



2025 SMPC Meeting Cadence and YRBS and PRAMS Overview

January 27, 2025

SMPC Full Council Meetings – Cadence shift

- January 27th
 - March 24th
 - [Teams Link](#)
 - May 19th
 - [Teams Link](#)
 - July 28th
 - [Teams Link](#)
 - **September 22nd**
 - [Teams Link](#)
 - October 27th
 - [Teams Link](#)
- Agenda Planning:
 - March, May, July, and September meetings would include an invitation to Tobacco grantees and VPLO to present and discuss with the full SMPC
 - Legislative updates (standing)
 - Funding updates (March, and as identified)
 - October would allow for finalization of any priorities or recommendations to include in the SMPC Annual Report

SMPC Subcommittee Meeting Cadence

Equity (3-4 pm):

- 2/13 - [Teams Link](#)
- 4/10 - [Teams Link](#)
- 6/12 - [Teams Link](#)
- 8/14 - [Teams Link](#)
- 11/13 - [Teams Link](#)

Policy (10-11 am):

- 2/10 - [Teams Link](#)
- 4/14 - [Teams Link](#)
- 6/9 - [Teams Link](#)
- 8/11 - [Teams Link](#)
- 11/10 - [Teams Link](#)

Prevention (9-10 am)

- 2/13 - [Teams Link](#)
- 4/10 - [Teams Link](#)
- 6/12 - [Teams Link](#)
- 8/14 - [Teams Link](#)
- 11/13 - [Teams Link](#)

Objectives for February meetings:

1. Identify lead(s) for subcommittee
2. Reflections of today's discussion
3. Identify key questions/topics of interest from grantees at full SMPC meetings
4. Other priority topics

Youth Risk Behavior Survey

[Youth Risk Behavior Survey \(YRBS\) | Vermont Department of Health](#)

A few reminders of the YRBS...

- The YRBS is a Center for Disease Control and Prevention survey
- Since 1993, the Agency of Education and Department of Health have partnered on the YRBS in Vermont
- Bi-annual survey
- All public schools and a select number of independent schools are invited to participate
- The data is reliable, and prior to Vermont analysts receiving the data, the CDC runs over 100 consistency checks to ensure the reliability and validity

What were some new questions in 2023?

Both High School and Middle School

When you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need?

How old were you when you first tried an electronic vapor product?

When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?

How often do you use social media?

During your life, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?

Tobacco products and brands updated

Middle School Only

When you feel sad, empty, hopeless, angry, or anxious, with whom would you most likely talk about it?

In an average week when you are in school, how many total hours do you participate in afterschool activities such as sports, band, drama, or clubs run by your school or community groups?

What were some new questions in 2023?

High School Only

If you rode a bicycle, rollerbladed, or rode a skateboard during the past 12 months, how often did you wear a helmet?

During the past 12 months, how many times did someone you were dating or going out with do sexual things to you that you did not want? (Count such things kissing, touching or sexual intercourse)

During the past 30 days, did you use an electronic vapor product flavored to taste like menthol, mint, clove or spice, alcoholic drinks, candy, fruit, chocolate, or any other non-tobacco flavor?

During the past 30 days, on how many days did you use an electronic vapor product to vape marijuana (also called pot or weed), including THC, THC concentrates, hash oil, or waxes?

During the past 30 days, how did you usually get the marijuana you used? (Select only one response.)

During the past 30 days, did you try to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals?

Have you ever lived with a parent or guardian who was having a problem with alcohol or drug use?

What was the 2023 response rate?

High school:

- 95% of the invited schools participated (57 of the 60 eligible schools)
- 69% of students participated (15,606 of the 22,583 eligible students submitted usable questionnaires)
- Overall: 66%

Middle school:

- 96% of the invited schools participated (106 of the 110 eligible schools)
- 82% of students participated (12,367 of the 15,048 eligible students submitted usable questionnaires)
- Overall: 79%

Some demographics from high school participants:

Total Unweighted N*		15,606	
Demographic		Unweighted N*	Weighted %
Sex	Male	7,850	52%
	Female	7,613	48%
Grade	9th grade	4,777	26%
	10th grade	4,384	26%
	11th grade	3,723	25%
	12th grade	2,631	23%
	Younger students (9 th and 10 th)	9,161	52%
	Older students (11 th and 12 th)	6,354	48%
Race	American Indian/Alaska Native	169	1%
	Asian	454	3%
	Black or African American	586	4%
	Native Hawaiian/ Other Pacific Islander	56	<1%
	White	13,284	86%
	Multiple	917	6%
Ethnicity	Hispanic/Latino	887	6%
Race/Ethnicity	BIPOC	2,738	17%
	White, non-Hispanic	12,733	83%

