th	Heterosexual (straight)	.	88%	Too few students
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	6%	Too few students
		Not sure	.	4%	Too few students

Sex	Female	Heterosexual (straight)	89%	84%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	9%	10%	
		Not sure	.	5%	Too few students

	Male	Heterosexual (straight)	94%	92%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	.	3%	Too few students
		Not sure	.	4%	Too few students

Total		Heterosexual (straight)	91%	88%	SU/SD statistically higher
		Gay or lesbian	.	2%	Too few students
		Bisexual	5%	6%	
		Not sure	.	4%	Too few students

*4 Sexual Behavior and Orientation***4.02 Percent of students who have ever had sexual intercourse**

		Rutland Central	Vermont	Notes
Grade	9th	.	18%	Too few students
	10th	.	33%	Too few students
	11th	.	49%	Too few students
	12th	.	62%	Too few students
Sex	Female	35%	40%	
	Male	42%	41%	
Total		38%	41%	

4.03 Percent of students who have ever had oral sex

		Rutland Central	Vermont	Notes
Grade	9th	.	21%	Too few students
	10th	.	37%	Too few students
	11th	.	50%	Too few students
	12th	.	60%	Too few students
Sex	Female	35%	41%	
	Male	39%	42%	
Total		37%	42%	SU/SD statistically lower

4.04 Percent of students who had sexual intercourse before age 13

		Rutland Central	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	.	3%	Too few students
	11th	.	3%	Too few students
	12th	.	4%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	4%	Too few students
Total		.	3%	Too few students

*4 Sexual Behavior and Orientation***4.05 Percent of students who have had sexual intercourse with four or more people**

		Rutland Central	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	.	6%	Too few students
	11th	.	11%	Too few students
	12th	.	19%	Too few students
Sex	Female	.	9%	Too few students
	Male	.	10%	Too few students
Total		5%	10%	SU/SD statistically lower

4.06 Percent of students who have ever been tested for HIV

		Rutland Central	Vermont	Notes
Grade	9th	.	7%	Too few students
	10th	.	8%	Too few students
	11th	.	12%	Too few students
	12th	.	14%	Too few students
Sex	Female	7%	11%	
	Male	.	9%	Too few students
Total		6%	10%	SU/SD statistically lower

*4 Sexual Behavior and Orientation***4.07 Percent of students who had sex at least once in the past 3 months (currently sexually active)**

		Rutland Central	Vermont	Notes
Grade	9th	.	12%	Too few students
	10th	.	24%	Too few students
	11th	.	38%	Too few students
	12th	.	49%	Too few students
Sex	Female	29%	33%	
	Male	35%	30%	
Total		32%	31%	

4.08 Of sexually active students, percent who used alcohol or drugs the last time they had sex

		Rutland Central	Vermont	Notes
Grade	9th	.	18%	Too few students
	10th	.	19%	Too few students
	11th	.	18%	Too few students
	12th	.	18%	Too few students
Sex	Female	.	15%	Too few students
	Male	.	22%	Too few students
Total		.	19%	Too few students

4.09 Of sexually active students, percent who used condoms the last time they had sex

		Rutland Central	Vermont	Notes
Grade	9th	.	65%	Too few students
	10th	.	65%	Too few students
	11th	.	58%	Too few students
	12th	.	54%	Too few students
Sex	Female	.	55%	Too few students
	Male	.	62%	Too few students
Total		.	58%	Too few students

*4 Sexual Behavior and Orientation***4.10 Of sexually active students, percent who used prescription birth control the last time they had sex.**

Birth control included using prescription birth control pills, shot, patch, ring, or IUD

		Rutland Central	Vermont	Notes
Grade	9th	.	28%	Too few students
	10th	.	39%	Too few students
	11th	.	49%	Too few students
	12th	.	54%	Too few students
Sex	Female	.	55%	Too few students
	Male	.	38%	Too few students
Total		.	47%	Too few students

4.11 Of sexually active students, those who used either a condom or prescription birth control the last time they had sex

		Rutland Central	Vermont	Notes
Grade	9th	.	80%	Too few students
	10th	.	87%	Too few students
	11th	.	88%	Too few students
	12th	.	87%	Too few students
Sex	Female	.	88%	Too few students
	Male	.	86%	Too few students
Total		.	87%	Too few students

4 Sexual Behavior and Orientation

4.12 Of sexually active students, methods used to prevent pregnancy used the last time they had sex

			Rutland Central	Vermont	Notes
Grade	9th	No method was used	.	12%	Too few students
		Birth control pills	.	19%	Too few students
		Condoms	.	50%	Too few students
		IUD or implant	.	4%	Too few students
		Shot/patch/birth control ring	.	5%	Too few students
		Withdrawal/other method	.	8%	Too few students
		Not sure	.	3%	Too few students

	10th	No method was used	.	7%	Too few students
		Birth control pills	.	28%	Too few students
		Condoms	.	46%	Too few students
		IUD or implant	.	5%	Too few students
		Shot/patch/birth control ring	.	6%	Too few students
		Withdrawal/other method	.	6%	Too few students
		Not sure	.	2%	Too few students

	11th	No method was used	.	6%	Too few students
		Birth control pills	.	37%	Too few students
		Condoms	.	37%	Too few students
		IUD or implant	.	7%	Too few students
		Shot/patch/birth control ring	.	6%	Too few students
		Withdrawal/other method	.	6%	Too few students
		Not sure	.	1%	Too few students

	12th	No method was used	.	7%	Too few students
		Birth control pills	.	40%	Too few students
		Condoms	.	32%	Too few students
		IUD or implant	.	7%	Too few students
		Shot/patch/birth control ring	.	7%	Too few students
		Withdrawal/other method	.	6%	Too few students
		Not sure	.	2%	Too few students

4 Sexual Behavior and Orientation

			Rutland Central	Vermont	Notes
Sex	Female	No method was used	.	7%	Too few students
		Birth control pills	.	39%	Too few students
		Condoms	.	31%	Too few students
		IUD or implant	.	8%	Too few students
		Shot/patch/birth control ring	.	8%	Too few students
		Withdrawal/other method	.	5%	Too few students
		Not sure	.	1%	Too few students

	Male	No method was used	.	7%	Too few students
		Birth control pills	.	30%	Too few students
		Condoms	.	45%	Too few students
		IUD or implant	.	4%	Too few students
		Shot/patch/birth control ring	.	4%	Too few students
		Withdrawal/other method	.	7%	Too few students
		Not sure	.	3%	Too few students

Total		No method was used	.	7%	Too few students
		Birth control pills	.	35%	Too few students
		Condoms	.	38%	Too few students
		IUD or implant	.	6%	Too few students
		Shot/patch/birth control ring	.	6%	Too few students
		Withdrawal/other method	.	6%	Too few students
		Not sure	.	2%	Too few students

Cont. Of sexually active students, methods used to prevent pregnancy used the last time they had sex

4 Sexual Behavior and Orientation

4.13 Sexual identity of sexual contacts

			Rutland Central	Vermont	Notes
Sex	Female	Have not had sex	51%	45%	
		Same sex	45%	1%	SU/SD statistically higher
		Opposite sex	.	46%	Too few students
		Both sexes	.	7%	Too few students

