

# 2015 Vermont Youth Risk Behavior Survey Report

## Report for Rutland Northeast 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 Northeast 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 NE who participated in the 2015 YRBS:

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**High School- Grades 9-12**

Otter Valley UHSD #8

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**Middle School- Grades 6-8**

Barstow Memorial School

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Otter Valley UHSD #8

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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 behaviors<sup>1</sup> and is associated with serious injury.<sup>2,3</sup> 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.<sup>4,5,6</sup>
- 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,<sup>7,8</sup> poor academic achievement,<sup>8</sup> and violent behavior.<sup>9</sup>
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.<sup>10</sup> 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%.<sup>11</sup>
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.<sup>12</sup> Despite this, less than one quarter of bicyclists wear helmets.<sup>12</sup>
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.<sup>13</sup> 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.<sup>14</sup>

## 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,<sup>15</sup> and about one-third of all motor vehicle crash fatalities.<sup>16</sup> 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.<sup>17,18</sup>
- Tobacco use is the single most preventable cause of death in the United States,<sup>19</sup> contributing to more than one in five deaths.<sup>20</sup> 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.<sup>19</sup>
- Marijuana use is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence.<sup>21</sup> Other reactions include feelings of distrust, anxiety, or depression.<sup>21</sup> In Vermont, more teens enter treatment with a primary diagnosis for marijuana dependence than all other illicit drugs combined.<sup>22</sup>
- Other drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs), including HIV infection.<sup>23</sup>
- 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.<sup>24</sup> As perception of harm of using alcohol and other drugs decreases, there is a tendency for use to increase.<sup>24</sup> Increased use is also associated with the perception that substances are readily available, regardless of whether the perception is accurate.<sup>24</sup>

## **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,<sup>25</sup> and negative effects on social and psychological development.<sup>26</sup> Alcohol and drug use may serve as predisposing factors for initiation of sexual activity.<sup>27</sup>
- Of the nearly 19 million new cases of STDs per year in the United States, almost half are among youth ages 15-24.<sup>28</sup> STDs may result in infertility and facilitation of HIV transmission and may have an adverse effect on pregnancy outcomes and maternal and child health.<sup>26</sup> Besides abstinence, condom use is currently the most effective means of preventing sexual transmission of HIV and other STDs.<sup>29</sup>
- 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.<sup>30</sup>



## **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.<sup>31</sup> 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.<sup>32</sup> Overweight and obesity acquired during childhood or adolescence may persist into adulthood.<sup>33</sup> Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.<sup>20</sup>

## 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.<sup>39-43</sup>
- 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.<sup>44-45</sup>
- 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.<sup>46</sup> 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.<sup>46</sup>
- 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.<sup>47-50</sup>
- 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 obesity<sup>51</sup> and violent or aggressive behavior.<sup>52-54</sup> 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.<sup>55</sup>
- One of the strongest predictors of students' success in school is the extent to which their parents stay involved with their schoolwork.<sup>56</sup> 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.<sup>57</sup> Parental expectations regarding school achievement were also associated with lower levels of risk behaviors.<sup>57</sup>
- 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.<sup>58</sup> In addition, evidence is emerging that students who participate in such activities are also more likely to engage in other "thriving" behaviors.<sup>59</sup>
- 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 Northeast 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*


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**Rutland NE**  
**Number of High School Students in Rutland Northeast SU**

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**Rutland Northeast SU Total**

272

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<b>Sex</b>	<b>Total</b>	<b>%</b>
Not indicated / Missing	2	0%
Female	120	44%
Male	150	55%

<b>Grade</b>	<b>Total</b>	<b>%</b>
Not indicated / Ungraded	4	1%
9th grade	73	26%
10th grade	86	31%
11th grade	73	26%
12th grade	36	13%

<b>Race / Ethnicity</b>	<b>Total</b>	<b>%</b>
Not indicated /Missing	10	3%
Ethnic or racial minority	35	12%
White non-Hispanic	227	83%

<b>Mother's Level of Education</b>	<b>Total</b>	<b>%</b>
Not indicated / Missing	3	1%
High school or less	77	28%
Some college	39	14%
College graduate	79	29%
Graduate or professional degree after college	42	15%
Not sure	32	11%

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

*Demographics*


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**Vermont**  
**Number of High School Students in Vermont**

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<b>Vermont Total</b>
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21013
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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 NE	Vermont	Notes
Grade	9th	30%	22%	SU/SD statistically higher
	10th	27%	20%	SU/SD statistically higher
	11th	15%	17%	
	12th	.	14%	Too few students
Sex	Female	15%	12%	
	Male	30%	24%	SU/SD statistically higher
Total		22%	18%	SU/SD statistically higher

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

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

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

		Rutland NE	Vermont	Notes
Grade	9th	12%	6%	SU/SD statistically higher
	10th	6%	6%	
	11th	.	4%	Too few students
	12th	.	4%	Too few students
Sex	Female	11%	4%	SU/SD statistically higher
	Male	7%	6%	
Total		9%	5%	SU/SD statistically higher

*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**

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	14%	6%	SU/SD statistically higher
	10th	8%	7%	
	11th	12%	9%	
	12th	.	8%	Too few students
Sex	Female	7%	4%	SU/SD statistically higher
	Male	13%	11%	
Total		10%	8%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	13%	7%	SU/SD statistically higher
	10th	8%	6%	
	11th	10%	5%	
	12th	.	5%	Too few students
Sex	Female	15%	7%	SU/SD statistically higher
	Male	6%	4%	
Total		10%	6%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	9th	23%	23%	
	10th	22%	18%	
	11th	16%	16%	
	12th	.	14%	Too few students
Sex	Female	24%	23%	
	Male	18%	12%	SU/SD statistically higher
Total		20%	18%	

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

		Rutland NE	Vermont	Notes
Grade	9th	21%	20%	
	10th	17%	17%	
	11th	12%	16%	
	12th	.	13%	Too few students
Sex	Female	26%	23%	
	Male	9%	10%	
Total		17%	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 NE	Vermont	Notes
Grade	9th	12%	13%	
	10th	9%	11%	
	11th	21%	11%	SU/SD statistically higher
	12th	.	10%	Too few students
Sex	Female	11%	11%	
	Male	19%	12%	SU/SD statistically higher
Total		15%	11%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	9th	27%	20%	SU/SD statistically higher
	10th	25%	19%	SU/SD statistically higher
	11th	16%	17%	
	12th	.	14%	Too few students
Sex	Female	37%	26%	SU/SD statistically higher
	Male	11%	9%	
Total		22%	17%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	9th	28%	24%	
	10th	29%	26%	
	11th	24%	24%	
	12th	.	24%	Too few students
Sex	Female	45%	34%	SU/SD statistically higher
	Male	13%	15%	
Total		27%	24%	

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

		Rutland NE	Vermont	Notes
Grade	9th	18%	13%	
	10th	20%	13%	SU/SD statistically higher
	11th	11%	12%	
	12th	.	10%	Too few students
Sex	Female	25%	16%	SU/SD statistically higher
	Male	10%	8%	
Total		17%	12%	SU/SD statistically higher

**1.12 Percent of students who attempted suicide, past 12 months**

		Rutland NE	Vermont	Notes
Grade	9th	10%	7%	
	10th	15%	6%	SU/SD statistically higher
	11th	8%	5%	
	12th	.	5%	Too few students
Sex	Female	17%	8%	SU/SD statistically higher
	Male	6%	4%	SU/SD statistically higher
Total		11%	6%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	8%	2%	SU/SD statistically higher
	11th	.	2%	Too few students
	12th	.	2%	Too few students
Sex	Female	7%	3%	SU/SD statistically higher
	Male	.	1%	Too few students
Total		4%	2%	SU/SD statistically higher

*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 NE	Vermont	Notes
Grade	9th	.	8%	Too few students
	10th	12%	9%	
	11th	.	9%	Too few students
	12th	.	9%	Too few students
Sex	Female	16%	11%	SU/SD statistically higher
	Male	5%	7%	
Total		10%	9%	

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

		Rutland NE	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	7%	6%	
	11th	11%	7%	SU/SD statistically higher
	12th	.	8%	Too few students
Sex	Female	15%	10%	SU/SD statistically higher
	Male	.	3%	
Total		8%	7%	



