

2015 Vermont Youth Risk Behavior Survey Report

Report for Rutland County

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 County. 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.

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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.

In 2015, there was a methodology change in the weighting procedure. From 1993 through 2011, statewide reports included numbers based on a weighted sample of schools, and local-level reports included unweighted numbers. In 2013, due to the high participation from Vermont schools, the switch was made to use all of the student responses in the statewide report, instead of a sample. This allows for direct comparison between county estimates and the statewide estimates, as well as ensure that the estimates are more accurate. You can still compare the local-level report numbers to previous local-level years.

Statistical Comparisons: We note significant differences in the far right column on each table labeled “Notes.” For the 2015 results, we compared the 95 percent confidence intervals separately by grade, gender and year to determine if the percentages for each county were statistically different from the state. If the confidence intervals overlapped, the percentages were not different. In every table it is noted whether this county is statistically different from the state average. However, we encourage you to consider meaningful difference: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

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

A Word of Caution

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

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. We statistically adjust, or weight, the results so that the responses accurately represent all Vermont public school students based on gender, grade, and race/ethnicity. These precautions can reduce some sources of error, but not all.
- **Who's Not Included:** Administrators make every effort to have all students complete the YRBS. However, students who are not at school the day of the survey are not included in the results. Additionally, students who are home schooled, attend independent schools that chose not to participate, or dropped out of school are not included.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** Participating supervisory unions and school districts receive reports of their results comparing them directly to the state. It is natural to also want to know how individual supervisory unions or school districts compare to each other, but we urge caution in making such comparisons because the reasons for the differences may not be simple or easy to identify.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer why they are doing it. We encourage students to analyze their own data and offer insight into the results.

Personal Safety

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

- Physical fighting is a marker for problem behaviors¹ and is associated with serious injury.^{2,3} Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.^{4,5,6}
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,^{7,8} poor academic achievement,⁸ and violent behavior.⁹
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.¹⁰ Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.¹¹
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.¹² Despite this, less than one quarter of bicyclists wear helmets.¹²
- In 2011, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.¹³ Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.¹⁴

Alcohol, Tobacco and Other Drugs

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

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

Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing.

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

Body Image

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

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.³¹ Obesity during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.³² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.³³ Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.²⁰

Nutrition and Physical Activity

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

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

Measures of Youth Assets

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

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

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2015 Vermont Youth Risk Behavior Survey Report

High School Report for Rutland County

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

Demographics

Rutland
Number of Students in Rutland County

Rutland County Total

1182

Sex	Total	%
Missing	8	0%
Female	575	48%
Male	599	50%

Grade	Total	%
Missing	5	0%
9th grade	343	29%
10th grade	348	29%
11th grade	297	25%
12th grade	189	15%

Race / Ethnicity	Total	%
Missing	24	2%
Racial or ethnic minority	141	11%
White non-Hispanic	1017	86%

Mother's Level of Education	Total	%
Missing	10	0%
High school or less	342	28%
Some college	186	15%
College graduate	366	30%
Graduate or professional degree after college	169	14%
Not sure	109	9%

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

Demographics

Vermont
Number of Students in Vermont

Vermont Total

21013

Sex	Total	%
Missing	294	1%
Female	10243	48%
Male	10476	49%

Grade	Total	%
Missing	297	1%
9th grade	5627	26%
10th grade	5586	26%
11th grade	5171	24%
12th grade	4332	20%

Race / Ethnicity	Total	%
Missing	611	2%
Racial or ethnic minority	3197	15%
White non-Hispanic	17205	81%

Mother's Level of Education	Total	%
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	Vermont	Notes
Grade	9th	25%	22%	
	10th	19%	20%	
	11th	12%	17%	County statistically lower
	12th	16%	14%	
Sex	Female	12%	12%	
	Male	25%	24%	
Total		18%	18%	

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

		Rutland	Vermont	Notes
Grade	9th	12%	10%	
	10th	5%	8%	
	11th	7%	6%	
	12th	4%	5%	
Sex	Female	4%	4%	
	Male	11%	10%	
Total		7%	7%	

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

		Rutland	Vermont	Notes
Grade	9th	12%	6%	County statistically higher
	10th	8%	6%	
	11th	4%	4%	
	12th	7%	4%	
Sex	Female	5%	4%	
	Male	10%	6%	County statistically higher
Total		8%	5%	County 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**

		Rutland	Vermont	Notes
Grade	9th	9%	6%	
	10th	6%	7%	
	11th	5%	9%	
	12th	5%	8%	
Sex	Female	3%	4%	
	Male	9%	11%	
Total		6%	8%	

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

		Rutland	Vermont	Notes
Grade	9th	13%	7%	County statistically higher
	10th	11%	6%	County statistically higher
	11th	8%	5%	
	12th	7%	5%	
Sex	Female	13%	7%	County statistically higher
	Male	7%	4%	County statistically higher
Total		10%	6%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	9th	22%	23%	
	10th	16%	18%	
	11th	17%	16%	
	12th	15%	14%	
Sex	Female	22%	23%	
	Male	14%	12%	
Total		18%	18%	

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

		Rutland	Vermont	Notes
Grade	9th	21%	20%	
	10th	19%	17%	
	11th	15%	16%	
	12th	16%	13%	
Sex	Female	24%	23%	
	Male	11%	10%	
Total		18%	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	Vermont	Notes
Grade	9th	12%	13%	
	10th	11%	11%	
	11th	12%	11%	
	12th	11%	10%	
Sex	Female	10%	11%	
	Male	14%	12%	
Total		12%	11%	

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

		Rutland	Vermont	Notes
Grade	9th	20%	20%	
	10th	18%	19%	
	11th	14%	17%	
	12th	17%	14%	
Sex	Female	27%	26%	
	Male	8%	9%	
Total		17%	17%	

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

		Rutland	Vermont	Notes
Grade	9th	23%	24%	
	10th	27%	26%	
	11th	19%	24%	
	12th	24%	24%	
Sex	Female	33%	34%	
	Male	15%	15%	
Total		23%	24%	

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

		Rutland	Vermont	Notes
Grade	9th	13%	13%	
	10th	11%	13%	
	11th	9%	12%	
	12th	16%	10%	County statistically higher
Sex	Female	16%	16%	
	Male	8%	8%	
Total		12%	12%	

1.12 Percent of students who attempted suicide, past 12 months

		Rutland	Vermont	Notes
Grade	9th	7%	7%	
	10th	6%	6%	
	11th	5%	5%	
	12th	7%	5%	
Sex	Female	9%	8%	
	Male	3%	4%	
Total		6%	6%	

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

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

*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	Vermont	Notes
Grade	9th	7%	8%	
	10th	9%	9%	
	11th	8%	9%	
	12th	11%	9%	
Sex	Female	11%	11%	
	Male	7%	7%	
Total		9%	9%	

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

		Rutland	Vermont	Notes
Grade	9th	5%	5%	
	10th	6%	6%	
	11th	7%	7%	
	12th	10%	8%	
Sex	Female	10%	10%	
	Male	4%	3%	
Total		7%	7%	

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

		Rutland	Vermont	Notes
Grade	9th	18%	19%	
	10th	20%	20%	
	11th	17%	20%	
	12th	18%	19%	
Sex	Female	20%	20%	
	Male	17%	19%	
Total		18%	20%	

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

		Rutland	Vermont	Notes
Grade	9th	15%	13%	
	10th	18%	20%	
	11th	26%	26%	
	12th	26%	29%	
Sex	Female	19%	22%	
	Male	23%	22%	
Total		21%	22%	

*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	Vermont	Notes
Grade	9th	.	5%	Too few students
	10th	3%	4%	
	11th	6%	8%	
	12th	9%	9%	
Sex	Female	3%	5%	
	Male	7%	9%	
Total		5%	7%	

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

		Rutland	Vermont	Notes
Grade	9th	7%	8%	
	10th	11%	10%	
	11th	16%	18%	
	12th	18%	20%	
Sex	Female	9%	12%	
	Male	17%	18%	
Total		13%	15%	

