
2011 Vermont Youth Risk Behavior Survey Report

Report for Participating Schools in Essex County

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

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

Survey Changes in 2011

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

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

About this Report

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

Thank You

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

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How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we can focus prevention efforts and determine whether school policies and community programs are having the intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, for planning and evaluating programs, and for comparing Vermont students with other students nationwide.

- **Start the Conversation:** Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?
- **Increase Awareness:** The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.
- **Plan and Evaluate Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities, and can inform strategies to address those weaknesses.

Remember to Look at the Positive Side: In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

A Word of Caution

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

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

Personal Safety

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

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

Alcohol, Tobacco, and Other Drugs

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

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

Sexual Behavior and Orientation

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

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

Body Image

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

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

Nutrition and Physical Activity

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

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

Measures of Youth Assets

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

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

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2011 Vermont High School Youth Risk Behavior Survey

Results for Essex County

Participation

Grade		Sex		All
9 and 10	11 and 12	Female	Male	
62	83	72	73	145

For the high school survey, students self-reported the town in which they live. We assigned students to counties based on this town code. Students who did not provide a useable town code are not included in the county-level reports.

Due to low sample sizes, grades 9 and 10, and 11 and 12, were combined for this report.

Participating Schools:

Canaan Schools
Concord Schools

Demographics

Age

	2011
14 or younger	8%
15	20%
16	27%
17	29%
18 or older	15%

Race and Ethnicity

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

Mother's Education

	2011
High school or less	38%
Some college	19%
College graduate	28%
Graduate or professional degree after college	7%
Not sure	8%

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Ride bicycles	67%	75%	61%	56%	78%

Of students who ride bicycles, percent who wear helmets:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Always	8%	*	*	*	12%
Most of the time	13%	20%	*	*	14%
Sometimes	12%	13%	12%	*	12%
Rarely or never	66%	59%	73%	73%	61%

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

Personal Safety

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

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Always	47%	44%	49%	51%	44%
Most of the time	27%	31%	24%	27%	27%
Sometimes	10%	10%	10%	8%	11%
Rarely or never	16%	15%	17%	14%	18%

Percent of students who, in the past 30 days:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Rode in a car or other vehicle driven by someone who had been drinking alcohol	23%	25%	22%	21%	25%
Drove a car or other vehicle after drinking	9%	*	14%	*	14%
Rode in a car or other vehicle driven by someone who had been smoking marijuana	22%	28%	17%	21%	22%
Drove a car or other vehicle after smoking marijuana	7%	*	7%	*	8%

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

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Carried a weapon such as a gun, knife or club on school property, past 30 days	11%	*	13%	*	18%
Did not go to school because they felt unsafe, past 30 days	5%	*	*	*	*
Were threatened or injured with a weapon at school, past 12 months	6%	*	*	*	*
Were in a physical fight, past 12 months	26%	33%	22%	20%	33%
Were in a physical fight on school property, past 12 months	13%	18%	10%	10%	16%
Were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend, past 12 months	8%	*	13%	*	11%
Were physically forced to have sexual intercourse, ever	6%	*	8%	*	*

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

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Were bullied, past 30 days	22%	26%	20%	21%	24%
Bullied someone else, past 30 days	25%	31%	21%	20%	31%
Were electronically bullied, past 12 months	20%	25%	17%	25%	15%
Caused purposeful harm to themselves such as by cutting or burning, past 12 months	15%	25%	8%	20%	11%
Felt sad or hopeless almost every day for two weeks or more in a row, past 12 months	24%	30%	20%	29%	20%
Made a suicide plan, past 12 months	10%	15%	7%	11%	10%
Made a suicide attempt, past 12 months	6%	*	*	*	*

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.

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

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Ever drank alcohol other than a few sips	69%	61%	74%	73%	64%
Had first drink other than a few sips before age 13	23%	25%	22%	18%	28%
Drank alcohol, past 30 days	36%	30%	41%	37%	36%
Had five or more drinks of alcohol in a row, past 30 days	21%	16%	24%	21%	21%
Drank alcohol on 3 to 9 of the past 30 days	10%	*	14%	*	14%
Drank alcohol on 10 or more of the past 30 days	6%	*	*	*	6%
Binged on 3 or more of the past 30 days	8%	10%	7%	7%	10%
Drank alcohol on school property, past 30 days	*	*	*	*	*

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

Alcohol, Tobacco, and Other Drug Use

Among students who drank in the past 30 days:

Usual type of beverage consumed, past 30 days

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Liquor, such as rum, gin, vodka, or whiskey	31%	39%	26%	40%	*
Beer	31%	*	39%	*	42%
Other alcoholic beverages, such as Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, or Twisted Tea	31%	39%	26%	32%	29%
Wine	*	*	*	*	*

Usual source of alcohol, past 30 days

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Someone gave it to me	46%	50%	44%	38%	54%
Gave someone money to buy it for me	29%	*	32%	42%	*
Got it or stole it from home	17%	*	*	*	*
Purchased from a store, liquor store; or restaurant	*	*	*	*	*
Stole it from a store or restaurant	*	*	*	*	*

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

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Ever smoked a whole cigarette	35%	31%	37%	35%	34%
Smoked before age 13	15%	16%	14%	13%	18%
Smoked cigarettes, past 30 days	15%	16%	14%	20%	11%
Smoked on 20 or more of the past 30 days	9%	*	11%	11%	*
Smoked every day, past 30 days	7%	*	8%	*	*
Used chewing tobacco, past 30 days	7%	*	7%	*	12%
Smoked cigars, past 30 days	11%	10%	12%	*	16%
Used snus, ever	10%	*	13%	*	13%

