



Vermont Young Adult Survey 2024

STATEWIDE RATES FOR ALL SURVEY ITEMS INCLUDING COMPARISONS TO PREVIOUS YEARS

NOVEMBER 2024

Prepared by: Pacific Institute for Research and Evaluation

Acknowledgments

The 2024 Young Adult Survey was conducted for the Vermont Department of Health, Division of Substance Use Programs, by the Pacific Institute for Research and Evaluation (PIRE). Funding was provided by the Partnerships for Success grant (also referred to in Vermont as Regional Prevention Partnerships, or RPP) from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). The time and willingness of all respondents to participate in the survey is gratefully acknowledged.

Questions regarding the survey or any of the data tables and reports based on the survey data should be directed to Amy Livingston at 802-490-5071, or alivingston@pire.org.

Contents

Contents.....	3
Introduction.....	1
Background.....	1
Methods.....	1
Overview of Summary Tables.....	2
Statistically Significant Differences.....	3
Summary Tables.....	4
Statewide Rates for All Survey Items, for All Years.....	4
TABLE A. Substance Use Prevalence Rates.....	4
TABLE B. Substance Use Risk Factor Prevalence Rates.....	6
TABLE C. Emotional distress reported in the past two weeks. Percent of respondents reporting various types of emotional distress.....	7
TABLE D. Awareness of Dangers of Fentanyl and Xylazine.....	7
TABLE E. How changes in policies related to substance availability affect use.....	8
TABLE F. Stigma.....	8
TABLE G. Respondent Demographics.....	9
Statewide Rates for Selected Survey Items by Demographic Subgroups (as defined by age group, sex, college student status, sexual orientation and gender identity, and race/ethnicity), for 2024.....	11
TABLE H. Differences Between Underage (18-20) and Older (21-25) Young Adults.....	11
TABLE I. Differences between Males and Females.....	13
TABLE J. Differences Between Full Time College Students and other Young Adults (Among Respondents Aged 18 to 22).....	15
TABLE K. Differences Between LGBTQ+ and Cisgender/Heterosexual Young Adults.....	17
TABLE L. Differences Between BIPOC and White, non-Hispanic Young Adults.....	19
Appendix A: Responses to Open-ended Survey Item Regarding Survey Topics or the Survey Itself (2024 Only).....	21
TABLE 1. Responses to open-ended item “Is there anything else you’d like to tell us or add regarding any other issues we have asked about today, or about your experience taking the survey?”.....	21
Appendix B: Survey Instrument.....	23

Introduction

Background

The 2024 Vermont Young Adult Survey (YAS) was conducted from March 4 through May 27 by the Pacific Institute for Research and Evaluation (PIRE). Surveys using similar methods were conducted by PIRE in 2014, 2016, 2018, 2020, and 2022. This document describes the methods used to conduct the survey and provides an overview of the detailed summary tables that follow.

Methods

For each of the six survey years, Vermont residents ages 18 to 25 were recruited primarily through Instagram and Facebook ads to participate in an online survey. In 2024 ads were also placed on Snapchat for the first month of the recruitment period, but were discontinued due to low response. In addition to ads on Social Media platforms, the survey is also promoted by the Vermont Department of Health and community partners through their own social media channels, listservs, websites, and other media. The ads were designed to catch the attention of a broad range of young adults and highlighted the chance for randomly-drawn respondents to win \$100 gift cards, and one prize of a \$500 gift card. The number of usable surveys obtained was 2867 in 2014, 3062 in 2016, 2365 in 2018, 2340 in 2020, 1538 in 2022, and 1308 in 2024.

The online survey was designed to be compatible with a variety of internet-connected devices, and to take about 10 to 15 minutes to complete. Survey items include background demographics and questions about substance use and perceptions related to substance use such as the ease of obtaining various substances and the level of risk they pose to users. Survey content varied slightly from year to year. In 2024 questions were added to assess changes in use of and access to cannabis as a result of retail availability which began in the fall of 2022. A copy of the survey instrument can be found in the Appendix.

Although Instagram and other social media platforms are widely used by the majority of young adults in the U.S.¹, the use of these platforms for recruiting survey respondents combined with the self-selection by respondents to participate yields a "convenience sample" rather than a truly representative sample of all young adults in Vermont. To enhance the representativeness of the samples, the data from all six years were weighted to reflect the young adult population of Vermont in 2019 (most recent year with available population estimates by the weighting variables) with respect to age group, sex, and county of residence. Weighted state estimates from surveys through 2022 have generally matched closely with those obtained from the National Household Survey on Drug Abuse for the same years and age group, thus supporting the usefulness of the sample for reflecting statewide rates, patterns, and trends regarding substance use behaviors.

¹ <https://www.pewresearch.org/internet/2024/01/31/americans-social-media-use/>

Overview of Summary Tables

Statewide findings from the 2024 survey have been summarized in two sets of tables below:

- Statewide Rates for All Survey Items², Including Comparisons to previous years.
- Statewide Rates for Selected Survey Items by Populations of Focus (as defined by age group, sex, college student status, race/ethnicity, and sexual orientation and gender identity), for 2024.

A brief Summary of Key Findings from the survey is also available on the Vermont Department of Health website.

As noted in their titles, the first set of tables provides data for all the items in the 2024 survey (tables A-G). A summary of respondents' comments in response to the open-ended question at the end of the survey can be found in the Appendix.

The tables of results for populations of focus report on most but not all survey items (tables H-L). Because some groups had smaller sample sizes and to keep the tables simple, not all survey questions are included in these tables. The sample sizes for each race category (except white, non-Hispanic) were too small to analyze on their own. To address this, all Black, Indigenous, and people of color (BIPOC) were combined into one category for comparison with white, non-Hispanic individuals. Similarly, lesbian, gay, bisexual, other sexual orientations, and transgender young adults were grouped together as "LGBTQ+" for comparison with cisgender and heterosexual individuals. While this approach improves the reliability of comparisons, it also limits the ability to highlight differences within these diverse subgroups.

For 2024 items not included in previous years of the survey, the table cells for those items and years are shaded gray. Some items, or sets of items, are applicable only to respondents who provided a positive response to a previous question. These items are indented and apply only to the subset of respondents who answered affirmatively to the item directly preceding the indented items.

The survey items reported in these tables are summarized as the weighted percent of respondents reporting a particular behavior or perception (i.e., the "prevalence³ rate"). This approach produces a very compact report and allows for easier comparisons across many different survey items. Using this approach required "cut-points" to be

Overall respondent characteristics, 2024	Number of Respondents	Unweighted Percent
Sex (as assigned at birth)		
Male	406	31.0
Female	902	69.0
Total	1308	100.0
Age group		
18-20	409	31.3
21-25	899	68.7
Total	1308	100.00
Sexual orientation and gender identity		
LGBTQ+	516	40.8
Cisgender/Heterosexual	748	59.2
Total	1008	100.00
Student status		
Full-time college student	363	27.8
Not a full-time student	941	72.2
Total	1304	100.00
Race/ethnicity		
BIPOC	157	15.6
White, non-Hispanic	851	84.4
Total	1264	100.00
County		
Addison	81	6.2
Bennington	56	4.3
Caledonia	53	4.1
Chittenden	480	36.7
Essex-Orleans	54	4.1
Franklin-Grand Isle	93	7.1
Lamoille	56	4.3
Orange	51	3.9
Rutland	95	7.3
Washington	97	7.4
Windham	72	5.5
Windsor	120	9.2
Total	1308	100.0

² Findings for the items related to state-sponsored communications campaigns have been summarized in a separate report shared with Vermont Department of Health.

³ Note that use of the term "prevalence rate" is subject to the limitations of the YAS convenience sample discussed above.

identified for items with multiple response options. For example, the prevalence rate for the perceived risk of harm from using substances was defined as the percent of respondents who perceived the risk of harm to be either no risk or slight risk. For some such items, additional prevalence rates were defined using different cut-points (e.g., no risk only) if the initial cut-point resulted in a prevalence rate that was close to or higher than about 75%. The response options used to define each of these prevalence rates are indicated in the tables.