Total Unweighted N*		15,606	
Demographic		Unweighted N*	Weighted %
Sexual Orientation	Heterosexual (straight)	10,939	71%
	Gay or Lesbian	648	4%
	Bisexual	2,064	13%
	I describe my sexual identity some other way	853	6%
	I am not sure about my sexual identity (questioning)	688	4%
	I do not know what this question is asking^	281	2%
Gender	No, I am not transgender	14,211	91%
	Yes, I am transgender	727	5%
	I am not sure if I am transgender	383	2%
	I do not know what this question is asking^	193	1%
Sexual and Gender Identity	LGBTQ+	4,319	29%
	Heterosexual Cisgender	10,807	71%
Disability	Have an IEP or 504 Plan	2,656	18%
	Previously had an IEP or 504 Plan	1,121	8%
	No IEP or 504 Plan	9,566	66%
	Not sure	1,107	8%
IEP status	Have current IEP	2,656	18%
	No IEP	11,794	82%

Some demographics from middle school participants:

Total Unweighted N*		12,367	
Demographic		Unweighted N*	Weighted %
Sex	Male	6,259	51%
	Female	5,934	49%
Grade	6th grade	3,126	25%
	7th grade	4,671	38%
	8th grade	4,535	37%
Race	American Indian/Alaska Native	240	2%
	Asian	339	3%
	Black or African American	514	4%
	Native Hawaiian/ Other Pacific Islander	48	<1%
	White	10,285	85%
	Multiple	698	6%
Ethnicity	Hispanic/Latino	576	5%
Race/Ethnicity	BIPOC	2,154	18%
	White, non-Hispanic	9,560	82%

Total Unweighted N*		12,367	
Demographic		Unweighted N*	Weighted %
Sexual Orientation	Heterosexual (straight)	8,650	71%
	Gay or Lesbian	417	3%
	Bisexual	1,217	10%
	I describe my sexual identity some other way	550	5%
	I am not sure about my sexual identity (questioning)	760	6%
	I do not know what this question is asking^	526	4%
Gender	No, I am not transgender	11,328	92%
	Yes, I am transgender	404	3%
	I am not sure if I am transgender	364	3%
	I do not know what this question is asking^	166	1%
Sexual and Gender Identity	LGBTQ+	3,017	26%
	Heterosexual Cisgender	8,538	74%

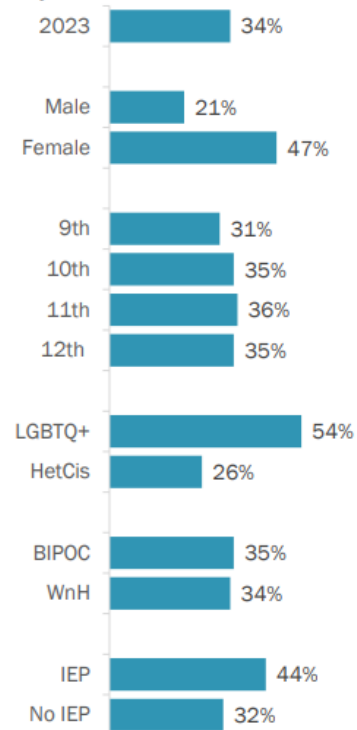
The following is YRBS data we've used in the last 2 SMPC Annual Reports:

Measure	2023 Data	2021 Data
Percent of high school students who believe they matter to their community	<ul style="list-style-type: none"> 54% of all students 42% LGBTQ students 48% BIPOC students 	<ul style="list-style-type: none"> 52% of all students 36% LGBTQ students 46% BIPOC students
Percent of middle school students who believe they matter to their community	<ul style="list-style-type: none"> 54% of all students 42% LGBTQ students 48% BIPOC students 	<ul style="list-style-type: none"> 55% of all students 35% LGBTQ students 50% BIPOC students
Percent of high school students who perceive great risk of harm in using substances (at these frequencies)	Binge Alcohol Every Weekend: <ul style="list-style-type: none"> 35% of all students 41% LGBTQ students 40% BIPOC students 	Binge Alcohol Every Weekend: <ul style="list-style-type: none"> 37% of all students 43% LGBTQ students 42% BIPOC students
	Use Marijuana Regularly: <ul style="list-style-type: none"> 24% of all students 20% LGBTQ students 28% BIPOC students 	Use Marijuana Regularly: <ul style="list-style-type: none"> 25% of all students 20% LGBTQ students 30% BIPOC students
	Use Electronic Vapor Products (EVP) Regularly: <ul style="list-style-type: none"> 51% of all students 46% of LGBTQ students 49% of BIPOC students 	Use Electronic Vapor Products (EVP) Regularly: <ul style="list-style-type: none"> 39% of all students 41% of LGBTQ students 40% of BIPOC students

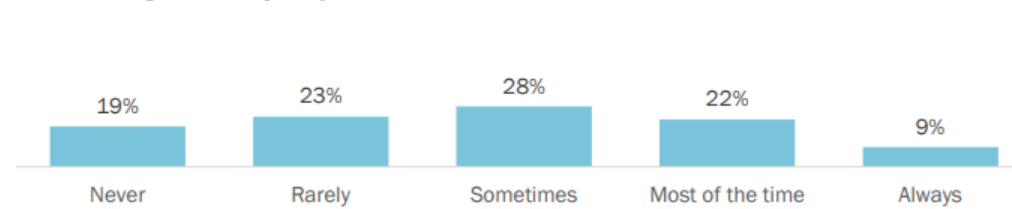
Measure	2023 Data	2021 Data
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More than a third of high school students reported being bothered by feeling nervous, anxious, or on edge most of the time over the last year.

