

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY

Rutland County

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

Copies of the questionnaires, state-wide reports, data briefs, and additional sub-state reports are available online.

Visit the Vermont Department of Health YRBS website at:
<https://www.HealthVermont.gov/yrbs>

About the YRBS

The Youth Risk Behavior Survey (YRBS) is a national school-based survey that monitors the health-risk behaviors that contribute to the leading causes of death and disability among youth and young adults. These include:

- Behaviors that contribute to unintentional injuries
- Violence
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Sexual health behaviors related to pregnancy and STDs

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement

About the YRBS

In Vermont, the Department of Health works with the Agency of Education and the Centers for Disease Control and Prevention (CDC) to administer the YRBS. It is typically conducted every two years during the spring semester. The YRBS was first administered in 1993 among students in grades 8 through 12. Since 2011, Vermont has conducted two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8.

The middle school and high school surveys differ. The middle school survey is shorter and focuses more on lifetime behaviors and includes questions on fighting, bullying, suicidality, substance use, attitudes and perceptions about substance use, sexual activity, nutrition, physical activity, youth assets, and other factors related to health equity. The high school survey includes questions on these topics as well as more in-depth questions on current behaviors such as driving behaviors and self-reported height and weight.

Copies of the Vermont high school and middle school surveys as well as previous surveys can be found online at: <https://www.HealthVermont.gov/yrbs>

Methodology

The YRBS is a biennial school-based survey. In Vermont, students in all public schools and select independent schools across the state are invited to participate in the YRBS. Historically, this has always taken place in the Spring semester. However, due to the COVID-19 pandemic and remote learning, the 2021 survey was delayed and administered during the fall of 2021.

Survey procedures were designed to protect the privacy of students. The YRBS is confidential, anonymous, and optional for students. All students are read a standard set of directions and asked to complete the self-administered survey. Completion of the survey depends on a student's ability to read and complete the questionnaire independently or with the use of computer assisted technology (e.g., screen readers). Thus, students with very limited reading skills or significant intellectual or learning disabilities, may not be adequately represented in this data. Students can decline participation at any time or skip any questions they do not wish to answer. In addition, to protect students' anonymity, data is suppressed when less than 50 students respond to a question or less than 5 students answer a question in a particular way.

In 2019, Vermont began administering a web-based version of the YRBS. Students complete the YRBS online using a unique, random login code to access the survey online. No survey logic or skip patterns are used to ensure that all students complete the survey in approximately the same time frame, regardless of how they answer a question.

Using the YRBS

Engaging students, schools, and communities

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, school and community organizations 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.

Participate in Getting to 'Y': Getting to Y provides an opportunity for students to take a lead in bringing meaning to their own Youth Risk Behavior Survey data and taking steps to strengthen their school and community based on their findings. Schools and districts across the state form teams to analyze local level data, identify areas of strength and concern, and create a preliminary action plan. Through the Getting to 'Y' program, students attend a training day where they learn tools and strategies to examine data, explore root causes, and create next action steps. In addition, teams plan and host a community dialogue event to share their executive summary with the school and community.

For more information on upcoming Getting to Y trainings, newsletters, and resources visit Getting to Y at

<http://www.upforlearning.org/initiatives/getting-to-y>

How Accurate are the Results?

Research indicates data of this nature may be gathered as credibly from adolescents as from adults. The anonymous survey design and survey environment encourages students to be honest and forthright.

Numerous precautions are taken to ensure the reliability and validity of the results. The CDC runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers.

The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn.

The results in this report are weighted by sex, grade, and race/ethnicity in order to compensate for absenteeism and incomplete surveys. The weighting allows the results to be fully representative of middle school students in grades 6 through 8 (middle school survey) and high school students grades 9 through 12 (high school survey). Weighting permits us to draw inferences about the school-based student population in Vermont.

More information on survey reliability including "Do students tell the truth" is available on the Vermont Department of Health YRBS webpage at:

<https://www.HealthVermont.gov/yrbs>

Understanding and Interpreting the Results

Statistical Differences

Throughout this report, statistically significant differences are noted. Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups.

A 95% confidence interval is a range of values and can vary due to the size of a particular population or how consistently students responded to an item. Sometimes, when comparing the responses of two or more groups, the overall percent may look very different, but the two numbers are not statistically different. Other times, the two values may be very close but differ statistically.