Unweighted demographic characteristics of the 2024 sample are provided in the table above, which includes the number of respondents in each category along with the corresponding unweighted percentage. The full table of demographic characteristics with weighted percentages is provided in Table G.

Statistically Significant Differences

In all tables, statistically significant differences for prevalence rates between years or between subgroups being compared are noted with orange shading. In the first group of tables showing statewide rates by year, the cells containing the rates for 2022 and 2024 are shaded orange if there is a difference at the $p < .05$ level between these years. For the second group of tables comparing rates for populations of focus, estimates are provided for 2024 only, and cells are shaded when the difference between the groups is significant at the $p < .05$ level (rates for these populations of focus for previous years are available in reports for those years). Significance tests for cross-year or population differences were conducted for all survey items reported in each table except those pertaining to demographic characteristics or in cases in which the survey item was not asked in 2022 (for cross-year comparisons).

Summary Tables

Statewide Rates for All Survey Items, for All Years

TABLE A. Substance Use Prevalence Rates

Substance category and specific behavior:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)	2024 (N=1308)
Alcohol use in past 30 days						
Any use	75.6	73.4	75.7	74.7	70.4	68.8
Any binge drinking ⁴	56.9	49.9	51.2	44.7	46.0	41.8
Binge drank 1-2 days	38.6	44.3	48.5	51.2	45.2	49.0
Binge drank 3-5 days	32.2	31.9	28.2	26.1	29.8	28.4
Binge drank 6-10 days	19.2	16.1	14.8	12.8	14.8	13.9
Binge drank 11-19 days	7.0	4.5	5.7	5.5	6.7	5.0
Binge drank 20 or more days	2.9	3.1	2.8	4.4	3.5	3.7
Drove after having too much to drink ⁵	3.7	3.7	3.0	1.3	3.1	2.2
Any use (ages 18-20 only)	63.3	60.6	60.9	60.1	52.5	54.5
Cannabis use in past 30 days						
Any use	38.8	42.0	44.4	46.3	45.0	47.9
Number of days used ⁶						
Used cannabis 1-2 days	18.1	18.7	20.6	19.1	16.3	18.0
Used cannabis 3-5 days	14.2	14.0	12.9	14.1	15.1	16.4
Used cannabis 6-10 days	9.9	8.9	9.5	11.3	11.6	11.4
Used cannabis 11-19 days	9.3	7.6	12.4	11.0	10.6	10.5
Used cannabis 20 or more days	48.6	50.8	44.7	44.5	46.4	43.8
Any use (ages 18-20 only)	42.1	45.0	44.4	44.0	40.4	38.9
Drove after using cannabis ⁷	15.7	17.0	16.5	13.5	12.7	10.8
Methods of use ⁸ (item was "select all that apply")						
Smoked in joint, bong, pipe, or blunt		95.8	93.9	88.8	86.4 ⁹	78.9
Consumed in food		22.9	32.8	34.8	43.2	42.3
Consumed in a beverage		3.8	4.2	2.8	5.3	6.4
Inhaled with a vaping device		23.8	35.8	30.5	33.4	40.4
Dabbed using wax or concentrate			17.4	14.3	17.5	13.7
Capsule			3.8	0.9	1.1	2.5
Tincture			5.3	4.6	4.0	4.3

⁴ Asked if "yes" to past 30-day alcohol use. Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

⁵ Asked if "yes" to past 30-day alcohol use.

⁶ Asked if "yes" to past 30-day cannabis use.

⁷ Asked if "yes" to past-30-day cannabis use.

⁸ Asked if "yes" to past-30-day cannabis use. Because this item was select all that apply, response options may sum to more than 100.

⁹ Orange shading indicates statistical difference between the values in shaded cells at the p<.05 level.

Substance category and specific behavior:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)	2024 (N=1308)
Ointment or balm			7.5	7.6	4.5	4.3
Other			1.8	1.6	0.1	0.4
Source of cannabis ¹⁰ (new question in 2024. Item was "select all that apply")						
Friend or family member gave to me						35.1
Someone else gave to me						11.4
Bought from friend or family member						19.1
Bought from store or dispensary						59.7
Bought from someone else						15.0
Grew my own						10.9
Took from friend or family member						0.1
Got some other way						3.6
Tobacco and nicotine delivery products use in past 30 days						
Used cigarettes			21.5	19.9	17.4	14.2
Used cigars, cigarillos or little cigars			4.7	3.1	3.8	4.9
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products ¹¹			4.9	2.8	4.7	9.2
Used electronic vapor products containing nicotine			20.8 ¹²	20.0	27.4	27.4
Used electronic vapor products containing nicotine (ages 18-20 only)			30.4	22.9	26.9	24.5
Used any of the above products			37.7	33.8	35.7	36.7
Used flavored tobacco or nicotine product ¹³						80.9
Prescription drug misuse¹⁴ in past year						
Misuse of Rx pain relievers	7.6	6.2	3.5	2.1	2.5	2.1
Misuse of Rx sedatives	4.9	6.4	5.0	3.4	3.2	1.4
Misuse of Rx stimulants	11.6	12.0	12.4	9.8	8.0	4.3
Misuse of any of the above Rx drugs	17.5	17.4	16.0	11.7	10.5	5.9
Misuse of buprenorphine ¹⁵					1.4	1.0
Other drugs used in past year						
Used hallucinogens			15.2	16.5	17.4	15.6
Used any form of cocaine				8.4	7.4	4.4
Used heroin	2.3	1.8	0.8	0.6	1.8	0.8

Note: All data in this table represent percentages based on weighted data. The N shown for each column is the unweighted sample size for each year and may be lower for some measures due to missing responses or non-applicability.

¹⁰ Asked if "yes" to past-30-day cannabis use. Because this item was select all that apply, response options may sum to more than 100.

¹¹ Nicotine pouches and dissolvable tobacco products added to response option in 2022.

¹² For the 2018 survey, this percentage includes only respondents who reported that the vaping product usually contained nicotine and therefore is probably a slight underestimate of any use of a vaping product containing nicotine.

¹³ Asked if "yes" to past 30-day use of any tobacco or nicotine products.

¹⁴ Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

¹⁵ This was a new question in 2022. In order to allow for comparison with past years, respondents who reported misuse of buprenorphine have not been included in the variable "Misuse of any of the above Rx drugs".

TABLE B. Substance Use Risk Factor Prevalence Rates

Risk factor:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)	2024 (N=1308)
Perceived ease of obtaining substances						
Very or somewhat easy for underage persons to buy alcohol in stores	26.7	28.6	33.5	33.2	31.0	31.1
Very or somewhat easy for underage persons to buy alcohol in bars and restaurants	16.5	14.9	20.0	18.6	21.3	24.3
Very or somewhat easy for underage persons to buy alcohol online to be delivered by mail.						15.2
Very or somewhat easy for underage persons to get cannabis ¹⁶					74.2	72.2
<u>Very easy</u> for underage persons to get cannabis					45.0	45.6
Very or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products				56.7	52.6	55.7
Very or somewhat easy for persons the age of respondent to get cocaine					18.8	21.5
Very or somewhat easy for persons the age of respondent to get pain relievers w/o prescription	39.3	36.9	33.0	17.7	17.9	18.3
Very or somewhat easy for persons the age of respondent to get stimulants w/o prescription					33.5	35.3
Very or somewhat easy for persons the age of respondent to get buprenorphine w/o prescription					10.3	10.7
Low perceived risk of harm from using substances						
No risk or slight risk from having five or more drinks once or twice a week	27.4	27.0	24.6	26.0	25.5	23.5
No risk or slight risk from using cannabis regularly ¹⁷					69.1	62.6
<u>No risk</u> from using cannabis regularly					28.5	19.0
No risk or slight risk from using e-cigarettes or other EVPs containing nicotine regularly ¹⁸					20.7	19.2
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	14.3	11.7	13.2	9.7	10.2	8.3
No risk or slight risk from using Rx stimulants that were not prescribed a few times a year					22.1	21.3
No risk or slight risk from using buprenorphine that was not prescribed a few times a year ²					7.9	7.4

Note: All data in this table represent percentages based on weighted data. The N shown for each column is the unweighted sample size for each year and may be lower for some measures due to missing responses or non-applicability.