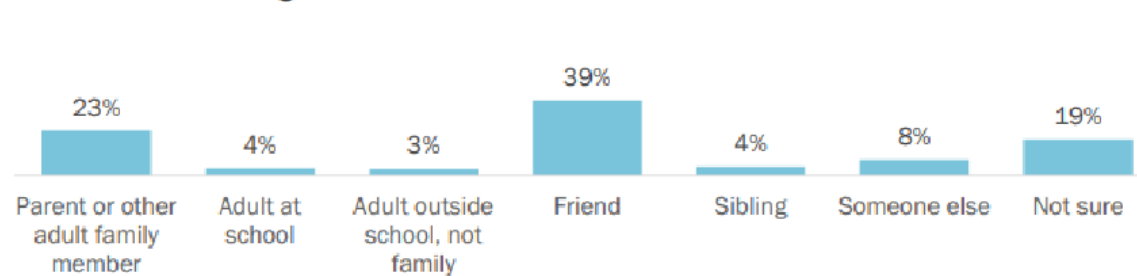
Percent of high school students who reported their mental health was not good, most of the time or always, past 30 days.



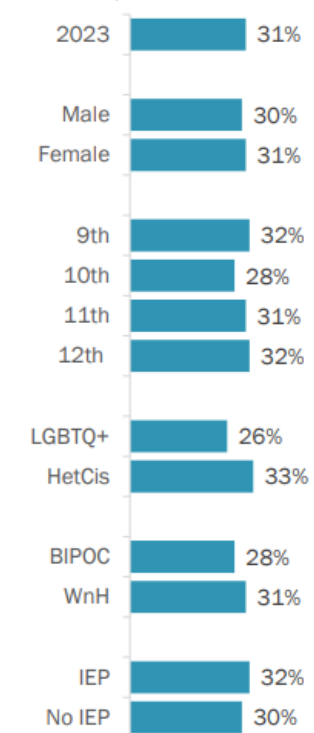
Frequency of high school students who felt sad, anxious, empty, angry, or hopeless and were able to get the help they needed.



High school students who felt sad, anxious, empty, angry, or hopeless were most likely to talk about their feelings to a friend.

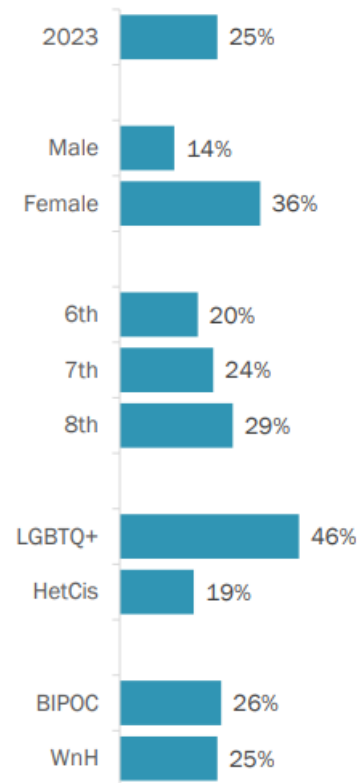


Percent of high school students who feel sad, empty, anxious, angry, or hopeless and were able to get the help they needed, most of the time or always.

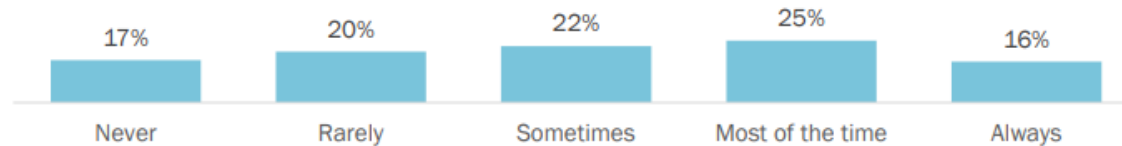


A quarter of middle school students report that their mental health was not good most of the time or always during the last 30 days.

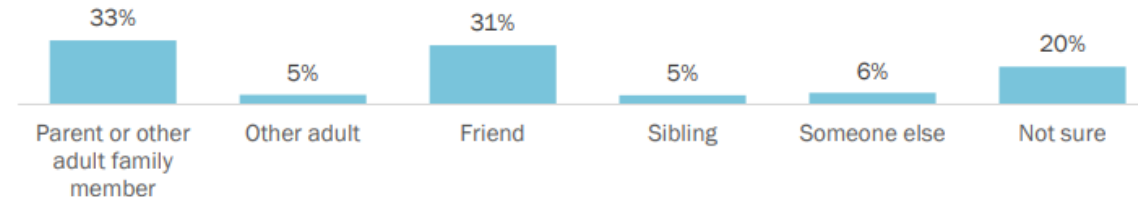
Percent of middle school students who report their mental health was not good, most of the time or always, past 30 days.