While this report notes statistical differences, we encourage you to consider meaningful differences: does the disparity merit a targeted intervention, show a real change in health, or otherwise mean something important to the community (statistics aside).

Data Suppression

For some questions, not enough students respond to be able to report an estimate. In those instances, a dot (.) indicating “too few students” is noted in the table. Reportable estimates include a numerator of at least 5 students and denominator of 50 or more students.

Subgroup Comparisons

Some subgroups have a higher prevalence of many health-risk behaviors that might place them at risk for unnecessary or premature mortality, morbidity and social problems.

To draw as many statistically meaningful comparisons among groups as possible, some populations have been grouped together. When included, all American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic /Latino students were grouped into a "BIPOC" category to compare to white, non-Hispanic students. Similarly, all lesbian, gay, bisexual, or other non-heterosexual sexual orientation and transgender students were grouped into a "LGBTQ+" category to compare to heterosexual/cisgender students.

Key Terms and Statistical Differences

Each table includes the overall statewide and county prevalence rates (%). Prevalence rates by subpopulations are included at the local level. Overall statistical comparisons between the statewide and county rates as well as statistical differences within a county by subpopulations are indicated within each table. These are noted using the following key terms and statistical differences:

VT All students in Vermont

County All students in Rutland County

M Male students

F Female students

WnH White, non-Hispanic students

BIPOC American Indian/Alaska Native, Asian, Black or African American, Native Hawaiian/Other Pacific Islander, or Hispanic /Latino students

Het/Cis Heterosexual and cisgender students

LGBTQ+ Transgender, lesbian, gay, bisexual, other sexual orientation, and questioning or unsure if they are transgender students

IEP Currently have an IEP or 504 Plan

noIEP Do not have an IEP or 504 Plan

- . Too few students to report
- * Significant difference between groups
- # Significantly increases/decreases with each grade level
- + Older (11th/12th grade) students are significantly different from younger (9th/10th grade) students

2023 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

HIGH SCHOOL RESULTS

Demographics

Rutland County	N
Overall	1058

Sex	N	%
Male	548	53
Female	501	47

Year in School	N	%
9th grade	348	27
10th grade	332	27
11th grade	247	28
12th grade	125	18

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.
N = Unweighted number of students; % = Weighted percent

Demographics

Sexual Orientation / Gender Identity	N	%
LGBTQ+	268	27
Heterosexual/Cisgender	754	73

Race / Ethnicity	N	%
BIPOC	164	17
White, non-Hispanic	882	83

IEP Status	N	%
Currently have an IEP or 504 Plan	166	17
No IEP or 504 Plan	799	83

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.
N = Unweighted number of students; % = Weighted percent

Unintentional Injuries and Prevention

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Rarely or never wore a helmet when they rode a bicycle or skateboard or rollerbladed, among those who rode a bicycle or skateboard or rollerbladed, past year	42	56 *	53	57	47	59	59	62	61	54	71	53 *	57	55
Had a concussion from playing a sport or being physically active, past year	18	20	18	21	19	20	25	12	13	22 *	29	18 *	20	19

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Had at least one sunburn, past year	72	67 *	73	62 *	69	67	66	68	66	69	53	70 *	62	68
Most of the time or always wear sunscreen when outside for at least one hour	32	27 *	37	19 *	27	24	29	30	35	26	24	28	30	27

. = Too few students to report; * = Statistical differences between groups; # = Significantly increases/decreases with each grade level; + = Older students significantly different from younger students

Unintentional Injuries and Prevention

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Were asked by a doctor, dentist, or nurse if they smoked, among those who saw a provider in the past year	49	53	52	54	41	55	58	60	+	55	52	46	54	44	55

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Texted or e-mailed while driving a car or other vehicle, among students who drive, past 30 days	38	35	34	35	10	24	47	47	+	33	35	42	33	.	33
Drove a car or other vehicle when they had been drinking alcohol, among students who drive, past 30 days	7	10	9	11	5	6	12	15	+	13	9	23	8	*	8
Drove a car or other vehicle when they had been using marijuana, among students who drive, past 30 days	12	15	14	17	5	9	20	24	+	23	13	27	13	*	13

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Unintentional Injuries and Prevention