¹⁶ The wording of this item changed in 2022 (from “persons your age” to “underage persons” and from “marijuana” to cannabis”) to better address legal retail sales of cannabis for adults age 21+ in VT starting in the fall of 2022. As a result, it cannot be compared to previous years.

¹⁷ The wording of this item changed in 2022 (from smoking “marijuana once or twice a week” to using “cannabis regularly”). As a result, it cannot be compared to previous years.

¹⁸ The wording of this item changed in 2022 (from using “e-cigarettes or other electronic vaping devices containing nicotine once or twice a week” to using “regularly”). As a result, it cannot be compared to previous years.

TABLE C. Emotional distress reported in the past two weeks. Percent of respondents reporting various types of emotional distress...

Emotional distress indicators	2020 (N=2340)	2022 (N=1538)	2024 (N=1308)
Little interest or pleasure in doing things	41.5	39.3	35.2
Felt down, depressed, or hopeless	50.2	47.1	41.5
Felt nervous, anxious, or on edge	58.8	60.9	57.8
Was not able to stop or control worrying	32.6	33.3	33.3
None of the above	26.0	27.8	31.0

TABLE D. Awareness of Dangers of Fentanyl and Xylazine.

Percent of respondents reporting having seen or heard information about the dangers of...	2022 (N=1538)	2024 (N=1308)
Fentanyl being mixed or added to the following drugs: (item was "select all that apply")		
Cocaine	59.0	71.1
Heroin	55.3	63.3
MDMA	33.5	43.0
Methamphetamine	35.4	51.2
Pills obtained from others (rather than a pharmacy)	38.9	56.1
Other ¹⁹	13.6	12.7
I have not heard of fentanyl being mixed with any of these drugs	26.1	11.8
I don't know what fentanyl is		4.9
Xylazine being mixed or added to the following drugs: ²⁰ (item was "select all that apply")		
Cocaine		13.6
Heroin		17.5
MDMA		8.0
Methamphetamine		12.6
Pills obtained from others (rather than a pharmacy)		11.7
Other		1.1
I have not heard of xylazine being mixed with any of these drugs		16.5
I don't know what xylazine is		62.4

Note: All data in these tables represent percentages based on weighted data. The N shown for each column is the unweighted sample size for each year and may be lower for some measures due to missing responses or non-applicability.

¹⁹ 80.8% of "other" responses described hearing about fentanyl being mixed with cannabis.

²⁰ This was a new question in 2024.

TABLE E. How changes in policies related to substance availability affect use

Policies and related changes in use (new questions in 2024)	2024 (N=1308)
Cannabis has been available to purchase in stores in Vermont since 2022. How has this changed your cannabis use?	
Not applicable - I do not use cannabis	42.7
My cannabis use has not changed	36.5
I started to use cannabis or increased my cannabis use	10.0
I decreased my cannabis use or stopped using cannabis	5.1
Don't know	3.3
Other	2.4
Restaurants and bars in Vermont can now sell alcohol "to-go". How has this changed your alcohol use?	
Not applicable - I do not use alcohol	28.1
My alcohol use has not changed	61.1
I started using alcohol or increased my alcohol use	2.0
I decreased my alcohol use or stopped using alcohol	2.6
Don't know	4.7
Other	1.5
If flavored tobacco products were no longer sold in Vermont, which of the following would you most likely do?²¹	
Switch to non-flavored or tobacco-flavored versions of the products I use	18.6
Switch to some other tobacco product (e.g., cigars, smokeless tobacco, snus, hookah)	13.1
Make my own flavors	4.7
Buy flavored tobacco products from another state or country	35.9
Quit using tobacco products	16.8
Other	3.4
None of the above	38.9

TABLE F. Stigma

Perception of stigma toward people who have been in treatment for substance use	2022 (N=1538)	2024 (N=1308)
Agree or strongly agree that people who have been in treatment for substance use are negatively judged by others	83.6	78.4

Note: All data in these tables represent percentages based on weighted data. The N shown for each column is the unweighted sample size for each year and may be lower for some measures due to missing responses or non-applicability.

²¹This question was only asked of those who indicated that they had used a flavored tobacco or nicotine product in the past 30 days.

TABLE G. Respondent Demographics

Characteristic:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)	2024 (N=1308)
Age group						
18 to 20	42.5	42.5	42.5	42.5	42.5	42.5
21 to 25	57.5	57.5	57.5	57.5	57.5	57.5
Sex (as assigned at birth)						
Male	51.3	51.3	51.3	51.3	51.3	51.3
Female	48.7	48.7	48.7	48.7	48.7	48.7
Are you transgender?²²						
Yes					7.3	5.0
No					89.8	93.0
Don't know/not sure					2.9	2.0
Sexual identity						
Bisexual					20.2	21.8
Gay or lesbian					7.1	5.0
Heterosexual (straight)					62.1	65.0
I describe my sexuality some other way					6.9	5.5
I am not sure about my sexual identity					3.8	2.8
Student status						
Not a student	48.6	49.7	45.8	44.8	49.0	54.4
Yes, in college or vocational school, full-time	35.4	33.5	37.8	40.4	34.5	29.4
Yes, in college or vocational school, part-time	6.4	6.8	5.8	4.6	6.8	6.9
Yes, in high school or a GED program	7.6	8.2	8.2	8.1	6.5	7.0
Yes, in some other type of school	1.9	1.9	2.4	2.0	3.2	2.3
Race/Ethnicity (item was "select all that apply")						
American Indian or Alaskan Native				0.1	3.7	3.0
Asian		2.2	2.4	2.1	4.2	2.9
Native Hawaiian or Pacific Islander				0.1	0.8	0.4
Black or African American		1.1	1.1	1.1	4.5	4.5
Hispanic or Latino/a		1.3	1.3	1.2	5.3	4.3
White		91.0	90.4	88.0	90.1	91.7
Another race, ethnicity, or origin		1.3	1.1	0.3	2.4	1.5
More than one race or ethnicity		3.1	3.6	7.1	9.0	7.3
Employment status						
Employed for wages (full-time)	34.8	43.6	40.5	32.6	45.1	48.6
Employed for wages (part-time)	36.5	32.2	34.9	29.1	29.5	30.4
Self-employed	2.8	3.2	3.6	3.0	3.9	4.4
Not employed and looking for work	16.7	13.9	11.9	22.8	12.0	9.7
Not employed and not looking for work	9.2	7.1	9.1	12.5	9.6	6.9

²² In previous years, transgender status and sexual identity were asked in a different way.

Characteristic:	2014 (N=2867)	2016 (N=3062)	2018 (N=2365)	2020 (N=2340)	2022 (N=1538)	2024 (N=1308)
Type of work/occupation²³						
Food preparation and food and beverage service					16.9	15.1
Sales (e.g., retail, insurance, real estate)					15.4	12.3
Office or administrative support					8.1	8.1
Transportation or materials moving					1.4	1.3
Healthcare practitioner, technician, or support					9.7	9.5
Personal care or support (e.g., child care, hairdresser)					5.1	5.5
Farming, fishing, and forestry					3.0	4.8
Construction, installation, maintenance or repair					4.0	11.9
Military specific occupations					1.2	1.7
Computer, engineering, or other science					7.9	7.2
Education, legal, community service, arts, or media					16.2	13.4
Custodian/Janitorial/Cleaning services					1.1	1.9
Police, security, and fire fighter - public safety					1.0	0.9
Student					0.8	0.6
Factory, manufacturing, warehouse					1.7	0.3
Marketing/Communications					0.6	
Recreational, hospitality, events					1.5	
Hospitality						0.3
Mental health, social work, counselor, etc.					0.4	
Government or nonprofit					0.6	0.4
Other service (mechanic, lawn care, car wash, etc.)					1.3	0.4
Finance, accounting, banking						1.0
Environmental, conservation, outdoor recreation						1.1
Veterinary Technician or other work with animals						0.5
Other					1.9	2.1
Socioeconomic status – How would you describe your overall personal financial situation?²⁴						
Live comfortably					26.8	23.8
Meet needs with a little left					34.8	33.0
Just meet basic expenses					28.8	32.4
Don't meet basic expenses					9.6	10.8

Note: All percentages reported in this table are based on weighted data. The N shown for each column is the unweighted sample size for each year and may be lower for some measures due to missing responses or non-applicability.