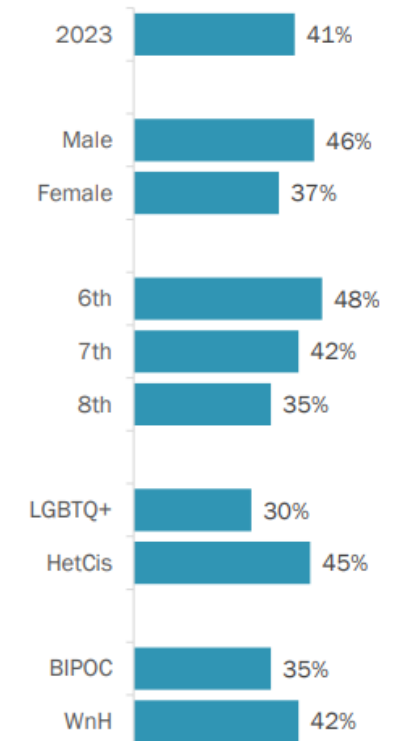
Among middle school students who feel sad, anxious, empty, angry, or hopeless, frequency in which students were able to get the help they needed.



Among middle school students who felt sad, anxious, empty, angry, or hopeless, who they were most likely to talk to about their feelings.



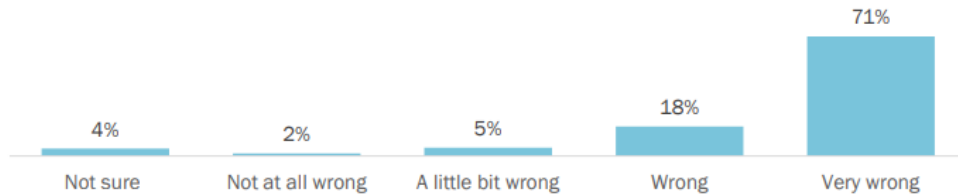
Percent of middle school students who feel angry, hopeless, empty, anxious, or sad and can get the help they need most of the time or always.



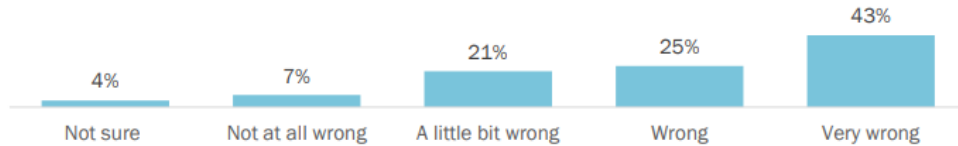
Parent and guardians can be important protective factors.

Perceptions on how wrong their parents think it is for them to use:

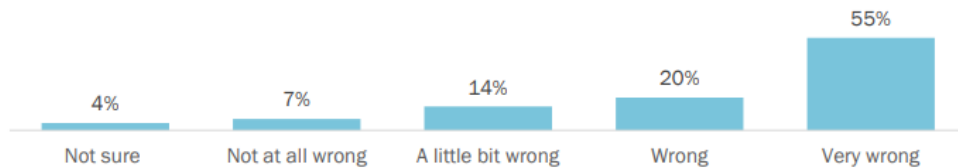
Electronic Vapor Products



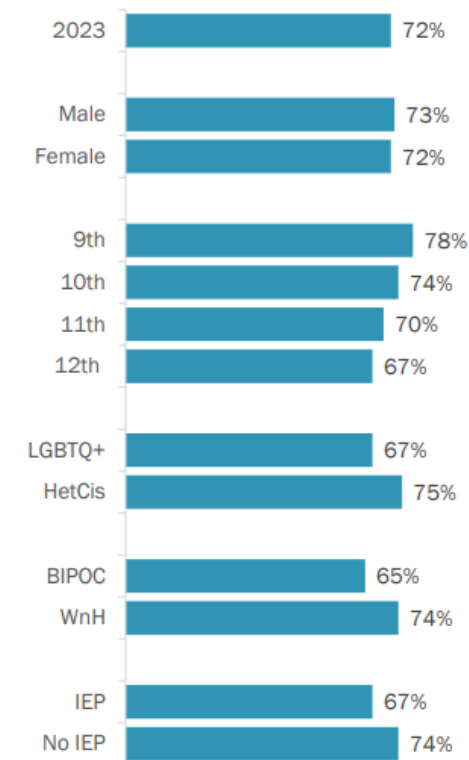
Alcohol



Marijuana

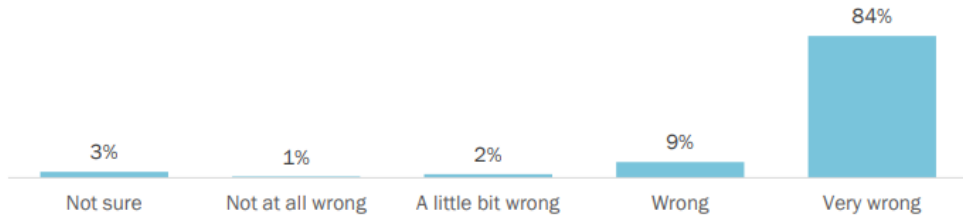


Percent of high school students who eat dinner with family on four or more days, past week.