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

Alcohol, Tobacco, and Other Drug Use

Among students who smoked in the past 30 days:

Usual source of cigarettes, past 30 days

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Bought them in a store or from a vending machine	36%	*	58%	*	*
Gave someone else money to buy them for me	*	*	*	*	*
Borrowed (or bummed) them from someone else; Person 18 years or older gave them to me; took them from a store or family member	50%	80%	*	50%	*
Some other way	0%	0%	0%	0%	0%

Percent who tried to quit, past 12 months

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Tried to quit	50%	55%	47%	50%	50%

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

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Were in the same room with someone who was smoking, past 7 days	55%	51%	58%	48%	62%
Were in the same car with someone who was smoking, past 7 days	38%	39%	37%	39%	37%
Were asked about smoking by a health professional, past 12 months	42%	36%	46%	49%	34%
Discussed dangers of smoking with parents or guardian, past 12 months	33%	39%	28%	27%	38%
Think that out of 100 Vermont high school students, 56 or more smoke cigarettes	19%	18%	20%	20%	19%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Used marijuana, ever	33%	38%	29%	28%	37%
Used marijuana before age 13	8%	15%	*	*	10%
Used marijuana, past 30 days	17%	23%	13%	16%	19%
Used marijuana on 3 to 9 of the past 30 days	*	*	*	*	*
Used marijuana on 10 or more of the past 30 days	9%	10%	9%	9%	10%
Used marijuana on school property, past 30 days	*	*	*	*	*

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

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

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

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

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

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

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Smoke cigarettes	86%	93%	80%	85%	88%
Drink alcohol	70%	79%	63%	73%	67%
Smoke marijuana	88%	88%	88%	86%	90%

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

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Smoke cigarettes	70%	87%	57%	70%	69%
Drink alcohol	53%	67%	43%	56%	50%
Smoke marijuana	72%	80%	66%	79%	65%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

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

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Smoke one or more packs of cigarettes per day	58%	62%	54%	68%	48%
Have five or more drinks of alcohol once or twice each weekend	38%	46%	31%	44%	32%
Smoke marijuana regularly	49%	51%	47%	56%	41%

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

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Cigarettes	77%	68%	84%	81%	74%
Alcohol	78%	72%	83%	81%	74%
Marijuana	55%	48%	60%	56%	55%

Sexual Behavior and Orientation

Percent of students who:

	All 2011	Grade		Sex	
		9 and 10	11 and 12	Female	Male
Had sexual intercourse, ever	51%	37%	60%	52%	49%
First had sexual intercourse before age 13	6%	*	7%	*	*
Had sexual intercourse with four or more people during their life	10%	*	14%	13%	*
Had sexual intercourse at least once in the past three months	42%	27%	53%	48%	37%
Had oral sex, ever	54%	38%	65%	51%	56%
Had a HIV test, ever	17%	20%	16%	28%	*

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

Sexual Behavior and Orientation

Among students who had sex in the past 3 months:

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Used drugs or alcohol before last sexual intercourse	15%	*	*	*	*
Used a condom for last sexual intercourse	66%	75%	63%	67%	65%

Method used to prevent pregnancy during last sexual intercourse

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Condoms	34%	44%	31%	36%	32%
Prescription birth control including pills, rings, implants, injections, IUDs	57%	31%	67%	52%	64%
No method	2%	*	*	*	*
Withdrawal	7%	*	*	*	*
Some other method/not sure	0%	0%	0%	0%	0%

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

Sexual Behavior and Orientation

Sexual orientation

	Sex	
	Female	Male
Heterosexual	79%	96%
Gay or lesbian	*	*
Bisexual	14%	*
Not sure	*	*

With whom have you had sexual contact?

	Sex	
	Female	Male
Females	*	59%
Males	45%	*
Both	18%	*
Never had sexual contact	35%	40%

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

Body Image

Percent of students who are:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Overweight (85th BMI Percentile)	17%	14%	18%	15%	18%
Obese (95th BMI Percentile)	10%	*	12%	*	12%

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

Percent of students who think that they are:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Underweight	8%	10%	7%	*	12%
About the right weight	58%	59%	58%	54%	63%
Overweight	33%	31%	35%	42%	25%

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

Body Image

Percent of students who are trying to:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Lose weight	49%	47%	51%	63%	35%
Gain weight	11%	14%	8%	*	18%
Stay the same weight	23%	27%	20%	23%	24%
Not trying to do anything about weight	17%	12%	20%	11%	23%

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Skipped meals to lose weight or keep from gaining weight, past 30 days	16%	17%	16%	28%	*
Used an indoor tanning device such as a sunlamp, sunbed, or tanning booth, past 30 days	10%	*	13%	15%	*

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

Nutrition

Percent of students who, during the past seven days:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Ate fruits and vegetables five or more times per day	25%	20%	28%	27%	23%
Ate two or more servings of fruit or fruit juice per day	34%	34%	34%	32%	36%
Ate three or more servings of vegetables per day	15%	17%	15%	21%	10%
Ate breakfast seven of the past seven days	45%	48%	44%	38%	53%
Ate breakfast at least three of the past seven days	71%	77%	67%	75%	68%
Ate breakfast zero of the past seven days	11%	10%	12%	8%	14%
Drank a can, bottle, or glass of soda or pop at least once per day	22%	25%	20%	13%	31%
Drank a can, bottle, or glass of a sugar-sweetened beverage such as lemonade, sweetened tea or coffee drinks, sports drinks, energy drinks, Snapple, or Sunny Delight at least once per day	25%	23%	27%	20%	31%