²³ This was a new item in 2022. Applies only to employed respondents. Responses include options presented on survey as well as some common categories described under "other".

²⁴ This was a new question in 2022.

Statewide Rates for Selected Survey Items by Demographic Subgroups (as defined by age group, sex, college student status, sexual orientation and gender identity, and race/ethnicity), for 2024

Note: Statistical significance between the groups is noted with orange shading.

TABLE H. Differences Between Underage (18-20) and Older (21-25) Young Adults

	2024	
	Ages 18-20 (n=409)	Ages 21-25 (n=899)
Substance category and specific behaviors:		
Alcohol use in past 30 days		
Any use	54.5	79.3
Any binge drinking ²⁵	36.9	45.3
Drove after having too much to drink ²⁶	2.9	1.7
Cannabis use in past 30 days		
Any use	38.9	54.5
Used cannabis 20 or more days (among users) ²⁷	40.7	45.4
Drove after using cannabis ²⁸	9.6	11.7
Source of cannabis (item was "select all that apply")		
Friend or family member gave to me	45.5	29.9
Someone else gave to me	20.6	6.7
Bought from friend or family member	38.4	9.2
Bought from store or dispensary	13.5	83.3
Bought from someone else	29.7	7.5
Grew my own	7.9	12.5
Took from friend or family member	0.3	0.0
Got some other way	7.4	1.6
Tobacco and nicotine delivery products use in past 30 days		
Used cigarettes	15.4	13.3
Used cigars, cigarillos or little cigars	4.7	5.1
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products	8.8	9.5
Used electronic vapor products containing nicotine	24.5	29.4
Used any of the above products	32.4	39.8
Used flavored tobacco or nicotine product ²⁹	77.6	82.9

²⁵ Asked if "yes" to past 30-day alcohol use. Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

²⁶ Asked if "yes" to past 30-day alcohol use.

²⁷ Asked if "yes" to past 30-day cannabis use.

²⁸ Asked if "yes" to past 30-day cannabis use.

²⁹ Asked if "yes" to past 30-day use of any tobacco or nicotine products.

	2024	
	Ages 18-20 (n=409)	Ages 21-25 (n=899)
Prescription drug misuse³⁰ in past year		
Misuse of R _x pain relievers	2.2	2.0
Misuse of R _x sedatives	1.6	1.4
Misuse of R _x stimulants	5.4	3.6
Misuse of any of the above R _x drugs	6.3	5.6
Misuse of buprenorphine	1.6	0.6
Other drugs used in past year		
Used hallucinogens	15.7	15.5
Used any form of cocaine	2.8	5.6
Used heroin	0.5	0.9
Risk Factors:		
Perceived ease of obtaining substances		
Very or somewhat easy for underage persons to buy alcohol in stores	34.2	28.7
Very or somewhat easy for underage persons to buy alcohol in bars and restaurants	21.9	26.0
Very or somewhat easy for underage persons to buy alcohol online to be delivered by mail.	15.0	15.3
Very or somewhat easy for underage persons to get cannabis	70.3	73.6
<u>Very easy</u> for underage persons to get cannabis	45.0	46.0
Very or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products	56.5	55.0
Very or somewhat easy for persons the age of respondent to get R _x pain relievers w/o prescription	14.1	21.5
Very or somewhat easy for persons the age of respondent to get R _x stimulants w/o prescription	30.9	38.5
Very or somewhat easy for persons the age of respondent to get cocaine	15.7	25.9
Low perceived risk of harm		
No risk or slight risk from having five or more drinks once or twice a week	26.8	21.1
No risk or slight risk from using cannabis regularly	58.2	65.7
<u>No risk</u> from using cannabis regularly	18.8	19.1
No risk or slight risk from using R _x pain relievers that were not prescribed a few times a year	7.1	9.2
No risk or slight risk from using R _x stimulants that were not prescribed a few times a year	18.5	23.4
Emotional distress		
Little interest or pleasure in doing things	34.3	35.8
Felt down, depressed, or hopeless	41.2	41.6
Felt nervous, anxious, or on edge	55.1	59.8
Was not able to stop or control worrying	30.4	35.4
None of the above	33.6	29.2

³⁰ Used R_x drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

TABLE I. Differences between Males and Females³¹

	2024	
	Male (n=406)	Female (n=902)
Substance category and specific behaviors:		
Alcohol use in past 30 days		
Any use	68.9	68.8
Any binge drinking ³²	45.4	38.1
Drove after having too much to drink ³³	3.5	0.9
Cannabis use in past 30 days		
Any use	49.2	46.7
Used cannabis 20 or more days (among users) ³⁴	46.8	40.6
Drove after using cannabis ³⁵	12.7	8.9
Source of cannabis (item was "select all that apply")		
Friend or family member gave to me	28.7	41.9
Someone else gave to me	11.8	11.0
Bought from friend or family member	21.4	16.6
Bought from store or dispensary	60.8	58.6
Bought from someone else	17.5	12.4
Grew my own	15.4	6.2
Took from friend or family member	0.0	0.2
Got some other way	4.1	3.0
Tobacco and nicotine delivery products use in past 30 days		
Used cigarettes	18.2	10.3
Used cigars, cigarillos or little cigars	8.2	1.7
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products	15.4	3.1
Used electronic vapor products containing nicotine	26.6	28.2
Used any of the above products	40.5	33.0
Used flavored tobacco or nicotine product ³⁶	80.9	81.0
Prescription drug misuse³⁷ in past year		
Misuse of R _x pain relievers	2.4	1.8
Misuse of R _x sedatives	1.7	1.2

³¹ Based on sex as assigned at birth

³² Asked if "yes" to past 30-day alcohol use. Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

³³ Asked if "yes" to past 30-day alcohol use.

³⁴ Asked if "yes" to past 30-day cannabis use.

³⁵ Asked if "yes" to past 30-day cannabis use.

³⁶ Asked if "yes" to past 30-day use of any tobacco or nicotine products.

³⁷ Used R_x drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

	2024	
	Male (n=406)	Female (n=902)
Misuse of Rx stimulants	5.7	3.0
Misuse of any of the above Rx drugs	7.1	4.6
Misuse of buprenorphine	1.1	0.9
Other drugs used in past year		
Used hallucinogens	20.2	11.2
Used any form of cocaine	5.2	3.7
Used heroin	1.2	0.3
Risk Factors:		
Perceived ease of obtaining substances		
Very or somewhat easy for underage persons to buy alcohol in stores	29.5	32.7
Very or somewhat easy for underage persons to buy alcohol in bars and restaurants	23.2	25.4
Very or somewhat easy for underage persons to buy alcohol online to be delivered by mail.	11.5	19.1
Very or somewhat easy for underage persons to get cannabis	68.9	75.5
<u>Very easy</u> for underage persons to get cannabis	42.4	48.8
Very or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products	52.7	58.7
Very or somewhat easy for persons the age of respondent to get Rx pain relievers w/o prescription	18.2	18.4
Very or somewhat easy for persons the age of respondent to get Rx stimulants w/o prescription	34.6	36.0
Very or somewhat easy for persons the age of respondent to get cocaine	19.3	23.8
Low perceived risk of harm		
No risk or slight risk from having five or more drinks once or twice a week	29.8	17.2
No risk or slight risk from using cannabis regularly	63.4	61.7
<u>No risk</u> from using cannabis regularly	23.3	14.6
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	8.3	8.3
No risk or slight risk from using Rx stimulants that were not prescribed a few times a year	22.4	20.3
Emotional distress		
Little interest or pleasure in doing things	32.0	38.2
Felt down, depressed, or hopeless	35.8	46.9
Felt nervous, anxious, or on edge	44.2	70.7
Was not able to stop or control worrying	22.8	43.3
None of the above	41.9	20.7