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

		Rutland	Vermont	Notes
Grade	9th	12%	10%	
	10th	12%	15%	
	11th	43%	40%	
	12th	58%	50%	
Sex	Female	33%	33%	
	Male	33%	33%	
Total		33%	33%	

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

		Rutland	Vermont	Notes
Grade	9th	62%	48%	County statistically higher
	10th	65%	54%	County statistically higher
	11th	68%	55%	County statistically higher
	12th	62%	56%	
Sex	Female	61%	49%	County statistically higher
	Male	67%	56%	County statistically higher
Total		64%	53%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	9th	60%	63%	
	10th	71%	65%	County statistically higher
	11th	64%	65%	
	12th	73%	67%	
Sex	Female	75%	72%	
	Male	58%	59%	
Total		67%	65%	

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

		Rutland	Vermont	Notes
Grade	9th	.	2%	Too few students
	10th	4%	3%	
	11th	6%	4%	
	12th	9%	6%	
Sex	Female	7%	5%	
	Male	3%	3%	
Total		5%	4%	

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

		Rutland	Vermont	Notes
Grade	9th	33%	37%	
	10th	44%	51%	County statistically lower
	11th	61%	63%	
	12th	67%	71%	
Sex	Female	50%	57%	County statistically lower
	Male	50%	54%	
Total		50%	56%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	13%	14%	
	10th	10%	13%	
	11th	9%	12%	
	12th	9%	10%	
Sex	Female	9%	10%	
	Male	12%	14%	
Total		10%	12%	

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

		Rutland	Vermont	Notes
Grade	9th	16%	17%	
	10th	23%	26%	
	11th	32%	34%	
	12th	44%	42%	
Sex	Female	27%	30%	
	Male	28%	29%	
Total		27%	30%	

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

		Rutland	Vermont	Notes
Grade	9th	7%	8%	
	10th	11%	13%	
	11th	18%	19%	
	12th	27%	24%	
Sex	Female	13%	15%	
	Male	16%	17%	
Total		15%	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	Vermont	Notes
Grade	9th	1 to 2 days	52%	55%	
		3 to 9 days	34%	33%	
		10+ days	15%	11%	

	10th	1 to 2 days	65%	57%	
		3 to 9 days	29%	34%	
		10+ days	.	9%	Too few students

	11th	1 to 2 days	61%	49%	
		3 to 9 days	31%	40%	
		10+ days	8%	11%	

	12th	1 to 2 days	40%	47%	
		3 to 9 days	46%	40%	
		10+ days	14%	13%	

Sex	Female	1 to 2 days	59%	55%	
		3 to 9 days	34%	36%	
		10+ days	8%	9%	

	Male	1 to 2 days	49%	47%	
		3 to 9 days	38%	38%	
		10+ days	12%	15%	

Total		1 to 2 days	54%	51%	
		3 to 9 days	36%	37%	
		10+ days	10%	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	Vermont	Notes
Grade	9th	1 to 2 drinks	44%	49%	
		3 to 4 drinks	28%	19%	
		5 or more drinks	28%	32%	

	10th	1 to 2 drinks	49%	41%	
		3 to 4 drinks	18%	20%	
		5 or more drinks	33%	39%	

	11th	1 to 2 drinks	33%	33%	
		3 to 4 drinks	20%	18%	
		5 or more drinks	47%	49%	

	12th	1 to 2 drinks	29%	32%	
		3 to 4 drinks	13%	19%	
		5 or more drinks	58%	49%	

Sex	Female	1 to 2 drinks	39%	40%	
		3 to 4 drinks	25%	23%	
		5 or more drinks	36%	38%	

	Male	1 to 2 drinks	36%	33%	
		3 to 4 drinks	12%	16%	
		5 or more drinks	52%	52%	

Total	1 to 2 drinks		37%	36%	
	3 to 4 drinks		19%	19%	
	5 or more drinks		44%	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	Vermont	Notes	
Grade	9th	Bought it	.	3%	Too few students	
		Gave someone money	15%	12%		
		Someone gave it to me	32%	36%		
		Took it / some other way	51%	49%		

	10th	Bought it	.	3%	Too few students	
		Gave someone money	15%	18%		
		Someone gave it to me	48%	41%		
		Took it / some other way	35%	37%		

	11th	Bought it	.	4%	Too few students	
		Gave someone money	29%	28%		
		Someone gave it to me	38%	41%		
		Took it / some other way	28%	27%		

	12th	Bought it	.	7%	Too few students	
		Gave someone money	45%	29%		County statistically higher
		Someone gave it to me	38%	43%		
		Took it / some other way	12%	22%		

Sex	Female	Bought it	.	2%	Too few students	
		Gave someone money	31%	24%		
		Someone gave it to me	42%	46%		
		Took it / some other way	27%	28%		

	Male	Bought it	7%	7%		
		Gave someone money	27%	24%		
		Someone gave it to me	37%	35%		
		Took it / some other way	30%	34%		

Total	Bought it		3%	5%		
	Gave someone money		29%	24%		
	Someone gave it to me		39%	40%		
	Took it / some other way		28%	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	Vermont	Notes
Grade	9th	At my home	42%	46%	
		At another persons home	44%	43%	
		At a public place or event	14%	12%	

	10th	At my home	39%	37%	
		At another persons home	56%	53%	
		At a public place or event	.	10%	Too few students

	11th	At my home	27%	32%	
		At another persons home	64%	58%	
		At a public place or event	10%	9%	

	12th	At my home	25%	30%	
		At another persons home	65%	60%	
		At a public place or event	10%	10%	

Sex	Female	At my home	37%	34%	
		At another persons home	56%	58%	
		At a public place or event	7%	8%	

	Male	At my home	26%	34%	
		At another persons home	62%	53%	County statistically higher
		At a public place or event	12%	13%	

Total	At my home		32%	34%	
	At another persons home		59%	55%	
	At a public place or event		10%	10%	

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

		Rutland	Vermont	Notes
Grade	9th	14%	14%	
	10th	16%	18%	
	11th	18%	24%	County statistically lower
	12th	21%	28%	
Sex	Female	15%	19%	County statistically lower
	Male	19%	23%	County statistically lower
Total		17%	21%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	8%	6%	
	10th	5%	6%	
	11th	4%	6%	
	12th	7%	6%	
Sex	Female	5%	5%	
	Male	7%	7%	
Total		6%	6%	

2.11 Percent of students who smoked cigarettes, past 30 days

		Rutland	Vermont	Notes
Grade	9th	8%	7%	
	10th	6%	9%	
	11th	8%	12%	
	12th	8%	14%	County statistically lower
Sex	Female	7%	10%	County statistically lower
	Male	9%	12%	County statistically lower
Total		8%	11%	County statistically lower

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

			Rutland	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		32%	29%	
	3 to 9 days		22%	22%	
	10+ days		46%	49%	

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	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%	44%	
	2 to 10 cigarettes		47%	44%	
	11 or more cigarettes		9%	12%	

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	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	33%	29%	
		Borrowed/bummed them	41%	39%	
		Took them / some other way	22%	22%	

*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	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		52%	42%	

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

		Rutland	Vermont	Notes
Grade	9th	20%	18%	
	10th	26%	28%	
	11th	37%	35%	
	12th	39%	39%	
Sex	Female	29%	27%	
	Male	31%	33%	
Total		30%	30%	

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

		Rutland	Vermont	Notes
Grade	9th	12%	10%	
	10th	12%	14%	
	11th	17%	17%	
	12th	19%	19%	
Sex	Female	12%	13%	
	Male	17%	18%	
Total		15%	15%	

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

		Rutland	Vermont	Notes
Grade	9th	16%	15%	
	10th	17%	21%	
	11th	25%	29%	
	12th	30%	32%	
Sex	Female	17%	20%	
	Male	25%	28%	
Total		21%	24%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	8%	6%	
	10th	5%	5%	
	11th	4%	6%	
	12th	5%	5%	
Sex	Female	5%	4%	
	Male	6%	7%	
Total		6%	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**