Physical Activity

Percent of students who were physically active on:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Seven of the past seven days	26%	28%	25%	25%	27%
Zero of the past seven days	15%	15%	15%	15%	14%

Percent of students who attend physical education classes:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Every day during an average school week	22%	16%	27%	23%	21%
At least one day during an average school week	37%	31%	42%	36%	39%

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

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Three or more hours	35%	40%	30%	31%	38%
Five or more hours	11%	12%	10%	11%	10%

Youth Assets

altgrades earned in school

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Mostly As	27%	21%	31%	37%	17%
Mostly Bs	42%	40%	44%	47%	37%
Mostly Cs	21%	22%	20%	13%	29%
Mostly Ds or Fs	4%	*	*	*	*
None/not sure	6%	*	*	*	11%

Percent of students who talk with their parents about school:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
About every day	43%	38%	46%	40%	46%
About once or twice a week	27%	28%	27%	27%	28%
About once or twice a month	8%	12%	*	11%	*
Less than once a month	13%	15%	12%	19%	8%
Never	8%	*	9%	*	13%

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

Youth Assets

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Volunteer one or more hours in an average week	58%	51%	64%	62%	55%
Volunteer three or more hours in an average week	19%	15%	22%	23%	15%

Percent of students who agree or strongly agree:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Teachers really care about you and give you a lot of encouragement	49%	43%	53%	53%	45%
Students help decide what goes on in your school	34%	35%	34%	37%	32%
In your community, you feel like you matter to people	42%	37%	46%	43%	41%

2011 Vermont Middle School Youth Risk Behavior Survey

Results for Essex County

Participation

Grade			Sex		All
6	7	8	Female	Male	
37	43	45	58	67	125

For the middle school survey, we assigned county of residence based on the supervisory union/school district or, in some cases, individual schools.

Participating Schools:

Brighton Elementary School
Canaan Schools
Concord Schools

Demographics

Age

	All 2011
11 or younger	9%
12	37%
13	34%
14 or older	21%

Race and Ethnicity

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

Personal Safety

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Ride bicycles	94%	97%	95%	90%	94%	93%

Of students who ride bicycles, percent who wear helmets:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Always	14%	18%	18%	*	18%	11%
Most of the time	21%	18%	24%	23%	31%	13%
Sometimes	14%	18%	16%	*	16%	13%
Rarely or never	50%	47%	42%	63%	35%	64%

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

Personal Safety

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Rollerblade or skateboard	37%	35%	28%	47%	34%	39%

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Always	26%	*	*	*	45%	*
Most of the time	*	*	*	*	*	*
Sometimes	15%	*	*	*	*	*
Rarely or never	50%	46%	50%	52%	25%	69%

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

Personal Safety

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Always	60%	70%	72%	40%	66%	55%
Most of the time	30%	22%	26%	42%	26%	34%
Sometimes	6%	*	*	*	*	*
Rarely or never	*	*	*	*	*	*

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Yes	28%	19%	30%	33%	26%	30%
No	56%	59%	63%	47%	59%	54%
Not sure	22%	27%	*	30%	21%	23%

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

Personal Safety

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Were ever in a physical fight	41%	41%	35%	47%	22%	57%
Did not go to school because felt unsafe, past 30 days	*	*	*	*	*	*
Were ever bullied on school property	45%	41%	40%	55%	51%	40%
Were ever electronically bullied	19%	19%	*	25%	26%	12%
Were bullied, past 30 days	24%	22%	19%	31%	28%	21%
Bullied someone else, past 30 days	18%	22%	14%	18%	12%	23%
Ever seriously thought about killing themselves	16%	17%	*	23%	25%	*
Ever made a suicide plan	*	*	*	*	*	*
Ever attempted suicide	*	*	*	*	*	*

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

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Ever had a drink of alcohol other than a few sips	20%	*	*	41%	18%	23%
Had first drink other than a few sips before age 11	9%	*	*	*	*	11%
Drank alcohol, past 30 days	*	*	*	*	*	*
Had five or more drinks of alcohol in a row, past 30 days	*	*	*	*	*	*

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

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Tried cigarette smoking, even one or two puffs, ever	12%	*	*	24%	10%	13%
Smoked before age 11	*	*	*	*	*	*
Smoked in past 30 days	*	*	*	*	*	*
Used chewing tobacco, past 30 days	*	*	*	*	*	*
Smoked cigars, past 30 days	*	*	*	*	*	*
Used snus, ever	*	*	*	*	*	*

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

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Were in the same room with someone who was smoking, past 7 days	50%	41%	47%	60%	47%	52%
Were in the same car with someone who was smoking, past 7 days	44%	35%	47%	48%	44%	43%
Were asked about smoking by a health professional, past 12 months	22%	*	21%	36%	21%	24%
Discussed dangers of smoking with parents or guardian, past 12 months	46%	46%	42%	51%	43%	49%
Think that out of 100 Vermont high school students, 56 or more smoke cigarettes	13%	11%	12%	16%	17%	9%

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

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Used marijuana, ever	6%	*	*	16%	*	*
Used marijuana before age 11	0%	0%	0%	0%	0%	0%
Used marijuana, past 30 days	*	*	*	*	*	*
Used inhalants, ever	*	*	*	*	*	*
Misused prescription drugs, ever	*	*	*	*	*	*