	Male	Have not had sex	49%	43%	
		Same sex	51%	1%	SU/SD statistically higher
		Opposite sex	.	53%	Too few students
		Both sexes	.	2%	Too few students

Total	Have not had sex		50%	44%	SU/SD statistically higher
	Same sex		48%	1%	SU/SD statistically higher
	Opposite sex		.	50%	Too few students
	Both sexes		.	5%	Too few students

5 Body Image

5.01 The percent of students who are overweight (85th to <95th BMI percentile)

		Rutland Central	Vermont	Notes
Grade	9th	.	15%	Too few students
	10th	.	14%	Too few students
	11th	.	14%	Too few students
	12th	.	13%	Too few students
Sex	Female	22%	14%	SU/SD statistically higher
	Male	16%	14%	
Total		19%	14%	SU/SD statistically higher

5.02 The percent of students who are obese (=>95th BMI percentile)

		Rutland Central	Vermont	Notes
Grade	9th	.	12%	Too few students
	10th	.	13%	Too few students
	11th	.	12%	Too few students
	12th	.	12%	Too few students
Sex	Female	16%	9%	SU/SD statistically higher
	Male	19%	16%	
Total		17%	12%	SU/SD statistically higher

NOTE: BMI = body mass index; For youth, BMI is age- and sex-specific. It is expressed by a percentile based on weight and height.

5 Body Image

5.03 Perceptions of weight

			Rutland Central	Vermont	Notes
Grade	9th	Underweight	.	15%	Too few students
		About the right weight	.	56%	Too few students
		Overweight	.	29%	Too few students

	10th	Underweight	.	13%	Too few students
		About the right weight	.	55%	Too few students
		Overweight	.	32%	Too few students

	11th	Underweight	.	13%	Too few students
		About the right weight	.	55%	Too few students
		Overweight	.	31%	Too few students

	12th	Underweight	.	13%	Too few students
		About the right weight	.	55%	Too few students
		Overweight	.	32%	Too few students

Sex	Female	Underweight	9%	10%	
		About the right weight	50%	54%	
		Overweight	42%	36%	

	Male	Underweight	24%	17%	SU/SD statistically higher
		About the right weight	47%	57%	SU/SD statistically lower
		Overweight	29%	26%	

Total		Underweight	17%	14%	
		About the right weight	48%	55%	SU/SD statistically lower
		Overweight	35%	31%	

5 Body Image

5.04 Students who are trying to do something about their weight

			Rutland Central	Vermont	Notes
Grade	9th	Lose weight	.	41%	Too few students
		Gain weight	.	12%	Too few students
		Stay the same weight /do nothing	.	47%	Too few students

	10th	Lose weight	.	43%	Too few students
		Gain weight	.	13%	Too few students
		Stay the same weight /do nothing	.	44%	Too few students

	11th	Lose weight	.	42%	Too few students
		Gain weight	.	14%	Too few students
		Stay the same weight /do nothing	.	44%	Too few students

	12th	Lose weight	.	42%	Too few students
		Gain weight	.	15%	Too few students
		Stay the same weight /do nothing	.	42%	Too few students

Sex	Female	Lose weight	56%	56%	
		Gain weight	.	4%	Too few students
		Stay the same weight /do nothing	44%	40%	

	Male	Lose weight	33%	28%	
		Gain weight	24%	23%	
		Stay the same weight /do nothing	43%	49%	

Total		Lose weight	45%	42%	
		Gain weight	12%	14%	
		Stay the same weight /do nothing	43%	44%	

*6 Nutrition and Physical Activity***6.01 Hours spent per school day watching TV, playing video games or using the computer for fun.**

In 2015, the definition of screen time was expanded. Caution should be taken when making comparisons to previous years.

		Rutland Central	Vermont	Notes
Grade 9th	Less than 1 hour	.	14%	Too few students
	1 to 2 hours	.	36%	Too few students
	3 to 4 hours	.	33%	Too few students
	5+ hours	.	18%	Too few students

10th	Less than 1 hour	.	14%	Too few students
	1 to 2 hours	.	36%	Too few students
	3 to 4 hours	.	32%	Too few students
	5+ hours	.	18%	Too few students

11th	Less than 1 hour	.	15%	Too few students
	1 to 2 hours	.	38%	Too few students
	3 to 4 hours	.	32%	Too few students
	5+ hours	.	16%	Too few students

12th	Less than 1 hour	.	16%	Too few students
	1 to 2 hours	.	36%	Too few students
	3 to 4 hours	.	32%	Too few students
	5+ hours	.	17%	Too few students

Sex Female	Less than 1 hour	15%	15%	
	1 to 2 hours	31%	37%	
	3 to 4 hours	31%	32%	
	5+ hours	24%	16%	SU/SD statistically higher

Male	Less than 1 hour	.	14%	Too few students
	1 to 2 hours	29%	36%	SU/SD statistically lower
	3 to 4 hours	37%	32%	
	5+ hours	29%	18%	SU/SD statistically higher

Total	Less than 1 hour	10%	15%	SU/SD statistically lower
	1 to 2 hours	30%	36%	SU/SD statistically lower
	3 to 4 hours	34%	32%	
	5+ hours	26%	17%	SU/SD statistically higher

6 Nutrition and Physical Activity

6.02 The number of days students participated in at least 60 minutes of physical activity during the past 7 days

			Rutland Central	Vermont	Notes
Grade	9th	0 days	.	11%	Too few students
		1 to 2 days	.	16%	Too few students
		3 to 6 days	.	47%	Too few students
		Everyday	.	25%	Too few students

	10th	0 days	.	13%	Too few students
		1 to 2 days	.	15%	Too few students
		3 to 6 days	.	47%	Too few students
		Everyday	.	24%	Too few students

	11th	0 days	.	15%	Too few students
		1 to 2 days	.	17%	Too few students
		3 to 6 days	.	45%	Too few students
		Everyday	.	22%	Too few students

	12th	0 days	.	17%	Too few students
		1 to 2 days	.	18%	Too few students
		3 to 6 days	.	44%	Too few students
		Everyday	.	21%	Too few students

Sex	Female	0 days	22%	17%	
		1 to 2 days	14%	20%	SU/SD statistically lower
		3 to 6 days	33%	48%	SU/SD statistically lower
		Everyday	32%	16%	SU/SD statistically higher

	Male	0 days	10%	12%	
		1 to 2 days	12%	14%	
		3 to 6 days	50%	44%	
		Everyday	28%	30%	

Total		0 days	16%	14%	
		1 to 2 days	13%	17%	SU/SD statistically lower
		3 to 6 days	41%	46%	
		Everyday	30%	23%	SU/SD statistically higher

6 Nutrition and Physical Activity

6.03 The percent of students who ate fruits and vegetables 5 or more times per day, past 7 days

		Rutland Central	Vermont	Notes
Grade	9th	.	23%	Too few students
	10th	.	23%	Too few students
	11th	.	23%	Too few students
	12th	.	24%	Too few students
Sex	Female	23%	22%	
	Male	17%	25%	SU/SD statistically lower
Total		20%	24%	