		Rutland	Vermont	Notes
Grade	9th	5%	5%	
	10th	3%	6%	County statistically lower
	11th	4%	8%	
	12th	7%	8%	
Sex	Female	2%	3%	
	Male	7%	11%	County statistically lower
Total		5%	7%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	7%	5%	
	10th	7%	8%	
	11th	11%	12%	
	12th	21%	16%	
Sex	Female	5%	6%	
	Male	16%	14%	
Total		11%	10%	

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

		Rutland	Vermont	Notes
Grade	9th	12%	11%	
	10th	11%	15%	
	11th	16%	21%	
	12th	24%	25%	
Sex	Female	10%	13%	
	Male	20%	23%	
Total		15%	18%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	17%	16%	
	10th	17%	22%	
	11th	25%	28%	
	12th	29%	32%	
Sex	Female	18%	20%	
	Male	25%	29%	
Total		21%	25%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	21%	22%	
	10th	27%	32%	County statistically lower
	11th	43%	44%	
	12th	48%	49%	
Sex	Female	31%	36%	County statistically lower
	Male	36%	38%	
Total		34%	37%	County statistically lower

2.25 Percent of students who used marijuana before age 13

		Rutland	Vermont	Notes
Grade	9th	7%	6%	
	10th	5%	6%	
	11th	5%	7%	
	12th	6%	6%	
Sex	Female	5%	5%	
	Male	7%	8%	
Total		6%	6%	

2.26 Percent of students who used marijuana, past 30 days

		Rutland	Vermont	Notes
Grade	9th	13%	13%	
	10th	17%	20%	
	11th	28%	27%	
	12th	26%	29%	
Sex	Female	18%	21%	
	Male	23%	24%	
Total		21%	22%	

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	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	33%	32%	
		3 to 9 times	21%	26%	
		10+ times	46%	42%	

	11th	1 to 2 times	28%	30%	
		3 to 9 times	29%	24%	
		10+ times	43%	46%	

	12th	1 to 2 times	36%	29%	
		3 to 9 times	20%	23%	
		10+ times	44%	48%	

Sex	Female	1 to 2 times	43%	37%	
		3 to 9 times	23%	26%	
		10+ times	34%	37%	

	Male	1 to 2 times	24%	26%	
		3 to 9 times	23%	23%	
		10+ times	53%	52%	

Total		1 to 2 times	32%	31%	
		3 to 9 times	23%	24%	
		10+ times	45%	45%	

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

		Rutland	Vermont	Notes
Grade	9th	8%	8%	
	10th	8%	10%	
	11th	8%	13%	County statistically lower
	12th	12%	14%	
Sex	Female	9%	11%	
	Male	8%	12%	County statistically lower
Total		9%	11%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	4%	4%	
	10th	3%	4%	
	11th	4%	5%	
	12th	4%	6%	
Sex	Female	3%	4%	
	Male	4%	5%	
Total		4%	5%	

2.30 Percent of students who ever used cocaine

		Rutland	Vermont	Notes
Grade	9th	4%	3%	
	10th	2%	4%	
	11th	4%	5%	
	12th	5%	7%	
Sex	Female	3%	4%	
	Male	5%	6%	
Total		4%	5%	

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

		Rutland	Vermont	Notes
Grade	9th	6%	7%	
	10th	4%	6%	
	11th	4%	7%	
	12th	5%	5%	
Sex	Female	4%	6%	
	Male	5%	7%	
Total		5%	7%	County statistically lower

2.32 Percent of students who ever used methamphetamines

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

2.33 Percent of students who ever used heroin

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

		Rutland	Vermont	Notes
Grade	9th	39%	34%	
	10th	37%	36%	
	11th	39%	39%	
	12th	44%	38%	
Sex	Female	39%	37%	
	Male	41%	37%	
Total		40%	37%	

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

		Rutland	Vermont	Notes
Grade	9th	30%	25%	
	10th	32%	27%	
	11th	30%	28%	
	12th	27%	28%	
Sex	Female	29%	28%	
	Male	31%	27%	
Total		30%	27%	

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	Vermont	Notes
Grade	9th	Never or rarely	24%	19%	County statistically higher
		Sometimes	30%	27%	
		At least most of the time	46%	54%	County statistically lower

	10th	Never or rarely	18%	19%	County statistically higher
		Sometimes	34%	27%	
		At least most of the time	49%	53%	

	11th	Never or rarely	19%	21%	
		Sometimes	29%	28%	
		At least most of the time	52%	52%	

	12th	Never or rarely	31%	22%	County statistically higher
		Sometimes	23%	28%	
		At least most of the time	47%	50%	

Sex	Female	Never or rarely	18%	19%	
		Sometimes	30%	28%	
		At least most of the time	52%	53%	

	Male	Never or rarely	27%	22%	County statistically higher
		Sometimes	28%	26%	
		At least most of the time	45%	51%	County statistically lower

Total	Never or rarely		23%	21%	County statistically lower
	Sometimes		29%	27%	
	At least most of the time		48%	52%	

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

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

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

	Rutland	Vermont	Notes
15 or less students	18%	19%	
16 to 25 students	29%	29%	
26 to 45 students	27%	24%	
46 to 55 students	15%	14%	
56 to 75 students	6%	8%	
76 or more students	6%	7%	

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

	Rutland	Vermont	Notes
15 or less students	9%	8%	
16 to 25 students	13%	13%	
26 to 45 students	22%	21%	
46 to 55 students	20%	21%	
56 to 75 students	18%	20%	
76 or more students	18%	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	Vermont	Notes
Grade	9th	94%	94%	
	10th	92%	93%	
	11th	92%	92%	
	12th	87%	87%	
Sex	Female	94%	93%	
	Male	90%	90%	
Total		92%	91%	

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

		Rutland	Vermont	Notes
Grade	9th	84%	84%	
	10th	77%	78%	
	11th	73%	70%	
	12th	61%	57%	
Sex	Female	78%	74%	
	Male	72%	70%	
Total		75%	72%	

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

		Rutland	Vermont	Notes
Grade	9th	87%	87%	
	10th	82%	82%	
	11th	80%	78%	
	12th	75%	74%	
Sex	Female	84%	82%	
	Male	79%	79%	
Total		81%	80%	

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	Vermont	Notes
Grade	9th	86%	87%	
	10th	85%	84%	
	11th	77%	77%	
	12th	61%	67%	
Sex	Female	83%	80%	
	Male	74%	77%	
Total		79%	78%	

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

		Rutland	Vermont	Notes
Grade	9th	74%	70%	
	10th	62%	58%	
	11th	51%	47%	
	12th	40%	38%	
Sex	Female	59%	54%	County statistically higher
	Male	57%	53%	
Total		58%	53%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	9th	71%	70%	
	10th	66%	59%	County statistically higher
	11th	53%	51%	
	12th	44%	44%	
Sex	Female	62%	57%	
	Male	58%	55%	
Total		60%	56%	County statistically higher

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

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

		Rutland	Vermont	Notes
Grade	9th	61%	62%	
	10th	64%	66%	
	11th	60%	66%	
	12th	54%	66%	County statistically lower
Sex	Female	63%	67%	
	Male	58%	63%	County statistically lower
Total		60%	65%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	42%	42%	
	10th	42%	40%	
	11th	34%	36%	
	12th	40%	35%	
Sex	Female	45%	43%	
	Male	34%	33%	
Total		39%	38%	

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

		Rutland	Vermont	Notes
Grade	9th	36%	35%	
	10th	29%	29%	
	11th	20%	22%	
	12th	23%	21%	
Sex	Female	31%	30%	
	Male	23%	24%	
Total		27%	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	Vermont	Notes
Grade	9th	46%	44%	
	10th	53%	55%	
	11th	67%	64%	
	12th	78%	80%	
Sex	Female	53%	57%	
	Male	66%	64%	
Total		60%	61%	

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

		Rutland	Vermont	Notes
Grade	9th	59%	60%	
	10th	64%	68%	
	11th	75%	74%	
	12th	73%	75%	
Sex	Female	67%	71%	
	Male	68%	68%	
Total		67%	69%	