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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	26%	19%	SU/SD statistically higher
	10th	28%	20%	SU/SD statistically higher
	11th	32%	20%	SU/SD statistically higher
	12th	.	19%	Too few students
Sex	Female	25%	20%	SU/SD statistically higher
	Male	29%	19%	SU/SD statistically higher
Total		27%	20%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	25%	13%	SU/SD statistically higher
	10th	27%	20%	SU/SD statistically higher
	11th	37%	26%	SU/SD statistically higher
	12th	.	29%	Too few students
Sex	Female	25%	22%	
	Male	28%	22%	SU/SD statistically higher
Total		27%	22%	SU/SD statistically higher

*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 NE	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	.	4%	Too few students
	11th	12%	8%	SU/SD statistically higher
	12th	.	9%	Too few students
Sex	Female	.	5%	Too few students
	Male	11%	9%	
Total		8%	7%	

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

		Rutland NE	Vermont	Notes
Grade	9th	.	8%	Too few students
	10th	14%	10%	
	11th	22%	18%	
	12th	.	20%	Too few students
Sex	Female	13%	12%	
	Male	19%	18%	
Total		16%	15%	

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

		Rutland NE	Vermont	Notes
Grade	9th	.	10%	Too few students
	10th	9%	15%	SU/SD statistically lower
	11th	37%	40%	
	12th	.	50%	Too few students
Sex	Female	21%	33%	SU/SD statistically lower
	Male	30%	33%	
Total		26%	33%	SU/SD statistically lower

*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 NE	Vermont	Notes
Grade	9th	59%	48%	SU/SD statistically higher
	10th	70%	54%	SU/SD statistically higher
	11th	.	55%	Too few students
	12th	.	56%	Too few students
Sex	Female	54%	49%	
	Male	72%	56%	SU/SD statistically higher
Total		65%	53%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	9th	67%	63%	
	10th	74%	65%	SU/SD statistically higher
	11th	71%	65%	
	12th	.	67%	Too few students
Sex	Female	78%	72%	SU/SD statistically higher
	Male	64%	59%	SU/SD statistically higher
Total		71%	65%	SU/SD statistically higher

**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 NE	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%	5%	
	Male	.	3%	Too few students
Total		2%	4%	SU/SD statistically lower

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	40%	37%	
	10th	52%	51%	
	11th	71%	63%	SU/SD statistically higher
	12th	.	71%	Too few students
Sex	Female	55%	57%	
	Male	53%	54%	
Total		53%	56%	

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	21%	14%	SU/SD statistically higher
	10th	19%	13%	SU/SD statistically higher
	11th	19%	12%	SU/SD statistically higher
	12th	.	10%	Too few students
Sex	Female	15%	10%	SU/SD statistically higher
	Male	22%	14%	SU/SD statistically higher
Total		18%	12%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	21%	17%	
	10th	34%	26%	SU/SD statistically higher
	11th	33%	34%	
	12th	.	42%	Too few students
Sex	Female	27%	30%	
	Male	33%	29%	
Total		30%	30%	

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	9%	8%	
	10th	18%	13%	SU/SD statistically higher
	11th	15%	19%	
	12th	.	24%	Too few students
Sex	Female	14%	15%	
	Male	18%	17%	
Total		16%	16%	

*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 NE	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		54%	51%	
	3 to 9 days		30%	37%	SU/SD statistically lower
	10+ days		16%	12%	

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 NE	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		38%	36%	
	3 to 4 drinks		21%	19%	
	5 or more drinks		41%	45%	

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 NE	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	32%	24%	SU/SD statistically higher
		Someone gave it to me	31%	40%	SU/SD statistically lower
		Took it / some other way	35%	31%	



## 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 NE	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	44%	34%	SU/SD statistically higher
		At another person's home	46%	53%	
		At a public place or event	10%	13%	
-----					
Total		At my home	43%	34%	SU/SD statistically higher
		At another person's home	45%	55%	SU/SD statistically lower
		At a public place or event	12%	10%	

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

		Rutland NE	Vermont	Notes
Grade	9th	23%	14%	SU/SD statistically higher
	10th	28%	18%	SU/SD statistically higher
	11th	32%	24%	SU/SD statistically higher
	12th	.	28%	Too few students
Sex	Female	24%	19%	SU/SD statistically higher
	Male	31%	23%	SU/SD statistically higher
Total		27%	21%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	9th	15%	6%	SU/SD statistically higher
	10th	9%	6%	SU/SD statistically higher
	11th	8%	6%	
	12th	.	6%	Too few students
Sex	Female	7%	5%	SU/SD statistically higher
	Male	14%	7%	SU/SD statistically higher
Total		11%	6%	SU/SD statistically higher

**2.11 Percent of students who smoked cigarettes, past 30 days**

		Rutland NE	Vermont	Notes
Grade	9th	12%	7%	SU/SD statistically higher
	10th	17%	9%	SU/SD statistically higher
	11th	15%	12%	
	12th	.	14%	Too few students
Sex	Female	17%	10%	SU/SD statistically higher
	Male	13%	12%	
Total		15%	11%	SU/SD statistically higher

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

			Rutland NE	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 NE	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 NE	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 NE	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 NE	Vermont	Notes
Grade	9th	20%	18%	
	10th	36%	28%	SU/SD statistically higher
	11th	37%	35%	
	12th	.	39%	Too few students
Sex	Female	29%	27%	
	Male	33%	33%	
Total		31%	30%	

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

		Rutland NE	Vermont	Notes
Grade	9th	6%	10%	
	10th	23%	14%	SU/SD statistically higher
	11th	15%	17%	
	12th	.	19%	Too few students
Sex	Female	12%	13%	
	Male	23%	18%	SU/SD statistically higher
Total		17%	15%	

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

		Rutland NE	Vermont	Notes
Grade	9th	15%	15%	
	10th	27%	21%	SU/SD statistically higher
	11th	28%	29%	
	12th	.	32%	Too few students
Sex	Female	20%	20%	
	Male	25%	28%	
Total		23%	24%	

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

		Rutland NE	Vermont	Notes
Grade	9th	12%	6%	SU/SD statistically higher
	10th	8%	5%	
	11th	.	6%	Too few students
	12th	.	5%	Too few students
Sex	Female	6%	4%	SU/SD statistically higher
	Male	8%	7%	
Total		7%	6%	

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**

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	.	5%	Too few students
	10th	7%	6%	
	11th	7%	8%	
	12th	.	8%	Too few students
Sex	Female	.	3%	Too few students
	Male	10%	11%	
Total		7%	7%	

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	8%	5%	SU/SD statistically higher
	10th	17%	8%	
	11th	15%	12%	
	12th	.	16%	
Sex	Female	11%	6%	SU/SD statistically higher
	Male	18%	14%	
Total		15%	10%	SU/SD statistically higher



*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**

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	13%	11%	
	10th	25%	15%	SU/SD statistically higher
	11th	24%	21%	
	12th	.	25%	Too few students
Sex	Female	19%	13%	SU/SD statistically higher
	Male	26%	23%	
Total		22%	18%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	13%	16%	
	10th	34%	22%	SU/SD statistically higher
	11th	29%	28%	
	12th	.	32%	Too few students
Sex	Female	23%	20%	
	Male	30%	29%	
Total		27%	25%	

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

		Rutland NE	Vermont	Notes
Grade	9th	32%	22%	SU/SD statistically higher
	10th	37%	32%	
	11th	45%	44%	
	12th	.	49%	Too few students
Sex	Female	31%	36%	
	Male	42%	38%	
Total		37%	37%	

**2.25 Percent of students who used marijuana before age 13**

		Rutland NE	Vermont	Notes
Grade	9th	12%	6%	SU/SD statistically higher
	10th	10%	6%	SU/SD statistically higher
	11th	15%	7%	SU/SD statistically higher
	12th	.	6%	Too few students
Sex	Female	10%	5%	SU/SD statistically higher
	Male	13%	8%	SU/SD statistically higher
Total		12%	6%	SU/SD statistically higher