6.04 The percent of students who ate fruits or fruit juice 2 or more times per day, past 7 days

		Rutland Central	Vermont	Notes
Grade	9th	.	34%	Too few students
	10th	.	34%	Too few students
	11th	.	34%	Too few students
	12th	.	35%	Too few students
Sex	Female	33%	33%	
	Male	34%	35%	
Total		33%	34%	

6.05 The percent of students who ate vegetables 3 or more times per day, past 7 days

		Rutland Central	Vermont	Notes
Grade	9th	.	17%	Too few students
	10th	.	17%	Too few students
	11th	.	18%	Too few students
	12th	.	19%	Too few students
Sex	Female	18%	17%	
	Male	12%	19%	SU/SD statistically lower
Total		15%	18%	

*6 Nutrition and Physical Activity***6.06 The percent of students who did not eat any fruit or fruit juice, past 7 days**

		Rutland Central	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	4%	Too few students
	11th	.	4%	Too few students
	12th	.	4%	Too few students
Sex	Female	.	3%	Too few students
	Male	8%	5%	
Total		5%	4%	

6.07 The percent of students who did not any eat vegetables, past 7 days

		Rutland Central	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	4%	Too few students
	11th	.	4%	Too few students
	12th	.	4%	Too few students
Sex	Female	.	3%	Too few students
	Male	9%	6%	SU/SD statistically higher
Total		6%	4%	

6 Nutrition and Physical Activity

6.08 The number of days students ate breakfast during the past 7 days

			Rutland Central	Vermont	Notes
Grade	9th	Never	.	11%	Too few students
		1 to 3 days	.	25%	Too few students
		4 to 6 days	.	22%	Too few students
		Everyday	.	42%	Too few students

	10th	Never	.	11%	Too few students
		1 to 3 days	.	24%	Too few students
		4 to 6 days	.	24%	Too few students
		Everyday	.	41%	Too few students

	11th	Never	.	10%	Too few students
		1 to 3 days	.	25%	Too few students
		4 to 6 days	.	24%	Too few students
		Everyday	.	40%	Too few students

	12th	Never	.	11%	Too few students
		1 to 3 days	.	25%	Too few students
		4 to 6 days	.	25%	Too few students
		Everyday	.	39%	Too few students

Sex	Female	Never	14%	11%	
		1 to 3 days	43%	27%	SU/SD statistically higher
		4 to 6 days	16%	24%	SU/SD statistically lower
		Everyday	27%	38%	SU/SD statistically lower

	Male	Never	.	11%	Too few students
		1 to 3 days	38%	23%	SU/SD statistically higher
		4 to 6 days	25%	23%	
		Everyday	31%	43%	SU/SD statistically lower

Total		Never	10%	11%	
		1 to 3 days	41%	25%	SU/SD statistically higher
		4 to 6 days	20%	24%	
		Everyday	29%	40%	SU/SD statistically lower

6 Nutrition and Physical Activity

6.09 The number of glasses of water students drank yesterday

			Rutland Central	Vermont	Notes
Grade	9th	None	.	9%	Too few students
		1 to 3 glasses	.	60%	Too few students
		4+ glasses	.	32%	Too few students

	10th	None	.	8%	Too few students
		1 to 3 glasses	.	58%	Too few students
		4+ glasses	.	34%	Too few students

	11th	None	.	8%	Too few students
		1 to 3 glasses	.	60%	Too few students
		4+ glasses	.	32%	Too few students

	12th	None	.	9%	Too few students
		1 to 3 glasses	.	57%	Too few students
		4+ glasses	.	34%	Too few students

Sex	Female	None	.	8%	Too few students
		1 to 3 glasses	58%	62%	
		4+ glasses	35%	31%	

	Male	None	15%	9%	SU/SD statistically higher
		1 to 3 glasses	50%	56%	
		4+ glasses	36%	35%	

Total	None		10%	9%	
	1 to 3 glasses		54%	59%	
	4+ glasses		36%	33%	

6 Nutrition and Physical Activity

6.10 Amount of soda students drank during the past 7 days

			Rutland Central	Vermont	Notes
Grade	9th	None	.	32%	Too few students
		At least once during the past week	.	54%	Too few students
		At least once per day	.	14%	Too few students

	10th	None	.	33%	Too few students
		At least once during the past week	.	53%	Too few students
		At least once per day	.	14%	Too few students

	11th	None	.	33%	Too few students
		At least once during the past week	.	51%	Too few students
		At least once per day	.	15%	Too few students

	12th	None	.	36%	Too few students
		At least once during the past week	.	49%	Too few students
		At least once per day	.	15%	Too few students

Sex	Female	None	34%	42%	SU/SD statistically lower
		At least once during the past week	50%	48%	
		At least once per day	16%	9%	SU/SD statistically higher

	Male	None	19%	25%	SU/SD statistically lower
		At least once during the past week	54%	55%	
		At least once per day	27%	20%	SU/SD statistically higher

Total		None	26%	33%	SU/SD statistically lower
		At least once during the past week	52%	52%	
		At least once per day	21%	15%	SU/SD statistically higher

6 Nutrition and Physical Activity

6.11 The amount of sugar-sweetened beverages (not including soda) students drank during past 7 days

			Rutland Central	Vermont	Notes
Grade	9th	None	.	25%	Too few students
		At least once during the past week	.	61%	Too few students
		At least once per day	.	14%	Too few students

	10th	None	.	25%	Too few students
		At least once during the past week	.	59%	Too few students
		At least once per day	.	15%	Too few students

	11th	None	.	26%	Too few students
		At least once during the past week	.	59%	Too few students
		At least once per day	.	16%	Too few students

	12th	None	.	29%	Too few students
		At least once during the past week	.	57%	Too few students
		At least once per day	.	15%	Too few students

Sex	Female	None	20%	30%	SU/SD statistically lower
		At least once during the past week	62%	59%	
		At least once per day	17%	11%	SU/SD statistically higher

	Male	None	21%	22%	
		At least once during the past week	54%	58%	
		At least once per day	25%	19%	

Total		None	21%	26%	SU/SD statistically lower
		At least once during the past week	58%	59%	
		At least once per day	21%	15%	SU/SD statistically higher

7 Youth Assets

7.01 Typical grades in the past 12 months, as reported by students

			Rutland Central	Vermont	Notes
Grade	9th	Mostly As or Bs	.	76%	Too few students
		Mostly Cs	.	13%	Too few students
		Mostly Ds or Fs	.	4%	Too few students
		Other / Not sure	.	7%	Too few students

	10th	Mostly As or Bs	.	77%	Too few students
		Mostly Cs	.	14%	Too few students
		Mostly Ds or Fs	.	4%	Too few students
		Other / Not sure	.	5%	Too few students

	11th	Mostly As or Bs	.	80%	Too few students
		Mostly Cs	.	13%	Too few students
		Mostly Ds or Fs	.	3%	Too few students
		Other / Not sure	.	4%	Too few students

