
2011 Vermont Youth Risk Behavior Survey Report

Report for Rutland-Windsor Supervisory Union

Every other year, since 1993, the Department of Health Division of Alcohol and Drug Abuse Programs and the Department of Education Student Health and Learning team sponsor the Vermont Youth Risk Behavior Survey (YRBS). The YRBS measures the prevalence of behaviors that contribute to the leading causes of death, disease, and injury among youth.

Participation by schools and individual students is voluntary. To protect student privacy, the questionnaire and survey process are anonymous. It is impossible to identify an individual student's responses.

Survey Changes in 2011

Before 2011, students in grades 8-12 took the Vermont Youth Risk Behavior Survey. In 2011, we conducted two surveys: a **high school survey** of students in grades 9-12, and a **middle school survey** of students in grades 6-8.

All results in the high school survey report are for grades 9-12 only. For the questions on the 2011 high school survey, we recalculated results from previous years for grades 9-12 for comparative purposes. Those results are at the end of this report.

About this Report

The results appear in data tables by gender and grade unless otherwise noted. All results are percentages of students who responded affirmatively. Percentages were suppressed with an asterisk (*) if five or fewer students reported affirmatively, either overall or by grade or gender.

Thank You

We thank the principals and superintendents who chose to participate, the teachers and school staff who administered or in other ways supported the survey, and the students who took the time and effort to share a piece of their lives with us. We also thank the Centers for Disease Control and Prevention, Division of Adolescent and School Health for sponsoring the survey through a cooperative agreement with the Vermont Department of Education, and the CDC and Westat for technical assistance.

Table of Contents

BACKGROUND INFORMATION	
How to Use the YRBS	3
A Word of Caution	4
About the Surveys	5
HIGH SCHOOL SURVEY RESULTS	
Sample Demographics	15
Personal Safety	16
Alcohol, Tobacco, and Other Drug Use	17
Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use.....	21
Sexual Behavior and Orientation	28
Body Image	30
Nutrition.....	33
Physical Activity.....	35
Youth Assets	36
MIDDLE SCHOOL SURVEY RESULTS.....	
Sample Demographics	37
Personal Safety	39
Alcohol, Tobacco, and Other Drug Use	40
Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use.....	41
Body Image	45
Nutrition.....	49
Physical Activity.....	51
Youth Assets	52
RECALCULATED HIGH SCHOOL RESULTS	
	57

How to Use the YRBS

The YRBS can detect changes in risk behaviors over time and identify differences among ages, grades, and genders. With these data, we can focus prevention efforts and determine whether school policies and community programs are having the intended effect on student behaviors.

Think of the YRBS as a tool for starting discussions, for educating the community, for planning and evaluating programs, and for comparing Vermont students with other students nationwide.

- **Start the Conversation:** Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?
- **Increase Awareness:** The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.
- **Plan and Evaluate Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities, and can inform strategies to address those weaknesses.

Remember to Look at the Positive Side: In most cases, the majority of adolescents are NOT engaging in risky behaviors. Although most of the charts examine the prevalence of risk behaviors, please do not forget about the percentage of adolescents who are NOT engaging in these behaviors.

A Word of Caution

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

- **Data Quality:** We take numerous precautions to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) carefully designed and thoroughly tested the questionnaire. The anonymous survey encourages students to be honest and forthright. We run over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These precautions can reduce some sources of error, but not all.
- **Comparing Supervisory Unions/School Districts to Each Other and to the State:** It is natural to want to know how individual supervisory unions or school districts compare to the state overall or to each other. We urge caution in making such comparisons because the statewide results are weighted and the local results are not. As a result, it is possible that apparent differences, especially small differences, are due to demographic characteristics rather than to true differences in prevalence. Furthermore, small differences may not be statistically different and may simply be a function of normal sampling error.
- **What, not Why:** The YRBS can indicate what students are doing. It can also suggest which groups of students are more likely to engage in these behaviors. However, the survey does not answer the most important question: *Why* are they doing it?

Personal Safety

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

- Physical fighting is a marker for problem behaviors¹ and is associated with serious injury.^{2,3} Abuse by an intimate partner and forced sex are associated with negative psychosocial outcomes, poor mental health outcomes, and other risk behaviors among both males and females.^{4,5,6}
- Both being a bully and being victimized by bullies have been increasingly recognized as health problems for children because of their association with a range of problems, including poor psychological adjustment,^{7,8} poor academic achievement,⁸ and violent behavior.⁹
- Motor vehicle crash injuries are the leading cause of death among youth ages 15 to 19 in the U.S.¹⁰ Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45% and risk of moderate to critical injury by 50%.¹¹
- Bicycle helmets are 85% to 88% effective at reducing the impact of head and brain injuries due to bicycle crashes.¹² Despite this, less than one quarter of bicyclists wear helmets.¹²
- In 2009, alcohol use was associated with nearly four in ten motor vehicle-related fatalities nationwide and in Vermont.¹³ Additionally, research examining drugs other than alcohol indicates that marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims nationwide.¹⁴

Alcohol, Tobacco, and Other Drugs

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

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

Sexual Behavior and Orientation

Experimentation with sexual behaviors and orientation often starts during adolescence. The high school survey asked about age of first sexual intercourse, frequency, sexual partners, sexual orientation, alcohol and drug use related to sexual intercourse, contraceptive use, and HIV testing. The middle school survey did not ask any questions about sex.

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

Body Image

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

- There are more than three times as many overweight children and adolescents in the U.S. than there were in 1980.³¹ Obesity in childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.³² Overweight and obesity acquired during childhood or adolescence may persist into adulthood.³³ Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity.²⁰
- However, overemphasis on slenderness during adolescence may contribute to eating disorders such as anorexia nervosa and bulimia.^{34,35} Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors such as fasting and self-induced vomiting that can lead to abnormal physical and psychological development.^{36,37}
- Indoor tanning increases risk for melanoma and non-melanoma cancers. In the U.S., the incidence of melanoma is increasing more rapidly than that of any other cancer, particularly among girls and women between the ages of 15 and 39. Some evidence suggests that repeated UV irradiation, and the use of indoor tanning beds specifically, may have important behavioral consequences, including mood changes, pain, and physical dependency.³⁸