TABLE J. Differences Between Full Time College Students and other Young Adults (Among Respondents Aged 18 to 22)

	2024	
	Full-time Student (n=363)	Other (n=941)
Substance category and specific behaviors:		
Alcohol use in past 30 days		
Any use	70.4	57.2
Any binge drinking ³⁸	51.6	32.3
Drove after having too much to drink ³⁹	1.5	3.4
Cannabis use in past 30 days		
Any use	47.1	42.4
Used cannabis 20 or more days (among users) ⁴⁰	32.4	54.9
Drove after using cannabis ⁴¹	8.2	13.8
Source of cannabis (item was “select all that apply”)		
Friend or family member gave to me	51.4	31.9
Someone else gave to me	14.0	16.5
Bought from friend or family member	26.5	30.2
Bought from store or dispensary	32.7	49.2
Bought from someone else	20.8	23.6
Grew my own	11.1	8.3
Took from friend or family member	0.0	0.3
Got some other way	3.7	5.9
Tobacco and nicotine delivery products use in past 30 days		
Used cigarettes	17.6	14.2
Used cigars, cigarillos or little cigars	4.2	6.2
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products	8.2	10.7
Used electronic vapor products containing nicotine	23.5	32.7
Used any of the above products	32.0	40.8
Used flavored tobacco or nicotine product ⁴²	82.4	79.0
Prescription drug misuse⁴³ in past year		
Misuse of Rx pain relievers	2.2	2.3
Misuse of Rx sedatives	1.0	1.5

³⁸ Asked if “yes” to past 30-day alcohol use. Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

³⁹ Asked if “yes” to past 30-day alcohol use.

⁴⁰ Asked if “yes” to past 30-day cannabis use.

⁴¹ Asked if “yes” to past 30-day cannabis use.

⁴² Asked if “yes” to past 30-day use of any tobacco or nicotine products.

⁴³ Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

	2024	
	Full-time Student (n=363)	Other (n=941)
Misuse of Rx stimulants	5.5	5.1
Misuse of any of the above Rx drugs	7.0	5.6
Misuse of buprenorphine	1.7	1.2
Other drugs used in past year		
Used hallucinogens	14.6	16.3
Used any form of cocaine	2.2	4.2
Used heroin	0.5	0.8
Risk Factors:		
Perceived ease of obtaining substances		
Very or somewhat easy for underage persons to buy alcohol in stores	40.6	30.6
Very or somewhat easy for underage persons to buy alcohol in bars and restaurants	28.3	22.0
Very or somewhat easy for underage persons to buy alcohol online to be delivered by mail.	17.9	11.6
Very or somewhat easy for underage persons to get cannabis	73.9	71.5
<u>Very easy</u> for underage persons to get cannabis	47.2	46.6
Very or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products	58.3	58.3
Very or somewhat easy for persons the age of respondent to get Rx pain relievers w/o prescription	8.2	23.5
Very or somewhat easy for persons the age of respondent to get Rx stimulants w/o prescription	33.9	32.9
Very or somewhat easy for persons the age of respondent to get cocaine	12.5	23.7
Low perceived risk of harm		
No risk or slight risk from having five or more drinks once or twice a week	23.8	27.5
No risk or slight risk from using cannabis regularly	57.7	65.0
<u>No risk</u> from using cannabis regularly	13.5	26.2
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	7.7	6.9
No risk or slight risk from using Rx stimulants that were not prescribed a few times a year	23.4	16.1
Emotional distress		
Little interest or pleasure in doing things	35.7	36.5
Felt down, depressed, or hopeless	41.9	42.9
Felt nervous, anxious, or on edge	66.0	53.5
Was not able to stop or control worrying	36.4	31.6
None of the above	26.0	34.5

TABLE K. Differences Between LGBTQ+ and Cisgender/Heterosexual Young Adults

	2024	
	LGBTQ+ (n=516)	Cisgender/ Heterosexual (n=748)
Substance category and specific behaviors:		
Alcohol use in past 30 days		
Any use	72.9	66.8
Any binge drinking ⁴⁴	42.3	41.7
Drove after having too much to drink ⁴⁵	3.1	1.2
Cannabis use in past 30 days		
Any use	55.0	43.5
Used cannabis 20 or more days (among users) ⁴⁶	45.2	43.7
Drove after using cannabis ⁴⁷	13.5	9.0
Source of cannabis (item was “select all that apply”)		
Friend or family member gave to me	40.1	32.4
Someone else gave to me	13.2	10.4
Bought from friend or family member	22.8	16.1
Bought from store or dispensary	53.5	64.0
Bought from someone else	19.0	12.7
Grew my own	4.5	14.9
Took from friend or family member	0.2	0.0
Got some other way	3.3	3.4
Tobacco and nicotine delivery products use in past 30 days		
Used cigarettes	14.3	13.6
Used cigars, cigarillos or little cigars	3.4	5.4
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products	7.0	9.8
Used electronic vapor products containing nicotine	27.2	27.4
Used any of the above products	35.8	36.9
Used flavored tobacco or nicotine product ⁴⁸	77.6	82.2
Prescription drug misuse⁴⁹ in past year		
Misuse of Rx pain relievers	3.0	0.8
Misuse of Rx sedatives	2.2	0.6
Misuse of Rx stimulants	5.1	3.6

⁴⁴ Asked if “yes” to past 30-day alcohol use. Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

⁴⁵ Asked if “yes” to past 30-day alcohol use.

⁴⁶ Asked if “yes” to past 30-day cannabis use.

⁴⁷ Asked if “yes” to past 30-day cannabis use.

⁴⁸ Asked if “yes” to past 30-day use of any tobacco or nicotine products.

⁴⁹ Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

	2024	
	LGBTQ+ (n=516)	Cisgender/ Heterosexual (n=748)
Misuse of any of the above R _x drugs	4.7	6.9
Misuse of buprenorphine	0.4	2.0
Other drugs used in past year		
Used hallucinogens	18.2	14.4
Used any form of cocaine	5.4	3.6
Used heroin	1.6	0.3
Risk Factors:		
Perceived ease of obtaining substances		
Very or somewhat easy for underage persons to buy alcohol in stores	33.9	29.1
Very or somewhat easy for underage persons to buy alcohol in bars and restaurants	23.9	24.1
Very or somewhat easy for underage persons to buy alcohol online to be delivered by mail.	18.9	13.1
Very or somewhat easy for underage persons to get cannabis	76.3	70.9
<u>Very easy</u> for underage persons to get cannabis	50.0	43.3
Very or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products	60.9	53.0
Very or somewhat easy for persons the age of respondent to get R _x pain relievers w/o prescription	16.5	19.5
Very or somewhat easy for persons the age of respondent to get R _x stimulants w/o prescription	36.3	34.9
Very or somewhat easy for persons the age of respondent to get cocaine	18.4	23.5
Low perceived risk of harm		
No risk or slight risk from having five or more drinks once or twice a week	17.3	27.6
No risk or slight risk from using cannabis regularly	66.4	60.3
<u>No risk</u> from using cannabis regularly	15.2	21.5
No risk or slight risk from using R _x pain relievers that were not prescribed a few times a year	9.6	7.4
No risk or slight risk from using R _x stimulants that were not prescribed a few times a year	25.2	19.1
Emotional distress		
Little interest or pleasure in doing things	46.6	28.4
Felt down, depressed, or hopeless	55.0	33.3
Felt nervous, anxious, or on edge	75.2	46.3
Was not able to stop or control worrying	45.5	25.3
None of the above	16.7	40.4