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

		Rutland	Vermont	Notes
Grade	9th	44%	46%	
	10th	56%	60%	
	11th	74%	69%	
	12th	71%	74%	
Sex	Female	56%	60%	
	Male	65%	65%	
Total		61%	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	Vermont	Notes
Grade	9th	37%	44%	County statistically lower
	10th	40%	50%	County statistically lower
	11th	50%	57%	
	12th	57%	60%	
Sex	Female	52%	56%	
	Male	38%	50%	County statistically lower
Total		45%	53%	County 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	Vermont	Notes
Grade	9th	41%	36%	
	10th	25%	30%	
	11th	26%	27%	
	12th	30%	24%	
Sex	Female	29%	29%	
	Male	32%	29%	
Total		31%	29%	

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

		Rutland	Vermont	Notes
Grade	9th	14%	15%	
	10th	15%	19%	
	11th	15%	20%	
	12th	17%	18%	
Sex	Female	11%	15%	County statistically lower
	Male	19%	21%	
Total		15%	18%	County statistically lower

*4 Sexual Behavior and Orientation***4.01 Sexual orientation**

			Rutland	Vermont	Notes
Grade	9th	Heterosexual (straight)	85%	88%	
		Gay or lesbian	2%	2%	
		Bisexual	7%	6%	
		Not sure	7%	5%	

	10th	Heterosexual (straight)	89%	89%	
		Gay or lesbian	.	2%	Too few students
		Bisexual	7%	6%	
		Not sure	3%	4%	

	11th	Heterosexual (straight)	91%	88%	
		Gay or lesbian	3%	2%	
		Bisexual	5%	6%	
		Not sure	2%	4%	

	12th	Heterosexual (straight)	87%	88%	
		Gay or lesbian	3%	2%	
		Bisexual	7%	6%	
		Not sure	3%	4%	

Sex	Female	Heterosexual (straight)	83%	84%	
		Gay or lesbian	2%	2%	
		Bisexual	10%	10%	
		Not sure	5%	5%	

	Male	Heterosexual (straight)	92%	92%	
		Gay or lesbian	2%	2%	
		Bisexual	3%	3%	
		Not sure	3%	4%	

Total		Heterosexual (straight)	88%	88%	
		Gay or lesbian	2%	2%	
		Bisexual	6%	6%	
		Not sure	4%	4%	

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

		Rutland	Vermont	Notes
Grade	9th	16%	18%	
	10th	30%	33%	
	11th	52%	49%	
	12th	64%	62%	
Sex	Female	37%	40%	
	Male	40%	41%	
Total		39%	41%	

4.03 Percent of students who have ever had oral sex

		Rutland	Vermont	Notes
Grade	9th	19%	21%	
	10th	35%	37%	
	11th	52%	50%	
	12th	62%	60%	
Sex	Female	40%	41%	
	Male	41%	42%	
Total		40%	42%	

4.04 Percent of students who had sexual intercourse before age 13

		Rutland	Vermont	Notes
Grade	9th	3%	3%	
	10th	4%	3%	
	11th	2%	3%	
	12th	4%	4%	
Sex	Female	2%	2%	
	Male	4%	4%	
Total		3%	3%	

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

		Rutland	Vermont	Notes
Grade	9th	4%	3%	
	10th	5%	6%	
	11th	10%	11%	
	12th	21%	19%	
Sex	Female	9%	9%	
	Male	9%	10%	
Total		9%	10%	

4.06 Percent of students who have ever been tested for HIV

		Rutland	Vermont	Notes
Grade	9th	8%	7%	
	10th	6%	8%	
	11th	8%	12%	
	12th	11%	14%	
Sex	Female	8%	11%	County statistically lower
	Male	8%	9%	
Total		8%	10%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	10%	12%	
	10th	23%	24%	
	11th	44%	38%	
	12th	53%	49%	
Sex	Female	32%	33%	
	Male	30%	30%	
Total		31%	31%	

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

		Rutland	Vermont	Notes
Grade	9th	.	18%	Too few students
	10th	16%	19%	
	11th	10%	18%	County statistically lower
	12th	21%	18%	
Sex	Female	11%	15%	
	Male	21%	22%	
Total		16%	19%	

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

		Rutland	Vermont	Notes
Grade	9th	.	65%	Too few students
	10th	77%	65%	
	11th	60%	58%	
	12th	50%	54%	
Sex	Female	56%	55%	
	Male	65%	62%	
Total		60%	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	Vermont	Notes
Grade	9th	.	28%	Too few students
	10th	29%	39%	
	11th	48%	49%	
	12th	51%	54%	
Sex	Female	47%	55%	
	Male	38%	38%	
Total		43%	47%	

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

		Rutland	Vermont	Notes
Grade	9th	.	80%	Too few students
	10th	88%	87%	
	11th	88%	88%	
	12th	82%	87%	
Sex	Female	81%	88%	County statistically lower
	Male	88%	86%	
Total		85%	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	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	20%	28%	
		Condoms	59%	46%	County statistically higher
		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	7%	6%	
		Birth control pills	41%	37%	
		Condoms	40%	37%	
		IUD or implant	5%	7%	
		Shot/patch/birth control ring	.	6%	Too few students
		Withdrawal/other method	5%	6%	
		Not sure	.	1%	Too few students

	12th	No method was used	10%	7%	
		Birth control pills	40%	40%	
		Condoms	30%	32%	
		IUD or implant	6%	7%	
		Shot/patch/birth control ring	5%	7%	
		Withdrawal/other method	7%	6%	
		Not sure	.	2%	Too few students

4 Sexual Behavior and Orientation

			Rutland	Vermont	Notes
Sex	Female	No method was used	11%	7%	
		Birth control pills	37%	39%	
		Condoms	34%	31%	
		IUD or implant	6%	8%	
		Shot/patch/birth control ring	3%	8%	County statistically lower
		Withdrawal/other method	7%	5%	
		Not sure	.	1%	Too few students

	Male	No method was used	5%	7%	
		Birth control pills	30%	30%	
		Condoms	48%	45%	
		IUD or implant	5%	4%	
		Shot/patch/birth control ring	.	4%	Too few students
		Withdrawal/other method	7%	7%	
		Not sure	.	3%	Too few students

Total		No method was used	8%	7%	
		Birth control pills	34%	35%	
		Condoms	41%	38%	
		IUD or implant	6%	6%	
		Shot/patch/birth control ring	3%	6%	County statistically lower
		Withdrawal/other method	7%	6%	
		Not sure	2%	2%	

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	Vermont	Notes
Sex	Female	Have not had sex	49%	45%	
		Same sex	2%	1%	
		Opposite sex	42%	46%	
		Both sexes	7%	7%	

	Male	Have not had sex	47%	43%	
		Same sex	1%	1%	
		Opposite sex	51%	53%	
		Both sexes	2%	2%	
<hr/>					
Total	Have not had sex		48%	44%	County statistically higher
	Same sex		1%	1%	
	Opposite sex		47%	50%	
	Both sexes		4%	5%	
<hr/>					

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

		Rutland	Vermont	Notes
Grade	9th	22%	15%	County statistically higher
	10th	19%	14%	County statistically higher
	11th	16%	14%	
	12th	15%	13%	
Sex	Female	19%	14%	County statistically higher
	Male	17%	14%	
Total		18%	14%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	9th	15%	12%	
	10th	14%	13%	
	11th	15%	12%	
	12th	19%	12%	County statistically higher
Sex	Female	11%	9%	
	Male	20%	16%	
Total		15%	12%	County 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	Vermont	Notes
Grade	9th	Underweight	14%	15%	
		About the right weight	54%	56%	
		Overweight	32%	29%	

	10th	Underweight	15%	13%	
		About the right weight	53%	55%	
		Overweight	32%	32%	

	11th	Underweight	13%	13%	
		About the right weight	53%	55%	
		Overweight	35%	31%	

	12th	Underweight	9%	13%	
		About the right weight	53%	55%	
		Overweight	38%	32%	

Sex	Female	Underweight	9%	10%	
		About the right weight	50%	54%	
		Overweight	41%	36%	County statistically higher