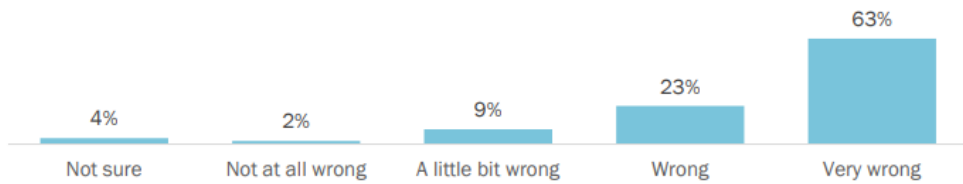


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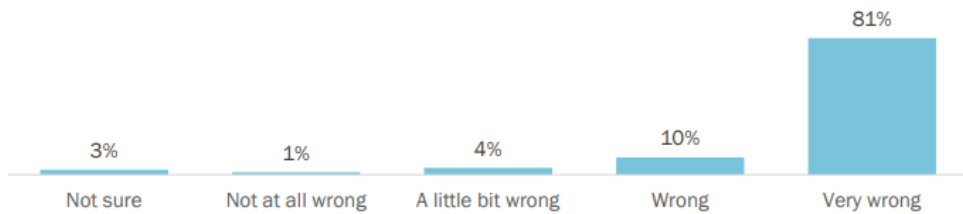
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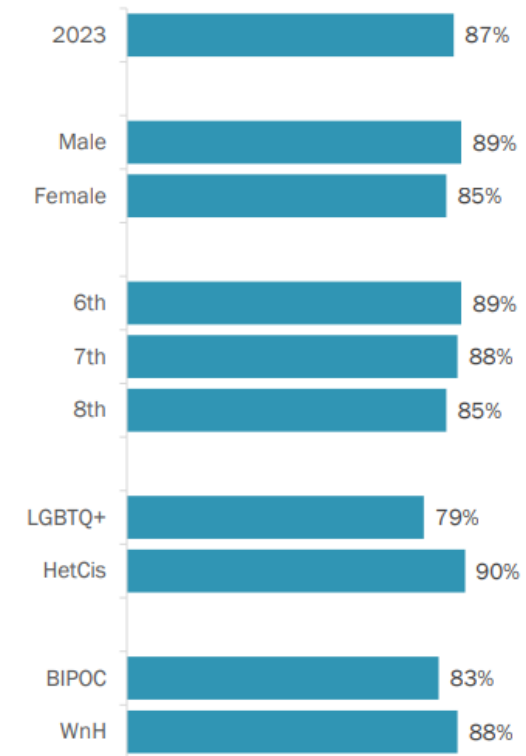
Alcohol



Marijuana

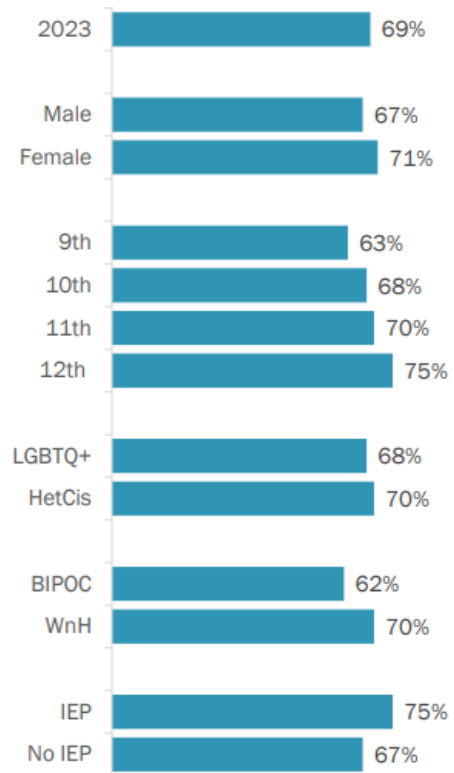


Percent of middle school students who ate dinner with family on four or more days, past week.

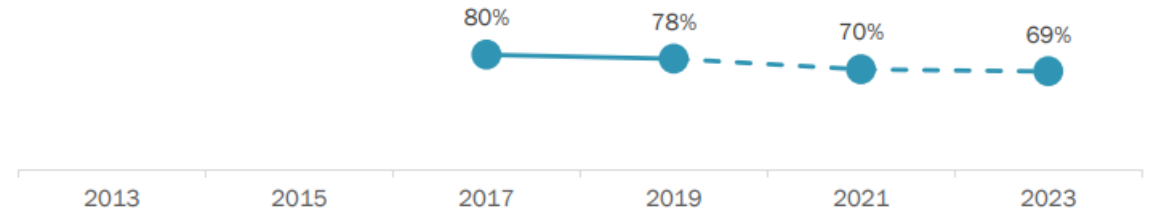


High school support and the third space:

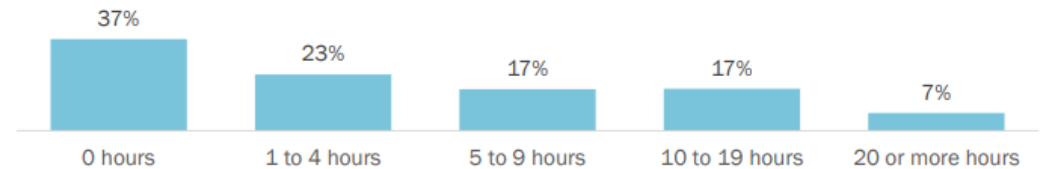
Percent of high school students who have a trusted adult at school they can talk to if they have a problem.