TABLE L. Differences Between BIPOC and White, non-Hispanic Young Adults

	2024	
	BIPOC (n=157)	White, non- Hispanic (n=851)
Substance category and specific behaviors:		
Alcohol use in past 30 days		
Any use	65.1	70.3
Any binge drinking ⁵⁰	36.6	42.7
Drove after having too much to drink ⁵¹	5.2	1.5
Cannabis use in past 30 days		
Any use	50.0	46.9
Used cannabis 20 or more days (among users) ⁵²	29.3	46.8
Drove after using cannabis ⁵³	10.8	10.4
Source of cannabis (item was “select all that apply”)		
Friend or family member gave to me	30.4	37.1
Someone else gave to me	18.9	11.1
Bought from friend or family member	24.4	17.8
Bought from store or dispensary	53.9	60.8
Bought from someone else	15.1	14.7
Grew my own	14.2	10.1
Took from friend or family member	0.6	0.0
Got some other way	9.3	2.6
Tobacco and nicotine delivery products use in past 30 days		
Used cigarettes	16.2	14.7
Used cigars, cigarillos or little cigars	6.6	4.9
Used chewing tobacco, snuff, dip, snus, nicotine pouches, or dissolvable tobacco products	7.0	10.2
Used electronic vapor products containing nicotine	24.8	28.3
Used any of the above products	40.0	36.9
Used flavored tobacco or nicotine product ⁵⁴	76.5	81.7
Prescription drug misuse⁵⁵ in past year		
Misuse of Rx pain relievers	4.4	1.5
Misuse of Rx sedatives	4.3	0.9
Misuse of Rx stimulants	6.7	3.9

⁵⁰ Asked if “yes” to past 30-day alcohol use. Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

⁵¹ Asked if “yes” to past 30-day alcohol use.

⁵² Asked if “yes” to past 30-day cannabis use.

⁵³ Asked if “yes” to past 30-day cannabis use.

⁵⁴ Asked if “yes” to past 30-day use of any tobacco or nicotine products.

⁵⁵ Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

	2024	
	BIPOC (n=157)	White, non- Hispanic (n=851)
Misuse of any of the above R _x drugs	7.7	5.4
Misuse of buprenorphine	2.9	0.5
Other drugs used in past year		
Used hallucinogens	14.8	15.9
Used any form of cocaine	6.9	3.9
Used heroin	1.6	0.6
Risk Factors:		
Perceived ease of obtaining substances		
Very or somewhat easy for underage persons to buy alcohol in stores	34.0	30.5
Very or somewhat easy for underage persons to buy alcohol in bars and restaurants	29.3	25.1
Very or somewhat easy for underage persons to buy alcohol online to be delivered by mail.	21.0	14.1
Very or somewhat easy for underage persons to get cannabis	67.2	74.8
<u>Very easy</u> for underage persons to get cannabis	44.5	47.9
Very or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products	58.3	56.7
Very or somewhat easy for persons the age of respondent to get R _x pain relievers w/o prescription	23.6	17.6
Very or somewhat easy for persons the age of respondent to get R _x stimulants w/o prescription	35.8	36.2
Very or somewhat easy for persons the age of respondent to get cocaine	20.7	23.5
Low perceived risk of harm		
No risk or slight risk from having five or more drinks once or twice a week	23.5	23.6
No risk or slight risk from using cannabis regularly	66.5	62.5
<u>No risk</u> from using cannabis regularly	23.7	17.3
No risk or slight risk from using R _x pain relievers that were not prescribed a few times a year	17.5	7.8
No risk or slight risk from using R _x stimulants that were not prescribed a few times a year	27.2	21.4
Emotional distress		
Little interest or pleasure in doing things	43.2	34.5
Felt down, depressed, or hopeless	48.8	40.7
Felt nervous, anxious, or on edge	63.8	58.0
Was not able to stop or control worrying	31.7	33.7
None of the above	23.4	31.3

Appendix A: Responses to Open-ended Survey Item Regarding Survey Topics or the Survey Itself (2024 Only)

Near the end of the survey, respondents were invited to enter anything else they would like to share regarding the issues asked about in the survey or about their experience taking the survey. Of the 1308 respondents to the survey, 169 provided a response to this item.

Responses were first coded into response types, and then grouped into broader topic categories. Table 1 shows the percentage of respondents providing each coded response for this survey item, based on the total number of respondents who provided a response to the question. Because more than one code could be assigned to each response, the percentages sum to more than 100.

TABLE 1. Responses to open-ended item “Is there anything else you’d like to tell us or add regarding any other issues we have asked about today, or about your experience taking the survey?”

Comments (Coded and Organized by General Topic)	Percent of all comments received (n=169)
Comments on scope, seriousness, and impacts of substance use in state or communities	
Drug use, addiction, and/or availability of drugs is a problem	13.0
Level of underage alcohol use (and/or availability) is a problem / has negative consequences	2.4
Level of underage tobacco/vaping use (and/or availability) is a problem / has negative consequences	2.4
Concern about drug-related crime and/or public safety	4.7
Comments on need for different approaches and/or policies	
Housing/cost of living unaffordable for young adults in Vermont	33.1
Youth and young adults need more prevention education, information, and resources for help and treatment	1.8
Mental health/illness and other problems are at the root of drug/alcohol misuse and should be addressed	2.4
State/local/government policies are ineffective	10.7
Need enhanced enforcement and/or harsher punishment	4.1
Youth and young adults are bored / need more alternative activities	1.8
Banning flavored tobacco products is not the solution to preventing youth and young adult use of tobacco products.	3.6
Mental health services and healthcare in general is not accessible and needs improvement	4.1

Comments (Coded and Organized by General Topic)	Percent of all comments received (n=169)
Comments about VDH media campaigns or campaign ads	
Comment on (positive, negative, or neutral) or suggestion for VDH ads/communications campaigns	2.4
Comments about the survey	
Would like to change something about the survey / disliked some of the questions or found them to be confusing	10.1
Liked the survey / thanks for doing this research	5.9
Other topics	
Miscellaneous comments	14.8
Explanation of answer(s) / personal anecdote	16.6

Appendix B: Survey Instrument



Welcome to the 2024 Vermont Young Adult Survey!

This survey was designed for Vermont residents between the ages of 18 and 25. It takes about 10 to 15 minutes to complete and will ask questions about your perceptions and use of alcohol and other drugs, and other health-related topics.

All eligible participants can enter a drawing for gift cards worth \$100 and \$500.

Please DO NOT take this survey if:

- you have already completed the survey this year

OR

- you are under 18 or over 25

OR

- you lived outside of Vermont for all of the past year.

Otherwise, please continue. We sincerely appreciate your participation!

Important Information
(Please read before proceeding)

This survey will not record your name and your responses are confidential. **Please answer all questions carefully and truthfully.**

The survey is being conducted by the Pacific Institute for Research and Evaluation (PIRE), which is a non-profit organization contracted by the Vermont Department of Health.

At the end of the survey you will be able to enter a weekly drawing for a \$100 Amazon gift card as well as one final drawing for a \$500 gift card. Your contact information for the drawing will be saved in a separate location and can never be linked to your survey data.

You may only enter the drawing once; duplicate entries will be discarded. **Proof of age and Vermont residence will be required to receive a prize.**

The information from the survey will be released in summary form only, and the survey information will be used to help inform and improve prevention programs in Vermont.

The survey is completely voluntary. You may choose not to participate at any time. Other than the questions about your age and Vermont residence, you may skip any questions you are not comfortable answering.

As you proceed through the survey, **please use the "Next" or forward arrow button at the bottom of each page to go to the next page and the "Back" or back arrow button if you need to review or change a previous answer.** Do not use your browser forward and back buttons.

1) What is your age?*

- Under 18
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- over 25

2) Have you lived in Vermont for at least part of the past year?*

- Yes
- No

[if under 18 or over 25, or if no to question 2, respondent is ineligible and the survey will end]

3) Please select the Vermont city or town where you live the greatest amount of time during the year.

[Drop-down list of Vermont towns appears, along with the two choices below]

Other

I did not live in Vermont at any time in the past year. [if selected, respondent is ineligible and the survey will end]

if “other” selected:

4) Please enter your city or town. _____

[If town question is skipped, the following question will appear]

5) We respect your preference to not provide the town where you live. In order to make the greatest use of the information gathered in this survey, it will be helpful to know at least your county of residence.