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis		BIPOC	WnH		IEP	noIEP
Rode with a driver who had been drinking alcohol, past 30 days	19	17	19	15	16	18	16	18		21	16		21	16		20	15
Rode in a car or other vehicle driven by someone who had been using marijuana, past 30 days	22	22	24	20	18	18	24	32	+	33	19	*	34	20	*	21	20

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Violence and Bullying

	VT	County	F	M	*	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP	
Were in a physical fight, past year	16	19	13	24	*	21	20	19	13	21	17	26	17	*	22	16
Were threatened or injured with a weapon on school property, past year	9	11	11	10		9	12	10	11	13	9	17	10	*	.	8
Carried a weapon on school property, past 30 days	5	6	4	8		6	7	6	6	8	5	12	5	*	.	5

	VT	County	F	M	*	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Were bullied, past 30 days	21	23	28	18	*	27	25	20	18	35	19	30	22	28	21
Bullied someone else, past 30 days	13	16	14	17		13	15	20	13	16	15	21	15	17	13
Were electronically bullied, past year	18	20	25	16	*	25	20	18	17	27	17	23	19	25	19

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Violence and Bullying

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	10	13 *	18	9 *	9	13	16	15	20	11 *	18	12	16	11
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	17	23 *	21	24	17	23	24	28	32	19 *	33	20 *	28	20

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Violence and Bullying

	VT	County	F	M		9th	10th	11th	12th		LGBTQ	HetCis		BIPOC	WnH	IEP	noIEP		
Report someone has ever done sexual things to them that they did not want	23	24	37	12	*	19	22	28	28		42	18	*	27	24	28	23		
Reported someone they were dating or going out with did sexual things that they did not want, among students who dated or went out with someone, past year	14	14	24	4	*	9	12	20	15		30	10	*	15	14	.	13		
Experienced physical dating violence, among students who dated or went out with someone, past year	9	13	*	14	12	8	14	13	15		26	9	*	28	10	*	26	9	*

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Mental Health

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Reported that their mental health was most of the time or always not good, past 30 days	34	39 *	52	26 *	35	38	40	46	61	31 *	45	37	58	35 *
Most of the time or always bothered by feeling nervous, anxious, or on edge, past year	36	39	55	24 *	33	38	45	37	59	31 *	41	38	56	35 *
Felt sad or hopeless, past year	29	30	42	20 *	25	31	32	36	49	23 *	31	30	43	27 *

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Purposely hurt themselves without wanting to die, past year	23	22	30	14 *	18	25	25	18	39	16 *	25	22	31	20 *
Made a plan about how they would attempt suicide, past year	14	13	16	10	12	15	14	11	23	10 *	15	12	21	11 *
Attempted suicide, past year	7	7	8	6	6	8	9	.	13	4 *	9	6	.	5

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Mental Health

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Most of the time or always get the kind of help they need, among those who felt sad, angry, hopeless, or anxious	31	32	35	29	35	27	28	39	34	32	28	33	37	31
Would most likely talk to a teacher, counselor or other adult in their school or an adult outside of school who is not a family member about their feelings, among students who felt sad, angry, or anxious	7	8	8	9	8	5	12	8	11	7	8	8	.	7

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2023 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County High School Results

Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Ever drank alcohol	49	45 *	48	42	26	41	54	62	+	47	44	47	44	49	43
Ever smoked a cigarette	18	19	17	20	9	17	24	27	+	22	17	26	17	28	15 *
Ever tried an electronic vapor product	32	31	33	28	15	27	40	45	+	36	29	34	30	39	28
Ever tried marijuana	35	32	33	31	21	24	42	45	+	38	30	38	31	35	30

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Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP		
Had their first drink of alcohol before age 13 years	14	16	16	17	13	18	20	13	20	15	26	15	*	27	13	*
Smoked a cigarette before age 13 years	7	8	7	9	6	7	8	10	10	7	17	6	*	.	6	
First tried an electronic vapor product before age 13	7	9	8	9	7	8	10	10	10	8	14	8		.	7	
Tried marijuana for the first time before age 13 years	6	6	5	7	5	7	7	6	10	5	*	15	5	*	.	5

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Lifetime Substance Use

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis		BIPOC	WnH	IEP	noIEP
Ever misused a prescription pain medicine	9	9	9	9	9	8	10	11		15	8	*	11	9	.	8
Ever used cocaine	3	4	3	5	2	2	8	5	+	6	3		10	3	*	.
Ever used inhalants	7	9	8	9	6	9	12	8		11	8		12	8	.	7
Ever used heroin	2	3	1	5	*	2	2	6	4	+	4	3	6	3	.	.
Ever used methamphetamines	2	3	1	5	*	.	2	6	4	+	3	3	5	3	.	.