**2.26 Percent of students who used marijuana, past 30 days**

		Rutland NE	Vermont	Notes
Grade	9th	16%	13%	SU/SD statistically higher
	10th	32%	20%	
	11th	32%	27%	
	12th	.	29%	Too few students
Sex	Female	24%	21%	
	Male	27%	24%	
Total		25%	22%	SU/SD statistically higher

## 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 NE	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		26%	31%	
	3 to 9 times		24%	24%	
	10+ times		51%	45%	

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

		Rutland NE	Vermont	Notes
Grade	9th	7%	8%	
	10th	12%	10%	
	11th	9%	13%	
	12th	.	14%	Too few students
Sex	Female	14%	11%	
	Male	10%	12%	
Total		11%	11%	

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

		Rutland NE	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%	4%	
	Male	.	5%	Too few students
Total		3%	5%	SU/SD statistically lower

**2.30 Percent of students who ever used cocaine**

		Rutland NE	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	.	4%	Too few students
	11th	9%	5%	SU/SD statistically higher
	12th	.	7%	Too few students
Sex	Female	4%	4%	
	Male	6%	6%	
Total		5%	5%	

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

		Rutland NE	Vermont	Notes
Grade	9th	9%	7%	
	10th	.	6%	Too few students
	11th	12%	7%	SU/SD statistically higher
	12th	.	5%	Too few students
Sex	Female	10%	6%	SU/SD statistically higher
	Male	7%	7%	
Total		8%	7%	

**2.32 Percent of students who ever used methamphetamines**

		Rutland NE	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 NE	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%	2%	

*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**

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	41%	34%	SU/SD statistically higher
	10th	52%	36%	SU/SD statistically higher
	11th	50%	39%	SU/SD statistically higher
	12th	.	38%	Too few students
Sex	Female	48%	37%	SU/SD statistically higher
	Male	46%	37%	SU/SD statistically higher
Total		47%	37%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	34%	25%	SU/SD statistically higher
	10th	45%	27%	SU/SD statistically higher
	11th	44%	28%	SU/SD statistically higher
	12th	.	28%	Too few students
Sex	Female	39%	28%	SU/SD statistically higher
	Male	41%	27%	SU/SD statistically higher
Total		40%	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 NE	Vermont	Notes
Grade	9th	Never or rarely	11%	19%	SU/SD statistically lower
		Sometimes	24%	27%	
		At least most of the time	65%	54%	SU/SD statistically higher
-----					
	10th	Never or rarely	17%	19%	
		Sometimes	27%	27%	
		At least most of the time	56%	53%	
-----					
	11th	Never or rarely	14%	21%	SU/SD statistically lower
		Sometimes	21%	28%	SU/SD statistically lower
		At least most of the time	65%	52%	SU/SD statistically higher
-----					
	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	10%	19%	SU/SD statistically lower
		Sometimes	22%	28%	SU/SD statistically lower
		At least most of the time	68%	53%	SU/SD statistically higher
-----					
	Male	Never or rarely	19%	22%	
		Sometimes	27%	26%	
		At least most of the time	55%	51%	
-----					
Total		Never or rarely	15%	21%	SU/SD statistically lower
		Sometimes	25%	27%	
		At least most of the time	60%	52%	SU/SD statistically higher

*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**

	<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
15 or less students	12%	19%	SU/SD statistically lower
16 to 25 students	28%	29%	
26 to 45 students	21%	24%	
46 to 55 students	19%	14%	SU/SD statistically higher
56 to 75 students	12%	8%	SU/SD statistically higher
76 or more students	8%	7%	

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

	<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
15 or less students	6%	8%	SU/SD statistically lower
16 to 25 students	14%	13%	
26 to 45 students	23%	21%	
46 to 55 students	20%	21%	
56 to 75 students	18%	20%	
76 or more students	19%	16%	



### 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 NE	Vermont	Notes
Grade	9th	92%	94%	
	10th	93%	93%	
	11th	93%	92%	
	12th	.	87%	Too few students
Sex	Female	94%	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 NE	Vermont	Notes
Grade	9th	82%	84%	
	10th	76%	78%	
	11th	80%	70%	SU/SD statistically higher
	12th	.	57%	Too few students
Sex	Female	81%	74%	SU/SD statistically higher
	Male	73%	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 NE	Vermont	Notes
Grade	9th	71%	87%	SU/SD statistically lower
	10th	71%	82%	SU/SD statistically lower
	11th	80%	78%	
	12th	.	74%	Too few students
Sex	Female	78%	82%	
	Male	74%	79%	SU/SD statistically lower
Total		76%	80%	SU/SD statistically lower

### 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 NE	Vermont	Notes
Grade	9th	76%	87%	SU/SD statistically lower
	10th	72%	84%	SU/SD statistically lower
	11th	69%	77%	SU/SD statistically lower
	12th	.	67%	Too few students
Sex	Female	76%	80%	SU/SD statistically lower
	Male	68%	77%	SU/SD statistically lower
Total		72%	78%	SU/SD statistically lower

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

		Rutland NE	Vermont	Notes
Grade	9th	73%	70%	
	10th	50%	58%	SU/SD statistically lower
	11th	54%	47%	SU/SD statistically higher
	12th	.	38%	Too few students
Sex	Female	65%	54%	SU/SD statistically higher
	Male	52%	53%	
Total		59%	53%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	9th	58%	70%	SU/SD statistically lower
	10th	53%	59%	
	11th	50%	51%	
	12th	.	44%	Too few students
Sex	Female	60%	57%	
	Male	49%	55%	SU/SD statistically lower
Total		54%	56%	

*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 NE	Vermont	Notes
Grade	9th	62%	62%	
	10th	72%	66%	
	11th	61%	66%	
	12th	.	66%	Too few students
Sex	Female	70%	67%	
	Male	60%	63%	
Total		65%	65%	

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

		Rutland NE	Vermont	Notes
Grade	9th	48%	42%	
	10th	41%	40%	
	11th	41%	36%	
	12th	.	35%	Too few students
Sex	Female	55%	43%	SU/SD statistically higher
	Male	33%	33%	
Total		44%	38%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	9th	34%	35%	
	10th	35%	29%	SU/SD statistically higher
	11th	17%	22%	
	12th	.	21%	Too few students
Sex	Female	37%	30%	SU/SD statistically higher
	Male	23%	24%	
Total		30%	27%	

### 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 NE	Vermont	Notes
Grade	9th	54%	44%	SU/SD statistically higher
	10th	68%	55%	SU/SD statistically higher
	11th	73%	64%	SU/SD statistically higher
	12th	.	80%	Too few students
Sex	Female	65%	57%	SU/SD statistically higher
	Male	71%	64%	SU/SD statistically higher
Total		68%	61%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	9th	61%	60%	
	10th	64%	68%	
	11th	79%	74%	
	12th	.	75%	Too few students
Sex	Female	71%	71%	
	Male	68%	68%	
Total		69%	69%	

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

		Rutland NE	Vermont	Notes
Grade	9th	44%	46%	
	10th	68%	60%	SU/SD statistically higher
	11th	79%	69%	SU/SD statistically higher
	12th	.	74%	Too few students
Sex	Female	63%	60%	
	Male	67%	65%	
Total		65%	62%	

### 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 NE	Vermont	Notes
Grade	9th	42%	44%	
	10th	43%	50%	SU/SD statistically lower
	11th	52%	57%	
	12th	.	60%	Too few students
Sex	Female	59%	56%	
	Male	35%	50%	SU/SD statistically lower
Total		46%	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 NE	Vermont	Notes
Grade	9th	41%	36%	
	10th	32%	30%	
	11th	23%	27%	
	12th	.	24%	Too few students
Sex	Female	25%	29%	
	Male	33%	29%	
Total		29%	29%	

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

		Rutland NE	Vermont	Notes
Grade	9th	21%	15%	SU/SD statistically higher
	10th	21%	19%	
	11th	23%	20%	
	12th	.	18%	Too few students
Sex	Female	19%	15%	SU/SD statistically higher
	Male	25%	21%	SU/SD statistically higher
Total		22%	18%	SU/SD statistically higher