Please select the Vermont county where you live the greatest amount of time during the year.

Addison

Bennington

Caledonia

Chittenden

Essex

Franklin

Grand Isle

Lamoille

Orange

Orleans

Rutland

Washington

Windham

Windsor

I did not live in Vermont at any time in the past year. [if selected, respondent is ineligible and the survey will end]

6) What is your sex (as assigned at birth)?

Male

Female

I prefer not to answer

7) Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?

- Yes
- No
- Don't know/not sure
- I prefer not to answer

8) Which of the following best describes you?

- Bisexual
- Gay or lesbian
- Heterosexual (straight)
- I describe my sexuality some other way
- I am not sure about my sexual identity
- I prefer not to answer

9) Are you a student?

- No
- Yes, in college or vocational school, full-time
- Yes, in college or vocational school, part-time
- Yes, in high school or a GED program
- Yes, in some other type of school

10) How easy or difficult do you think it is for persons aged 18 to 20 in your community (that is, the Vermont community where you live for most of the year) to buy alcohol in stores?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

11) How easy or difficult do you think it is for persons aged 18 to 20 in your community to buy alcohol in bars and restaurants?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

12) How easy or difficult do you think it is for persons aged 18 to 20 in your community to buy alcohol online to be delivered by mail?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

13) How easy or difficult do you think it is for persons aged 18 to 20 in your community to buy e-cigarettes or other electronic vapor products?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

For this and following questions about cannabis (also known as marijuana, pot, or weed), do not count CBD-only or hemp products, which come from the same plant, but do not cause you to be high when used alone.

14) How easy or difficult do you think it is for persons aged 18-20 in your community to get cannabis (from any source)?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

15) How easy or difficult do you think it is for persons your age in your community to get any form of cocaine, including powder, crack, or freebase?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

16) How easy or difficult do you think it is for persons your age in your community to get prescription pain relievers (e.g., Oxycontin, Vicodin, codeine, Hydrocodone, Percocet) without having their own prescription?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

17) How easy or difficult do you think it is for persons your age in your community to get prescription stimulants (e.g., Adderall, Ritalin) without having their own prescription?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

18) How easy or difficult do you think it is for persons your age in your community to get buprenorphine (e.g., Subutex, Suboxone) without having their own prescription?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- Don't know

19) How much do people risk harming themselves physically or in other ways if they have five or more drinks of an alcoholic beverage once or twice a week?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

20) How much do people risk harming themselves physically or in other ways if they use cannabis regularly?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

21) How much do people risk harming themselves physically or in other ways if they use e-cigarettes or other electronic vaping devices containing nicotine regularly?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

22) How much do people risk harming themselves physically or in other ways if they use prescription pain relievers (e.g., Oxycontin, Vicodin, codeine, Hydrocodone, Percocet) that were not prescribed for them a few times per year?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

23) How much do people risk harming themselves physically or in other ways if they use prescription stimulants (e.g., Adderall, Ritalin) that were not prescribed for them a few times per year?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

24) How much do people risk harming themselves physically or in other ways if they use buprenorphine (e.g., Subutex, Suboxone) that was not prescribed for them a few times per year?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Don't know

25) During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

- Yes
- No

[if no, skips to question 28]

26) Considering all types of alcoholic beverages, how many days during the past 30 days did you have 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion? If unsure, please provide your best estimate.

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 10 days
- 11 to 19 days
- 20 or more days

27) During the past 30 days, have you driven a car or other vehicle after having too much to drink?

- Yes
- No
- Don't know

For this and following questions about cannabis, do not count CBD-only or hemp products, which come from the same plant, but do not cause you to be high when used alone.

28) During the past 30 days, have you used any form of cannabis?

- Yes
- No

[if no, skips to question 33]

29) On how many days in the past 30 days did you use cannabis (in any form)? If unsure, please provide your best estimate.

- 1 or 2 days
- 3 to 5 days
- 6 to 10 days
- 11 to 19 days
- 20 or more days

30) During the past 30 days, in what ways did you use cannabis? (Check all that apply)

- I smoked it in a joint, bong, pipe, or blunt
- I vaporized it (for example, in an e-cigarette-like vaporizer or another vaporizing device)
- I dabbed it using waxes or concentrates
- I ate it in food such as brownies, cakes, cookies, or candy
- I drank it in tea, cola, alcohol, or other drinks
- I used it in capsule form
- I used a tincture placed under the tongue
- I used an ointment or balm applied to my skin
- Other - please describe: _____

31) During the past 30 days, how did you usually get the cannabis that you used? (Check all that apply)

- A friend or family member gave it to me.
- Someone else gave it to me.
- I bought it from a friend or family member.
- I bought it from a store or dispensary.
- I bought it from someone else.
- I grew my own.
- I took it from a friend or family member without asking.
- I got it some other way.

32) During the past 30 days, have you driven a car or other vehicle while still experiencing the effects of cannabis?

- Yes
- No
- Don't know

33) During the past 30 days, did you use any of the following products? (check all that apply)

Cigarettes

Cigars, cigarillos or little cigars

Chewing tobacco, snuff, dips, snus, nicotine pouches, or dissolvable tobacco products

Electronic vapor products containing nicotine (such as e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods)

I did not use any of these products

34) In the past 30 days, were any of the tobacco or nicotine products you used flavored to taste like menthol, mint, clove or spice, alcoholic drinks, candy, fruit, chocolate, or any other non-tobacco flavor?

Yes

No

Don't know

35) Within the last 12 months, have you used any prescription pain relievers (e.g., OxyContin, Vicodin, codeine, Hydrocodone, Percocet) that were not prescribed to you or that were prescribed to you but you used at a higher dosage or for a different reason than prescribed?

Yes

No

36) Within the last 12 months, have you taken any prescription sedatives (e.g., Xanax, Valium) that were not prescribed to you or that were prescribed to you but you used at a higher dosage or for a different reason than prescribed?

Yes

No

37) Within the last 12 months, have you taken any prescription stimulants (e.g., Ritalin, Adderall) that were not prescribed to you or that were prescribed to you but you used at a higher dosage or for a different reason than prescribed?

Yes

No

38) Within the last 12 months, have you taken any buprenorphine (e.g., Subutex, Suboxone) that was not prescribed to you or that was prescribed to you but you used at a higher dosage or for a different reason than prescribed?

Yes

No

39) Within the past 12 months, have you used any hallucinogenic drugs (such as LSD, PCP, angel dust, mescaline, peyote, or psilocybin mushrooms)?

Yes

No

40) Within the past 12 months, have you used any form of cocaine, including powder, crack, or freebase?

Yes

No

41) Within the past 12 months, have you used, even once, any form of heroin?

Yes

No

42) Over the past two weeks, have you been bothered by any of the following problems? (Check all that apply)

Had little interest or pleasure in doing things

Felt down, depressed, or hopeless

Felt nervous, anxious, or on edge

Was not able to stop or control worrying

None of the above

43) Have you ever seen or heard information about the dangers of fentanyl being mixed with or added to any of the following drugs?

Please select all that apply

Cocaine including powder, crack, or freebase

Heroin

MDMA (also known as ecstasy, Molly)

Methamphetamine

Pills obtained from others (rather than licensed pharmacies or physicians)

Other - please specify: _____

I have not heard of fentanyl being mixed with any of these drugs

44) Have you ever seen or heard information about the dangers of xylazine being mixed with or added to any of the following drugs?

Please select all that apply

- Cocaine including powder, crack, or freebase
- Heroin
- MDMA (also known as ecstasy, Molly)
- Methamphetamine
- Pills obtained from others (rather than licensed pharmacies or physicians)
- Other - please specify: _____
- I have not heard of xylazine being mixed with any of these drugs
- I don't know what xylazine is

45) Have you ever seen or heard information about a resource for young adults called "Over the Dose"?