Percent of high school students who have a trusted adult at school over time.

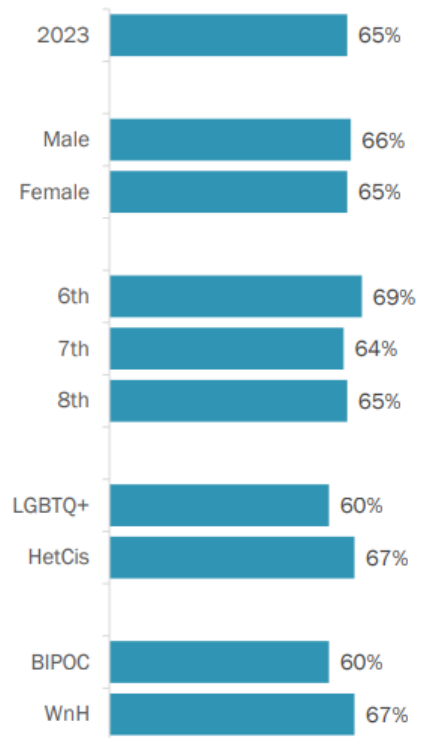


Hours spent participating in extra curricular activities during a typical school week.

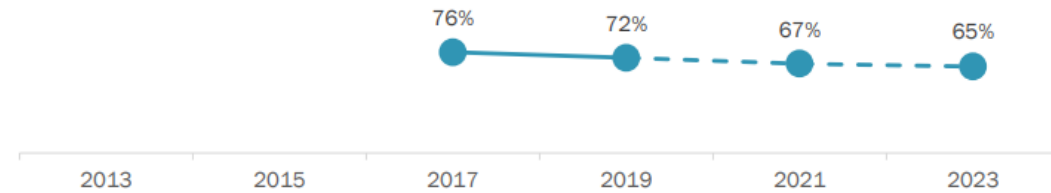


Middle school support and the third space:

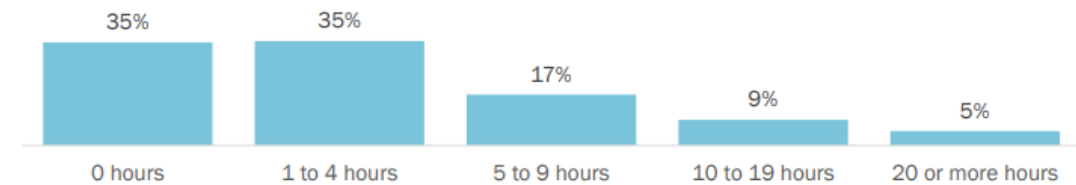
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Percent of middle school students who have a trusted adult at school over time.



Hours spent participating in extra curricular activities during a typical school week.



Pregnancy Risk Assessment Monitoring System

Phase 8: 2016-2022

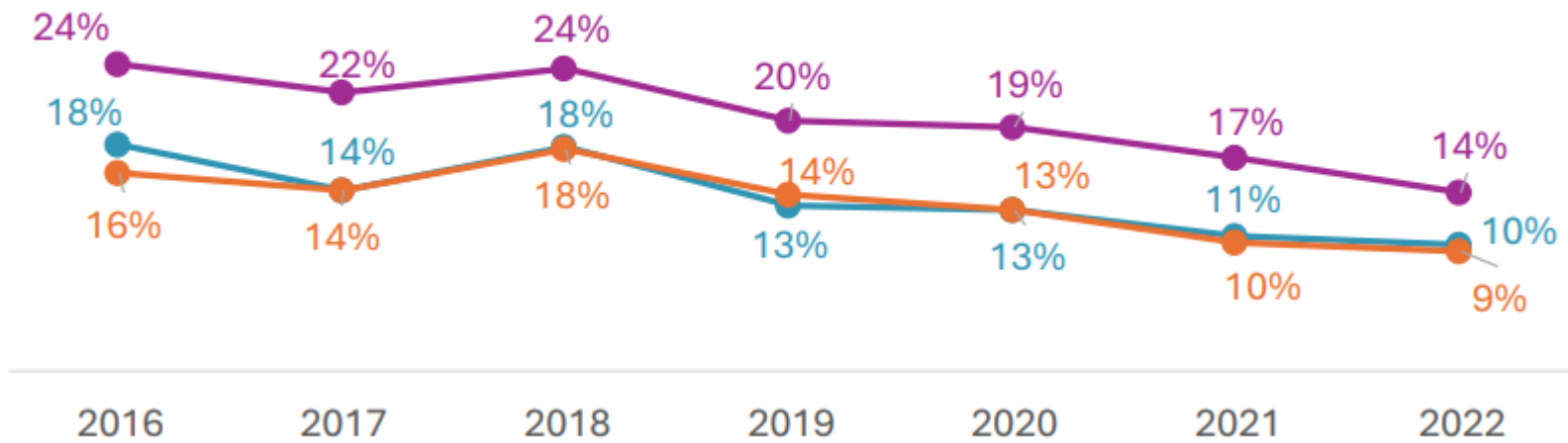
[PRAMS Report](#)