	12th	Mostly As or Bs	.	83%	Too few students
		Mostly Cs	.	11%	Too few students
		Mostly Ds or Fs	.	2%	Too few students
		Other / Not sure	.	4%	Too few students

Sex	Female	Mostly As or Bs	84%	84%	
		Mostly Cs	.	9%	Too few students
		Mostly Ds or Fs	.	3%	Too few students
		Other / Not sure	7%	4%	

	Male	Mostly As or Bs	75%	74%	
		Mostly Cs	10%	16%	SU/SD statistically lower
		Mostly Ds or Fs	.	4%	Too few students
		Other / Not sure	13%	6%	SU/SD statistically higher

Total		Mostly As or Bs	80%	79%	
		Mostly Cs	8%	13%	SU/SD statistically lower
		Mostly Ds or Fs	.	3%	Too few students
		Other / Not sure	10%	5%	SU/SD statistically higher

7 Youth Assets

7.02 The percent of students participating in extracurricular activities, hours per week

			Rutland Central	Vermont	Notes
Grade	9th	0 hours	.	32%	Too few students
		1 to 4 hours	.	30%	Too few students
		5 to 9 hours	.	17%	Too few students
		10 or more hours	.	21%	Too few students
10th	0 hours	0 hours	.	32%	Too few students
		1 to 4 hours	.	28%	Too few students
		5 to 9 hours	.	16%	Too few students
		10 or more hours	.	24%	Too few students
11th	0 hours	0 hours	.	32%	Too few students
		1 to 4 hours	.	27%	Too few students
		5 to 9 hours	.	16%	Too few students
		10 or more hours	.	25%	Too few students
12th	0 hours	0 hours	.	32%	Too few students
		1 to 4 hours	.	26%	Too few students
		5 to 9 hours	.	16%	Too few students
		10 or more hours	.	27%	Too few students
Sex	Female	0 hours	28%	31%	
		1 to 4 hours	36%	29%	SU/SD statistically higher
		5 to 9 hours	7%	16%	SU/SD statistically lower
		10 or more hours	29%	24%	
Male	0 hours	0 hours	33%	33%	
		1 to 4 hours	22%	27%	
		5 to 9 hours	.	16%	Too few students
		10 or more hours	40%	24%	SU/SD statistically higher
Total	0 hours	0 hours	30%	32%	
		1 to 4 hours	29%	28%	
		5 to 9 hours	6%	16%	SU/SD statistically lower
		10 or more hours	34%	24%	SU/SD statistically higher

*7 Youth Assets***7.03 The percent of students who spoke with their parents at least weekly about school**

		Rutland Central	Vermont	Notes
Grade	9th	.	78%	Too few students
	10th	.	77%	Too few students
	11th	.	77%	Too few students
	12th	.	75%	Too few students
Sex	Female	77%	77%	
	Male	78%	76%	
Total		77%	76%	

7.04 The percent of students who agree that in their community they feel like they matter to people

		Rutland Central	Vermont	Notes
Grade	9th	.	49%	Too few students
	10th	.	48%	Too few students
	11th	.	50%	Too few students
	12th	.	54%	Too few students
Sex	Female	42%	47%	
	Male	55%	54%	
Total		49%	50%	

7.05 The percent of students who agree that teachers really care about them and give them lots of encouragement

		Rutland Central	Vermont	Notes
Grade	9th	.	59%	Too few students
	10th	.	57%	Too few students
	11th	.	64%	Too few students
	12th	.	69%	Too few students
Sex	Female	65%	60%	
	Male	76%	64%	SU/SD statistically higher
Total		71%	62%	SU/SD statistically higher

*7 Youth Assets***7.06 The percent of students who agree that students help decide what goes on in school**

		Rutland Central	Vermont	Notes
Grade	9th	.	50%	Too few students
	10th	.	46%	Too few students
	11th	.	46%	Too few students
	12th	.	49%	Too few students
Sex	Female	34%	48%	SU/SD statistically lower
	Male	47%	48%	
Total		40%	48%	SU/SD statistically lower

7.07 The percent of students who report that they will probably or definitely complete a post high school program

		Rutland Central	Vermont	Notes
Grade	9th	.	75%	Too few students
	10th	.	80%	Too few students
	11th	.	83%	Too few students
	12th	.	84%	Too few students
Sex	Female	82%	83%	
	Male	77%	78%	
Total		80%	80%	

2015 Vermont Youth Risk Behavior Survey Report

Middle School Report for Rutland Central SU

The Vermont Department of Health would like to acknowledge the work and effort of all the schools, teachers and students who choose to participate in the Youth Risk Behavior Survey each year.

Demographics

Rutland Central
Number of Middle School Students in Rutland Central SU

Rutland Central SU Total

235

Sex	Total	%
Not indicated / Missing	5	2%
Female	112	47%
Male	118	50%

Grade	Total	%
Not indicated / Missing	3	1%
6th grade	69	29%
7th grade	71	30%
8th grade	92	39%

Age	Total	%
Not indicated / Missing	3	1%
11 years or younger	34	14%
12 years	71	30%
13 years	76	32%
14 years or older	51	21%

Race / Ethnicity	Total	%
Not indicated /Missing	17	7%
Ethnic or racial minority	38	16%
White non-Hispanic	180	76%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Rutland Central SU. Not all students indicated their sex or grade, therefore the totals in these tables may not add up to the total number of students in the county or state who participated. All other numbers represented in this report are weighted to reflect the enrolled student population.

Demographics

Vermont
Number of Middle School Students in Vermont

Vermont Total

13648

Sex	Total	%
Not indicated / Missing	96	0%
Female	6713	49%
Male	6839	50%

Grade	Total	%
Not indicated / Missing	86	0%
6th grade	2899	21%
7th grade	5337	39%
8th grade	5326	39%

Age	Total	%
Not indicated / Missing	63	.
11 years or younger	1445	10%
12 years	3983	29%
13 years	5240	38%
14 years or older	2917	21%

Race / Ethnicity	Total	%
Not indicated /Missing	926	6%
Ethnic or racial minority	2357	17%
White non-Hispanic	10365	75%

NOTE: The above numbers are unweighted. They represent the students who took the survey in Vermont. All other numbers represented in this report are weighted to reflect the enrolled student population.

*1 Personal Safety***1.01 Percent of students who have ever been in a physical fight**

		Rutland Central	Vermont	Notes
Grade	6th	39%	42%	
	7th	42%	41%	
	8th	36%	44%	SU/SD statistically lower
Sex	Female	18%	28%	SU/SD statistically lower
	Male	57%	57%	
Total		39%	43%	SU/SD statistically lower

1.02 Percent of students who were bullied at least once, past 30 days

		Rutland Central	Vermont	Notes
Grade	6th	30%	24%	SU/SD statistically higher
	7th	26%	25%	
	8th	30%	22%	SU/SD statistically higher
Sex	Female	40%	30%	SU/SD statistically higher
	Male	20%	18%	
Total		29%	24%	SU/SD statistically higher

NOTE: 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 occurs through e-mail, chat rooms, instant messaging, Web sites, or texting.