- Yes
- No
- Don't know

[if "no" or "don't know" selected, skips to question 48]

46) Which of these messages or phrases do you remember from Over the Dose? (check all that apply)

- Knowing and trusting your source doesn't mean you can trust theirs.
- Illicit pills pass through 10 hands before reaching you.
- Fentanyl is changing the drug supply in lethal ways.
- Fentanyl is odorless, colorless, and tasteless – only a few salt-sized grains of fentanyl can be fatal.
- A rise in fentanyl-laced drugs means pills and powders can't be trusted.
- Other - Please describe: _____
- I don't recall any of these topics or messages

47) Have you taken any actions or changed any behavior as a result of information you received from Over the Dose? (check all that apply)

- Decided not to take any powders or pills that were not prescribed to me
- Tested substances for fentanyl

- Learned the signs of an overdose
- Learned what to do if I suspect an overdose (give naloxone, call 911)
- Considered getting and carrying Narcan/Naloxone
- Got Narcan/Naloxone to carry with me
- Other (please describe): _____
- I did not take any action

48) Have you ever seen or heard information about a resource for young adults called "Check Yourself"?



- Yes
- No
- Don't know

[if "no" or "don't know" selected, skips to question 52]

49) Where do you remember seeing information about Check Yourself? (Select all that apply)

- Online
- College campus
- Local bars
- Other - Please specify: _____*
- I don't recall

50) Which of these messages or phrases do you remember from Check Yourself? (Select all that apply)

- Mixing alcohol and stimulants can damage your heart.
- Mixing alcohol and stimulants masks side effects by blocking your body's warning signs.
- Mixing stimulants and depressants (like alcohol) doesn't cancel out. That combo can create toxins that damage your heart.
- Mixing stimulants with alcohol can harm you even if you've never had health problems before.
- Other - Please describe: _____
- I don't recall any of these topics or messages

51) Have you taken any of the following actions as a result of information you received from Check Yourself? (check all that apply)

- Paced myself to not drink too much too quickly
- Drank water between drinks
- Ate high protein foods before drinking
- Skipped having "one last round"
- Decided not to mix stimulants with alcohol
- Reminded friends to pace themselves to not drink too much too quickly
- Other (please describe): _____
- I did not take any actions

52) Have you ever seen or heard information about a cannabis information resource called "Let's Talk Cannabis"?



- Yes
- No
- Don't know

[if "no" or "don't know" selected, skips to question 54]

53) Which of these messages or phrases do you remember from Let's Talk Cannabis? (check all that apply)

- Driving under the influence of cannabis is a DUI. Avoid driving under the influence of any drug for the safety of yourself and others.
- The higher the dose of THC, the more at risk you may be for negative side effects.
- It may take hours to feel the full effects of edibles. Starting small and going slow may help prevent unwanted side effects.
- Vaping THC lowers your immunity, increasing your risk of getting sick.
- Store cannabis out of reach of kids and pets to keep them safe.
- Take a break from cannabis use while pregnant or breast feeding. It can reach the baby and impact their growth.
- Just because cannabis is natural (a plant), doesn't mean it's safe.
- Other - Please describe: _____
- I don't recall any of these topics or messages

54) Have you ever seen or heard information about a resource called "KnowOD"?



- Yes
- No
- Don't know

55) Which of these messages or phrases do you remember from KnowOD? (Check all that apply)

- Fentanyl can be deadly and is often found in opioids and other drugs like cocaine, meth, and any other powder or pill.
- Avoid using alone.
- Know the signs of an overdose including unresponsiveness, abnormal breathing, choking or gurgling.
- Call 9-1-1 if you suspect an overdose.
- Give naloxone (Narcan) nasal spray to help reverse an overdose.
- Other - Please describe: _____
- I don't recall any of these topics or messages

56) Have you ever seen or heard information about a resource called "802Quits"?



- Yes
- No
- Don't know

57) Have you ever seen or heard information about a resource called "Drive Well Vermont"?



- Yes
- No
- Don't know

58) Cannabis has been available to purchase in stores in Vermont since 2022. How has this changed your cannabis use?

- Not applicable - I do not use cannabis.
- My cannabis use has not changed.
- I started to use cannabis or increased my cannabis use.
- I decreased my cannabis use or stopped using cannabis.
- Don't know
- Other - please describe: _____

59) Restaurants and bars in Vermont can now sell alcohol "to-go". How has this changed your alcohol use?

- Not applicable - I do not use alcohol.
- My alcohol use has not changed.
- I started using alcohol or increased my alcohol use.
- I decreased my alcohol use or stopped using alcohol
- Don't know
- Other - please describe: _____

[asked only if indicated that they used flavored tobacco products]

60) If flavored tobacco products were no longer sold in Vermont, which of the following would you most likely do?

(check all that apply)

- Switch to non-flavored or tobacco-flavored versions of the products I use
- Switch to some other tobacco product (e.g., cigars, smokeless tobacco, snus, hookah)
- Make my own flavors
- Buy flavored tobacco products from another state or country
- Quit using tobacco products
- Other - Please describe: _____
- None of the above

61) How much do you agree or disagree with the following statement:

People who have been in treatment for substance use are often negatively judged by others.

- Strongly disagree
- Disagree
- Agree
- Strongly agree
- Don't know

62) How do you describe yourself? (check all that apply)

- American Indian or Alaskan Native
- Asian
- Black or African American
- Hispanic, Latino/a, or Spanish origin
- Native Hawaiian or other Pacific Islander
- White
- Another race, ethnicity, or origin
- I prefer not to answer

63) What is your employment status?

- Employed for wages (full-time)
- Employed for wages (part-time)
- Self-employed
- Not employed and looking for work
- Not employed and not looking for work

[if not employed, skips to question 65]

64) Which of the following best describes your current type of work/occupation? If you have more than one job, please select the occupation at which you work the greatest number of hours.

- Food Preparation and Food and Beverage Service
- Sales (e.g. cashier, retail sales, insurance agent, real estate agent)
- Office or Administrative Support
- Transportation or Materials Moving (e.g. pilot, flight attendant, truck driver, bus driver)
- Healthcare Practitioner, Technician, or Support (e.g. home health or personal care aide, medical or dental assistant)
- Personal Care or Service (e.g. child care worker, fitness instructor, hairdresser)
- Farming, Fishing, and Forestry
- Construction, Installation, Maintenance, or Repair
- Military Specific Occupations
- Computer, Engineering, or Other Science
- Education, Legal, Community Service, Arts, or Media
- Other - Please describe: _____

65) Considering your own income and the income from any other people who help you, how would you describe your overall personal financial situation? Would you say you:

- Live comfortably
- Meet needs with a little left
- Just meet basic expenses
- Don't meet basic expenses

66) Is there anything else you'd like to tell us or add regarding any other issues we have asked about today, or about your experience taking the survey?

That was the last question. Thank you for your time. The next page will explain how you can enter the drawing for a gift card.

If you have any questions about this survey, or would like to know where you can find more information about alcohol and other drug issues, please contact Amy Livingston at Pacific Institute for Research and Evaluation (PIRE) at (802) 490-5071 or alivingston@pire.org. You may also contact James Norton at the Vermont Department of Health at (802) 951-5807 or James.Norton@vermont.gov.

This survey was approved by the Vermont Department of Health.

You are now able to enter the weekly drawing for a \$100 gift card and one \$500 gift card once the survey has ended. Winners will be asked to provide documentation of being between the ages of 18 and 25 and a Vermont resident for at least part of the year.

To enter the drawing, please respond "yes" to the question on this page. You will then be directed to a separate site and be asked to provide your name and e-mail address or phone number. This drawing entry site is entirely separate from the survey site. There is no way to connect your contact information and your survey responses.

Would you like to enter the drawing?

- Yes
- No

[if no, will see the "Thank you" text below, if yes, will be taken directly to the prize drawing site]

Thank You! [displayed if selects "no" for "Would you like to enter the drawing?"]

Thank you for taking our survey. Your response is very important to us.

For more information about issues related to alcohol and drug use, please visit [VT Helplink](#).