Nutrition and Physical Activity

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

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

Measures of Youth Assets

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

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

References

1. Sosin, D.M., Koepsell, T.D., Rivara, F.P., Mercy, J.A. Fighting as a marker for multiple problem behaviors in adolescents. Journal of Adolescent Health 16(3):209-215, 1995.
2. Borowsky, I.W., Ireland, M. Predictors of future fight-related injury among adolescents. Pediatrics 113(3 pt 1):530-536, 2005.
3. Pickett, W., Craig, W., Harel, Y., et al. Cross-national study of fighting and weapon carrying as determinants of adolescent injury. Pediatrics 116(6):e855-863, 2005.
4. Roberts, T.A., Klein, J.D., Fisher, S. Longitudinal effect of intimate partner abuse and high-risk behavior among adolescents. Archives of Pediatrics and Adolescent Medicine 157(9):875-881, 2003.
5. Ackard, D.M., Neumark-Sztainer, D. Date violence and date rape among adolescents: association with disordered eating behaviors and psychological health. Child Abuse and Neglect 26(5):455-473, 2002.
6. Howard, D.E., Wang, M.Q. Psychosocial correlates of U.S. adolescents who report a history of forced sexual intercourse. Journal of Adolescent Health 36(5):372-379, 2005.
7. Juvonen, J., Graham, S., Schuster, M.A. Bullying among young adolescents: the strong, the weak, and the troubled. Pediatrics 112(6 pt 1): 1231-1237, 2003.
8. Spivak, H., Prothrow-Stith, D. The need to address bullying-an important component of violence prevention. JAMA 285(16):2131-2132, 2001.
9. Nansel, T.R., Overpeck, M., Pilla, R.S., et al. Bullying behaviors among U.S. youth: prevalence and association with psychological adjustment. JAMA 285(16):2094-2100, 2001.
10. Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. Online: www.cdc.gov/injury/wisqars/index.html
11. National Highway Traffic Safety Administration. Traffic safety facts: occupant protection, 2007. Online: www-nrd.nhtsa.dot.gov/Pubs/810991.PDF
12. National Highway Traffic Safety Administration. Traffic safety facts: bicycle helmet use laws, 2008. Online: www.nhtsa.dot.gov/people/injury/TSFLaws/PDFs/810886.pdf
13. National Highway Traffic Safety Administration. Traffic safety facts: state alcohol-impaired driving estimates, 2009. Online: www-nrd.nhtsa.dot.gov/Pubs/811398.pdf
14. Jones, R.K., Shinar, D., Walsh, J.M. State of Knowledge of Drug-Impaired Driving. National Highway Traffic Safety Administration Technical Report DOT HS 809 642. Washington, DC: U.S. Department of Transportation, 2003.
15. Abbey, A., Zawacki, T., Buck, P.O., et al. Alcohol and sexual assault. Alcohol Research and Health 25(1):43-51, 2001.
16. Miller, J.W., Naimi, T.S., Brewer, R.D., Jones, S.E. Binge drinking and associated health risk behaviors among high school students. Pediatrics 119(1):76-85, 2007.

References

17. National Research Council and Institute of Medicine (2004). Reducing Underage Drinking: A Collective Responsibility. Committee on Developing a Strategy to Reduce and Prevent Underage Drinking, Richard J. Bonnie and Mary Ellen O'Connell, Editors. Board on Children, Youth, and Families, Division of Behavioral and Social Sciences and Education. Washington, DC: The National Academies Press.
18. U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.
19. U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. U.S. Department of Health and Human Services; Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion: Office on Smoking and Health, 2004.
20. Mokdad, A.H., Marks, J.S., Stroup, D.F., Gerberding, J.L. Actual causes of death in the United States, 2000. JAMA 291(10):1238-1245, 2004.
21. National Institute on Drug Abuse. Research Report Series: Marijuana Abuse (NIH Publication 05-3859). Bethesda, MD: National Institute on Drug Abuse, 2002.
22. Vermont Substance Abuse Treatment Information System. Data online at: www.healthvermont.gov/adap/clearinghouse/documents/AdolescentsbySAandFY.pdf
23. Newcomb, M.D., Locke T. Health, social, and psychological consequences of drug use and abuse. In: Epidemiology of Drug Abuse (Z. Sloboda, ed.). Springer U.S., 2006.
24. Johnston, L., O'Malley, P., Bachman, J. G., Shulenberg, J.E. National Survey Results on Drug Use From the Monitoring the Future Study, 1975-2007, Volume I: Secondary School Students (NIH Publication No. 08-6418A). Bethesda, MD: National Institute of Drug Abuse, 2008.
25. Abma JC, Martinez GM, Copen CE. Teenagers in the United States: Sexual activity, contraceptive use, and childbearing, National Survey of Family Growth 2006-2008. National Center for Health Statistics. Vital Health Stat 23 (30). 2010.
26. Centers for Disease Control and Prevention. Fact sheet on STDs and pregnancy. Online: www.cdc.gov/std/pregnancy/STDs-and-pregnancy-fact-sheet.pdf
27. Cavazos-Rehg, P.A., Krauss, M.J., Spitznagel, E.L., et al. Substance use and the risk for sexual intercourse with and without a history of teenage pregnancy among adolescent females. Journal of Studies on Alcohol and Drugs 72(2): 194-198, 2011.
28. Gavin, L., MacKay, A.P., Brown, K., et al. Sexual and reproductive health of persons aged 10-24 years – United States, 2002-2007. MMWR Surveillance Summaries 58(6): 1-58, 2009.
29. Joint United Nations Programme on HIV/AIDS (UNAIDS). Fast Facts about HIV Prevention. Online at: www.unaids.org/en/media/unaids/contentassets/dataimport/pub/basedocument/2008/20080501_fastfacts_prevention_en.pdf
30. Kann, L., Olsen, E.O., McManus, T., et al. Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9-12 — Youth Risk Behavior Surveillance, Selected Sites, United States, 2001-2009. MMWR Early Release 60(7): 1-133, 2011.
31. Ogden, C.L., Carroll, M.D. Prevalence of obesity among children and adolescents: United States, trends 1963-1965 through 2007-2008. National Center for Health Statistics Health E-Stats, June 2010.