## 4 Sexual Behavior and Orientation

## 4.01 Sexual orientation

			Rutland NE	Vermont	Notes
Grade	9th	Heterosexual (straight)	79%	88%	SU/SD statistically lower
		Gay or lesbian	.	2%	Too few students
		Bisexual	12%	6%	SU/SD statistically higher
		Not sure	9%	5%	SU/SD statistically higher
-----					
	10th	Heterosexual (straight)	86%	89%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	12%	6%	SU/SD statistically higher
		Not sure	.	4%	Too few students
-----					
	11th	Heterosexual (straight)	88%	88%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	7%	6%	
		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)	77%	84%	SU/SD statistically lower
		Gay or lesbian	4%	2%	SU/SD statistically higher
		Bisexual	16%	10%	SU/SD statistically higher
		Not sure	.	5%	Too few students
-----					
	Male	Heterosexual (straight)	90%	92%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	5%	3%	SU/SD statistically higher
		Not sure	6%	4%	SU/SD statistically higher
-----					
Total		Heterosexual (straight)	84%	88%	SU/SD statistically lower
		Gay or lesbian	2%	2%	
		Bisexual	10%	6%	SU/SD statistically higher
		Not sure	4%	4%	

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

		Rutland NE	Vermont	Notes
Grade	9th	22%	18%	
	10th	37%	33%	
	11th	53%	49%	
	12th	.	62%	Too few students
Sex	Female	42%	40%	
	Male	37%	41%	
Total		40%	41%	

**4.03 Percent of students who have ever had oral sex**

		Rutland NE	Vermont	Notes
Grade	9th	21%	21%	
	10th	37%	37%	
	11th	48%	50%	
	12th	.	60%	Too few students
Sex	Female	40%	41%	
	Male	36%	42%	SU/SD statistically lower
Total		38%	42%	SU/SD statistically lower

**4.04 Percent of students who had sexual intercourse before age 13**

		Rutland NE	Vermont	Notes
Grade	9th	.	3%	Too few students
	10th	6%	3%	SU/SD statistically higher
	11th	.	3%	Too few students
	12th	.	4%	Too few students
Sex	Female	6%	2%	SU/SD statistically higher
	Male	4%	4%	
Total		5%	3%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	.	3%	Too few students
	10th	.	6%	Too few students
	11th	13%	11%	
	12th	.	19%	Too few students
Sex	Female	9%	9%	
	Male	6%	10%	SU/SD statistically lower
Total		7%	10%	SU/SD statistically lower

**4.06 Percent of students who have ever been tested for HIV**

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	6%	7%	
	10th	11%	8%	
	11th	14%	12%	
	12th	.	14%	Too few students
Sex	Female	13%	11%	
	Male	9%	9%	
Total		11%	10%	



*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 NE	Vermont	Notes
Grade	9th	13%	12%	
	10th	26%	24%	
	11th	45%	38%	
	12th	.	49%	Too few students
Sex	Female	37%	33%	
	Male	25%	30%	SU/SD statistically lower
Total		31%	31%	

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

		Rutland NE	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		13%	19%	SU/SD statistically lower

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

		Rutland NE	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		59%	58%	

*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 NE	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		36%	47%	SU/SD statistically lower

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

		Rutland NE	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		84%	87%	

## 4 Sexual Behavior and Orientation

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

			Rutland NE	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 NE	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
<hr/>					
	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
<hr/>					
Total	No method was used		10%	7%	
	Birth control pills		31%	35%	
	Condoms		47%	38%	SU/SD statistically higher
	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 NE	Vermont	Notes
Sex	Female	Have not had sex	41%	45%	
		Same sex	4%	1%	SU/SD statistically higher
		Opposite sex	45%	46%	
		Both sexes	9%	7%	
-----					
	Male	Have not had sex	46%	43%	
		Same sex	.	1%	Too few students
		Opposite sex	54%	53%	
		Both sexes	.	2%	Too few students
-----					
Total	Have not had sex		44%	44%	
	Same sex		2%	1%	
	Opposite sex		50%	50%	
	Both sexes		4%	5%	

## 5 Body Image

## 5.01 The percent of students who are overweight (85th to &lt;95th BMI percentile)

		Rutland NE	Vermont	Notes
Grade	9th	23%	15%	SU/SD statistically higher
	10th	18%	14%	
	11th	12%	14%	
	12th	.	13%	Too few students
Sex	Female	13%	14%	SU/SD statistically higher
	Male	20%	14%	
Total		17%	14%	SU/SD statistically higher

## 5.02 The percent of students who are obese (=&gt;95th BMI percentile)

		Rutland NE	Vermont	Notes
Grade	9th	16%	12%	SU/SD statistically higher
	10th	27%	13%	
	11th	24%	12%	
	12th	.	12%	
Sex	Female	11%	9%	SU/SD statistically higher
	Male	29%	16%	
Total		21%	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 NE	Vermont	Notes
Grade	9th	Underweight	19%	15%	
		About the right weight	47%	56%	SU/SD statistically lower
		Overweight	35%	29%	
-----					
	10th	Underweight	12%	13%	
		About the right weight	50%	55%	
		Overweight	38%	32%	SU/SD statistically higher
-----					
	11th	Underweight	10%	13%	
		About the right weight	57%	55%	
		Overweight	33%	31%	
-----					
	12th	Underweight	.	13%	Too few students
		About the right weight	.	55%	Too few students
		Overweight	.	32%	Too few students
-----					
Sex	Female	Underweight	10%	10%	
		About the right weight	54%	54%	
		Overweight	36%	36%	
-----					
	Male	Underweight	15%	17%	
		About the right weight	51%	57%	SU/SD statistically lower
		Overweight	34%	26%	SU/SD statistically higher
-----					
Total		Underweight	13%	14%	
		About the right weight	53%	55%	
		Overweight	35%	31%	SU/SD statistically higher

## 5 Body Image

## 5.04 Students who are trying to do something about their weight

			Rutland NE	Vermont	Notes
Grade	9th	Lose weight	42%	41%	
		Gain weight	8%	12%	
		Stay the same weight /do nothing	49%	47%	
<hr/>					
	10th	Lose weight	53%	43%	SU/SD statistically higher
		Gain weight	11%	13%	
		Stay the same weight /do nothing	36%	44%	SU/SD statistically lower
<hr/>					
	11th	Lose weight	50%	42%	SU/SD statistically higher
		Gain weight	12%	14%	
		Stay the same weight /do nothing	38%	44%	
<hr/>					
	12th	Lose weight	.	42%	Too few students
		Gain weight	.	15%	Too few students
		Stay the same weight /do nothing	.	42%	Too few students
<hr/>					
Sex	Female	Lose weight	58%	56%	
		Gain weight	.	4%	Too few students
		Stay the same weight /do nothing	40%	40%	
<hr/>					
	Male	Lose weight	38%	28%	SU/SD statistically higher
		Gain weight	17%	23%	SU/SD statistically lower
		Stay the same weight /do nothing	45%	49%	
<hr/>					
Total		Lose weight	47%	42%	SU/SD statistically higher
		Gain weight	10%	14%	SU/SD statistically lower
		Stay the same weight /do nothing	42%	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 NE	Vermont	Notes
Grade	9th	Less than 1 hour	11%	14%	
		1 to 2 hours	35%	36%	
		3 to 4 hours	28%	33%	
		5+ hours	27%	18%	SU/SD statistically higher
-----					
	10th	Less than 1 hour	13%	14%	
		1 to 2 hours	30%	36%	
		3 to 4 hours	41%	32%	SU/SD statistically higher
		5+ hours	15%	18%	
-----					
	11th	Less than 1 hour	22%	15%	SU/SD statistically higher
		1 to 2 hours	32%	38%	
		3 to 4 hours	27%	32%	
		5+ hours	19%	16%	
-----					
	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	19%	15%	
		1 to 2 hours	33%	37%	
		3 to 4 hours	29%	32%	
		5+ hours	20%	16%	
-----					
	Male	Less than 1 hour	11%	14%	
		1 to 2 hours	36%	36%	
		3 to 4 hours	35%	32%	
		5+ hours	17%	18%	
-----					
Total		Less than 1 hour	15%	15%	
		1 to 2 hours	35%	36%	
		3 to 4 hours	32%	32%	
		5+ hours	18%	17%	