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Current Substance Use

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	18	19	19	18	10	15	27	24	+	22	17	26	17	24	16
Currently smoked cigarettes	6	7	5	8	4	6	10	6		9	6	10	6	.	4
Currently used an electronic vapor product	16	16	17	14	9	12	23	21	+	18	15	21	15	21	14
Currently used smokeless tobacco	3	3	2	5	*	.	3	5	.	2	3	6	3	.	.
Currently smoked cigars	4	4	2	6	*	2	4	6	6	5	4	8	4	.	.

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Current Substance Use

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Currently drank alcohol	27	22 *	24	19	10	17	28	36	+	25	21	26	21	20	21
Binge drank, past 30 days	13	10 *	12	9	2	10	15	17	+	11	10	16	9	.	9
Currently used marijuana	22	21	20	21	13	15	30	29	+	26	20	26	20	22	19
Misused any prescription medication, past 30 days	5	6	5	6	5	6	7	6		8	6	6	6	.	5

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Current Substance Use

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Usually got electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station, among students who used EVP, past 30 days	4	5	6	.	5	.	.
Primarily used EVP because they were curious about them, among students who used EVP, past 30 days	25	20	23	17	33	22	15	19	22	19	22	20	.	18
Primarily used EVP because friends or family used them, among students who used EVP, past 30 days	19	17	18	17	15	11	21	19	12	19	.	18	.	20

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Current Substance Use

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Used an electronic vapor product to vape marijuana, among students who used marijuana, past 30 days	65	73	71	73	.	.	80	.	62	78	.	73	.	72
Usually used marijuana by smoking it in a joint, bong, pipe, or blunt, among students who used marijuana, past 30 days	67	66	64	68	.	.	58	.	65	67	.	70	.	67
Usually obtained marijuana they used by buying it from a store or dispensary, among students who used marijuana, past 30 days	3	6	.	8	6	.	4	.	.
Usually used marijuana by vaping it, among students who used marijuana, past 30 days	15	14	18	10	.	.	15	.	10	16	.	13	.	.

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Other Substance Use Behaviors and Experiences

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP		
Attended school under the influence of alcohol or other illegal drugs, past year	12	11	11	11	6	9	18	12	+	15	10	17	11	18	9	*	
Tried to quit using all tobacco products, past year	12	13	16	11	7	11	19	18	+	15	12	13	13	.	13		
Ever lived with a parent or guardian who was having a problem with alcohol or drug use	27	33	*	36	29	31	33	32	36	45	29	*	36	32	49	29	*

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Perceptions Around Substance Use

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	60	61	61	61	49	61	68	65	+	59	61	61	60	62	60
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	66	63	63	62	51	63	63	78	+	63	63	59	64	62	62
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	58	57	58	56	45	57	64	65	+	60	57	55	58	57	57

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Perceptions Around Substance Use

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP		
Think it is wrong or very wrong for someone their age to use electronic vapor products	70	71	70	71	80	74	63	63	+	71	71	66	71	65	72		
Think it is wrong or very wrong for someone their age to drink alcohol	53	59	*	55	63	75	60	50	46	+	59	59	63	58	63	58	
Think it is wrong or very wrong for someone their age to use marijuana	55	59	*	57	61	73	63	50	48	+	51	62	*	59	59	51	61

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Perceptions Around Substance Use

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Responded that their parents or guardians feel it would be wrong or very wrong for them to use electronic vapor products	89	85 *	87	83	87	88	81	84		83	86	85	85	82	86
Responded that their parents or guardians feel it would be wrong or very wrong for them to drink alcohol	67	70	67	73	81	73	65	56	+	67	71	73	69	73	70
Responded that their parents or guardians feel it would be wrong or very wrong for them to use marijuana	75	75	76	74	83	78	68	68	+	68	77 *	79	74	71	75

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Perceptions Around Substance Use

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor product regularly	42	41	41	40	42	41	39	43	47	38	39	41	36	42
Think people greatly risk harming themselves, physically or in other ways, if they have five or more drinks of alcohol once or twice each weekend	35	37	39	36	36	38	36	39	44	35	41	36	41	37
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	24	27	27	27	32	28	23	23	24	28	30	26	26	27