	Male	Underweight	17%	17%	
		About the right weight	56%	57%	
		Overweight	27%	26%	

Total	Underweight		13%	14%	
	About the right weight		53%	55%	
	Overweight		34%	31%	

5 Body Image

5.04 Students who are trying to do something about their weight

			Rutland	Vermont	Notes
Grade	9th	Lose weight	47%	41%	County statistically higher
		Gain weight	11%	12%	
		Stay the same weight /do nothing	42%	47%	

	10th	Lose weight	47%	43%	
		Gain weight	11%	13%	
		Stay the same weight /do nothing	42%	44%	

	11th	Lose weight	45%	42%	
		Gain weight	15%	14%	
		Stay the same weight /do nothing	40%	44%	

	12th	Lose weight	49%	42%	
		Gain weight	17%	15%	
		Stay the same weight /do nothing	35%	42%	

Sex	Female	Lose weight	61%	56%	County statistically higher
		Gain weight	2%	4%	
		Stay the same weight /do nothing	37%	40%	

	Male	Lose weight	33%	28%	County statistically higher
		Gain weight	23%	23%	
		Stay the same weight /do nothing	44%	49%	County statistically lower

Total		Lose weight	47%	42%	County statistically higher
		Gain weight	13%	14%	
		Stay the same weight /do nothing	40%	44%	County statistically lower

*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	Vermont	Notes
Grade	9th	Less than 1 hour	14%	14%	
		1 to 2 hours	32%	36%	
		3 to 4 hours	33%	33%	
		5+ hours	21%	18%	

	10th	Less than 1 hour	11%	14%	
		1 to 2 hours	31%	36%	
		3 to 4 hours	38%	32%	County statistically higher
		5+ hours	20%	18%	

	11th	Less than 1 hour	16%	15%	
		1 to 2 hours	39%	38%	
		3 to 4 hours	28%	32%	
		5+ hours	17%	16%	

	12th	Less than 1 hour	14%	16%	
		1 to 2 hours	35%	36%	
		3 to 4 hours	34%	32%	
		5+ hours	17%	17%	

Sex	Female	Less than 1 hour	14%	15%	
		1 to 2 hours	36%	37%	
		3 to 4 hours	33%	32%	
		5+ hours	17%	16%	

	Male	Less than 1 hour	14%	14%	
		1 to 2 hours	33%	36%	
		3 to 4 hours	33%	32%	
		5+ hours	20%	18%	

Total	Less than 1 hour		14%	15%	
	1 to 2 hours		34%	36%	
	3 to 4 hours		33%	32%	
	5+ hours		19%	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	Vermont	Notes
Grade	9th	0 days	11%	11%	
		1 to 2 days	14%	16%	
		3 to 6 days	44%	47%	
		Everyday	30%	25%	

	10th	0 days	15%	13%	
		1 to 2 days	14%	15%	
		3 to 6 days	44%	47%	
		Everyday	28%	24%	

	11th	0 days	16%	15%	
		1 to 2 days	13%	17%	
		3 to 6 days	46%	45%	
		Everyday	24%	22%	

	12th	0 days	19%	17%	
		1 to 2 days	16%	18%	
		3 to 6 days	41%	44%	
		Everyday	24%	21%	

Sex	Female	0 days	18%	17%	
		1 to 2 days	17%	20%	
		3 to 6 days	46%	48%	
		Everyday	19%	16%	County statistically higher

	Male	0 days	12%	12%	
		1 to 2 days	12%	14%	
		3 to 6 days	42%	44%	
		Everyday	34%	30%	

Total		0 days	15%	14%	
		1 to 2 days	14%	17%	
		3 to 6 days	44%	46%	
		Everyday	27%	23%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	9th	17%	23%	County statistically lower
	10th	17%	23%	County statistically lower
	11th	20%	23%	
	12th	24%	24%	
Sex	Female	17%	22%	County statistically lower
	Male	22%	25%	
Total		19%	24%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	28%	34%	
	10th	30%	34%	
	11th	27%	34%	County statistically lower
	12th	33%	35%	
Sex	Female	26%	33%	County statistically lower
	Male	32%	35%	
Total		29%	34%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	12%	17%	County statistically lower
	10th	13%	17%	
	11th	16%	18%	
	12th	16%	19%	
Sex	Female	13%	17%	County statistically lower
	Male	16%	19%	
Total		14%	18%	County 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**

		Rutland	Vermont	Notes
Grade	9th	8%	5%	County statistically higher
	10th	5%	4%	
	11th	5%	4%	
	12th	5%	4%	
Sex	Female	4%	3%	County statistically higher
	Male	8%	5%	
Total		6%	4%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	9th	7%	5%	
	10th	3%	4%	
	11th	5%	4%	
	12th	4%	4%	
Sex	Female	4%	3%	
	Male	6%	6%	
Total		5%	4%	

6 Nutrition and Physical Activity

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

			Rutland	Vermont	Notes
Grade	9th	Never	17%	11%	County statistically higher
		1 to 3 days	33%	25%	County statistically higher
		4 to 6 days	16%	22%	County statistically lower
		Everyday	34%	42%	County statistically lower

	10th	Never	10%	11%	
		1 to 3 days	28%	24%	
		4 to 6 days	27%	24%	
		Everyday	36%	41%	

	11th	Never	11%	10%	
		1 to 3 days	24%	25%	
		4 to 6 days	26%	24%	
		Everyday	39%	40%	

	12th	Never	9%	11%	
		1 to 3 days	27%	25%	
		4 to 6 days	23%	25%	
		Everyday	41%	39%	

Sex	Female	Never	14%	11%	County statistically higher
		1 to 3 days	28%	27%	
		4 to 6 days	23%	24%	
		Everyday	35%	38%	

	Male	Never	10%	11%	
		1 to 3 days	28%	23%	County statistically higher
		4 to 6 days	23%	23%	
		Everyday	39%	43%	

Total		Never	12%	11%	
		1 to 3 days	28%	25%	County statistically higher
		4 to 6 days	23%	24%	
		Everyday	37%	40%	County statistically lower

6 Nutrition and Physical Activity

6.09 The number of glasses of water students drank yesterday

			Rutland	Vermont	Notes
Grade	9th	None	10%	9%	
		1 to 3 glasses	58%	60%	
		4+ glasses	32%	32%	

	10th	None	8%	8%	
		1 to 3 glasses	57%	58%	
		4+ glasses	35%	34%	

	11th	None	10%	8%	
		1 to 3 glasses	66%	60%	
		4+ glasses	24%	32%	County statistically lower

	12th	None	11%	9%	
		1 to 3 glasses	59%	57%	
		4+ glasses	30%	34%	

Sex	Female	None	8%	8%	
		1 to 3 glasses	63%	62%	
		4+ glasses	29%	31%	

	Male	None	12%	9%	
		1 to 3 glasses	57%	56%	
		4+ glasses	31%	35%	

Total	None		10%	9%	
	1 to 3 glasses		60%	59%	
	4+ glasses		30%	33%	

6 Nutrition and Physical Activity

6.10 Amount of soda students drank during the past 7 days

			Rutland	Vermont	Notes
Grade	9th	None	28%	32%	
		At least once during the past week	58%	54%	
		At least once per day	14%	14%	

	10th	None	31%	33%	
		At least once during the past week	52%	53%	
		At least once per day	17%	14%	

	11th	None	30%	33%	
		At least once during the past week	50%	51%	
		At least once per day	20%	15%	

	12th	None	31%	36%	
		At least once during the past week	49%	49%	
		At least once per day	20%	15%	

Sex	Female	None	38%	42%	
		At least once during the past week	49%	48%	
		At least once per day	13%	9%	County statistically higher

	Male	None	22%	25%	
		At least once during the past week	56%	55%	
		At least once per day	22%	20%	

Total	None		30%	33%	County statistically lower
	At least once during the past week		53%	52%	
	At least once per day		18%	15%	County statistically higher