Methodology

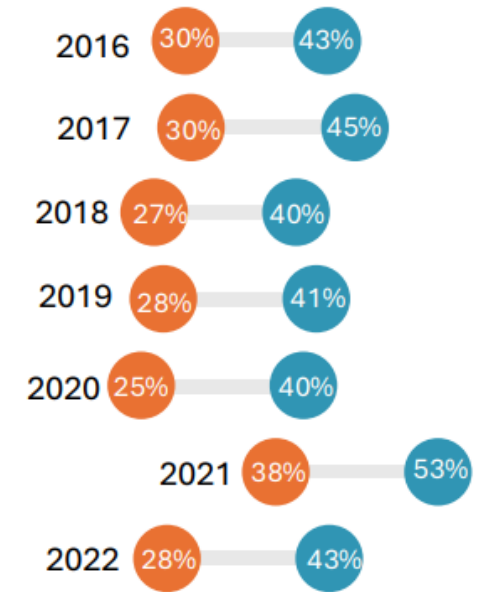
- Between 2016-2022, about 23% of people who delivered babies who were not low weight at birth were randomly selected for this survey.
- Some of those people who delivered babies considered low weight at birth were sampled.
- Also a partnership with CDC
 - 84 questions were asked
 - 64 were CDC core questions
- De-identifiable survey is mailed to individuals 3-4 months after delivery
 - Three paper mailings
 - Contacted up to 10 times in a span of 95 days
- Phase 8 had an average response rate of 62%

Cigarette use decreased before, during, and after pregnancy between 2016 and 2022.

Cigarette use **before**, **during** and **after** pregnancy.

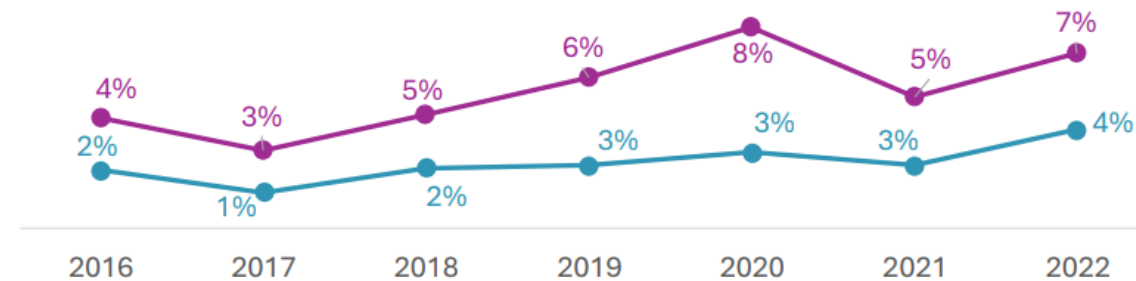


Vermonters who quit smoking **during pregnancy** and are still not smoking **after delivery**

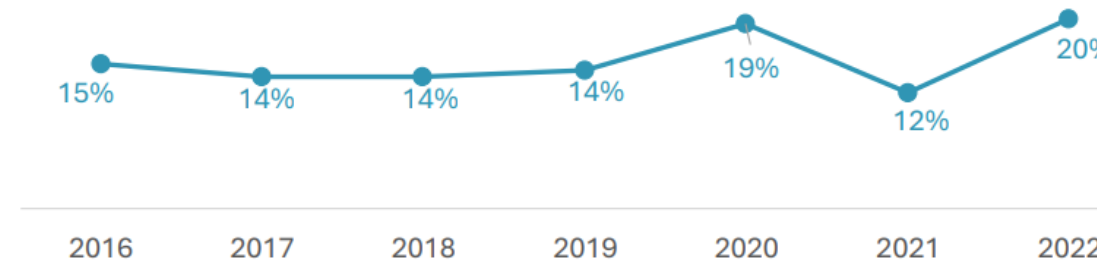


One in five Vermonters quit cigarettes during their pregnancy by switching to E-cigarettes.