## 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 NE	Vermont	Notes
Grade	9th	0 days	15%	11%	
		1 to 2 days	21%	16%	
		3 to 6 days	40%	47%	SU/SD statistically lower
		Everyday	24%	25%	
-----					
	10th	0 days	14%	13%	
		1 to 2 days	13%	15%	
		3 to 6 days	56%	47%	SU/SD statistically higher
		Everyday	16%	24%	SU/SD statistically lower
-----					
	11th	0 days	15%	15%	
		1 to 2 days	10%	17%	SU/SD statistically lower
		3 to 6 days	52%	45%	
		Everyday	24%	22%	
-----					
	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	18%	17%	
		1 to 2 days	21%	20%	
		3 to 6 days	47%	48%	
		Everyday	14%	16%	
-----					
	Male	0 days	10%	12%	
		1 to 2 days	11%	14%	
		3 to 6 days	49%	44%	
		Everyday	31%	30%	
-----					
Total		0 days	14%	14%	
		1 to 2 days	16%	17%	
		3 to 6 days	47%	46%	
		Everyday	23%	23%	

*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 NE	Vermont	Notes
Grade	9th	14%	23%	SU/SD statistically lower
	10th	17%	23%	SU/SD statistically lower
	11th	16%	23%	SU/SD statistically lower
	12th	.	24%	Too few students
Sex	Female	11%	22%	SU/SD statistically lower
	Male	25%	25%	
Total		19%	24%	SU/SD statistically lower

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

		Rutland NE	Vermont	Notes
Grade	9th	24%	34%	SU/SD statistically lower
	10th	27%	34%	SU/SD statistically lower
	11th	19%	34%	SU/SD statistically lower
	12th	.	35%	Too few students
Sex	Female	24%	33%	SU/SD statistically lower
	Male	32%	35%	
Total		28%	34%	SU/SD statistically lower

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

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

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

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

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	.	5%	Too few students
	10th	5%	4%	
	11th	7%	4%	SU/SD statistically higher
	12th	.	4%	Too few students
Sex	Female	4%	3%	
	Male	5%	6%	
Total		5%	4%	

## 6 Nutrition and Physical Activity

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

			Rutland NE	Vermont	Notes
Grade	9th	Never	18%	11%	SU/SD statistically higher
		1 to 3 days	37%	25%	SU/SD statistically higher
		4 to 6 days	15%	22%	SU/SD statistically lower
		Everyday	30%	42%	SU/SD statistically lower
-----					
	10th	Never	23%	11%	SU/SD statistically higher
		1 to 3 days	27%	24%	
		4 to 6 days	19%	24%	
		Everyday	30%	41%	SU/SD statistically lower
-----					
	11th	Never	15%	10%	SU/SD statistically higher
		1 to 3 days	28%	25%	
		4 to 6 days	20%	24%	
		Everyday	38%	40%	
-----					
	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	22%	11%	SU/SD statistically higher
		1 to 3 days	29%	27%	
		4 to 6 days	20%	24%	SU/SD statistically lower
		Everyday	30%	38%	SU/SD statistically lower
-----					
	Male	Never	15%	11%	SU/SD statistically higher
		1 to 3 days	29%	23%	SU/SD statistically higher
		4 to 6 days	18%	23%	SU/SD statistically lower
		Everyday	37%	43%	SU/SD statistically lower
-----					
Total		Never	18%	11%	SU/SD statistically higher
		1 to 3 days	29%	25%	SU/SD statistically higher
		4 to 6 days	19%	24%	SU/SD statistically lower
		Everyday	34%	40%	SU/SD statistically lower

## 6 Nutrition and Physical Activity

## 6.09 The number of glasses of water students drank yesterday

			Rutland NE	Vermont	Notes
Grade	9th	None	11%	9%	
		1 to 3 glasses	62%	60%	
		4+ glasses	27%	32%	
-----					
	10th	None	11%	8%	
		1 to 3 glasses	53%	58%	
		4+ glasses	35%	34%	
-----					
	11th	None	12%	8%	SU/SD statistically higher
		1 to 3 glasses	62%	60%	
		4+ glasses	26%	32%	
-----					
	12th	None	.	9%	Too few students
		1 to 3 glasses	.	57%	Too few students
		4+ glasses	.	34%	Too few students
-----					
Sex	Female	None	14%	8%	SU/SD statistically higher
		1 to 3 glasses	61%	62%	
		4+ glasses	25%	31%	SU/SD statistically lower
-----					
	Male	None	10%	9%	
		1 to 3 glasses	56%	56%	
		4+ glasses	35%	35%	
-----					
Total		None	12%	9%	SU/SD statistically higher
		1 to 3 glasses	59%	59%	
		4+ glasses	30%	33%	
-----					

## 6 Nutrition and Physical Activity

## 6.10 Amount of soda students drank during the past 7 days

			Rutland NE	Vermont	Notes
Grade	9th	None	20%	32%	SU/SD statistically lower
		At least once during the past week	70%	54%	SU/SD statistically higher
		At least once per day	10%	14%	
-----					
	10th	None	34%	33%	
		At least once during the past week	46%	53%	SU/SD statistically lower
		At least once per day	20%	14%	SU/SD statistically higher
-----					
	11th	None	21%	33%	SU/SD statistically lower
		At least once during the past week	64%	51%	SU/SD statistically higher
		At least once per day	15%	15%	
-----					
	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	35%	42%	SU/SD statistically lower
		At least once during the past week	58%	48%	SU/SD statistically higher
		At least once per day	7%	9%	
-----					
	Male	None	22%	25%	
		At least once during the past week	57%	55%	
		At least once per day	21%	20%	
-----					
Total		None	28%	33%	SU/SD statistically lower
		At least once during the past week	58%	52%	SU/SD statistically higher
		At least once per day	14%	15%	

## 6 Nutrition and Physical Activity

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

			Rutland NE	Vermont	Notes
Grade	9th	None	19%	25%	
		At least once during the past week	72%	61%	SU/SD statistically higher
		At least once per day	9%	14%	SU/SD statistically lower
<hr/>					
	10th	None	18%	25%	SU/SD statistically lower
		At least once during the past week	63%	59%	
		At least once per day	19%	15%	
<hr/>					
	11th	None	17%	26%	SU/SD statistically lower
		At least once during the past week	72%	59%	SU/SD statistically higher
		At least once per day	11%	16%	
<hr/>					
	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
<hr/>					
Sex	Female	None	24%	30%	SU/SD statistically lower
		At least once during the past week	64%	59%	
		At least once per day	12%	11%	
<hr/>					
	Male	None	17%	22%	SU/SD statistically lower
		At least once during the past week	68%	58%	SU/SD statistically higher
		At least once per day	15%	19%	SU/SD statistically lower
<hr/>					
Total		None	21%	26%	SU/SD statistically lower
		At least once during the past week	66%	59%	SU/SD statistically higher
		At least once per day	13%	15%	



## 7 Youth Assets

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

			Rutland NE	Vermont	Notes
Grade	9th	Mostly As or Bs	75%	76%	
		Mostly Cs	18%	13%	
		Mostly Ds or Fs	.	4%	Too few students
		Other / Not sure	.	7%	Too few students
-----					
	10th	Mostly As or Bs	71%	77%	SU/SD statistically lower
		Mostly Cs	17%	14%	
		Mostly Ds or Fs	.	4%	Too few students
		Other / Not sure	8%	5%	SU/SD statistically higher
-----					
	11th	Mostly As or Bs	82%	80%	
		Mostly Cs	13%	13%	
		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	81%	84%	
		Mostly Cs	13%	9%	SU/SD statistically higher
		Mostly Ds or Fs	.	3%	Too few students
		Other / Not sure	.	4%	Too few students
-----					
	Male	Mostly As or Bs	76%	74%	
		Mostly Cs	15%	16%	
		Mostly Ds or Fs	3%	4%	
		Other / Not sure	6%	6%	
-----					
Total		Mostly As or Bs	78%	79%	
		Mostly Cs	14%	13%	
		Mostly Ds or Fs	3%	3%	
		Other / Not sure	5%	5%	