6 Nutrition and Physical Activity

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

			Rutland	Vermont	Notes
Grade	9th	None	26%	25%	
		At least once during the past week	59%	61%	
		At least once per day	15%	14%	

	10th	None	20%	25%	
		At least once during the past week	62%	59%	
		At least once per day	18%	15%	

	11th	None	18%	26%	County statistically lower
		At least once during the past week	64%	59%	
		At least once per day	18%	16%	

	12th	None	29%	29%	
		At least once during the past week	51%	57%	
		At least once per day	21%	15%	

Sex	Female	None	26%	30%	County statistically lower
		At least once during the past week	60%	59%	
		At least once per day	14%	11%	County statistically higher

	Male	None	20%	22%	
		At least once during the past week	59%	58%	
		At least once per day	21%	19%	

Total		None	23%	26%	County statistically lower
		At least once during the past week	60%	59%	
		At least once per day	18%	15%	County statistically higher

7 Youth Assets

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

			Rutland	Vermont	Notes
Grade	9th	Mostly As or Bs	72%	76%	
		Mostly Cs	17%	13%	
		Mostly Ds or Fs	3%	4%	
		Other / Not sure	8%	7%	

	10th	Mostly As or Bs	77%	77%	
		Mostly Cs	13%	14%	
		Mostly Ds or Fs	4%	4%	
		Other / Not sure	6%	5%	

	11th	Mostly As or Bs	83%	80%	
		Mostly Cs	11%	13%	
		Mostly Ds or Fs	3%	3%	
		Other / Not sure	3%	4%	

	12th	Mostly As or Bs	84%	83%	
		Mostly Cs	10%	11%	
		Mostly Ds or Fs	.	2%	Too few students
		Other / Not sure	3%	4%	

Sex	Female	Mostly As or Bs	85%	84%	
		Mostly Cs	8%	9%	
		Mostly Ds or Fs	3%	3%	
		Other / Not sure	5%	4%	

	Male	Mostly As or Bs	73%	74%	
		Mostly Cs	17%	16%	
		Mostly Ds or Fs	3%	4%	
		Other / Not sure	6%	6%	

Total		Mostly As or Bs	79%	79%	
		Mostly Cs	13%	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	Vermont	Notes
Grade	9th	0 hours	34%	32%	
		1 to 4 hours	30%	30%	
		5 to 9 hours	17%	17%	
		10 or more hours	18%	21%	
	10th	0 hours	27%	32%	
		1 to 4 hours	31%	28%	
		5 to 9 hours	14%	16%	
		10 or more hours	28%	24%	
	11th	0 hours	31%	32%	
		1 to 4 hours	29%	27%	
		5 to 9 hours	15%	16%	
		10 or more hours	26%	25%	
	12th	0 hours	24%	32%	County statistically lower
		1 to 4 hours	27%	26%	
		5 to 9 hours	16%	16%	
		10 or more hours	33%	27%	
Sex	Female	0 hours	26%	31%	County statistically lower
		1 to 4 hours	31%	29%	
		5 to 9 hours	17%	16%	
		10 or more hours	27%	24%	
	Male	0 hours	33%	33%	
		1 to 4 hours	28%	27%	
		5 to 9 hours	14%	16%	
		10 or more hours	25%	24%	
Total		0 hours	30%	32%	
		1 to 4 hours	30%	28%	
		5 to 9 hours	15%	16%	
		10 or more hours	26%	24%	

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

		Rutland	Vermont	Notes
Grade	9th	70%	78%	County statistically lower
	10th	78%	77%	
	11th	77%	77%	
	12th	74%	75%	
Sex	Female	79%	77%	County statistically lower
	Male	71%	76%	
Total		75%	76%	

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

		Rutland	Vermont	Notes
Grade	9th	42%	49%	County statistically lower
	10th	45%	48%	
	11th	47%	50%	
	12th	54%	54%	
Sex	Female	44%	47%	County statistically lower
	Male	50%	54%	
Total		47%	50%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	56%	59%	
	10th	52%	57%	
	11th	63%	64%	
	12th	64%	69%	
Sex	Female	58%	60%	
	Male	59%	64%	
Total		58%	62%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	9th	47%	50%	
	10th	43%	46%	
	11th	52%	46%	
	12th	48%	49%	
Sex	Female	46%	48%	
	Male	49%	48%	
Total		48%	48%	

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

		Rutland	Vermont	Notes
Grade	9th	71%	75%	
	10th	80%	80%	
	11th	82%	83%	
	12th	85%	84%	
Sex	Female	81%	83%	
	Male	78%	78%	
Total		79%	80%	

2015 Vermont Youth Risk Behavior Survey Report

Middle School Report for Rutland County

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

Demographics

Rutland
Number of Middle School Students in Rutland County

Rutland County Total

1033

Sex	Total	%
Missing	8	0%
Female	512	49%
Male	513	49%

Grade	Total	%
Missing	8	0%
6th grade	138	13%
7th grade	426	41%
8th grade	461	44%

Age	Total	%
Missing	7	0%
11 years or younger	61	5%
12 years	264	25%
13 years	432	41%
14 years or older	269	26%

Race / Ethnicity	Total	%
Missing	66	6%
Racial or ethnic minority	161	15%
White non-Hispanic	806	78%

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

Demographics

Vermont
Number of Middle School Students in Vermont

Vermont Total

13648

Sex	Total	%
Missing	96	0%
Female	6713	49%
Male	6839	50%

Grade	Total	%
Missing	86	0%
6th grade	2899	21%
7th grade	5337	39%
8th grade	5326	39%

Age	Total	%
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	%
Missing	926	6%
Racial or ethnic 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	Vermont	Notes
Grade	6th	48%	42%	
	7th	46%	41%	
	8th	44%	44%	
Sex	Female	31%	28%	
	Male	59%	57%	
Total		46%	43%	

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

		Rutland	Vermont	Notes
Grade	6th	34%	24%	County statistically higher
	7th	34%	25%	County statistically higher
	8th	29%	22%	County statistically higher
Sex	Female	43%	30%	County statistically higher
	Male	22%	18%	
Total		32%	24%	County 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	Vermont	Notes
Grade	6th	28%	21%	
	7th	36%	26%	County statistically higher
	8th	32%	28%	
Sex	Female	48%	36%	County statistically higher
	Male	19%	16%	
Total		33%	26%	County statistically higher

1.04 Percent of students who were ever bullied at school

		Rutland	Vermont	Notes
Grade	6th	55%	46%	
	7th	58%	48%	County statistically higher
	8th	47%	45%	
Sex	Female	64%	53%	County statistically higher
	Male	41%	40%	
Total		53%	46%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	6th	11%	8%	
	7th	13%	9%	
	8th	11%	11%	
Sex	Female	12%	10%	
	Male	11%	9%	
Total		12%	10%	

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

		Rutland	Vermont	Notes
Grade	6th	4%	8%	County statistically higher
	7th	11%	7%	
	8th	8%	7%	
Sex	Female	11%	9%	
	Male	6%	6%	
Total		9%	7%	

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

		Rutland	Vermont	Notes
Grade	6th	21%	17%	County statistically higher
	7th	25%	19%	
	8th	25%	22%	
Sex	Female	35%	27%	County statistically higher
	Male	15%	13%	
Total		25%	20%	County statistically higher

1.08 Percent of students who ever seriously thought about suicide

		Rutland	Vermont	Notes
Grade	6th	19%	14%	
	7th	19%	16%	
	8th	26%	22%	
Sex	Female	33%	23%	County statistically higher
	Male	12%	12%	
Total		22%	18%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	6th	6%	9%	
	7th	13%	11%	
	8th	17%	15%	
Sex	Female	22%	16%	County statistically higher
	Male	6%	8%	
Total		14%	12%	

1.10 Percent of students who ever attempted suicide

		Rutland	Vermont	Notes
Grade	6th	.	5%	Too few students
	7th	7%	5%	
	8th	9%	8%	
Sex	Female	12%	8%	
	Male	4%	3%	
Total		8%	6%	