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Sexual Health

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Were ever tested for human immunodeficiency virus (HIV)	8	8	7	9	6	7	10	11		8	8	7	9	.	7
Were tested for a sexually transmitted disease (STD), past year	8	6	5	6	3	4	7	10	+	6	6	6	6	.	5

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Ever had sexual intercourse	37	34	34	33	17	31	47	42	+	32	34	42	33	35	34
Had sexual intercourse with four or more persons during their life	8	8	5	9	3	7	12	9	+	10	7	17	6	*	6

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Sexual Health

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Were currently sexually active, past 3 month	28	26	29	24	12	24	36	37	+	25	27	34	25	27	26

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Drank alcohol or used drugs before last sexual intercourse, among students who were currently sexually active	20	19	14	25	.	27	18	.		21	17	.	15	.	16
Used a condom during last sexual intercourse, among students who were currently sexually active	49	50	46	54	.	52	48	.		50	51	.	52	.	50

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Sexual Health

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner, among students who were currently sexually active	18	10 *	12	7	.	.	11	.	.	10	.	10	.	.
Used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner, among students who were currently sexually active	52	45	56	33 *	.	42	42	.	35	49	.	47	.	48
Did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner, among students who were currently sexually active	7	9	7	11	.	16	7	.	15	7	.	8	.	.

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Weight

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Are overweight	14	18 *	19	18	22	18	18	12	22	17	22	18	24	17
Are obese	14	18 *	11	24 *	16	14	25	17	18	18	20	18	26	16 *

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Described themselves as slightly or very overweight	29	35 *	37	33	34	35	38	34	43	33 *	36	35	42	33
Were trying to lose weight	39	43	53	34 *	44	47	45	34	50	40	49	42	45	42
Tried 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	22	24	34	15 *	19	29	25	24	36	20 *	29	23	31	23

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Physical Activity

	VT	County		F	M	9th	10th	11th	12th	LGBTQ	HetCis		BIPOC	WnH	IEP	noIEP	
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	13	18	*	19	17	16	18	20	20	34	13	*	19	18	28	17	*
Were physically active at least 60 minutes per day on 5 or more days, past week	52	48	*	38	57	52	45	50	43	29	55	*	53	47	33	51	*
Were physically active at least 60 minutes per day on all 7 days, past week	28	25		17	31	27	26	28	14	12	29	*	33	23	19	25	

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Nutrition

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Did not eat breakfast, past week	14	16	18	15	14	17	20	14	18	15	20	16	21	15
Ate breakfast on 5 or more days, past week	49	42 *	38	46	46	41	38	47	42	43	39	43	31	45 *
Ate breakfast on all 7 days, past week	32	26 *	21	30 *	28	25	25	26	23	27	27	26	22	27

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2023 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County High School Results

Nutrition

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Ate 5+ fruits/vegetables every day, past week	19	17	16	17	16	15	19	17	20	15	21	15	17	16
Did not eat vegetables, past week	6	9 *	5	13 *	9	9	12	5	9	9	8	9	.	8
Ate vegetables one or more times per day, past week	69	59 *	64	55 *	58	62	54	65	62	58	65	58	55	61
Ate vegetables two or more times per day, past week	34	25 *	25	25	23	24	27	28	26	24	36	23 *	21	26
Ate vegetables three or more times per day, past week	17	14 *	13	14	13	12	15	15	13	13	17	13	.	13
Did not eat fruit or drink 100% fruit juices, past week	7	9 *	6	12 *	10	9	9	8	8	9	7	10	.	9
Ate fruit or drank 100% fruit juices one or more times per day, past week	58	51 *	50	52	52	53	53	45	50	51	65	49 *	48	52
Ate fruit or drank 100% fruit juices two or more times per day, past week	27	24	23	25	26	23	28	17	23	24	32	22	24	24

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Social Determinants of Health

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP		
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	3	2	3	.	1	5	4	+	4	2	5	3	.	.		
Experienced unstable housing, past 30 days	4	5	2	6	*	4	2	7	5	6	4	12	3	*	.	3	
Think their family subjective social status is worse than other families	3	2	3	2		2	2	.	.	5	2	*	7	1	*	.	.