## 7 Youth Assets

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

			Rutland NE	Vermont	Notes
Grade	9th	0 hours	31%	32%	
		1 to 4 hours	26%	30%	
		5 to 9 hours	23%	17%	SU/SD statistically higher
		10 or more hours	21%	21%	
10th	0 hours	42%	32%	SU/SD statistically higher	
	1 to 4 hours	19%	28%	SU/SD statistically lower	
	5 to 9 hours	14%	16%		
	10 or more hours	25%	24%		
11th	0 hours	41%	32%	SU/SD statistically higher	
	1 to 4 hours	25%	27%		
	5 to 9 hours	11%	16%	SU/SD statistically lower	
	10 or more hours	23%	25%		
12th	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	33%	31%	
		1 to 4 hours	21%	29%	SU/SD statistically lower
		5 to 9 hours	20%	16%	
		10 or more hours	26%	24%	
Male	0 hours	39%	33%	SU/SD statistically higher	
	1 to 4 hours	22%	27%	SU/SD statistically lower	
	5 to 9 hours	12%	16%	SU/SD statistically lower	
	10 or more hours	27%	24%		
Total	0 hours	36%	32%	SU/SD statistically higher	
	1 to 4 hours	21%	28%	SU/SD statistically lower	
	5 to 9 hours	16%	16%		
	10 or more hours	27%	24%		

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

		Rutland NE	Vermont	Notes
Grade	9th	68%	78%	SU/SD statistically lower
	10th	71%	77%	SU/SD statistically lower
	11th	84%	77%	SU/SD statistically higher
	12th	.	75%	Too few students
Sex	Female	79%	77%	
	Male	70%	76%	SU/SD statistically lower
Total		74%	76%	

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

		Rutland NE	Vermont	Notes
Grade	9th	39%	49%	SU/SD statistically lower
	10th	43%	48%	
	11th	54%	50%	
	12th	.	54%	Too few students
Sex	Female	45%	47%	
	Male	50%	54%	
Total		48%	50%	

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

		Rutland NE	Vermont	Notes
Grade	9th	48%	59%	SU/SD statistically lower
	10th	37%	57%	SU/SD statistically lower
	11th	48%	64%	SU/SD statistically lower
	12th	.	69%	Too few students
Sex	Female	43%	60%	SU/SD statistically lower
	Male	44%	64%	SU/SD statistically lower
Total		44%	62%	SU/SD statistically lower

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	31%	50%	SU/SD statistically lower
	10th	36%	46%	SU/SD statistically lower
	11th	44%	46%	
	12th	.	49%	Too few students
Sex	Female	34%	48%	SU/SD statistically lower
	Male	38%	48%	SU/SD statistically lower
Total		36%	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**

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	9th	68%	75%	SU/SD statistically lower
	10th	74%	80%	SU/SD statistically lower
	11th	80%	83%	
	12th	.	84%	Too few students
Sex	Female	75%	83%	SU/SD statistically lower
	Male	74%	78%	
Total		74%	80%	SU/SD statistically lower

## **2015 Vermont Youth Risk Behavior Survey Report**

### **Middle School Report for Rutland Northeast 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*


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**Rutland NE**  
**Number of Middle School Students in Rutland Northeast SU**

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**Rutland Northeast SU Total**

195

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<b>Sex</b>	<b>Total</b>	<b>%</b>
Female	94	48%
Male	101	51%

<b>Grade</b>	<b>Total</b>	<b>%</b>
Not indicated / Missing	2	1%
7th grade	94	48%
8th grade	99	50%

<b>Age</b>	<b>Total</b>	<b>%</b>
Not indicated / Missing	1	0%
12 years	45	23%
13 years	98	50%
14 years or older	51	26%

<b>Race / Ethnicity</b>	<b>Total</b>	<b>%</b>
Not indicated /Missing	13	6%
Ethnic or racial minority	26	13%
White non-Hispanic	156	80%

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


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**Vermont**  
**Number of Middle School Students in Vermont**

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<b>Vermont Total</b>
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13648
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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 NE	Vermont	Notes
Grade	6th	.	42%	Too few students
	7th	45%	41%	
	8th	45%	44%	
Sex	Female	34%	28%	SU/SD statistically higher
	Male	56%	57%	
Total		45%	43%	

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

		Rutland NE	Vermont	Notes
Grade	6th	.	24%	Too few students
	7th	33%	25%	SU/SD statistically higher
	8th	23%	22%	
Sex	Female	40%	30%	SU/SD statistically higher
	Male	17%	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 NE	Vermont	Notes
Grade	6th	.	21%	Too few students
	7th	37%	26%	SU/SD statistically higher
	8th	34%	28%	SU/SD statistically higher
Sex	Female	50%	36%	SU/SD statistically higher
	Male	24%	16%	SU/SD statistically higher
Total		36%	26%	SU/SD statistically higher

**1.04 Percent of students who were ever bullied at school**

		Rutland NE	Vermont	Notes
Grade	6th	.	46%	Too few students
	7th	61%	48%	SU/SD statistically higher
	8th	40%	45%	
Sex	Female	70%	53%	SU/SD statistically higher
	Male	32%	40%	SU/SD statistically lower
Total		51%	46%	SU/SD statistically higher

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

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

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

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

**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 NE	Vermont	Notes
Grade	6th	.	17%	Too few students
	7th	29%	19%	SU/SD statistically higher
	8th	24%	22%	
Sex	Female	40%	27%	SU/SD statistically higher
	Male	16%	13%	
Total		28%	20%	SU/SD statistically higher

**1.08 Percent of students who ever seriously thought about suicide**

		Rutland NE	Vermont	Notes
Grade	6th	.	14%	Too few students
	7th	17%	16%	
	8th	25%	22%	
Sex	Female	38%	23%	SU/SD statistically higher
	Male	6%	12%	SU/SD statistically lower
Total		22%	18%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	6th	.	9%	Too few students
	7th	12%	11%	
	8th	15%	15%	
Sex	Female	22%	16%	SU/SD statistically higher
	Male	6%	8%	
Total		14%	12%	

**1.10 Percent of students who ever attempted suicide**

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

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

		Rutland NE	Vermont	Notes
Grade	6th	.	51%	Too few students
	7th	56%	55%	
	8th	50%	56%	
Sex	Female	66%	58%	SU/SD statistically higher
	Male	41%	51%	SU/SD statistically lower
Total		53%	54%	

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

			<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	Never / rarely wear a helmet	.	26%	Too few students
		Sometimes wear a helmet	.	15%	Too few students
		Most of the time / always wear a helmet	.	59%	Too few students
<hr/>					
	7th	Never / rarely wear a helmet	43%	31%	SU/SD statistically higher
		Sometimes wear a helmet	18%	16%	
		Most of the time / always wear a helmet	39%	52%	SU/SD statistically lower
<hr/>					
	8th	Never / rarely wear a helmet	41%	41%	
		Sometimes wear a helmet	19%	15%	
		Most of the time / always wear a helmet	40%	43%	
<hr/>					
Sex	Female	Never / rarely wear a helmet	35%	31%	
		Sometimes wear a helmet	22%	17%	SU/SD statistically higher
		Most of the time / always wear a helmet	43%	52%	SU/SD statistically lower
<hr/>					
	Male	Never / rarely wear a helmet	49%	36%	SU/SD statistically higher
		Sometimes wear a helmet	14%	14%	
		Most of the time / always wear a helmet	36%	49%	SU/SD statistically lower
<hr/>					
Total		Never / rarely wear a helmet	42%	34%	SU/SD statistically higher
		Sometimes wear a helmet	18%	16%	
		Most of the time / always wear a helmet	39%	51%	SU/SD statistically lower

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

			<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
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
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	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
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	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
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	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
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Total		Never / rarely wear a helmet	54%	43%	SU/SD statistically higher
		Sometimes wear a helmet	16%	12%	
		Most of the time / always wear a helmet	30%	45%	SU/SD statistically lower

1 Personal Safety

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

		Rutland NE	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		4%	3%	

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

		Rutland NE	Vermont	Notes
Grade	6th	.	15%	Too few students
	7th	25%	19%	SU/SD statistically higher
	8th	28%	25%	
Sex	Female	27%	21%	SU/SD statistically higher
	Male	26%	19%	SU/SD statistically higher
Total		27%	20%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	.	10%	Too few students
	7th	26%	15%	SU/SD statistically higher
	8th	24%	24%	
Sex	Female	24%	16%	SU/SD statistically higher
	Male	27%	18%	SU/SD statistically higher
Total		26%	17%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	.	7%	Too few students
	7th	16%	6%	SU/SD statistically higher
	8th	7%	6%	
Sex	Female	10%	5%	SU/SD statistically higher
	Male	13%	8%	SU/SD statistically higher
Total		11%	6%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	.	3%	Too few students
	7th	5%	5%	
	8th	7%	10%	
Sex	Female	7%	6%	
	Male	5%	7%	
Total		6%	6%	