References

32. Daniels, S.R., Arnett, D.K., Eckel, R.H., et al. Overweight in children and adolescents: pathophysiology, consequences, prevention, and treatment. Circulation 111(15):1999-2012, 2005.
33. Wright, C.M., Parker, L., Lamont, D., Craft, A.W. Implications of childhood obesity for adult health: findings from thousand families cohort study. British Medical Journal 323(7324):1280-1284, 2001.
34. Tremblay, L., Lariviere, M. The influence of puberty onset, body mass index, and pressure to be thin on disordered eating behaviors in children and adolescents. Eating Behaviors 10(2):75-83, 2009.
35. Mitchell, J.E., Eckert, E.D. Scope and significance of eating disorders. Journal of Consulting Clinical Psychology 55:628-634, 1987.
36. Neumark-Sztainer, D., Hannan, P.J. Weight-related behaviors among adolescent girls and boys: results from a national survey. Archives of Pediatric and Adolescent Medicine 154(6):569-577, 2000.
37. Neumark-Sztainer, D., Story, M., Hannan, P.J., et al. Weight-related concerns and behaviors among overweight and nonoverweight adolescents: implications for preventing weight-related disorders. Archives of Pediatric and Adolescent Medicine 156(2):171-178, 2002.
38. Fisher, D.E. and James, W.D. Indoor tanning — science, behavior, and policy. New England Journal of Medicine 363:901-903, 2010.
39. Key, T.J., Schatzkin, A., Willet, W.C., et al. Diet, nutrition, and the prevention of cancer. Public Health Nutrition 7(1A):187-200, 2004.
40. National Cancer Institute. 5 A Day for Better Health Program (NIH Publication 01-5019). Bethesda, MD, 2001.
41. Kavey, R.E., Daniels, S.R., Lauer, R.M., et al. American Heart Association guidelines for primary prevention of atherosclerotic cardiovascular disease beginning in childhood. Journal of Pediatrics 142(4):368-372, 2003.
42. Terry, P., Terry, J.B., Wolk, A. Fruit and vegetable consumption in the prevention of cancer: an update. Journal of Internal Medicine 250(4):280-290, 2001.
43. Van Duyn, M.A., Pivonka, E. Overview of the health benefits of fruit and vegetable consumption for the dietetics professional: selected literature. Journal of the American Dieticians Association 100(12):1511-1521, 2000.
44. Malik, V.S., Schulze, M.B., Hu, F.B. Intake of sugar-sweetened beverages and weight gain: a systematic review. American Journal of Clinical Nutrition 84(2):274-288, 2006.
45. Ludwig, D.S., Peterson, K.E., Gortmaker, S.L. Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. Lancet 357(9255):505-508, 2001.
46. Physical Activity Guidelines Advisory Committee. Physical Activity Guidelines Advisory Committee Report, 2008. Washington, D.C.: U.S. Department of Health and Human Services, 2008.
47. Durant, N., Harris, S.K., Doyle, S., et al. Relation of school environment and policy to adolescent physical activity. Journal of School Health 79(4):153-159, 2009.
48. McKenzie, K.L., Li, D., Derby, C.A., et al. Maintenance of effects of the CATCH Physical Education Program: results from the CATCH-ON Study. Health Education & Behavior 30(4):447-462, 2003.

References

49. U.S. Department of Health and Human Services and U.S. Department of Education. Promoting better health for young people through physical activity and sports. 2000. Online: www.cdc.gov/HealthyYouth/physicalactivity/promoting_health/pdfs/ppar.pdf
50. Center for Disease Control and Prevention. Guidelines for school and community programs to promote lifelong physical activity among young people. Morbidity and Mortality Weekly Report 46 (No. RR-6):1-36, 1997.
51. Zabinski, M.F., Norman, G.J., Sallis, J.F., et al. Patterns of sedentary behavior among adolescents. Health Psychology 26(1):113-120, 2007.
52. Crespo, C.J., Smit, E., Troiano, R.P., et al. Television watching, energy intake, and obesity in U.S. children: results from the third National Health and Nutrition Examination Survey, 1988-1994. Archives of Pediatric and Adolescent Medicine 155(3):360-365, 2001.
53. Kaur, H., Choi, W.S., Mayo, M.S., Harris, K.J. Duration of television watching is associated with increased body mass index. Journal of Pediatrics 143(4):506-511, 2003.
54. Kuntsche, E., Pickett, W., Overpeck, M., et al. Television viewing and forms of bullying among adolescents from eight countries. Journal of Adolescent Health 39(6):908-915, 2006.
55. Resnick, M.D., Bearman, P.S., Blum, R.W., et al. Protecting adolescents from harm. Findings from the National Longitudinal Study on Adolescent Health. JAMA 278(10):823-832, 1997.
56. Fan, X., Chen, M. Parental involvement and students' academic achievement: a meta-analysis. Educational Psychology Review 13(1):1-22, 2001.
57. U.S. Council of Economic Advisors. Teens and their parents in the 21st century: An examination of trends in teen behavior and the role of parental involvement. 2000. Online: http://clinton3.nara.gov/WH/EOP/CEA/html/Teens_Paper_Final.pdf
58. Fredricks, J.A., Eccles, J.S. Is extracurricular participation associated with beneficial outcomes? Developmental Psychology 42(4):698-713, 2006.
59. Scales, P.C., Benson, P.L., Leffert, N., Blyth, D.A. Contribution of developmental assets to prediction of thriving among adolescents. Applied Developmental Science 4(1):27-46, 2000

2011 Vermont High School Youth Risk Behavior Survey

Results for Rutland-Windsor SU

Participation Rates

	Grade				Gender		All
	9	10	11	12	F	M	
Participated	22	18	17	15	41	31	74
Enrolled	36	30	27	38	70	61	131
Participation Rate	61%	60%	63%	39%	59%	51%	56%

Based on October 1, 2010 enrollment. Some students did not indicate grade or gender.

Due to low sample sizes (less than 20 participants by grade), we combined grades 9 and 10, and 11 and 12, for reporting.