	VT	County	F	M	9th	10th	11th	12th		LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP		
Have a disability or long-term health problem that keeps them from doing everyday activities	7	9	11	6		6	12	10	9	15	7	*	12	8	22	6	*
Currently receive Special Education services through an Individualized Education Plan (IEP) or 504 plan	18	17	19	15		14	17	18	21	27	13	*	21	16	100	.	

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Protective Factors

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Ate dinner at home with at least one parent or other adult family member on four or more days during the previous week	72	67 *	67	67	74	68	63	62	57	71 *	67	67	58	69 *

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Protective Factors

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Strongly agree or agree that their school has clear rules and consequences for behavior	48	42 *	36	48 *	48	44	35	43	35	45	37	43	44	42
Felt that they were ever treated badly or unfairly in school because of their race or ethnicity	21	23	20	25	22	20	25	23	25	22	62	14 *	30	19 *
Reported there is at least one teacher or other adult in their school that they can talk to if they have a problem	69	60 *	67	54 *	57	62	59	63	64	59	51	61	71	58 *
During an average school week, spend 10 or more hours participating in afterschool activities	24	23	23	22	19	25	23	22	16	25 *	21	23	.	24
Report they are most likely to attend a 4-year college or university, a community college, or technical school after high school	69	63 *	74	53 *	59	63	62	70	62	64	66	62	50	66 *

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Protective Factors

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Used social media several times a day	80	76 *	80	73	76	77	76	76	76	77	69	78	67	79 *

	VT	County	F	M	9th	10th	11th	12th	LGBTQ	HetCis	BIPOC	WnH	IEP	noIEP
Strongly agree or agree that in their community they feel like they matter to people	54	49 *	45	52	53	49	41	54	35	54 *	41	50	43	51

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2023 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT

MIDDLE SCHOOL RESULTS

Demographics

	N
Overall	846

Sex	N	%
Male	420	51
Female	417	49

Year in School	N	%
6th grade	71	7
7th grade	398	47
8th grade	371	45

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.

N = Unweighted number of students; % = Weighted percent

Demographics

Sexual Orientation / Gender Identity	N	%
LGBTQ+	210	26
Heterosexual/Cisgender	588	74

Race / Ethnicity	N	%
BIPOC	141	17
White, non-Hispanic	666	83

Note: Students are not required to answer questions on the YRBS. Therefore, totals by specific demographics may not equal the overall total.
N = Unweighted number of students; % = Weighted percent

Unintentional Injuries and Prevention

	VT	County		F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH	
Rarely or never wore a bicycle helmet, among students who had ridden a bicycle	27	41	*	42	40	13	43	43	47	41	56	39	*
Rarely or never wore a helmet when rollerblading or skateboarding, among students who used rollerblades or rode a skateboard	30	47	*	50	43	.	50	49	56	44	63	43	*
Had a concussion from playing a sport or being physically active, past year	17	20		20	21	19	18	23	17	22	22	20	

	VT	County		F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH		
Had a sunburn, past year	62	61		66	57	59	59	63	54	64	47	64	*	
Most of the time or always wear sunscreen	42	35	*	40	31	*	53	36	32	31	36	23	38	*

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Unintentional Injuries and Prevention

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Were asked by a doctor, dentist, or nurse if they used a tobacco product among those who saw a provider during the past year	26	30	29	31	16	25	37	34	29	22	32

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Do not always wear a seat belt	25	33 *	33	33	18	36	31	37	32	41	33
Ever rode with a driver who had been drinking alcohol	19	16	20	13 *	10	15	18	22	15	23	15
Ever rode with a driver who had been using marijuana	13	17 *	20	15	10	16	19	23	15 *	27	15 *

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2023 VERMONT YOUTH RISK BEHAVIOR SURVEY
Rutland County Middle School Results

Violence and Bullying

	VT	County		F	M		6th	7th	8th	LGBTQ	HetCis		BIPOC	WnH
Were ever bullied on school property	47	53	*	60	46	*	47	51	56	65	49	*	58	53
Were ever electronically bullied	30	36	*	48	24	*	23	35	38	49	32	*	40	36
Were bullied, past 30 days	27	34	*	41	27	*	32	36	32	49	29	*	42	33
Bullied someone else, past 30 days	12	15	*	17	14		18	15	14	18	15		20	15

	VT	County		F	M		6th	7th	8th	LGBTQ	HetCis		BIPOC	WnH
Were ever in a physical fight	40	41		29	53	*	38	42	40	43	41		55	39
Ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	15	21	*	24	19		16	18	25	30	19	*	38	19