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

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Smoke cigarettes	95%	95%	95%	96%	95%	96%
Drink alcohol	88%	89%	93%	82%	91%	85%
Smoke marijuana	94%	97%	98%	87%	93%	94%

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Smoke cigarettes	96%	97%	98%	93%	98%	94%
Drink alcohol	90%	92%	93%	84%	91%	88%
Smoke marijuana	94%	97%	98%	87%	95%	93%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Smoke one or more packs of cigarettes per day	69%	54%	77%	73%	75%	64%
Have five or more drinks of alcohol once or twice each weekend	55%	54%	58%	53%	67%	45%
Smoke marijuana regularly	71%	60%	79%	71%	77%	65%

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Cigarettes	26%	17%	19%	40%	24%	28%
Alcohol	28%	20%	19%	43%	25%	31%
Marijuana	7%	3%	0%	19%	5%	9%

Body Image

Percent of students who think that they are:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Underweight	14%	*	21%	*	14%	13%
About the right weight	53%	51%	49%	58%	48%	57%
Overweight	33%	35%	30%	35%	38%	30%

Percent of students who are trying to:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Lose weight	46%	43%	47%	49%	61%	34%
Gain weight	11%	*	14%	*	*	16%
Stay the same weight	20%	22%	19%	21%	14%	25%
Not trying to do anything about weight	22%	24%	21%	21%	20%	24%

Percent of students who:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Skipped meals to lose weight or keep from gaining weight, past 30 days	11%	*	*	20%	19%	*

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

Nutrition

Percent of students who ate breakfast on:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Seven of the past seven days	53%	65%	65%	31%	47%	58%
At least three of the past seven days	83%	95%	88%	69%	76%	90%
Zero of the past seven days	9%	*	*	*	14%	*

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

Physical Activity

Percent of students who were physically active on:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Seven of the past seven days	40%	47%	47%	27%	33%	45%
Zero of the past seven days	7%	*	*	*	10%	*

Percent of students who attend physical education classes:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Every day during an average school week	11%	*	30%	*	*	15%
At least one day during an average school week	89%	100%	93%	76%	91%	87%

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

Physical Activity

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Three or more hours	23%	16%	23%	29%	21%	25%
Five or more hours	8%	*	*	*	*	9%

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Three or more hours	23%	16%	33%	20%	14%	31%
Five or more hours	*	*	*	*	*	*

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

Youth Assets

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

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Zero or one day	45%	46%	50%	40%	47%	44%
Two or three days	16%	19%	17%	13%	10%	21%
Four or five days	14%	*	*	20%	12%	15%
Six or seven days	25%	24%	24%	27%	31%	20%

Percent of students who talk with their parents about school:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
About every day	53%	49%	60%	49%	52%	54%
About once or twice a week	28%	32%	28%	24%	29%	27%
About once or twice a month	6%	*	*	*	*	*
Less than once a month	6%	*	*	*	*	9%
Never	6%	*	*	*	*	*

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

Youth Assets

Percent of students who agree or strongly agree:

	All	Grade			Sex	
	2011	6	7	8	Female	Male
Teachers really care about you and give you a lot of encouragement	72%	84%	67%	67%	74%	70%
Students help decide what goes on in your school	41%	41%	44%	38%	41%	40%
In your community, you feel like you matter to people	54%	61%	56%	47%	55%	53%

Vermont High School Youth Risk Behavior Survey

Recalculated Results for Essex County

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

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

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

Personal Safety - All

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

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	62%	62%	75%	70%	70%	72%
Rode with drinking driver, past 30 days	45%	41%	31%	23%	30%	24%
Drove after drinking, past 30 days	22%	16%	7%	8%	9%	7%
Rode with marijuana user, past 30 days	38%	34%	27%	15%	25%	20%
Drive after marijuana use, past 30 days	18%	18%	11%	3%	11%	11%
Carried a weapon on school property, past 30 days	16%	9%	5%	14%	13%	12%
Did not go to school because felt unsafe, past 30 days	8%	4%	1%	3%	6%	5%
Threatened or injured with weapon on school property, past 12 months	11%	8%	4%	5%	9%	3%
In physical fight, past 12 months	34%	34%	29%	33%	32%	29%
In physical fight at school, past 12 months	19%	11%	14%	15%	16%	16%

Personal Safety - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	77%	69%	76%	76%	71%	69%
Rode with drinking driver, past 30 days	44%	42%	34%	21%	25%	27%
Drove after drinking, past 30 days	18%	10%	5%	6%	4%	7%
Rode with marijuana user, past 30 days	33%	34%	25%	18%	25%	22%
Drive after marijuana use, past 30 days	12%	11%	5%	0%	7%	8%
Carried a weapon on school property, past 30 days	3%	5%	0%	3%	5%	6%
Did not go to school because felt unsafe, past 30 days	2%	5%	2%	3%	7%	6%
Threatened or injured with weapon on school property, past 12 months	3%	8%	3%	0%	7%	4%
In physical fight, past 12 months	23%	26%	12%	24%	22%	21%
In physical fight at school, past 12 months	8%	5%	5%	6%	9%	10%