*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 NE	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	1%	Too few students
	8th	6%	4%	
Sex	Female	6%	2%	SU/SD statistically higher
	Male	.	2%	Too few students
Total		3%	2%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	6th	.	4%	Too few students
	7th	12%	7%	SU/SD statistically higher
	8th	15%	13%	
Sex	Female	12%	9%	
	Male	17%	9%	SU/SD statistically higher
Total		14%	9%	SU/SD statistically higher

**2.06 Percent of students who ever smoked a whole cigarette**

		Rutland NE	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	9%	4%	SU/SD statistically higher
	8th	9%	8%	
Sex	Female	9%	5%	SU/SD statistically higher
	Male	11%	5%	SU/SD statistically higher
Total		10%	5%	SU/SD statistically higher



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

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

**2.08 Percent of students who smoked cigarettes, past 30 days**

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

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

		Rutland NE	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	8%	6%	
	8th	9%	11%	
Sex	Female	8%	7%	
	Male	10%	7%	
Total		9%	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 NE	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	2%	Too few students
	8th	5%	5%	
Sex	Female	.	3%	Too few students
	Male	.	3%	Too few students
Total		4%	3%	

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

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

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

		Rutland NE	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		.	2%	Too few students

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

		Rutland NE	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		6%	4%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	6th	.	3%	Too few students
	7th	.	4%	Too few students
	8th	9%	8%	
Sex	Female	7%	5%	
	Male	8%	6%	SU/SD statistically higher
Total		8%	5%	SU/SD statistically higher

*2 Alcohol, Tobacco, and Other Drug Use***2.15 Percent of smokers who attempted to quit smoking, past 12 months**

		Rutland NE	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 NE	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	11%	5%	SU/SD statistically higher
	8th	10%	11%	
Sex	Female	14%	6%	SU/SD statistically higher
	Male	9%	7%	
Total		11%	7%	SU/SD statistically higher

**2.17 Percent of students who used marijuana by age 11**

		Rutland NE	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 NE	Vermont	Notes
Grade	6th	.	1%	Too few students
	7th	.	3%	Too few students
	8th	7%	6%	
Sex	Female	8%	3%	SU/SD statistically higher
	Male	.	4%	Too few students
Total		6%	4%	SU/SD statistically higher

**2.19 Percent of students who have ever used inhalants**

		Rutland NE	Vermont	Notes
Grade	6th	.	5%	Too few students
	7th	5%	4%	
	8th	7%	6%	
Sex	Female	9%	5%	SU/SD statistically higher
	Male	.	5%	Too few students
Total		6%	5%	

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

		Rutland NE	Vermont	Notes
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	.	4%	Too few students
Sex	Female	7%	3%	SU/SD statistically higher
	Male	.	3%	Too few students
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 NE	Vermont	Notes
Grade	6th	.	24%	Too few students
	7th	32%	28%	
	8th	34%	31%	
Sex	Female	34%	29%	SU/SD statistically higher
	Male	33%	27%	
Total		34%	28%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	6th	.	17%	Too few students
	7th	25%	20%	
	8th	25%	23%	
Sex	Female	26%	22%	SU/SD statistically higher
	Male	26%	19%	
Total		26%	21%	SU/SD statistically higher

### 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 NE	Vermont	Notes
Grade	6th	.	47%	Too few students
	7th	65%	52%	SU/SD statistically higher
	8th	47%	55%	SU/SD statistically lower
Sex	Female	62%	52%	SU/SD statistically higher
	Male	51%	52%	
Total		56%	52%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	6th	.	15%	Too few students
	7th	16%	26%	SU/SD statistically lower
	8th	20%	35%	SU/SD statistically lower
Sex	Female	24%	28%	
	Male	13%	26%	SU/SD statistically lower
Total		19%	27%	SU/SD statistically lower

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

	Rutland NE	Vermont	Notes
15 or less students	9%	16%	SU/SD statistically lower
16 to 25 students	29%	25%	SU/SD statistically higher
26 to 45 students	24%	24%	
46 to 55 students	17%	16%	
56 to 75 students	13%	9%	SU/SD statistically higher
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 NE	Vermont	Notes
Grade	6th	.	96%	Too few students
	7th	97%	96%	
	8th	95%	96%	
Sex	Female	96%	97%	
	Male	95%	96%	
Total		95%	96%	

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

		Rutland NE	Vermont	Notes
Grade	6th	.	92%	Too few students
	7th	86%	92%	SU/SD statistically lower
	8th	90%	90%	
Sex	Female	91%	93%	
	Male	85%	90%	SU/SD statistically lower
Total		88%	91%	SU/SD statistically lower

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

		Rutland NE	Vermont	Notes
Grade	6th	.	96%	Too few students
	7th	93%	95%	
	8th	87%	92%	SU/SD statistically lower
Sex	Female	91%	94%	SU/SD statistically lower
	Male	89%	94%	SU/SD statistically lower
Total		90%	94%	SU/SD statistically lower



### 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 NE	Vermont	Notes
Grade	6th	.	97%	Too few students
	7th	94%	95%	
	8th	90%	92%	
Sex	Female	91%	95%	SU/SD statistically lower
	Male	93%	94%	
Total		92%	94%	SU/SD statistically lower

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

		Rutland NE	Vermont	Notes
Grade	6th	.	94%	Too few students
	7th	88%	90%	
	8th	84%	83%	
Sex	Female	88%	90%	
	Male	84%	87%	
Total		86%	88%	

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

		Rutland NE	Vermont	Notes	
Grade	6th	.	97%	Too few students	
	7th	88%	92%		SU/SD statistically lower
	8th	86%	83%		
Sex	Female	89%	91%	SU/SD statistically lower	
	Male	84%	89%		
Total		86%	90%	SU/SD statistically lower	

### 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 NE	Vermont	Notes
Grade	6th	.	70%	Too few students
	7th	67%	72%	
	8th	70%	72%	
Sex	Female	71%	71%	SU/SD statistically lower
	Male	66%	72%	
Total		68%	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 NE	Vermont	Notes
Grade	6th	.	49%	Too few students
	7th	51%	49%	
	8th	45%	46%	
Sex	Female	47%	49%	
	Male	50%	46%	
Total		48%	48%	

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

		Rutland NE	Vermont	Notes
Grade	6th	.	67%	Too few students
	7th	63%	61%	
	8th	54%	51%	
Sex	Female	60%	60%	
	Male	56%	58%	
Total		58%	59%	

### 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 NE	Vermont	Notes
Grade	6th	.	18%	Too few students
	7th	29%	24%	
	8th	43%	34%	
Sex	Female	36%	25%	SU/SD statistically higher
	Male	37%	29%	SU/SD statistically higher
Total		37%	27%	SU/SD statistically higher

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

		Rutland NE	Vermont	Notes
Grade	6th	.	24%	Too few students
	7th	37%	33%	
	8th	39%	46%	
Sex	Female	41%	35%	SU/SD statistically higher
	Male	36%	37%	
Total		38%	36%	

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

		Rutland NE	Vermont	Notes
Grade	6th	.	6%	Too few students
	7th	11%	12%	
	8th	22%	22%	
Sex	Female	15%	13%	
	Male	20%	16%	
Total		17%	14%	SU/SD statistically higher

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	.	3%	Too few students
	7th	.	4%	Too few students
	8th	10%	8%	
Sex	Female	.	4%	Too few students
	Male	9%	7%	
Total		7%	6%	

**4.02 Percent of students who have ever had oral sex**

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	.	2%	Too few students
	7th	.	3%	Too few students
	8th	6%	9%	
Sex	Female	.	5%	Too few students
	Male	.	6%	Too few students
Total		4%	5%	