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

		Rutland	Vermont	Notes
Grade	6th	57%	51%	
	7th	54%	55%	
	8th	52%	56%	
Sex	Female	59%	58%	
	Male	49%	51%	
Total		54%	54%	

1 Personal Safety

1.12 Bicycle helmet use among those who rode a bicycle in the past 12 months

			Rutland	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	31%	26%	
		Sometimes wear a helmet	19%	15%	
		Most of the time / always wear a helmet	50%	59%	
<hr/>					
	7th	Never / rarely wear a helmet	43%	31%	County statistically higher
		Sometimes wear a helmet	17%	16%	
		Most of the time / always wear a helmet	40%	52%	County statistically lower
<hr/>					
	8th	Never / rarely wear a helmet	50%	41%	County statistically higher
		Sometimes wear a helmet	16%	15%	
		Most of the time / always wear a helmet	34%	43%	County statistically lower
<hr/>					
Sex	Female	Never / rarely wear a helmet	40%	31%	County statistically higher
		Sometimes wear a helmet	17%	17%	
		Most of the time / always wear a helmet	44%	52%	County statistically lower
<hr/>					
	Male	Never / rarely wear a helmet	49%	36%	County statistically higher
		Sometimes wear a helmet	17%	14%	
		Most of the time / always wear a helmet	34%	49%	County statistically lower
<hr/>					
Total		Never / rarely wear a helmet	45%	34%	County statistically higher
		Sometimes wear a helmet	17%	16%	
		Most of the time / always wear a helmet	39%	51%	County statistically lower

1 Personal Safety

1.13 Helmet use while rollerblading or skateboarding (of those students who rollerbladed or skateboarded)

			Rutland	Vermont	Notes
Grade	6th	Never / rarely wear a helmet	47%	31%	County statistically higher
		Sometimes wear a helmet	11%	11%	
		Most of the time / always wear a helmet	42%	58%	County statistically lower

	7th	Never / rarely wear a helmet	56%	42%	County statistically higher
		Sometimes wear a helmet	15%	13%	
		Most of the time / always wear a helmet	29%	45%	County statistically lower

	8th	Never / rarely wear a helmet	64%	52%	County statistically higher
		Sometimes wear a helmet	12%	12%	
		Most of the time / always wear a helmet	24%	36%	County statistically lower

Sex	Female	Never / rarely wear a helmet	56%	45%	County statistically higher
		Sometimes wear a helmet	15%	13%	
		Most of the time / always wear a helmet	29%	43%	County statistically lower

	Male	Never / rarely wear a helmet	61%	41%	County statistically higher
		Sometimes wear a helmet	12%	12%	
		Most of the time / always wear a helmet	27%	47%	County statistically lower

Total		Never / rarely wear a helmet	58%	43%	County statistically higher
		Sometimes wear a helmet	13%	12%	
		Most of the time / always wear a helmet	28%	45%	County statistically lower

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

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

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

		Rutland	Vermont	Notes
Grade	6th	13%	15%	
	7th	22%	19%	
	8th	26%	25%	
Sex	Female	23%	21%	
	Male	22%	19%	
Total		22%	20%	

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

		Rutland	Vermont	Notes
Grade	6th	8%	10%	County statistically higher
	7th	21%	15%	
	8th	23%	24%	
Sex	Female	19%	16%	
	Male	22%	18%	
Total		20%	17%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	6th	5%	7%	County statistically higher
	7th	10%	6%	
	8th	7%	6%	
Sex	Female	7%	5%	
	Male	9%	8%	
Total		8%	6%	

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

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

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

		Rutland	Vermont	Notes
Grade	6th	.	4%	Too few students
	7th	10%	7%	
	8th	12%	13%	
Sex	Female	12%	9%	County statistically higher
	Male	9%	9%	
Total		10%	9%	

2.06 Percent of students who ever smoked a whole cigarette

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

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

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

2.08 Percent of students who smoked cigarettes, past 30 days

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

*2 Alcohol, Tobacco, and Other Drug Use***2.9 Percent of students who ever used electronic vapor products such as e-cigarettes**

		Rutland	Vermont	Notes
Grade	6th	4%	3%	County statistically higher
	7th	9%	6%	
	8th	10%	11%	
Sex	Female	8%	7%	
	Male	10%	7%	
Total		9%	7%	

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

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

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

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

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

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

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

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

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

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

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

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

2.17 Percent of students who used marijuana by age 11

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

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

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

2.19 Percent of students who have ever used inhalants

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

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

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

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

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

		Rutland	Vermont	Notes
Grade	6th	28%	24%	
	7th	35%	28%	County statistically higher
	8th	35%	31%	
Sex	Female	34%	29%	
	Male	35%	27%	County statistically higher
Total		34%	28%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	6th	17%	17%	
	7th	26%	20%	County statistically higher
	8th	27%	23%	
Sex	Female	27%	22%	County statistically higher
	Male	24%	19%	County statistically higher
Total		25%	21%	County 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	Vermont	Notes
Grade	6th	45%	47%	
	7th	59%	52%	County statistically higher
	8th	54%	55%	
Sex	Female	56%	52%	
	Male	53%	52%	
Total		55%	52%	

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

		Rutland	Vermont	Notes
Grade	6th	9%	15%	
	7th	19%	26%	County statistically lower
	8th	25%	35%	County statistically lower
Sex	Female	23%	28%	County statistically lower
	Male	18%	26%	County statistically lower
Total		20%	27%	County statistically lower

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

	Rutland	Vermont	Notes
15 or less students	14%	16%	
16 to 25 students	25%	25%	
26 to 45 students	23%	24%	
46 to 55 students	18%	16%	
56 to 75 students	11%	9%	
76 or more students	10%	10%	

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	Vermont	Notes
Grade	6th	99%	96%	
	7th	96%	96%	
	8th	95%	96%	
Sex	Female	97%	97%	
	Male	96%	96%	
Total		96%	96%	

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

		Rutland	Vermont	Notes
Grade	6th	91%	92%	
	7th	90%	92%	
	8th	90%	90%	
Sex	Female	94%	93%	
	Male	87%	90%	
Total		90%	91%	

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

		Rutland	Vermont	Notes
Grade	6th	98%	96%	
	7th	96%	95%	
	8th	93%	92%	
Sex	Female	95%	94%	
	Male	94%	94%	
Total		94%	94%	

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

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

		Rutland	Vermont	Notes
Grade	6th	99%	97%	
	7th	95%	95%	
	8th	90%	92%	
Sex	Female	93%	95%	
	Male	94%	94%	
Total		93%	94%	

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

		Rutland	Vermont	Notes
Grade	6th	96%	94%	
	7th	90%	90%	
	8th	83%	83%	
Sex	Female	89%	90%	
	Male	87%	87%	
Total		88%	88%	

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

		Rutland	Vermont	Notes
Grade	6th	99%	97%	
	7th	93%	92%	
	8th	85%	83%	
Sex	Female	91%	91%	
	Male	90%	89%	
Total		90%	90%	

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	Vermont	Notes
Grade	6th	76%	70%	
	7th	62%	72%	County statistically lower
	8th	74%	72%	
Sex	Female	70%	71%	
	Male	68%	72%	
Total		69%	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	Vermont	Notes
Grade	6th	55%	49%	
	7th	47%	49%	
	8th	49%	46%	
Sex	Female	49%	49%	
	Male	49%	46%	
Total		49%	48%	

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

		Rutland	Vermont	Notes
Grade	6th	74%	67%	
	7th	58%	61%	
	8th	53%	51%	
Sex	Female	58%	60%	
	Male	57%	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	Vermont	Notes
Grade	6th	20%	18%	
	7th	30%	24%	County statistically higher
	8th	33%	34%	
Sex	Female	27%	25%	
	Male	34%	29%	County statistically higher
Total		30%	27%	County statistically higher

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

		Rutland	Vermont	Notes
Grade	6th	23%	24%	
	7th	35%	33%	
	8th	43%	46%	
Sex	Female	34%	35%	
	Male	40%	37%	
Total		37%	36%	