Personal Safety - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	53%	57%	75%	65%	68%	75%
Rode with drinking driver, past 30 days	45%	42%	26%	26%	32%	21%
Drove after drinking, past 30 days	25%	21%	8%	10%	14%	7%
Rode with marijuana user, past 30 days	40%	35%	28%	13%	23%	17%
Drive after marijuana use, past 30 days	23%	24%	15%	5%	13%	13%
Carried a weapon on school property, past 30 days	26%	13%	10%	23%	23%	18%
Did not go to school because felt unsafe, past 30 days	13%	4%	0%	3%	6%	4%
Threatened or injured with weapon on school property, past 12 months	18%	8%	3%	10%	11%	1%
In physical fight, past 12 months	41%	39%	42%	41%	42%	40%
In physical fight at school, past 12 months	28%	16%	22%	23%	22%	22%

Personal Safety - All

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

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	23%	23%	18%
Bullied someone, past 30 days	#	#	#	28%	29%	20%
Electronically bullied, past 12 months	#	#	#	#	#	11%
Hit by boy/girlfriend on purpose, past 12 months	13%	14%	8%	9%	13%	6%
Purposefully hurt self without wanting to die, ever	#	#	#	#	24%	14%
Planned suicide, past 12 months	17%	14%	15%	15%	14%	7%
Attempted suicide, past 12 months	14%	8%	9%	10%	6%	5%

Personal Safety - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	26%	30%	24%
Bullied someone, past 30 days	#	#	#	12%	24%	23%
Electronically bullied, past 12 months	#	#	#	#	#	14%
Hit by boy/girlfriend on purpose, past 12 months	8%	11%	7%	3%	10%	6%
Purposefully hurt self without wanting to die, ever	#	#	#	#	33%	20%
Planned suicide, past 12 months	27%	16%	19%	15%	18%	12%
Attempted suicide, past 12 months	15%	10%	12%	9%	10%	8%

Personal Safety - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	21%	16%	10%
Bullied someone, past 30 days	#	#	#	43%	34%	16%
Electronically bullied, past 12 months	#	#	#	#	#	6%
Hit by boy/girlfriend on purpose, past 12 months	17%	17%	8%	15%	16%	5%
Purposefully hurt self without wanting to die, ever	#	#	#	#	14%	6%
Planned suicide, past 12 months	10%	11%	12%	15%	9%	0%
Attempted suicide, past 12 months	13%	6%	7%	10%	2%	0%

Alcohol - All

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

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	84%	87%	81%	72%	74%	66%
Drank alcohol prior to age 13	41%	40%	29%	29%	26%	21%
Consumed alcohol, past 30 days	65%	63%	41%	37%	46%	36%
Binged on alcohol, past 30 days	44%	47%	27%	22%	27%	21%
3 or more days drinking, past 30 days	47%	38%	24%	17%	23%	17%
10 or more days drinking, past 30 days	20%	16%	7%	7%	5%	4%
3 or more days binging, past 30 days	26%	25%	13%	8%	9%	9%
Drank on school property, past 30 days	9%	9%	2%	3%	3%	3%

Alcohol - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	79%	92%	84%	65%	78%	64%
Drank alcohol prior to age 13	25%	38%	24%	35%	24%	17%
Consumed alcohol, past 30 days	56%	67%	43%	35%	49%	33%
Binged on alcohol, past 30 days	31%	44%	31%	26%	27%	19%
3 or more days drinking, past 30 days	35%	30%	22%	18%	23%	15%
10 or more days drinking, past 30 days	8%	8%	7%	3%	4%	3%
3 or more days bingeing, past 30 days	15%	13%	10%	6%	8%	7%
Drank on school property, past 30 days	2%	8%	0%	0%	3%	2%

Alcohol - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	86%	83%	76%	79%	69%	70%
Drank alcohol prior to age 13	51%	41%	31%	24%	28%	25%
Consumed alcohol, past 30 days	70%	60%	37%	39%	40%	41%
Binged on alcohol, past 30 days	51%	49%	22%	18%	26%	24%
3 or more days drinking, past 30 days	54%	43%	25%	17%	21%	20%
10 or more days drinking, past 30 days	28%	22%	7%	11%	5%	7%
3 or more days bingeing, past 30 days	34%	35%	14%	11%	10%	11%
Drank on school property, past 30 days	16%	8%	3%	5%	2%	5%

Alcohol - All

Of students who drank in the past 30 days

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

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	45%	38%
Usually consumed beer	#	#	#	#	23%	25%
Usually consumed alcopops	#	#	#	#	32%	30%
Usually consumed wine or wine coolers	#	#	#	#	0%	8%
Someone gave alcohol to me	#	#	#	#	#	51%
Gave someone money to buy alcohol for me	#	#	#	#	#	26%
Got or stole alcohol from home	#	#	#	#	#	12%
Bought in a store	#	#	#	#	#	9%
Stole alcohol from a store or restaurant	#	#	#	#	#	3%

Alcohol - Females

Of students who drank in the past 30 days

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

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	40%	35%
Usually consumed beer	#	#	#	#	10%	15%
Usually consumed alcopops	#	#	#	#	50%	44%
Usually consumed wine or wine coolers	#	#	#	#	0%	6%
Someone gave alcohol to me	#	#	#	#	#	50%
Gave someone money to buy alcohol for me	#	#	#	#	#	33%
Got or stole alcohol from home	#	#	#	#	#	8%
Bought in a store	#	#	#	#	#	6%
Stole alcohol from a store or restaurant	#	#	#	#	#	3%