## 5 Nutrition and Physical Activity

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

			Rutland NE	Vermont	Notes
Grade	6th	Never	.	4%	Too few students
		1 to 3 times	.	13%	Too few students
		4 to 6 times	.	22%	Too few students
		Everyday	.	61%	Too few students
-----					
	7th	Never	17%	7%	SU/SD statistically higher
		1 to 3 times	24%	16%	SU/SD statistically higher
		4 to 6 times	27%	25%	
		Everyday	32%	51%	SU/SD statistically lower
-----					
	8th	Never	10%	8%	
		1 to 3 times	29%	20%	SU/SD statistically higher
		4 to 6 times	23%	25%	
		Everyday	38%	48%	SU/SD statistically lower
-----					
Sex	Female	Never	15%	8%	SU/SD statistically higher
		1 to 3 times	36%	21%	SU/SD statistically higher
		4 to 6 times	20%	26%	SU/SD statistically lower
		Everyday	29%	45%	SU/SD statistically lower
-----					
	Male	Never	12%	6%	SU/SD statistically higher
		1 to 3 times	19%	13%	SU/SD statistically higher
		4 to 6 times	29%	23%	SU/SD statistically higher
		Everyday	40%	59%	SU/SD statistically lower
-----					
Total		Never	14%	7%	SU/SD statistically higher
		1 to 3 times	27%	17%	SU/SD statistically higher
		4 to 6 times	25%	24%	
		Everyday	35%	52%	SU/SD statistically lower

5 Nutrition and Physical Activity

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

		Rutland NE	Vermont	Notes
Grade	6th	.	45%	Too few students
	7th	39%	41%	
	8th	44%	39%	
Sex	Female	40%	38%	
	Male	42%	44%	
Total		41%	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 NE	Vermont	Notes
Grade	6th	Never	.	8%	Too few students
		1 to 4 days	.	32%	Too few students
		5 to 6 days	.	27%	Too few students
		Everyday	.	33%	Too few students
-----					
	7th	Never	10%	7%	
		1 to 4 days	31%	34%	
		5 to 6 days	27%	28%	
		Everyday	32%	31%	
-----					
	8th	Never	8%	8%	
		1 to 4 days	35%	36%	
		5 to 6 days	29%	27%	
		Everyday	28%	29%	
-----					
Sex	Female	Never	12%	8%	SU/SD statistically higher
		1 to 4 days	43%	39%	
		5 to 6 days	25%	30%	SU/SD statistically lower
		Everyday	21%	23%	
-----					
	Male	Never	7%	8%	
		1 to 4 days	24%	29%	SU/SD statistically lower
		5 to 6 days	30%	25%	SU/SD statistically higher
		Everyday	38%	38%	
-----					
Total		Never	9%	8%	
		1 to 4 days	33%	34%	
		5 to 6 days	28%	27%	
		Everyday	30%	31%	

## 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 NE	Vermont	Notes
Grade	6th	0 days	.	18%	Too few students
		1 to 2 days	.	15%	Too few students
		3 to 4 days	.	19%	Too few students
		Everyday	.	48%	Too few students
-----					
	7th	0 days	29%	30%	
		1 to 2 days	10%	17%	SU/SD statistically lower
		3 to 4 days	12%	17%	SU/SD statistically lower
		Everyday	49%	36%	SU/SD statistically higher
-----					
	8th	0 days	30%	33%	
		1 to 2 days	16%	16%	
		3 to 4 days	7%	16%	SU/SD statistically lower
		Everyday	47%	35%	SU/SD statistically higher
-----					
Sex	Female	0 days	30%	28%	
		1 to 2 days	11%	18%	SU/SD statistically lower
		3 to 4 days	11%	17%	SU/SD statistically lower
		Everyday	47%	38%	SU/SD statistically higher
-----					
	Male	0 days	29%	28%	
		1 to 2 days	14%	15%	
		3 to 4 days	8%	17%	SU/SD statistically lower
		Everyday	48%	40%	SU/SD statistically higher
-----					
Total		0 days	30%	28%	
		1 to 2 days	13%	16%	SU/SD statistically lower
		3 to 4 days	9%	17%	SU/SD statistically lower
		Everyday	48%	39%	SU/SD statistically higher



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

			<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	1 hour or less per day	.	60%	Too few students
		2 to 4 hours per day	.	34%	Too few students
		5 or more hours per day	.	6%	Too few students
-----					
	7th	1 hour or less per day	58%	57%	
		2 to 4 hours per day	38%	37%	
		5 or more hours per day	.	6%	Too few students
-----					
	8th	1 hour or less per day	59%	57%	
		2 to 4 hours per day	38%	37%	
		5 or more hours per day	.	7%	Too few students
-----					
Sex	Female	1 hour or less per day	59%	57%	
		2 to 4 hours per day	36%	37%	
		5 or more hours per day	.	6%	Too few students
-----					
	Male	1 hour or less per day	57%	58%	
		2 to 4 hours per day	38%	35%	
		5 or more hours per day	5%	7%	
-----					
Total	1 hour or less per day		58%	58%	
	2 to 4 hours per day		37%	36%	
	5 or more hours per day		5%	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 NE	Vermont	Notes
Grade	6th	1 hour or less per day	.	55%	Too few students
		2 to 4 hours per day	.	33%	Too few students
		5 or more hours per day	.	12%	Too few students
-----					
	7th	1 hour or less per day	35%	46%	SU/SD statistically lower
		2 to 4 hours per day	46%	40%	SU/SD statistically higher
		5 or more hours per day	19%	14%	SU/SD statistically higher
-----					
	8th	1 hour or less per day	43%	40%	
		2 to 4 hours per day	41%	41%	
		5 or more hours per day	16%	19%	
-----					
Sex	Female	1 hour or less per day	44%	48%	
		2 to 4 hours per day	45%	37%	SU/SD statistically higher
		5 or more hours per day	11%	15%	SU/SD statistically lower
-----					
	Male	1 hour or less per day	34%	44%	SU/SD statistically lower
		2 to 4 hours per day	44%	41%	
		5 or more hours per day	23%	15%	SU/SD statistically higher
-----					
Total		1 hour or less per day	39%	46%	SU/SD statistically lower
		2 to 4 hours per day	44%	39%	SU/SD statistically higher
		5 or more hours per day	17%	15%	

## 5 Nutrition and Physical Activity

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

			Rutland NE	Vermont	Notes
Grade	6th	Never	.	22%	Too few students
		1 to 5 days	.	45%	Too few students
		At least six days	.	33%	Too few students
-----					
	7th	Never	16%	16%	
		1 to 5 days	47%	41%	SU/SD statistically higher
		At least six days	37%	42%	SU/SD statistically lower
-----					
	8th	Never	9%	11%	
		1 to 5 days	34%	34%	
		At least six days	57%	55%	
-----					
Sex	Female	Never	9%	13%	SU/SD statistically lower
		1 to 5 days	42%	41%	
		At least six days	49%	46%	
-----					
	Male	Never	15%	18%	
		1 to 5 days	39%	38%	
		At least six days	46%	44%	
-----					
Total		Never	12%	15%	SU/SD statistically lower
		1 to 5 days	41%	39%	
		At least six days	47%	45%	

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	.	81%	Too few students
	7th	79%	80%	
	8th	67%	78%	SU/SD statistically lower
Sex	Female	72%	80%	SU/SD statistically lower
	Male	72%	79%	SU/SD statistically lower
Total		72%	79%	SU/SD statistically lower

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	.	60%	Too few students
	7th	55%	56%	
	8th	44%	51%	SU/SD statistically lower
Sex	Female	40%	50%	SU/SD statistically lower
	Male	58%	59%	
Total		49%	55%	SU/SD statistically lower

*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**

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	.	69%	Too few students
	7th	55%	62%	SU/SD statistically lower
	8th	51%	59%	SU/SD statistically lower
Sex	Female	44%	62%	SU/SD statistically lower
	Male	60%	64%	
Total		52%	63%	SU/SD statistically lower

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

		<b>Rutland NE</b>	<b>Vermont</b>	<b>Notes</b>
Grade	6th	.	45%	Too few students
	7th	34%	44%	SU/SD statistically lower
	8th	38%	39%	
Sex	Female	28%	42%	SU/SD statistically lower
	Male	44%	43%	
Total		36%	43%	SU/SD statistically lower