*1 Personal Safety***1.03 Percent of students who reported they had ever been electronically bullied**

		Rutland Central	Vermont	Notes
Grade	6th	32%	21%	SU/SD statistically higher
	7th	24%	26%	
	8th	34%	28%	
Sex	Female	38%	36%	SU/SD statistically higher
	Male	23%	16%	
Total		30%	26%	SU/SD statistically higher

1.04 Percent of students who were ever bullied at school

		Rutland Central	Vermont	Notes
Grade	6th	57%	46%	SU/SD statistically higher
	7th	52%	48%	
	8th	49%	45%	
Sex	Female	65%	53%	SU/SD statistically higher
	Male	40%	40%	
Total		52%	46%	SU/SD statistically higher

1.05 Percent of students who bullied someone at least once, past 30 days

		Rutland Central	Vermont	Notes
Grade	6th	.	8%	Too few students
	7th	11%	9%	
	8th	8%	11%	
Sex	Female	10%	10%	SU/SD statistically lower
	Male	7%	9%	
Total		8%	10%	

*1 Personal Safety***1.06 Percent of students who did not go to school because they felt unsafe, past 30 days**

		Rutland Central	Vermont	Notes
Grade	6th	.	8%	Too few students
	7th	7%	7%	
	8th	7%	7%	
Sex	Female	7%	9%	
	Male	5%	6%	
Total		6%	7%	

1.07 Percent of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, past 12 months

		Rutland Central	Vermont	Notes
Grade	6th	18%	17%	
	7th	12%	19%	SU/SD statistically lower
	8th	20%	22%	
Sex	Female	19%	27%	
	Male	15%	13%	
Total		17%	20%	SU/SD statistically lower

1.08 Percent of students who ever seriously thought about suicide

		Rutland Central	Vermont	Notes
Grade	6th	12%	14%	
	7th	10%	16%	SU/SD statistically lower
	8th	28%	22%	
Sex	Female	23%	23%	
	Male	14%	12%	
Total		18%	18%	

*1 Personal Safety***1.09 Percent of students who ever made a suicide plan**

		Rutland Central	Vermont	Notes
Grade	6th	.	9%	Too few students
	7th	10%	11%	
	8th	17%	15%	
Sex	Female	17%	16%	
	Male	7%	8%	
Total		12%	12%	

1.10 Percent of students who ever attempted suicide

		Rutland Central	Vermont	Notes
Grade	6th	.	5%	Too few students
	7th	.	5%	Too few students
	8th	8%	8%	
Sex	Female	9%	8%	
	Male	.	3%	Too few students
Total		6%	6%	

1.11 Percent of students who had at least one sunburn in the past 12 months

		Rutland Central	Vermont	Notes
Grade	6th	55%	51%	
	7th	61%	55%	SU/SD statistically higher
	8th	59%	56%	
Sex	Female	56%	58%	
	Male	61%	51%	SU/SD statistically higher
Total		58%	54%	SU/SD statistically higher

*1 Personal Safety***1.12 Bicycle helmet use among those who rode a bicycle in the past 12 months**

			Rutland Central	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	25%	26%	
		Sometimes wear a helmet	20%	15%	SU/SD statistically higher
		Most of the time / always wear a helmet	56%	59%	

	7th	Never / rarely wear a helmet	27%	31%	SU/SD statistically lower
		Sometimes wear a helmet	13%	16%	
		Most of the time / always wear a helmet	60%	52%	SU/SD statistically higher

	8th	Never / rarely wear a helmet	36%	41%	SU/SD statistically lower
		Sometimes wear a helmet	11%	15%	SU/SD statistically lower
		Most of the time / always wear a helmet	53%	43%	SU/SD statistically higher

Sex	Female	Never / rarely wear a helmet	18%	31%	SU/SD statistically lower
		Sometimes wear a helmet	13%	17%	SU/SD statistically lower
		Most of the time / always wear a helmet	69%	52%	SU/SD statistically higher

	Male	Never / rarely wear a helmet	40%	36%	
		Sometimes wear a helmet	15%	14%	
		Most of the time / always wear a helmet	45%	49%	SU/SD statistically lower

Total		Never / rarely wear a helmet	30%	34%	SU/SD statistically lower
		Sometimes wear a helmet	15%	16%	
		Most of the time / always wear a helmet	56%	51%	SU/SD statistically higher

*1 Personal Safety***1.13 Helmet use while rollerblading or skateboarding (of those students who rollerbladed or skateboarded)**

			Rutland Central	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	.	31%	Too few students
		Sometimes wear a helmet	.	11%	Too few students
		Most of the time / always wear a helmet	.	58%	Too few students

	7th	Never / rarely wear a helmet	.	42%	Too few students
		Sometimes wear a helmet	.	13%	Too few students
		Most of the time / always wear a helmet	.	45%	Too few students

	8th	Never / rarely wear a helmet	.	52%	Too few students
		Sometimes wear a helmet	.	12%	Too few students
		Most of the time / always wear a helmet	.	36%	Too few students

Sex	Female	Never / rarely wear a helmet	.	45%	Too few students
		Sometimes wear a helmet	.	13%	Too few students
		Most of the time / always wear a helmet	.	43%	Too few students

	Male	Never / rarely wear a helmet	.	41%	Too few students
		Sometimes wear a helmet	.	12%	Too few students
		Most of the time / always wear a helmet	.	47%	Too few students

Total		Never / rarely wear a helmet	43%	43%	
		Sometimes wear a helmet	14%	12%	
		Most of the time / always wear a helmet	43%	45%	

*1 Personal Safety***1.14 Percent of students who reported never or rarely wearing a seatbelt while riding in a car**

		Rutland Central	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	.	4%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	3%	Too few students
Total		3%	3%	

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

		Rutland Central	Vermont	Notes
Grade	6th	12%	15%	
	7th	17%	19%	
	8th	29%	25%	SU/SD statistically higher
Sex	Female	17%	21%	SU/SD statistically lower
	Male	23%	19%	SU/SD statistically higher
Total		20%	20%	

*2 Alcohol, Tobacco, and Other Drug Use***2.01 Percent of students who ever drank alcohol other than a few sips**

		Rutland Central	Vermont	Notes
Grade	6th	.	10%	Too few students
	7th	11%	15%	SU/SD statistically lower
	8th	24%	24%	
Sex	Female	6%	16%	SU/SD statistically lower
	Male	21%	18%	
Total		14%	17%	SU/SD statistically lower

2.02 Percent of students who drank alcohol other than a few sips before age 11

		Rutland Central	Vermont	Notes
Grade	6th	.	7%	Too few students
	7th	.	6%	Too few students
	8th	.	6%	Too few students
Sex	Female	.	5%	Too few students
	Male	6%	8%	
Total		5%	6%	SU/SD statistically lower

2.03 Percent of students who drank any alcohol, past 30 days

		Rutland Central	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	.	5%	Too few students
	8th	8%	10%	
Sex	Female	.	6%	Too few students
	Male	7%	7%	
Total		5%	6%	SU/SD statistically lower