Demographics

Age

	2011
14 or younger	19%
15	21%
16	25%
17	25%
18 or older	10%

Race and Ethnicity

	2011
White non-Hispanic	80%
Racial or ethnic minority	20%

Mother's Education

	2011
High school or less	38%
Some college	10%
College graduate	28%
Graduate or professional degree after college	18%
Not sure	7%

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Ride bicycles	74%	80%	66%	66%	84%

Of students who ride bicycles, percent who wear helmets:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Rarely or never	75%	78%	71%	78%	73%

Personal Safety

Percent of students who wear seatbelts when riding in a car:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Always	44%	30%	63%	56%	29%
Most of the time	24%	25%	22%	22%	26%
Sometimes	15%	23%	*	*	26%
Rarely or never	17%	23%	*	15%	19%

Percent of students who, in the past 30 days:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Rode in a car or other vehicle driven by someone who had been drinking alcohol	33%	40%	25%	24%	45%
Drove a car or other vehicle after drinking	*	*	*	*	*
Rode in a car or other vehicle driven by someone who had been smoking marijuana	39%	40%	38%	32%	48%
Drove a car or other vehicle after smoking marijuana	21%	23%	19%	15%	29%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Carried a weapon such as a gun, knife or club on school property, past 30 days	14%	23%	*	*	19%
Did not go to school because they felt unsafe, past 30 days	*	*	*	*	*
Were threatened or injured with a weapon at school, past 12 months	11%	18%	*	7%	16%
Were in a physical fight, past 12 months	36%	38%	34%	24%	52%
Were in a physical fight on school property, past 12 months	21%	20%	22%	*	35%
Were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend, past 12 months	8%	*	*	*	*
Were physically forced to have sexual intercourse, ever	10%	*	*	15%	*

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Were bullied, past 30 days	29%	23%	38%	24%	35%
Bullied someone else, past 30 days	24%	30%	*	20%	29%
Were electronically bullied, past 12 months	29%	28%	31%	32%	26%
Caused purposeful harm to themselves such as by cutting or burning, past 12 months	21%	20%	22%	27%	*
Felt sad or hopeless almost every day for two weeks or more in a row, past 12 months	25%	20%	31%	32%	*
Made a suicide plan, past 12 months	8%	*	*	*	*
Made a suicide attempt, past 12 months	*	*	*	*	*

For the purposes of the Vermont YRBS, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her, or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property; on a school bus; or at a school-sponsored activity. It is not bullying when two students of about the same strength and power argue or fight, or when teasing is done in a friendly way. Electronic bullying includes through e-mail, chat rooms, instant messaging, Web sites, or texting.

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Ever drank alcohol other than a few sips	68%	68%	69%	66%	71%
Had first drink other than a few sips before age 13	22%	28%	*	22%	23%
Drank alcohol, past 30 days	40%	38%	44%	32%	52%
Had five or more drinks of alcohol in a row, past 30 days	25%	23%	29%	*	42%
Drank alcohol on 3 to 9 of the past 30 days	14%	15%	*	*	26%
Drank alcohol on 10 or more of the past 30 days	*	*	*	*	*
Binged on 3 or more of the past 30 days	10%	*	*	*	*
Drank alcohol on school property, past 30 days	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Among students who drank in the past 30 days:

Usual type of beverage consumed, past 30 days

	All
	2011
Liquor, such as rum, gin, vodka, or whiskey	36%
Beer	46%
Other alcoholic beverages, such as Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, or Twisted Tea	*
Wine	*

Usual source of alcohol, past 30 days

	All
	2011
Someone gave it to me	38%
Gave someone money to buy it for me	41%
Got it or stole it from home	*
Purchased from a store, liquor store; or restaurant	*
Stole it from a store or restaurant	*

* Suppressed due to small cell sizes (≤ 5 students)

There were not enough current drinkers to report usual type or source of alcohol by grade or sex.

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Ever smoked a whole cigarette	39%	40%	38%	37%	42%
Smoked before age 13	11%	18%	*	*	*
Smoked cigarettes, past 30 days	26%	25%	28%	22%	32%
Smoked on 20 or more of the past 30 days	13%	*	*	*	23%
Smoked every day, past 30 days	10%	*	*	*	19%
Used chewing tobacco, past 30 days	*	*	*	*	*
Smoked cigars, past 30 days	22%	18%	28%	*	39%
Used snus, ever	11%	*	*	*	23%

	All	Sex	
	2011	Female	Male
Of students who smoked in the past 30 days, percent who tried to quit in the past 12 months	62%	80%	*

* Suppressed due to small cell sizes (≤ 5 students)

There were not enough current smokers to report usual source of cigarettes, or quit attempts by grade.

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Were in the same room with someone who was smoking, past 7 days	68%	68%	69%	59%	81%
Were in the same car with someone who was smoking, past 7 days	56%	60%	50%	46%	68%
Were asked about smoking by a health professional, past 12 months	39%	43%	34%	41%	35%
Discussed dangers of smoking with parents or guardian, past 12 months	35%	30%	41%	27%	45%
Think that out of 100 Vermont high school students, 56 or more smoke cigarettes	13%	13%	13%	10%	17%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Used marijuana, ever	50%	45%	56%	49%	52%
Used marijuana before age 13	10%	15%	*	*	*
Used marijuana, past 30 days	36%	38%	34%	34%	39%
Used marijuana on 3 to 9 of the past 30 days	*	*	*	*	*
Used marijuana on 10 or more of the past 30 days	22%	28%	*	*	35%
Used marijuana on school property, past 30 days	13%	18%	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Used cocaine, past 30 days	11%	*	*	*	*
Used inhalants, ever	11%	*	*	15%	*
Used heroin, ever	*	*	*	*	*
Used methamphetamines, ever	*	*	*	*	*
Used hallucinogens, ever	14%	15%	*	*	*
Used the prescription stimulant Ritalin or Adderall not prescribed to them, ever	13%	*	*	10%	16%
Used a prescription pain reliever such as OxyContin, Vicodin, or other prescription pain reliever not prescribed to them, ever	18%	20%	*	15%	23%
Used a prescription pain reliever or a prescription stimulant not prescribed to them, ever	21%	23%	19%	20%	23%
Were offered, sold, or given an illegal drug on school property, past 12 months	31%	30%	31%	22%	42%

* Suppressed due to small cell sizes (≤ 5 students)

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

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

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Smoke cigarettes	82%	83%	81%	80%	84%
Drink alcohol	68%	68%	69%	61%	77%
Smoke marijuana	78%	75%	81%	80%	74%

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

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Smoke cigarettes	53%	50%	56%	59%	45%
Drink alcohol	44%	35%	56%	51%	35%
Smoke marijuana	50%	50%	50%	61%	35%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think people their age greatly risk harming themselves (physically or in other ways) if they:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Smoke one or more packs of cigarettes per day	44%	42%	47%	40%	50%
Have five or more drinks of alcohol once or twice each weekend	29%	26%	31%	30%	27%
Smoke marijuana regularly	23%	32%	13%	23%	24%

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

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Cigarettes	82%	75%	91%	76%	90%
Alcohol	83%	80%	88%	80%	87%
Marijuana	73%	74%	72%	66%	83%