Alcohol - Males

Of students who drank in the past 30 days

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

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	50%	38%
Usually consumed beer	#	#	#	#	43%	38%
Usually consumed alcopops	#	#	#	#	7%	14%
Usually consumed wine or wine coolers	#	#	#	#	0%	10%
Someone gave alcohol to me	#	#	#	#	#	53%
Gave someone money to buy alcohol for me	#	#	#	#	#	19%
Got or stole alcohol from home	#	#	#	#	#	16%
Bought in a store	#	#	#	#	#	13%
Stole alcohol from a store or restaurant	#	#	#	#	#	0%

Tobacco - All

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

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	64%	54%	44%	44%	56%	41%
Smoked cigarettes, past 30 days	41%	32%	25%	28%	35%	25%
Smoked daily, past 30 days	21%	15%	12%	19%	11%	12%
Smoked first cigarette prior to age 13	35%	31%	25%	22%	29%	20%
Smoked 11 or more cigarettes on days smoked, past 30 days	10%	8%	8%	8%	4%	3%
Smoked 20 or more cigarettes on days smoked, past 30 days	3%	2%	1%	4%	2%	1%
Used chewing tobacco, past 30 days	6%	5%	4%	8%	12%	9%
Smoked cigars, past 30 days	21%	19%	13%	#	#	11%

Tobacco - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	59%	53%	48%	44%	57%	40%
Smoked cigarettes, past 30 days	38%	31%	29%	30%	36%	24%
Smoked daily, past 30 days	17%	19%	12%	21%	11%	11%
Smoked first cigarette prior to age 13	26%	31%	24%	24%	28%	18%
Smoked 11 or more cigarettes on days smoked, past 30 days	8%	5%	10%	3%	4%	1%
Smoked 20 or more cigarettes on days smoked, past 30 days	2%	0%	0%	0%	1%	0%
Used chewing tobacco, past 30 days	0%	3%	3%	0%	3%	4%
Smoked cigars, past 30 days	6%	10%	5%	#	#	6%

Tobacco - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	66%	54%	39%	44%	53%	42%
Smoked cigarettes, past 30 days	42%	32%	19%	26%	30%	28%
Smoked daily, past 30 days	22%	11%	10%	18%	9%	13%
Smoked first cigarette prior to age 13	41%	31%	25%	21%	31%	20%
Smoked 11 or more cigarettes on days smoked, past 30 days	12%	11%	3%	13%	3%	5%
Smoked 20 or more cigarettes on days smoked, past 30 days	4%	4%	0%	8%	2%	1%
Used chewing tobacco, past 30 days	12%	7%	5%	15%	18%	15%
Smoked cigars, past 30 days	32%	28%	20%	#	#	17%

Other Drug Use - All

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

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	50%	53%	40%	30%	45%	36%
Tried marijuana prior to age 13	16%	16%	14%	7%	16%	11%
Used marijuana, past 30 days	31%	34%	20%	14%	26%	21%
Used marijuana 10 or more times, past 30 days	19%	20%	13%	7%	14%	11%
Used marijuana on school property, past 30 days	13%	9%	5%	0%	5%	4%
Used cocaine, past 30 days	11%	8%	4%	4%	5%	6%
Use inhalants, ever	16%	10%	13%	5%	15%	11%
Used heroin, ever	8%	5%	3%	3%	3%	5%
Used methamphetamines, ever	14%	17%	5%	4%	7%	6%
Used hallucinogens, ever	26%	24%	13%	5%	13%	9%
Were offered, sold, or given drugs on school property, past 12 months	37%	35%	21%	9%	22%	18%

Other Drug Use - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	43%	47%	41%	24%	41%	33%
Tried marijuana prior to age 13	6%	15%	10%	6%	13%	10%
Used marijuana, past 30 days	18%	27%	19%	12%	26%	15%
Used marijuana 10 or more times, past 30 days	9%	15%	9%	9%	12%	6%
Used marijuana on school property, past 30 days	5%	10%	3%	0%	5%	2%
Used cocaine, past 30 days	6%	3%	3%	0%	4%	6%
Use inhalants, ever	8%	8%	14%	0%	14%	11%
Used heroin, ever	0%	2%	3%	0%	2%	7%
Used methamphetamines, ever	8%	13%	5%	0%	7%	6%
Used hallucinogens, ever	17%	18%	12%	3%	12%	7%
Were offered, sold, or given drugs on school property, past 12 months	33%	32%	16%	0%	19%	13%

Other Drug Use - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	54%	60%	37%	34%	47%	40%
Tried marijuana prior to age 13	22%	17%	14%	8%	21%	12%
Used marijuana, past 30 days	38%	40%	19%	16%	23%	28%
Used marijuana 10 or more times, past 30 days	26%	26%	15%	5%	15%	16%
Used marijuana on school property, past 30 days	20%	9%	5%	0%	5%	6%
Used cocaine, past 30 days	14%	13%	5%	8%	6%	5%
Use inhalants, ever	23%	11%	10%	9%	16%	9%
Used heroin, ever	14%	7%	2%	5%	3%	2%
Used methamphetamines, ever	19%	20%	5%	8%	6%	5%
Used hallucinogens, ever	33%	30%	15%	8%	13%	11%
Were offered, sold, or given drugs on school property, past 12 months	41%	38%	24%	18%	22%	23%

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

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

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	69%	71%	83%	86%	83%	83%
Parents would think it is wrong/very wrong for you to drink	55%	59%	68%	69%	68%	71%
Parents would think it is wrong/very wrong for you to smoke marijuana	84%	80%	87%	92%	85%	85%
Wrong/very wrong for someone your age to smoke	43%	56%	70%	72%	57%	61%
Wrong/very wrong for someone your age to drink alcohol	28%	30%	38%	49%	45%	45%
Wrong/very wrong for someone your age to smoke marijuana	55%	49%	72%	85%	64%	69%
Easy/very easy to obtain cigarettes	86%	84%	79%	74%	78%	72%
Easy/very easy to obtain alcohol	81%	82%	81%	68%	76%	69%
Easy/very easy to obtain marijuana	76%	77%	63%	35%	53%	46%