2 Alcohol, Tobacco, and Other Drug Use

2.04 Percent of students who binge drank (5 or more alcoholic drinks in a row), past 30 days

		Rutland Central	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	.	4%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	2%	Too few students
Total		.	2%	Too few students

2.05 Percent of students who ever tried cigarette smoking, even one or two puffs

		Rutland Central	Vermont	Notes
Grade	6th	.	4%	Too few students
	7th	8%	7%	
	8th	12%	13%	
Sex	Female	.	9%	Too few students
	Male	11%	9%	SU/SD statistically higher
Total		7%	9%	

2.06 Percent of students who ever smoked a whole cigarette

		Rutland Central	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	4%	Too few students
	8th	8%	8%	
Sex	Female	.	5%	Too few students
	Male	7%	5%	SU/SD statistically higher
Total		5%	5%	

*2 Alcohol, Tobacco, and Other Drug Use***2.07 Percent of students who smoked a whole cigarette by age 11**

		Rutland Central	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	.	2%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	2%	Too few students
Total		3%	1%	SU/SD statistically higher

2.08 Percent of students who smoked cigarettes, past 30 days

		Rutland Central	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	2%	Too few students
	8th	.	3%	Too few students
Sex	Female	.	2%	Too few students
	Male	.	2%	Too few students
Total		2%	2%	

*2 Alcohol, Tobacco, and Other Drug Use***2.09 Percent of students who ever used electronic vapor products such as e-cigarettes**

		Rutland Central	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	12%	6%	SU/SD statistically higher
	8th	13%	11%	
Sex	Female	5%	7%	SU/SD statistically lower
	Male	15%	7%	SU/SD statistically higher
Total		10%	7%	SU/SD statistically higher

2.10 Percent of students who used electronic vapor products such as e-cigarettes during the past 30 days

		Rutland Central	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	2%	Too few students
	8th	.	5%	Too few students
Sex	Female	.	3%	Too few students
	Male	4%	3%	
Total		3%	3%	

2.11 Percent of students who used chewing tobacco, snuff, or dip, past 30 days

		Rutland Central	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	6%	3%	SU/SD statistically higher
Sex	Female	.	1%	Too few students
	Male	5%	3%	SU/SD statistically higher
Total		3%	2%	SU/SD statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.12 Percent of students who smoked cigars, cigarillos, or little cigars, past 30 days**

		Rutland Central	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	7%	2%	SU/SD statistically higher
Sex	Female	.	1%	Too few students
	Male	5%	2%	SU/SD statistically higher
Total		4%	2%	SU/SD statistically higher

2.13 Percent of students who used a tobacco product such as cigarettes, smokeless tobacco, or cigars, in the past 30 days

		Rutland Central	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	7%	6%	
Sex	Female	.	3%	Too few students
	Male	7%	4%	SU/SD statistically higher
Total		5%	4%	SU/SD statistically higher

2.14 Percent of students who used any tobacco products including e-cigarettes in the past 30 days

		Rutland Central	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	.	4%	Too few students
	8th	8%	8%	
Sex	Female	.	5%	Too few students
	Male	7%	6%	
Total		6%	5%	

2 Alcohol, Tobacco, and Other Drug Use

2.15 Percent of smokers who attempted to quit smoking, past 12 months

		Rutland Central	Vermont	Notes
Grade	6th	.	.	Too few students
	7th	.	58%	Too few students
	8th	.	45%	Too few students
Sex	Female	.	48%	Too few students
	Male	.	47%	Too few students
Total		.	48%	Too few students

2.16 Percent of students who have ever used marijuana

		Rutland Central	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	5%	Too few students
	8th	7%	11%	SU/SD statistically lower
Sex	Female	.	6%	Too few students
	Male	7%	7%	
Total		5%	7%	SU/SD statistically lower

2.17 Percent of students who used marijuana by age 11

		Rutland Central	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	.	2%	Too few students
Sex	Female	.	1%	Too few students
	Male	.	2%	Too few students
Total		.	1%	Too few students

*2 Alcohol, Tobacco, and Other Drug Use***2.18 Percent of students who used marijuana, past 30 days**

		Rutland Central	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	3%	Too few students
	8th	.	6%	Too few students
Sex	Female	.	3%	Too few students
	Male	4%	4%	
Total		3%	4%	

2.19 Percent of students who have ever used inhalants

		Rutland Central	Vermont	Notes
Grade	6th	.	5%	Too few students
	7th	7%	4%	SU/SD statistically higher
	8th	5%	6%	
Sex	Female	4%	5%	
	Male	5%	5%	
Total		5%	5%	

2.20 Percent of students who ever took a prescription drug without a doctor's prescription

		Rutland Central	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	.	4%	Too few students
Sex	Female	.	3%	Too few students
	Male	4%	3%	
Total		4%	3%	

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.01 Percent of students who were in the same room with someone who was smoking cigarettes, past 7 days

		Rutland Central	Vermont	Notes
Grade	6th	24%	24%	
	7th	25%	28%	
	8th	34%	31%	
Sex	Female	25%	29%	SU/SD statistically lower
	Male	31%	27%	SU/SD statistically higher
Total		28%	28%	

3.02 Percent of students who were in the same car with someone who was smoking cigarettes, past 7 days

		Rutland Central	Vermont	Notes
Grade	6th	16%	17%	
	7th	24%	20%	
	8th	18%	23%	SU/SD statistically lower
Sex	Female	15%	22%	SU/SD statistically lower
	Male	22%	19%	SU/SD statistically higher
Total		19%	21%	

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

3.03 Percent of students who, always or most of the time saw advertisements for tobacco products at supermarkets or gas stations

		Rutland Central	Vermont	Notes
Grade	6th	45%	47%	
	7th	47%	52%	SU/SD statistically lower
	8th	52%	55%	
Sex	Female	53%	52%	
	Male	44%	52%	SU/SD statistically lower
Total		48%	52%	SU/SD statistically lower

3.04 Percent of students who, in the past 12 months, were asked if they smoke by a health professional

		Rutland Central	Vermont	Notes
Grade	6th	9%	15%	SU/SD statistically lower
	7th	18%	26%	SU/SD statistically lower
	8th	36%	35%	
Sex	Female	23%	28%	SU/SD statistically lower
	Male	22%	26%	SU/SD statistically lower
Total		23%	27%	SU/SD statistically lower

3.05 Students perceptions about out of 100 Vermont high school students the number who smoke cigarettes

	Rutland Central	Vermont	Notes
15 or less students	18%	16%	
16 to 25 students	25%	25%	
26 to 45 students	22%	24%	
46 to 55 students	18%	16%	SU/SD statistically higher
56 to 75 students	10%	9%	
76 or more students	7%	10%	SU/SD statistically lower

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use

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

		Rutland Central	Vermont	Notes
Grade	6th	99%	96%	SU/SD statistically higher
	7th	99%	96%	SU/SD statistically higher
	8th	98%	96%	SU/SD statistically higher
Sex	Female	98%	97%	SU/SD statistically higher
	Male	98%	96%	SU/SD statistically higher
Total		98%	96%	SU/SD statistically higher