Sexual Behavior and Orientation

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Had sexual intercourse, ever	51%	45%	59%	39%	68%
First had sexual intercourse before age 13	*	*	*	*	*
Had sexual intercourse with four or more people during their life	21%	20%	22%	15%	29%
Had sexual intercourse at least once in the past three months	40%	30%	53%	34%	48%
Had oral sex, ever	47%	43%	53%	30%	70%
Had a HIV test, ever	10%	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Sexual Behavior and Orientation

Among students who had sex in the past 3 months:

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Used drugs or alcohol before last sexual intercourse	24%	*	*	*	*
Used a condom for last sexual intercourse	52%	75%	35%	*	67%

Method used to prevent pregnancy during last sexual intercourse

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Condoms	45%	67%	*	*	60%
Prescription birth control including pills, rings, implants, injections, IUDs	41%	*	53%	57%	*
No method	*	*	*	*	*
Withdrawal	0%	0%	0%	0%	0%
Some other method/not sure	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Sexual Behavior and Orientation

Sexual orientation

	Sex	
	Female	Male
Heterosexual	83%	90%
Gay or lesbian	*	*
Bisexual	*	*
Not sure	*	*

With whom have you had sexual contact?

	Sex	
	Female	Male
Females	*	67%
Males	29%	*
Both	20%	*
Never had sexual contact	51%	27%

* Suppressed due to small cell sizes (≤ 5 students)

Body Image

Percent of students who are:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Overweight (85th BMI Percentile)	18%	27%	*	16%	20%
Obese (95th BMI Percentile)	15%	19%	*	*	*

BMI=body mass index; weight in kilograms divided by height in meters, squared

Percent of students who think that they are:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Underweight	10%	8%	*	*	*
About the right weight	53%	48%	59%	44%	65%
Overweight	38%	45%	28%	46%	26%

* Suppressed due to small cell sizes (≤ 5 students)

Body Image

Percent of students who are trying to:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Lose weight	53%	63%	41%	68%	32%
Gain weight	8%	*	*	*	*
Stay the same weight	22%	15%	31%	17%	29%
Not trying to do anything about weight	17%	18%	*	*	23%

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Skipped meals to lose weight or keep from gaining weight, past 30 days	14%	15%	*	17%	*
Used an indoor tanning device such as a sunlamp, sunbed, or tanning booth, past 30 days	14%	*	*	20%	*

* Suppressed due to small cell sizes (≤ 5 students)

Nutrition

Percent of students who, during the past seven days:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Ate fruits and vegetables five or more times per day	13%	*	*	*	*
Ate two or more servings of fruit or fruit juice per day	19%	15%	25%	22%	*
Ate three or more servings of vegetables per day	14%	*	22%	17%	*
Ate breakfast seven of the past seven days	46%	33%	61%	50%	40%
Ate breakfast at least three of the past seven days	71%	59%	87%	78%	63%
Ate breakfast zero of the past seven days	13%	18%	*	15%	*
Drank a can, bottle, or glass of soda or pop at least once per day	22%	35%	*	15%	32%
Drank a can, bottle, or glass of a sugar-sweetened beverage such as lemonade, sweetened tea or coffee drinks, sports drinks, energy drinks, Snapple, or Sunny Delight at least once per day	28%	33%	22%	20%	39%

* Suppressed due to small cell sizes (≤ 5 students)

Physical Activity

Percent of students who were physically active on:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Seven of the past seven days	26%	28%	25%	*	48%
Zero of the past seven days	14%	25%	*	20%	*

Percent of students who attend physical education classes:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Every day during an average school week	31%	33%	28%	27%	35%
At least one day during an average school week	32%	33%	31%	29%	35%

Percent of students who, on an average school day, watch TV, play video or computer games, or use a computer for something that is not school work:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Three or more hours	46%	48%	44%	34%	61%
Five or more hours	15%	18%	*	*	19%

* Suppressed due to small cell sizes (≤ 5 students)

Youth Assets

Grades earned in school

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Mostly As	35%	21%	52%	39%	29%
Mostly Bs	39%	45%	32%	39%	39%
Mostly Cs	17%	24%	10%	*	*
Mostly Ds or Fs	*	*	*	*	*
None/not sure	*	*	*	*	*

Percent of students who talk with their parents about school:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
About every day	42%	43%	42%	38%	48%
About once or twice a week	23%	29%	*	21%	26%
About once or twice a month	14%	11%	*	15%	*
Less than once a month	11%	3%	19%	15%	*
Never	11%	14%	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Youth Assets

Percent of students who:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Volunteer one or more hours in an average week	56%	45%	69%	53%	60%
Volunteer three or more hours in an average week	21%	16%	28%	20%	23%

Percent of students who agree or strongly agree:

	All	Grade		Sex	
	2011	9 and 10	11 and 12	Female	Male
Teachers really care about you and give you a lot of encouragement	53%	45%	63%	55%	50%
Students help decide what goes on in your school	39%	39%	38%	38%	40%
In your community, you feel like you matter to people	44%	42%	47%	43%	47%

2011 Vermont Middle School Youth Risk Behavior Survey

Results for Rutland-Windsor SU

Participation Rates

	Grade		Gender		All
	7	8	F	M	
Participated	35	24	30	29	59
Enrolled	39	24	33	30	63
Participation Rate	90%	100%	91%	97%	94%

Based on October 1, 2010 enrollment.

Demographics

Age

	All
	2011
12	20%
13	56%
14 or older	24%

Race and Ethnicity

	All
	2011
White non-Hispanic	80%
Racial or ethnic minority	20%

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Ride bicycles	93%	97%	88%	100%	85%

Of students who ride bicycles, percent who wear helmets:

	All	Grade		Sex	
	2011	7	8	Female	Male
Always	12%	*	*	*	*
Most of the time	24%	30%	*	25%	*
Sometimes	12%	*	*	*	*
Rarely or never	53%	40%	71%	50%	57%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Rollerblade or skateboard	50%	47%	54%	57%	43%

Of students who rollerblade or skateboard, percent who wear helmets:

	All	Grade		Sex	
	2011	7	8	Female	Male
Rarely or never	52%	44%	62%	59%	42%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who wear seatbelts when riding in a car:

	All	Grade		Sex	
	2011	7	8	Female	Male
Always	54%	69%	33%	57%	52%
Most of the time	24%	31%	*	23%	24%
Sometimes	19%	*	46%	*	24%
Rarely or never	*	*	*	*	*