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

		Rutland	Vermont	Notes
Grade	6th	4%	6%	
	7th	10%	12%	
	8th	19%	22%	
Sex	Female	12%	13%	
	Male	15%	16%	
Total		14%	14%	

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

		Rutland	Vermont	Notes
Grade	6th	4%	3%	
	7th	4%	4%	
	8th	8%	8%	
Sex	Female	5%	4%	
	Male	7%	7%	
Total		6%	6%	

4.02 Percent of students who have ever had oral sex

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

5 Nutrition and Physical Activity

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

			Rutland	Vermont	Notes
Grade	6th	Never	5%	4%	
		1 to 3 times	9%	13%	
		4 to 6 times	23%	22%	
		Everyday	62%	61%	

	7th	Never	12%	7%	County statistically higher
		1 to 3 times	23%	16%	County statistically higher
		4 to 6 times	26%	25%	
		Everyday	39%	51%	County statistically lower

	8th	Never	11%	8%	
		1 to 3 times	25%	20%	County statistically higher
		4 to 6 times	24%	25%	
		Everyday	40%	48%	County statistically lower

Sex	Female	Never	12%	8%	County statistically higher
		1 to 3 times	29%	21%	County statistically higher
		4 to 6 times	25%	26%	
		Everyday	34%	45%	County statistically lower

	Male	Never	9%	6%	County statistically higher
		1 to 3 times	15%	13%	
		4 to 6 times	24%	23%	
		Everyday	51%	59%	County statistically lower

Total		Never	11%	7%	County statistically higher
		1 to 3 times	22%	17%	County statistically higher
		4 to 6 times	25%	24%	
		Everyday	43%	52%	County 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	Vermont	Notes
Grade	6th	48%	45%	
	7th	36%	41%	
	8th	40%	39%	
Sex	Female	38%	38%	
	Male	40%	44%	
Total		39%	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	Vermont	Notes
Grade	6th	Never	6%	8%	
		1 to 4 days	26%	32%	
		5 to 6 days	26%	27%	
		Everyday	42%	33%	

	7th	Never	8%	7%	
		1 to 4 days	38%	34%	
		5 to 6 days	23%	28%	County statistically lower
		Everyday	31%	31%	

	8th	Never	10%	8%	
		1 to 4 days	33%	36%	
		5 to 6 days	25%	27%	
		Everyday	32%	29%	

Sex	Female	Never	10%	8%	
		1 to 4 days	40%	39%	
		5 to 6 days	25%	30%	
		Everyday	25%	23%	

	Male	Never	8%	8%	
		1 to 4 days	29%	29%	
		5 to 6 days	23%	25%	
		Everyday	41%	38%	

Total	Never		9%	8%	
	1 to 4 days		34%	34%	
	5 to 6 days		24%	27%	County statistically lower
	Everyday		33%	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	Vermont	Notes
Grade	6th	0 days	29%	18%	County statistically higher
		1 to 2 days	21%	15%	
		3 to 4 days	16%	19%	
		Everyday	35%	48%	County statistically lower

	7th	0 days	40%	30%	County statistically higher
		1 to 2 days	17%	17%	
		3 to 4 days	11%	17%	County statistically lower
		Everyday	33%	36%	

	8th	0 days	45%	33%	County statistically higher
		1 to 2 days	16%	16%	
		3 to 4 days	13%	16%	
		Everyday	26%	35%	County statistically lower

Sex	Female	0 days	38%	28%	County statistically higher
		1 to 2 days	18%	18%	
		3 to 4 days	12%	17%	County statistically lower
		Everyday	31%	38%	County statistically lower

	Male	0 days	42%	28%	County statistically higher
		1 to 2 days	16%	15%	
		3 to 4 days	13%	17%	County statistically lower
		Everyday	30%	40%	County statistically lower

Total		0 days	40%	28%	County statistically higher
		1 to 2 days	17%	16%	
		3 to 4 days	12%	17%	County statistically lower
		Everyday	30%	39%	County statistically lower

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

			Rutland	Vermont	Notes
Grade	6th	1 hour or less per day	50%	60%	County statistically lower
		2 to 4 hours per day	44%	34%	County statistically higher
		5 or more hours per day	6%	6%	

	7th	1 hour or less per day	49%	57%	County statistically lower
		2 to 4 hours per day	44%	37%	County statistically higher
		5 or more hours per day	7%	6%	

	8th	1 hour or less per day	50%	57%	County statistically lower
		2 to 4 hours per day	45%	37%	County statistically higher
		5 or more hours per day	5%	7%	

Sex	Female	1 hour or less per day	47%	57%	County statistically lower
		2 to 4 hours per day	48%	37%	County statistically higher
		5 or more hours per day	5%	6%	

	Male	1 hour or less per day	52%	58%	County statistically lower
		2 to 4 hours per day	41%	35%	County statistically higher
		5 or more hours per day	7%	7%	

Total	1 hour or less per day		49%	58%	County statistically lower
	2 to 4 hours per day		44%	36%	County statistically higher
	5 or more hours per day		6%	6%	

*5 Nutrition and Physical Activity***5.06 Number of hours spent playing video games or going online for something not related to school, on an average school day**

			Rutland	Vermont	Notes
Grade	6th	1 hour or less per day	42%	55%	County statistically lower
		2 to 4 hours per day	45%	33%	County statistically higher
		5 or more hours per day	14%	12%	

	7th	1 hour or less per day	38%	46%	County statistically lower
		2 to 4 hours per day	43%	40%	
		5 or more hours per day	19%	14%	County statistically higher

	8th	1 hour or less per day	37%	40%	
		2 to 4 hours per day	40%	41%	
		5 or more hours per day	24%	19%	County statistically higher

Sex	Female	1 hour or less per day	40%	48%	County statistically lower
		2 to 4 hours per day	41%	37%	
		5 or more hours per day	19%	15%	County statistically higher

	Male	1 hour or less per day	36%	44%	County statistically lower
		2 to 4 hours per day	43%	41%	
		5 or more hours per day	21%	15%	County statistically higher

Total		1 hour or less per day	38%	46%	County statistically lower
		2 to 4 hours per day	41%	39%	
		5 or more hours per day	20%	15%	County statistically higher

*5 Nutrition and Physical Activity***5.07 Number of days in the average week students went online for something not school-related**

			Rutland	Vermont	Notes
Grade	6th	Never	25%	22%	
		1 to 5 days	38%	45%	
		At least six days	37%	33%	

	7th	Never	16%	16%	
		1 to 5 days	43%	41%	
		At least six days	41%	42%	

	8th	Never	9%	11%	
		1 to 5 days	33%	34%	
		At least six days	58%	55%	

Sex	Female	Never	13%	13%	
		1 to 5 days	39%	41%	
		At least six days	48%	46%	

	Male	Never	15%	18%	
		1 to 5 days	37%	38%	
		At least six days	48%	44%	

Total	Never		14%	15%	
	1 to 5 days		38%	39%	
	At least six days		48%	45%	

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

		Rutland	Vermont	Notes
Grade	6th	73%	81%	County statistically lower
	7th	73%	80%	County statistically lower
	8th	74%	78%	
Sex	Female	72%	80%	County statistically lower
	Male	74%	79%	County statistically lower
Total		73%	79%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	6th	61%	60%	
	7th	49%	56%	County statistically lower
	8th	45%	51%	County statistically lower
Sex	Female	40%	50%	County statistically lower
	Male	57%	59%	
Total		48%	55%	County 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**

		Rutland	Vermont	Notes
Grade	6th	67%	69%	
	7th	57%	62%	
	8th	52%	59%	County statistically lower
Sex	Female	51%	62%	County statistically lower
	Male	61%	64%	
Total		56%	63%	County statistically lower

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

		Rutland	Vermont	Notes
Grade	6th	40%	45%	
	7th	37%	44%	County statistically lower
	8th	33%	39%	County statistically lower
Sex	Female	31%	42%	County statistically lower
	Male	40%	43%	
Total		36%	43%	County statistically lower