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

		Rutland Central	Vermont	Notes
Grade	6th	93%	92%	
	7th	88%	92%	SU/SD statistically lower
	8th	89%	90%	
Sex	Female	94%	93%	
	Male	87%	90%	SU/SD statistically lower
Total		90%	91%	

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

		Rutland Central	Vermont	Notes
Grade	6th	96%	96%	
	7th	96%	95%	
	8th	95%	92%	SU/SD statistically higher
Sex	Female	97%	94%	SU/SD statistically higher
	Male	93%	94%	
Total		95%	94%	

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use _____

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

		Rutland Central	Vermont	Notes
Grade	6th	100%	97%	SU/SD statistically higher
	7th	98%	95%	SU/SD statistically higher
	8th	93%	92%	
Sex	Female	98%	95%	SU/SD statistically higher
	Male	97%	94%	SU/SD statistically higher
Total		97%	94%	SU/SD statistically higher

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

		Rutland Central	Vermont	Notes
Grade	6th	99%	94%	SU/SD statistically higher
	7th	94%	90%	SU/SD statistically higher
	8th	85%	83%	
Sex	Female	95%	90%	SU/SD statistically higher
	Male	90%	87%	SU/SD statistically higher
Total		92%	88%	SU/SD statistically higher

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

		Rutland Central	Vermont	Notes
Grade	6th	98%	97%	
	7th	100%	92%	SU/SD statistically higher
	8th	89%	83%	SU/SD statistically higher
Sex	Female	99%	91%	SU/SD statistically higher
	Male	92%	89%	SU/SD statistically higher
Total		95%	90%	SU/SD statistically higher

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use

3.12 Percent of students who think people their age greatly risk harming themselves if they smoke one or more packs of cigarettes a day

		Rutland Central	Vermont	Notes
Grade	6th	73%	70%	
	7th	69%	72%	
	8th	74%	72%	
Sex	Female	75%	71%	SU/SD statistically higher
	Male	69%	72%	
Total		72%	71%	

3.13 Percent of students who think that people their age greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend

		Rutland Central	Vermont	Notes
Grade	6th	57%	49%	SU/SD statistically higher
	7th	49%	49%	
	8th	51%	46%	SU/SD statistically higher
Sex	Female	56%	49%	SU/SD statistically higher
	Male	48%	46%	
Total		53%	48%	SU/SD statistically higher

3.14 Percent of students who think that people their age greatly risk harming themselves if they smoke marijuana regularly

		Rutland Central	Vermont	Notes
Grade	6th	73%	67%	SU/SD statistically higher
	7th	72%	61%	SU/SD statistically higher
	8th	65%	51%	SU/SD statistically higher
Sex	Female	72%	60%	SU/SD statistically higher
	Male	67%	58%	SU/SD statistically higher
Total		70%	59%	SU/SD statistically higher

3 Attitudes and Perceptions of Alcohol, Cigarette, and Other Drug Use

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

		Rutland Central	Vermont	Notes
Grade	6th	21%	18%	
	7th	28%	24%	
	8th	32%	34%	
Sex	Female	19%	25%	SU/SD statistically lower
	Male	34%	29%	SU/SD statistically higher
Total		27%	27%	

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

		Rutland Central	Vermont	Notes
Grade	6th	20%	24%	
	7th	25%	33%	SU/SD statistically lower
	8th	36%	46%	SU/SD statistically lower
Sex	Female	26%	35%	SU/SD statistically lower
	Male	30%	37%	SU/SD statistically lower
Total		28%	36%	SU/SD statistically lower

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

		Rutland Central	Vermont	Notes
Grade	6th	.	6%	Too few students
	7th	7%	12%	SU/SD statistically lower
	8th	13%	22%	SU/SD statistically lower
Sex	Female	4%	13%	SU/SD statistically lower
	Male	13%	16%	SU/SD statistically lower
Total		9%	14%	SU/SD statistically lower

*4 Sexual Behavior***4.01 Percent of students who have ever had sexual intercourse**

		Rutland Central	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	.	4%	Too few students
	8th	10%	8%	
Sex	Female	4%	4%	
	Male	7%	7%	
Total		6%	6%	

4.02 Percent of students who have ever had oral sex

		Rutland Central	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	7%	3%	SU/SD statistically higher
	8th	9%	9%	
Sex	Female	.	5%	Too few students
	Male	8%	6%	SU/SD statistically higher
Total		7%	5%	

5 Nutrition and Physical Activity

5.01 Number of times during the past 7 days students ate breakfast

			Rutland Central	Vermont	Notes
Grade	6th	Never	.	4%	Too few students
		1 to 3 times	12%	13%	
		4 to 6 times	23%	22%	
		Everyday	60%	61%	

	7th	Never	.	7%	Too few students
		1 to 3 times	15%	16%	
		4 to 6 times	25%	25%	
		Everyday	58%	51%	

	8th	Never	12%	8%	SU/SD statistically higher
		1 to 3 times	26%	20%	SU/SD statistically higher
		4 to 6 times	25%	25%	
		Everyday	37%	48%	SU/SD statistically lower

Sex	Female	Never	8%	8%	
		1 to 3 times	23%	21%	
		4 to 6 times	27%	26%	
		Everyday	42%	45%	

	Male	Never	5%	6%	
		1 to 3 times	14%	13%	
		4 to 6 times	22%	23%	
		Everyday	58%	59%	

Total		Never	7%	7%	
		1 to 3 times	19%	17%	SU/SD statistically higher
		4 to 6 times	24%	24%	
		Everyday	50%	52%	

5 Nutrition and Physical Activity

5.02 Percent of students who reported drinking at least four bottles or glasses of water a day

		Rutland Central	Vermont	Notes
Grade	6th	43%	45%	
	7th	42%	41%	
	8th	42%	39%	
Sex	Female	43%	38%	SU/SD statistically higher
	Male	42%	44%	
Total		43%	41%	

5 Nutrition and Physical Activity

5.03 Number of days students participated in at least 60 minutes of physical activity in the past 7 days

			Rutland Central	Vermont	Notes
Grade	6th	Never	.	8%	Too few students
		1 to 4 days	24%	32%	SU/SD statistically lower
		5 to 6 days	32%	27%	SU/SD statistically higher
		Everyday	40%	33%	SU/SD statistically higher

	7th	Never	.	7%	Too few students
		1 to 4 days	34%	34%	
		5 to 6 days	31%	28%	
		Everyday	31%	31%	

	8th	Never	.	8%	Too few students
		1 to 4 days	33%	36%	
		5 to 6 days	28%	27%	
		Everyday	36%	29%	SU/SD statistically higher

Sex	Female	Never	.	8%	Too few students
		1 to 4 days	30%	39%	SU/SD statistically lower
		5 to 6 days	37%	30%	SU/SD statistically higher
		Everyday	30%	23%	SU/SD statistically higher

	Male	Never	5%	8%	SU/SD statistically lower
		1 to 4 days	30%	29%	
		5 to 6 days	25%	25%	
		Everyday	40%	38%	