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

	All	Grade		Sex	
	2011	7	8	Female	Male
Yes	27%	17%	42%	27%	28%
No	41%	54%	*	40%	41%
Not sure	44%	34%	64%	45%	43%

* Suppressed due to small cell sizes (≤ 5 students)

Personal Safety

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Were ever in a physical fight	51%	40%	67%	37%	66%
Did not go to school because felt unsafe, past 30 days	*	*	*	*	*
Were ever bullied on school property	49%	51%	46%	53%	45%
Were ever electronically bullied	37%	26%	54%	63%	*
Were bullied, past 30 days	34%	29%	42%	43%	24%
Bullied someone else, past 30 days	29%	*	50%	33%	25%
Ever seriously thought about killing themselves	17%	20%	*	24%	*
Ever made a suicide plan	*	*	*	*	*
Ever attempted suicide	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Ever had a drink of alcohol other than a few sips	33%	*	61%	44%	22%
Had first drink other than a few sips before age 11	11%	*	*	*	*
Drank alcohol, past 30 days	12%	*	*	20%	*
Had five or more drinks of alcohol in a row, past 30 days	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Tried cigarette smoking, even one or two puffs, ever	17%	*	33%	23%	*
Smoked before age 11	0%	0%	0%	0%	0%
Smoked in past 30 days	*	*	*	*	*
Used chewing tobacco, past 30 days	*	*	*	*	*
Smoked cigars, past 30 days	*	*	*	*	*
Used snus, ever	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Were in the same room with someone who was smoking, past 7 days	53%	46%	63%	57%	48%
Were in the same car with someone who was smoking, past 7 days	37%	37%	38%	50%	24%
Were asked about smoking by a health professional, past 12 months	17%	9%	29%	17%	17%
Discussed dangers of smoking with parents or guardian, past 12 months	46%	43%	50%	57%	34%
Think that out of 100 Vermont high school students, 56 or more smoke cigarettes	10%	9%	13%	13%	7%

Alcohol, Tobacco, and Other Drug Use

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Used marijuana, ever	22%	*	38%	30%	*
Used marijuana before age 11	*	*	*	*	*
Used marijuana, past 30 days	*	*	*	*	*
Used inhalants, ever	*	*	*	*	*
Misused prescription drugs, ever	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

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

	All	Grade		Sex	
	2011	7	8	Female	Male
Smoke cigarettes	93%	94%	92%	93%	93%
Drink alcohol	86%	91%	79%	93%	79%
Smoke marijuana	90%	97%	79%	90%	90%

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

	All	Grade		Sex	
	2011	7	8	Female	Male
Smoke cigarettes	86%	97%	71%	87%	86%
Drink alcohol	73%	86%	54%	77%	69%
Smoke marijuana	83%	91%	70%	77%	89%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use

Percent of students who think people their age greatly risk harming themselves (physically or in other ways) if they:

	All	Grade		Sex	
	2011	7	8	Female	Male
Smoke one or more packs of cigarettes per day	69%	80%	54%	70%	69%
Have five or more drinks of alcohol once or twice each weekend	49%	57%	38%	50%	48%
Smoke marijuana regularly	58%	71%	38%	53%	62%

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

	All	Grade		Sex	
	2011	7	8	Female	Male
Cigarettes	37%	23%	58%	33%	41%
Alcohol	32%	23%	46%	30%	34%
Marijuana	25%	20%	33%	27%	24%

Body Image

Percent of students who think that they are:

	All	Grade		Sex	
	2011	7	8	Female	Male
Underweight	20%	26%	*	*	28%
About the right weight	53%	49%	58%	60%	45%
Overweight	27%	26%	29%	27%	28%

Percent of students who are trying to:

	All	Grade		Sex	
	2011	7	8	Female	Male
Lose weight	47%	49%	46%	63%	31%
Gain weight	12%	14%	*	*	*
Stay the same weight	19%	17%	*	*	31%
Not trying to do anything about weight	22%	20%	25%	20%	24%

Percent of students who:

	All	Grade		Sex	
	2011	7	8	Female	Male
Skipped meals to lose weight or keep from gaining weight, past 30 days	19%	*	29%	37%	*

* Suppressed due to small cell sizes (≤ 5 students)

Nutrition

Percent of students who ate breakfast on:

	All	Grade		Sex	
	2011	7	8	Female	Male
Seven of the past seven days	41%	32%	54%	33%	50%
At least three of the past seven days	74%	74%	75%	70%	79%
Zero of the past seven days	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Physical Activity

Percent of students who were physically active on:

	All	Grade		Sex	
	2011	7	8	Female	Male
Seven of the past seven days	41%	38%	46%	41%	41%
Zero of the past seven days	*	*	*	*	*

Percent of students who attend physical education classes:

	All	Grade		Sex	
	2011	7	8	Female	Male
Every day during an average school week	70%	73%	67%	83%	56%
At least one day during an average school week	74%	79%	67%	83%	63%

* Suppressed due to small cell sizes (≤ 5 students)

Physical Activity

Percent of students who, on an average school day, watch TV:

	All	Grade		Sex	
	2011	7	8	Female	Male
Three or more hours	16%	21%	*	*	*
Five or more hours	*	*	*	*	*

Percent of students who, on an average school day, play video or computer games or use a computer for something that is not school work:

	All	Grade		Sex	
	2011	7	8	Female	Male
Three or more hours	36%	34%	38%	40%	31%
Five or more hours	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Youth Assets

Percent of students who, in the past 7 days, went online for something that was not for school:

	All	Grade		Sex	
	2011	7	8	Female	Male
Zero or one day	20%	29%	*	*	28%
Two or three days	20%	23%	*	23%	*
Four or five days	10%	*	*	*	*
Six or seven days	49%	37%	67%	57%	41%

Percent of students who talk with their parents about school:

	All	Grade		Sex	
	2011	7	8	Female	Male
About every day	37%	46%	25%	30%	45%
About once or twice a week	36%	34%	38%	33%	38%
About once or twice a month	12%	*	*	*	*
Less than once a month	12%	*	*	*	*
Never	*	*	*	*	*

* Suppressed due to small cell sizes (≤ 5 students)

Youth Assets

Percent of students who agree or strongly agree:

	All	Grade		Sex	
	2011	7	8	Female	Male
Teachers really care about you and give you a lot of encouragement	49%	57%	38%	53%	45%
Students help decide what goes on in your school	39%	43%	33%	40%	38%
In your community, you feel like you matter to people	42%	37%	50%	40%	45%

Vermont High School Youth Risk Behavior Survey

Recalculated Results for Rutland-Windsor SU

Before 2011, students in grades 8-12 took the Vermont Youth Risk Behavior Survey. In 2011, we conducted a high school survey of students in grades 9-12, and a middle school survey of students in grades 6-8.