Weekly E-Cigarette use **before** and **during** pregnancy

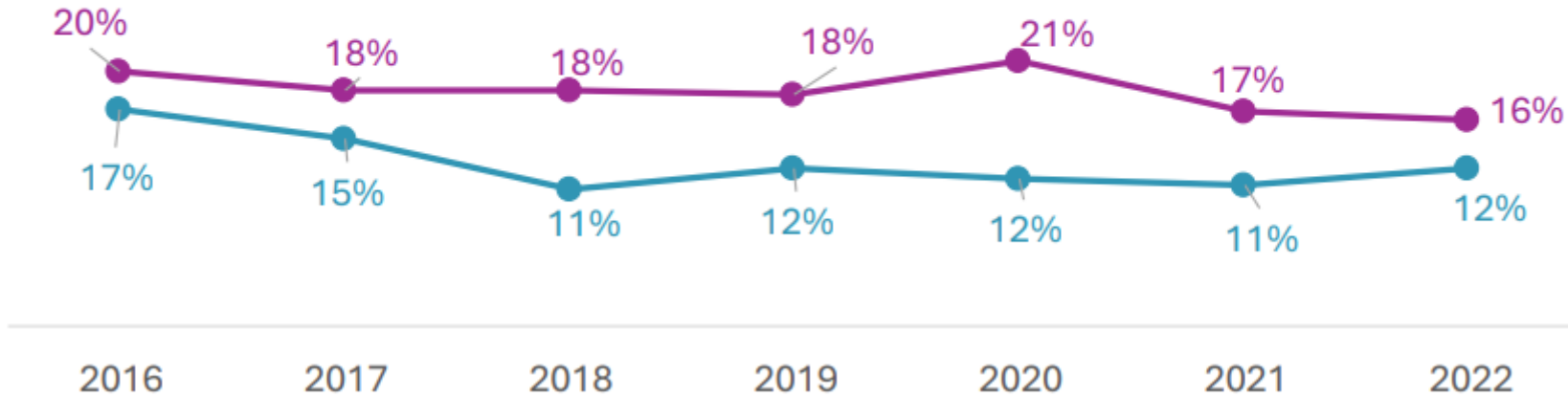


Vermonters who smoked cigarettes and switched to E-cigarettes to quit smoking during pregnancy



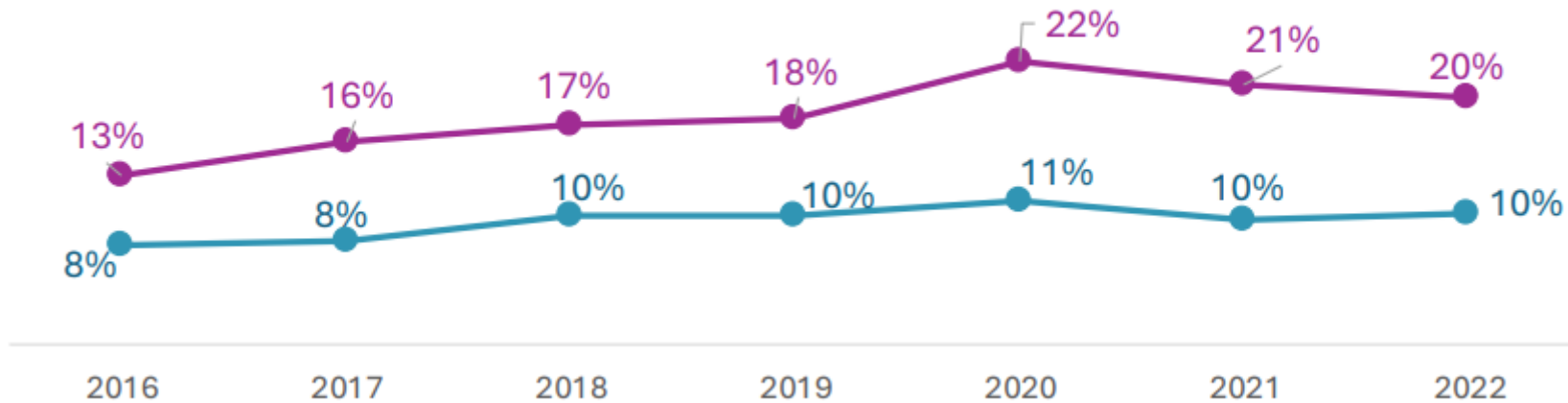
About 12% of people drank alcohol during their pregnancy.

Binge drinking 3 months before pregnancy (4+ drinks at a time, at least once a week) , and alcohol use during pregnancy (1+ drink per week)



Cannabis use during pregnancy increase significantly between 2016 and 2022.

Cannabis use **before** and **during** pregnancy



Resources:

- Young Adult Survey:
 - <https://www.healthvermont.gov/sites/default/files/document/vermont-yas-2024-statewide-report.pdf>
 - https://www.healthvermont.gov/sites/default/files/document/vermont-yas-2024-statewide-key-findings_0.pdf
- Newborns Exposed to Opioids:
 - [Neonatal Abstinence Syndrome \(NAS\) in Vermont](#)
- PRAMS:
 - [hsi-prams-phase-8-report_6.pdf](#)
- YRBS:
 - [PowerPoint Presentation](#)
- Decreasing Perceived Harm of Substance Use (NSDUH):
 - [Declining Perceptions of Harm from Substance Use](#)
- [DAWN](#): National Estimates from Drug-Related Emergency Department Visits, 2023
 - [Drug Abuse Warning Network \(DAWN\): Findings from Drug-Related Emergency Department Visits, 2023](#)

Thank you!

Let's stay in touch.

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