. = Too few students to report; * = Statistical differences between groups; # = Significantly increases/decreases with each grade level

Violence and Bullying

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Report someone has ever done sexual things to them that they did not want	13	16	24	8 *	14	13	19	33	10 *	23	14 *

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Did not go to school because they felt unsafe at school or on their way to or from school, past 30 days	12	16 *	19	13	14	16	16	24	12 *	18	16

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Mental Health

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Reported that their mental health was most of the time or always not good during the past 30 days	25	27	39	15 *	23	26	28	55	18 *	30	27
Have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose	21	23	33	13 *	20	22	24	46	15 *	24	23
Felt sad or hopeless, past year	24	29 *	39	18 *	32	26	30	56	19 *	30	28

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Ever seriously thought about killing themselves	20	22	29	14 *	17	22	21	49	13 *	23	21
Ever made a plan about how they would kill themselves	15	15	21	10 *	16	15	15	33	9 *	18	15
Ever tried to kill themselves	7	9	13	6 *	9	9	9	25	4 *	12	8

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Mental Health

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis		BIPOC	WnH
Most of the time or always get the kind of help they need, among those who felt sad, angry, hopeless, or anxious	41	39	37	43	43	42	36	29	43	*	34	40
Would most likely to talk to a teacher, counselor or other adult in their school or an adult outside of school who is not a family member about their feelings, among those who felt sad, angry, hopeless, or anxious	5	5	4	6	.	4	6	6	5		7	5

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Lifetime Substance Use

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Ever drank alcohol	19	22	25	20	15	23	22	30	20 *	33	21 *
Ever smoked a cigarette	7	9	8	9	.	8	9	15	6 *	15	8 *
Ever tried an electronic vapor product	12	15	19	11 *	7	13	16	24	12 *	22	14
Ever tried a flavored tobacco product	6	7	7	7	.	7	7	11	6	10	6
Ever tried marijuana	8	10 *	11	9	.	9	12	18	8 *	14	10

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Lifetime Substance Use

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Had their first drink of alcohol before age 11 years	9	11	11	10	7	12	9	14	9	16	10
Smoked a cigarette before age 11 years	3	3	2	4	.	3	4	5	3	5	3
Tried an electronic vapor product for the first time before age 11 years	3	3	4	3	.	4	3	5	3	5	3
First tried a flavored tobacco product before age 11	3	3	3	3	.	2	3	4	3	4	3
Tried marijuana for the first time before age 11 years	2	2	.	3	.	2	2	2	2	5	2

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Ever misused a prescription pain medicine	7	7	7	7	.	6	8	11	6	16	6 *
Ever used inhalants	6	8 *	10	7	17	6	8	16	6 *	15	7 *

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Current Substance Use

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products	7	8	9	7	.	8	8	14	6 *	14	7
Currently smoked cigarettes	2	3	3	3	.	3	2	6	1 *	6	2
Currently used an electronic vapor product	6	7	8	6	.	7	7	12	5 *	13	6 *
Currently used smokeless tobacco	1	2	.	2	.	1	.	3	1	.	1
Currently smoked cigars	1	1	.	2	.	.	2	3	1	.	1

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Currently drank alcohol	5	7 *	8	7	.	7	8	11	6	15	6 *
Currently used marijuana	4	6	7	5	.	4	8	12	4 *	8	6

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Current Substance Use

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Usually used JUUL or other rechargeable device that uses pods, past 30 days, among students who used EVP	14	13	14	13
Primary used EVP because they were curious about them, past 30 days, among students who used EVP	29	33	36	.	.	34	30	.	34	.	33

. = Too few students to report; * = Statistical differences between groups; # = Significantly increases/decreases with each grade level

Perceptions Around Substance Use

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Say if they wanted to get electronic vapor products, it would be sort of easy or very easy for them to get some	24	30 *	30	29	15	27	33	32	29	38	28
Say if they wanted to get alcohol, it would be sort of easy or very easy for them to get some	38	36	39	33	28	32	43	39	36	41	36
Say if they wanted to get marijuana, it would be sort of easy or very easy for them to get some	20	23	24	22	10	21	26	30	21	30	22

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Think it is wrong or very wrong for someone their age to use electronic vapor products	89	87	84	89	98	86	87	78	89 *	86	87