All results in the 2011 high school survey report are for grades 9-12 only. The following pages contain rates from previous surveys recalculated for grades 9-12, overall and by gender, for comparison to 2011. Rates by grade did not change.

This section of the report includes only the variables on the 2011 YRBS. # = question was not asked that year.

Personal Safety - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	72%	74%	80%	86%	74%	71%
Rode with drinking driver, past 30 days	27%	26%	25%	20%	23%	30%
Drove after drinking, past 30 days	11%	12%	11%	12%	13%	12%
Rode with marijuana user, past 30 days	25%	33%	29%	29%	41%	38%
Drive after marijuana use, past 30 days	15%	15%	16%	19%	17%	26%
Carried a weapon on school property, past 30 days	14%	10%	13%	7%	12%	8%
Did not go to school because felt unsafe, past 30 days	1%	2%	1%	2%	5%	8%
Threatened or injured with weapon on school property, past 12 months	4%	4%	6%	7%	11%	5%
In physical fight, past 12 months	28%	29%	31%	18%	32%	32%
In physical fight at school, past 12 months	13%	13%	13%	6%	16%	10%

Personal Safety - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	80%	79%	84%	87%	76%	79%
Rode with drinking driver, past 30 days	30%	23%	31%	20%	20%	31%
Drove after drinking, past 30 days	9%	10%	13%	13%	12%	8%
Rode with marijuana user, past 30 days	26%	36%	28%	28%	43%	34%
Drive after marijuana use, past 30 days	18%	13%	13%	9%	19%	22%
Carried a weapon on school property, past 30 days	0%	3%	11%	7%	5%	5%
Did not go to school because felt unsafe, past 30 days	2%	3%	2%	2%	3%	10%
Threatened or injured with weapon on school property, past 12 months	2%	0%	3%	7%	8%	0%
In physical fight, past 12 months	14%	14%	26%	15%	24%	27%
In physical fight at school, past 12 months	4%	6%	10%	6%	10%	8%

Personal Safety - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Always/almost always wear seat belt when riding in car	66%	71%	77%	85%	72%	62%
Rode with drinking driver, past 30 days	26%	28%	20%	18%	25%	29%
Drove after drinking, past 30 days	12%	14%	10%	12%	14%	16%
Rode with marijuana user, past 30 days	24%	31%	30%	29%	37%	44%
Drive after marijuana use, past 30 days	13%	17%	18%	27%	16%	31%
Carried a weapon on school property, past 30 days	24%	17%	14%	6%	20%	11%
Did not go to school because felt unsafe, past 30 days	0%	1%	0%	2%	6%	5%
Threatened or injured with weapon on school property, past 12 months	5%	8%	7%	4%	14%	11%
In physical fight, past 12 months	39%	42%	35%	22%	42%	39%
In physical fight at school, past 12 months	21%	21%	16%	6%	22%	13%

Personal Safety - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	17%	17%	23%
Bullied someone, past 30 days	#	#	#	17%	26%	29%
Electronically bullied, past 12 months	#	#	#	#	#	23%
Hit by boy/girlfriend on purpose, past 12 months	6%	12%	5%	6%	8%	14%
Forced to have sexual intercourse, ever	5%	3%	4%	12%	6%	11%
Purposefully hurt self without wanting to die, ever	#	#	#	#	14%	18%
Planned suicide, past 12 months	17%	13%	12%	9%	8%	9%
Attempted suicide, past 12 months	9%	7%	7%	4%	3%	7%

Personal Safety - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	18%	17%	32%
Bullied someone, past 30 days	#	#	#	13%	20%	30%
Electronically bullied, past 12 months	#	#	#	#	#	30%
Hit by boy/girlfriend on purpose, past 12 months	7%	9%	6%	4%	7%	15%
Forced to have sexual intercourse, ever	9%	6%	8%	22%	10%	15%
Purposefully hurt self without wanting to die, ever	#	#	#	#	17%	22%
Planned suicide, past 12 months	23%	14%	14%	15%	10%	8%
Attempted suicide, past 12 months	16%	13%	14%	7%	3%	10%

Personal Safety - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Were bullied, past 30 days	#	#	#	14%	18%	15%
Bullied someone, past 30 days	#	#	#	21%	33%	29%
Electronically bullied, past 12 months	#	#	#	#	#	16%
Hit by boy/girlfriend on purpose, past 12 months	5%	15%	3%	6%	10%	13%
Forced to have sexual intercourse, ever	3%	1%	1%	2%	2%	7%
Purposefully hurt self without wanting to die, ever	#	#	#	#	12%	15%
Planned suicide, past 12 months	12%	12%	9%	2%	6%	9%
Attempted suicide, past 12 months	4%	1%	1%	0%	2%	4%

Alcohol - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	87%	80%	74%	75%	81%	76%
Drank alcohol prior to age 13	27%	27%	23%	24%	22%	26%
Consumed alcohol, past 30 days	64%	54%	40%	45%	56%	55%
Binged on alcohol, past 30 days	45%	32%	19%	22%	28%	38%
3 or more days drinking, past 30 days	40%	29%	19%	19%	26%	26%
10 or more days drinking, past 30 days	8%	7%	4%	3%	6%	5%
3 or more days bingeing, past 30 days	19%	13%	10%	9%	10%	13%
Drank on school property, past 30 days	4%	2%	2%	4%	11%	6%

Alcohol - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	87%	81%	80%	85%	85%	79%
Drank alcohol prior to age 13	19%	23%	25%	24%	20%	31%
Consumed alcohol, past 30 days	68%	60%	35%	53%	61%	49%
Binged on alcohol, past 30 days	49%	36%	14%	23%	28%	31%
3 or more days drinking, past 30 days	39%	32%	16%	14%	25%	26%
10 or more days drinking, past 30 days	7%	7%	6%	2%	7%	4%
3 or more days bingeing, past 30 days	16%	13%	6%	2%	10%	10%
Drank on school property, past 30 days	2%	1%	5%	4%	12%	2%