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

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

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	69%	72%	83%	88%	83%	86%
Parents would think it is wrong/very wrong for you to drink	63%	63%	64%	74%	71%	73%
Parents would think it is wrong/very wrong for you to smoke marijuana	88%	79%	90%	97%	86%	90%
Wrong/very wrong for someone your age to smoke	47%	61%	71%	76%	57%	63%
Wrong/very wrong for someone your age to drink alcohol	32%	34%	40%	62%	45%	49%
Wrong/very wrong for someone your age to smoke marijuana	69%	63%	79%	88%	68%	75%
Easy/very easy to obtain cigarettes	86%	89%	81%	68%	80%	70%
Easy/very easy to obtain alcohol	83%	82%	86%	68%	79%	68%
Easy/very easy to obtain marijuana	80%	77%	66%	38%	50%	43%

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

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

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	70%	72%	85%	85%	84%	79%
Parents would think it is wrong/very wrong for you to drink	49%	56%	73%	65%	63%	69%
Parents would think it is wrong/very wrong for you to smoke marijuana	82%	81%	85%	88%	84%	80%
Wrong/very wrong for someone your age to smoke	40%	53%	71%	68%	59%	58%
Wrong/very wrong for someone your age to drink alcohol	26%	27%	37%	38%	44%	40%
Wrong/very wrong for someone your age to smoke marijuana	46%	36%	68%	83%	62%	63%
Easy/very easy to obtain cigarettes	86%	80%	76%	80%	76%	76%
Easy/very easy to obtain alcohol	80%	81%	76%	68%	73%	71%
Easy/very easy to obtain marijuana	73%	77%	59%	33%	56%	49%

Sexual Behavior and Orientation - All

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

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	59%	57%	43%	44%	49%	46%
Had sex, past 3 months	45%	39%	37%	30%	41%	#
Had sex before age 13	14%	10%	5%	10%	9%	5%
4 or more sexual partners in lifetime	26%	18%	18%	13%	14%	12%
3 or more sexual partners in last 3 months	8%	7%	5%	4%	4%	#
Used alcohol or drugs prior to last sex (among sexually active)	31%	41%	31%	20%	32%	23%
Used condom at last sex (among sexually active)	53%	69%	57%	77%	64%	57%
Heterosexual	#	#	#	92%	92%	92%
Gay or lesbian, bisexual, not sure	#	#	#	8%	8%	8%

Sexual Behavior and Orientation - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	63%	60%	49%	44%	52%	46%
Had sex, past 3 months	47%	42%	48%	38%	45%	#
Had sex before age 13	6%	5%	4%	6%	4%	5%
4 or more sexual partners in lifetime	22%	16%	21%	13%	12%	14%
3 or more sexual partners in last 3 months	3%	7%	4%	3%	1%	#
Used alcohol or drugs prior to last sex (among sexually active)	15%	35%	25%	29%	29%	15%
Used condom at last sex (among sexually active)	50%	69%	46%	57%	58%	49%
Heterosexual	#	#	#	88%	86%	90%
Gay or lesbian, bisexual, not sure	#	#	#	12%	14%	10%

Sexual Behavior and Orientation - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	55%	54%	36%	45%	45%	46%
Had sex, past 3 months	43%	36%	25%	24%	36%	#
Had sex before age 13	18%	14%	7%	13%	14%	5%
4 or more sexual partners in lifetime	27%	19%	13%	14%	17%	9%
3 or more sexual partners in last 3 months	12%	7%	7%	5%	7%	#
Used alcohol or drugs prior to last sex (among sexually active)	45%	47%	33%	13%	32%	32%
Used condom at last sex (among sexually active)	57%	71%	71%	94%	76%	70%
Heterosexual	#	#	#	95%	98%	95%
Gay or lesbian, bisexual, not sure	#	#	#	5%	2%	5%

Body Image - All

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

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	11%	14%	21%	17%	15%	9%
BMI >95th percentile	8%	11%	12%	25%	11%	14%
Underweight	17%	12%	12%	16%	17%	12%
Right weight	55%	54%	52%	43%	55%	57%
Overweight	28%	34%	36%	41%	28%	31%
Trying to lose weight	40%	39%	45%	47%	42%	45%
Trying to gain weight	17%	12%	13%	12%	16%	11%
Trying to stay at current weight	15%	16%	17%	22%	22%	20%
Doing nothing about weight	28%	33%	26%	19%	19%	24%

Body Image - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	11%	15%	14%	19%	15%	8%
BMI >95th percentile	4%	10%	7%	22%	7%	8%
Underweight	14%	10%	10%	12%	10%	7%
Right weight	52%	52%	53%	44%	56%	55%
Overweight	35%	39%	36%	44%	34%	38%
Trying to lose weight	55%	56%	59%	59%	63%	58%
Trying to gain weight	6%	2%	5%	6%	5%	6%
Trying to stay at current weight	15%	19%	16%	24%	22%	13%
Doing nothing about weight	23%	23%	21%	12%	10%	23%