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Perceptions Around Substance Use

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Believe that their parents or guardians feel it would be wrong or very wrong for them to use electronic vapor products	94	91 *
Believe that their parents or guardians feel it would be wrong or very wrong for them to drink alcohol	86	84	85	84	84	84	86	84	84	81	85
Believe that their parents or guardians feel it would be wrong or very wrong for them to use marijuana	92	89	88	91	95	92	87	79	93 *	87	90

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Perceptions Around Substance Use

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Think people greatly risk harming themselves, physically or in other ways, if they use electronic vapor products regularly	51	51	48	54	68	49	50	44	53	44	52
Think people greatly risk harming themselves, physically or in other ways, if they have five or more drinks of alcohol once or twice each weekend	39	39	39	40	47	37	40	34	41	39	39
Think people greatly risk harming themselves, physically or in other ways, if they use marijuana regularly	45	43	46	40	65	44	38	36	45	40	43

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Sexual Health

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Ever had sexual intercourse	5	7	7	7	.	3	10	12	5 *	12	6
Used a condom during last sexual intercourse, among students who have ever had intercourse	51	51

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Physical Activity

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Did not participate in at least 60 minutes of physical activity on at least 1 day, past week	10	12	13	11	9	14	10	21	8 *	11	12
Were physically active at least 60 minutes per day on 5 or more days, past week	59	56	49	64 *	64	54	58	34	64 *	57	56
Were physically active at least 60 minutes per day on all 7 days, past week	34	34	24	44 *	43	32	35	17	40 *	36	33

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Played on at least one sports team, past year	69	66	64	68	79	62	68	45	72 *	62	67

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Physical Activity

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Walk or ride their bike to school at least once a week when weather permits	23	21	18	24	17	23	19	21	22	27	21
Walk or ride their bike to school five days a week when weather permits	11	10	8	13	10	12	9	9	11	14	10

. = Too few students to report;

* = Statistical differences between groups;

= Significantly increases/decreases with each grade level

Nutrition

	VT	County		F	M		6th	7th	8th	LGBTQ	HetCis		BIPOC	WnH	
Did not eat breakfast, past week	12	16	*	21	11	*	12	15	17	22	14	*	24	14	*
Ate breakfast on 5 or more days, past week	60	51	*	39	63	*	57	55	47	40	54	*	45	53	
Ate breakfast on all 7 days, past week	42	36	*	24	47	*	42	39	31	26	38	*	31	36	

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Social Determinants of Health

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH		
Most of the time or always went hungry because there was not enough food in their home, past 30 days	2	2	3	.	.	2	2	4	2	5	2		
Experienced unstable housing, past 30 days	2	3	2	4	.	3	2	4	3	6	2		
People in their home most of the time or always speak a language other than English	7	3	*	4	3	.	2	3	6	3	10	2	*

. = Too few students to report; * = Statistical differences between groups; # = Significantly increases/decreases with each grade level

Protective Factors

	VT	County	F	M	6th	7th	8th	LGBTQ	HetCis	BIPOC	WnH
Ate dinner at home with at least one of their parents or other adult family member on four or more days, past week	87	84 *	81	86	89	83	84	76	86 *	77	85
Ever felt that they were treated badly or unfairly in school because of their race or ethnicity	25	29	32	25	25	30	28	38	26 *	57	23 *
Have at least one teacher or other adult in their school that they can talk to if they have a problem	65	64	66	64	76	63	64	59	66	60	66
Strongly agree or agree that their school has clear rules and consequences for behavior	56	55	50	60 *	69	59	48	46	57 *	42	57 *
Spend 10 or more hours participating in afterschool activities during a typical school week	13	14	14	14	15	11	16	10	16	17	13

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Protective Factors

	VT	County		F	M	6th	7th	8th		LGBTQ	HetCis	BIPOC	WnH
Do not use social media such as Instagram, TikTok, Snapchat, and Twitter	21	15	*	11	18	41	16	9	#	13	14	11	15
Use social media such as Instagram, TikTok, Snapchat, and Twitter several times a day	60	69	*	74	64	37	67	75		68	69	75	68

	VT	County		F	M	6th	7th	8th		LGBTQ	HetCis	BIPOC	WnH
Strongly agree or agree that in their community they feel like they matter to people	56	52		46	57	54	53	50		29	60	48	53

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