Total		Never	5%	8%	SU/SD statistically lower
		1 to 4 days	30%	34%	SU/SD statistically lower
		5 to 6 days	30%	27%	SU/SD statistically higher
		Everyday	36%	31%	SU/SD statistically higher

5 Nutrition and Physical Activity

5.04 Number of times students participated in physical activity breaks outside of physical education courses in an average school week

			Rutland Central	Vermont	Notes
Grade	6th	0 days	46%	18%	SU/SD statistically higher
		1 to 2 days	18%	15%	
		3 to 4 days	.	19%	Too few students
		Everyday	31%	48%	SU/SD statistically lower
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	7th	0 days	59%	30%	SU/SD statistically higher
		1 to 2 days	19%	17%	
		3 to 4 days	7%	17%	SU/SD statistically lower
		Everyday	15%	36%	SU/SD statistically lower
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	8th	0 days	59%	33%	SU/SD statistically higher
		1 to 2 days	14%	16%	
		3 to 4 days	10%	16%	SU/SD statistically lower
		Everyday	17%	35%	SU/SD statistically lower
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Sex	Female	0 days	54%	28%	SU/SD statistically higher
		1 to 2 days	15%	18%	SU/SD statistically lower
		3 to 4 days	7%	17%	SU/SD statistically lower
		Everyday	24%	38%	SU/SD statistically lower
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	Male	0 days	55%	28%	SU/SD statistically higher
		1 to 2 days	19%	15%	SU/SD statistically higher
		3 to 4 days	8%	17%	SU/SD statistically lower
		Everyday	18%	40%	SU/SD statistically lower
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Total		0 days	55%	28%	SU/SD statistically higher
		1 to 2 days	17%	16%	
		3 to 4 days	8%	17%	SU/SD statistically lower
		Everyday	20%	39%	SU/SD statistically lower

*5 Nutrition and Physical Activity***5.05 Number of hours spent watching TV on an average school day**

			Rutland Central	Vermont	Notes
Grade	6th	1 hour or less per day	56%	60%	
		2 to 4 hours per day	39%	34%	SU/SD statistically higher
		5 or more hours per day	.	6%	Too few students

	7th	1 hour or less per day	53%	57%	SU/SD statistically lower
		2 to 4 hours per day	43%	37%	SU/SD statistically higher
		5 or more hours per day	.	6%	Too few students

	8th	1 hour or less per day	51%	57%	SU/SD statistically lower
		2 to 4 hours per day	40%	37%	
		5 or more hours per day	9%	7%	SU/SD statistically higher

Sex	Female	1 hour or less per day	52%	57%	SU/SD statistically lower
		2 to 4 hours per day	44%	37%	SU/SD statistically higher
		5 or more hours per day	.	6%	Too few students

	Male	1 hour or less per day	54%	58%	
		2 to 4 hours per day	37%	35%	
		5 or more hours per day	8%	7%	

Total		1 hour or less per day	53%	58%	SU/SD statistically lower
		2 to 4 hours per day	40%	36%	SU/SD statistically higher
		5 or more hours per day	6%	6%	

5 Nutrition and Physical Activity

5.06 Number of hours spent playing video games or going online for something not related to school, on an average school day

			Rutland Central	Vermont	Notes
Grade	6th	1 hour or less per day	41%	55%	SU/SD statistically lower
		2 to 4 hours per day	43%	33%	SU/SD statistically higher
		5 or more hours per day	15%	12%	SU/SD statistically higher

	7th	1 hour or less per day	42%	46%	SU/SD statistically lower
		2 to 4 hours per day	41%	40%	
		5 or more hours per day	17%	14%	

	8th	1 hour or less per day	34%	40%	SU/SD statistically lower
		2 to 4 hours per day	38%	41%	
		5 or more hours per day	29%	19%	SU/SD statistically higher

Sex	Female	1 hour or less per day	42%	48%	SU/SD statistically lower
		2 to 4 hours per day	42%	37%	SU/SD statistically higher
		5 or more hours per day	16%	15%	

	Male	1 hour or less per day	35%	44%	SU/SD statistically lower
		2 to 4 hours per day	40%	41%	
		5 or more hours per day	25%	15%	SU/SD statistically higher

Total		1 hour or less per day	38%	46%	SU/SD statistically lower
		2 to 4 hours per day	40%	39%	
		5 or more hours per day	22%	15%	SU/SD statistically higher

5 Nutrition and Physical Activity

5.07 Number of days in the average week students went online for something not school-related

			Rutland Central	Vermont	Notes
Grade	6th	Never	26%	22%	
		1 to 5 days	40%	45%	
		At least six days	33%	33%	

	7th	Never	13%	16%	SU/SD statistically lower
		1 to 5 days	55%	41%	SU/SD statistically higher
		At least six days	32%	42%	SU/SD statistically lower

	8th	Never	8%	11%	SU/SD statistically lower
		1 to 5 days	44%	34%	SU/SD statistically higher
		At least six days	48%	55%	SU/SD statistically lower

Sex	Female	Never	13%	13%	
		1 to 5 days	49%	41%	SU/SD statistically higher
		At least six days	38%	46%	SU/SD statistically lower

	Male	Never	16%	18%	
		1 to 5 days	45%	38%	SU/SD statistically higher
		At least six days	39%	44%	SU/SD statistically lower

Total	Never		15%	15%	
	1 to 5 days		46%	39%	SU/SD statistically higher
	At least six days		39%	45%	SU/SD statistically lower

*6 Youth Assets***6.01 Percent of students who talk to their parents about school at least weekly**

		Rutland Central	Vermont	Notes
Grade	6th	78%	81%	
	7th	83%	80%	
	8th	81%	78%	
Sex	Female	83%	80%	SU/SD statistically higher
	Male	79%	79%	
Total		80%	79%	

6.02 Percent of students who agree or strongly agree that 'in your community you feel like you matter to people'

		Rutland Central	Vermont	Notes
Grade	6th	58%	60%	
	7th	53%	56%	
	8th	55%	51%	SU/SD statistically higher
Sex	Female	47%	50%	
	Male	62%	59%	
Total		55%	55%	

*6 Youth Assets***6.03 Percent of students who agree or strongly agree that their teachers really care about them and give them a lot of encouragement**

		Rutland Central	Vermont	Notes
Grade	6th	66%	69%	
	7th	56%	62%	SU/SD statistically lower
	8th	52%	59%	SU/SD statistically lower
Sex	Female	59%	62%	
	Male	56%	64%	SU/SD statistically lower
Total		57%	63%	SU/SD statistically lower

6.04 Percent of students who agree or strongly agree that students help decide what goes on in school

		Rutland Central	Vermont	Notes
Grade	6th	35%	45%	SU/SD statistically lower
	7th	37%	44%	SU/SD statistically lower
	8th	26%	39%	SU/SD statistically lower
Sex	Female	32%	42%	SU/SD statistically lower
	Male	32%	43%	SU/SD statistically lower
Total		32%	43%	SU/SD statistically lower