Body Image - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	11%	13%	27%	16%	16%	11%
BMI >95th percentile	11%	12%	16%	27%	14%	21%
Underweight	17%	14%	14%	20%	26%	17%
Right weight	59%	55%	49%	43%	55%	60%
Overweight	23%	31%	37%	38%	19%	23%
Trying to lose weight	27%	24%	32%	38%	20%	28%
Trying to gain weight	26%	20%	20%	18%	29%	17%
Trying to stay at current weight	15%	14%	17%	20%	22%	29%
Doing nothing about weight	32%	42%	31%	25%	29%	26%

Nutrition - All

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

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	39%	34%	30%	41%	32%	33%
3 or more servings of vegetables per day, past week	22%	8%	13%	11%	11%	14%
5 or more servings of fruit/vegetables per day, past week	23%	16%	18%	24%	16%	23%
Breakfast on 7 or more days, past week	#	#	#	#	37%	43%
Breakfast on 3 or more days, past week	#	#	#	#	68%	75%
Breakfast on 0 days, past week	#	#	#	#	14%	13%
1 or more servings of soda per day, past week	#	#	#	#	29%	20%

Nutrition - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	32%	34%	26%	47%	36%	36%
3 or more servings of vegetables per day, past week	13%	8%	17%	6%	14%	15%
5 or more servings of fruit/vegetables per day, past week	12%	15%	22%	21%	19%	24%
Breakfast on 3 or more days, past week	#	#	#	#	58%	74%
Breakfast on 7 or more days, past week	#	#	#	#	31%	42%
1 or more servings of soda per day, past week	#	#	#	#	20%	11%

Nutrition - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	44%	35%	34%	35%	29%	28%
3 or more servings of vegetables per day, past week	27%	9%	7%	15%	6%	11%
5 or more servings of fruit/vegetables per day, past week	31%	17%	14%	28%	13%	21%
Breakfast on 3 or more days, past week	#	#	#	#	78%	77%
Breakfast on 7 or more days, past week	#	#	#	#	45%	45%
1 or more servings of soda per day, past week	#	#	#	#	37%	29%

Physical Activity - All

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

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	29%	23%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	9%	13%
P.E. at least once per week	37%	45%	30%	41%	30%	28%
P.E. five days per week	30%	36%	8%	33%	21%	14%
Watched tv/used computer for fun, 3 or more hours per day	#	26%	29%	36%	29%	30%
Watched tv/used computer for fun, 5 or more hours per day	#	7%	8%	9%	9%	7%

Physical Activity - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	15%	20%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	12%	15%
P.E. at least once per week	31%	52%	28%	31%	24%	27%
P.E. five days per week	26%	43%	8%	28%	18%	15%
Watched tv/used computer for fun, 3 or more hours per day	#	23%	21%	32%	23%	27%
Watched tv/used computer for fun, 5 or more hours per day	#	3%	3%	9%	8%	6%

Physical Activity - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	46%	27%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	7%	11%
P.E. at least once per week	41%	39%	33%	50%	34%	31%
P.E. five days per week	33%	30%	10%	38%	21%	14%
Watched tv/used computer for fun, 3 or more hours per day	#	30%	37%	40%	36%	35%
Watched tv/used computer for fun, 5 or more hours per day	#	10%	12%	10%	11%	10%

Youth Assets - All

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

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	25%	27%	22%	31%	33%
Earned mostly Bs	#	45%	45%	45%	40%	40%
Earned mostly Cs	#	23%	18%	11%	21%	16%
Earned mostly Ds or Fs	#	5%	5%	14%	5%	8%
Not sure/not graded	#	3%	5%	8%	4%	3%
Parents talk to you about school at least once a week	62%	71%	77%	68%	70%	73%
Volunteer, 1 or more hours per week	#	53%	41%	57%	43%	49%
Volunteer, 3 or more hours per week	#	19%	16%	15%	13%	13%
Agree/strongly agree that students help decide what goes on at school	#	35%	35%	47%	46%	53%
Agree/strongly agree that you matter to your community	#	36%	42%	38%	41%	52%

Youth Assets - Females

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

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	21%	33%	26%	39%	39%
Earned mostly Bs	#	52%	50%	47%	41%	39%
Earned mostly Cs	#	19%	9%	6%	13%	13%
Earned mostly Ds or Fs	#	5%	5%	15%	5%	4%
Not sure/not graded	#	3%	3%	6%	2%	4%
Parents talk to you about school at least once a week	70%	67%	83%	76%	71%	73%
Volunteer, 1 or more hours per week	#	61%	43%	65%	46%	54%
Volunteer, 3 or more hours per week	#	22%	21%	15%	17%	14%
Agree/strongly agree that students help decide what goes on at school	#	42%	45%	38%	48%	49%
Agree/strongly agree that you matter to your community	#	33%	45%	47%	38%	50%

Youth Assets - Males

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

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	28%	22%	18%	22%	24%
Earned mostly Bs	#	39%	41%	44%	39%	41%
Earned mostly Cs	#	25%	25%	15%	29%	19%
Earned mostly Ds or Fs	#	4%	5%	13%	5%	14%
Not sure/not graded	#	3%	7%	10%	6%	3%
Parents talk to you about school at least once a week	57%	75%	73%	60%	68%	73%
Volunteer, 1 or more hours per week	#	46%	41%	50%	38%	42%
Volunteer, 3 or more hours per week	#	17%	12%	15%	7%	12%
Agree/strongly agree that students help decide what goes on at school	#	30%	25%	54%	41%	58%
Agree/strongly agree that you matter to your community	#	39%	39%	30%	43%	53%