Alcohol - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Consumed alcohol, ever	88%	81%	71%	63%	76%	72%
Drank alcohol prior to age 13	33%	31%	22%	21%	24%	21%
Consumed alcohol, past 30 days	60%	50%	43%	37%	49%	60%
Binged on alcohol, past 30 days	42%	29%	24%	22%	28%	45%
3 or more days drinking, past 30 days	41%	28%	22%	24%	27%	27%
10 or more days drinking, past 30 days	10%	7%	1%	4%	6%	6%
3 or more days bingeing, past 30 days	22%	14%	13%	16%	10%	17%
Drank on school property, past 30 days	5%	3%	0%	4%	10%	11%

Alcohol - All

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	43%	49%
Usually consumed beer	#	#	#	#	30%	34%
Usually consumed alcopops	#	#	#	#	23%	8%
Usually consumed wine or wine coolers	#	#	#	#	4%	8%
Someone gave alcohol to me	#	#	#	#	#	57%
Gave someone money to buy alcohol for me	#	#	#	#	#	32%
Got or stole alcohol from home	#	#	#	#	#	7%
Bought in a store	#	#	#	#	#	5%
Stole alcohol from a store or restaurant	#	#	#	#	#	0%

Alcohol - Females

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	44%	57%
Usually consumed beer	#	#	#	#	22%	21%
Usually consumed alcopops	#	#	#	#	31%	14%
Usually consumed wine or wine coolers	#	#	#	#	3%	7%
Someone gave alcohol to me	#	#	#	#	#	53%
Gave someone money to buy alcohol for me	#	#	#	#	#	33%
Got or stole alcohol from home	#	#	#	#	#	10%
Bought in a store	#	#	#	#	#	3%
Stole alcohol from a store or restaurant	#	#	#	#	#	0%

Alcohol - Males

Of students who drank in the past 30 days

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Usually consumed liquor such as vodka, rum, scotch, bourbon, or whiskey	#	#	#	#	43%	40%
Usually consumed beer	#	#	#	#	43%	47%
Usually consumed alcopops	#	#	#	#	10%	3%
Usually consumed wine or wine coolers	#	#	#	#	5%	10%
Someone gave alcohol to me	#	#	#	#	#	60%
Gave someone money to buy alcohol for me	#	#	#	#	#	30%
Got or stole alcohol from home	#	#	#	#	#	3%
Bought in a store	#	#	#	#	#	7%
Stole alcohol from a store or restaurant	#	#	#	#	#	0%

Tobacco - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	51%	57%	39%	38%	45%	42%
Smoked cigarettes, past 30 days	31%	27%	15%	20%	24%	27%
Smoked daily, past 30 days	12%	15%	7%	7%	8%	6%
Smoked first cigarette prior to age 13	22%	27%	18%	11%	21%	18%
Smoked 11 or more cigarettes on days smoked, past 30 days	6%	8%	4%	3%	4%	3%
Smoked 20 or more cigarettes on days smoked, past 30 days	0%	2%	1%	0%	2%	1%
Used chewing tobacco, past 30 days	8%	5%	3%	3%	12%	6%
Smoked cigars, past 30 days	25%	13%	8%	#	#	22%

Tobacco - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	59%	61%	44%	41%	47%	43%
Smoked cigarettes, past 30 days	40%	38%	19%	22%	23%	31%
Smoked daily, past 30 days	13%	25%	8%	9%	10%	7%
Smoked first cigarette prior to age 13	27%	26%	22%	10%	15%	22%
Smoked 11 or more cigarettes on days smoked, past 30 days	4%	10%	3%	4%	2%	2%
Smoked 20 or more cigarettes on days smoked, past 30 days	0%	3%	2%	0%	0%	0%
Used chewing tobacco, past 30 days	2%	1%	3%	0%	3%	2%
Smoked cigars, past 30 days	7%	6%	5%	#	#	15%

Tobacco - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked a cigarette, ever	45%	54%	36%	34%	43%	40%
Smoked cigarettes, past 30 days	24%	18%	12%	16%	24%	22%
Smoked daily, past 30 days	11%	7%	7%	4%	6%	6%
Smoked first cigarette prior to age 13	19%	28%	16%	11%	27%	15%
Smoked 11 or more cigarettes on days smoked, past 30 days	8%	7%	4%	2%	6%	4%
Smoked 20 or more cigarettes on days smoked, past 30 days	0%	1%	1%	0%	4%	2%
Used chewing tobacco, past 30 days	13%	9%	3%	6%	22%	11%
Smoked cigars, past 30 days	38%	19%	11%	#	#	29%

Other Drug Use - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	48%	60%	50%	54%	55%	57%
Tried marijuana prior to age 13	10%	18%	18%	6%	17%	16%
Used marijuana, past 30 days	31%	35%	24%	31%	36%	40%
Used marijuana 10 or more times, past 30 days	11%	15%	16%	15%	17%	19%
Used marijuana on school property, past 30 days	3%	5%	6%	6%	9%	14%
Used cocaine, past 30 days	2%	3%	5%	6%	12%	7%
Use inhalants, ever	19%	22%	28%	9%	17%	19%
Used heroin, ever	2%	3%	1%	2%	7%	7%
Used methamphetamines, ever	5%	7%	6%	6%	5%	7%
Used hallucinogens, ever	17%	26%	11%	14%	22%	19%
Were offered, sold, or given drugs on school property, past 12 months	20%	20%	24%	20%	14%	24%

Other Drug Use - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	46%	59%	44%	63%	59%	52%
Tried marijuana prior to age 13	9%	17%	16%	6%	12%	13%
Used marijuana, past 30 days	30%	32%	20%	30%	38%	38%
Used marijuana 10 or more times, past 30 days	11%	13%	14%	9%	14%	12%
Used marijuana on school property, past 30 days	2%	1%	8%	4%	10%	8%
Used cocaine, past 30 days	2%	4%	8%	4%	10%	8%
Use inhalants, ever	18%	21%	30%	10%	17%	22%
Used heroin, ever	2%	1%	3%	2%	3%	8%
Used methamphetamines, ever	4%	6%	8%	6%	2%	8%
Used hallucinogens, ever	14%	28%	17%	9%	17%	19%
Were offered, sold, or given drugs on school property, past 12 months	16%	14%	14%	21%	12%	26%

Other Drug Use - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Smoked marijuana, ever	49%	63%	55%	44%	50%	62%
Tried marijuana prior to age 13	11%	19%	20%	8%	22%	20%
Used marijuana, past 30 days	31%	37%	28%	33%	33%	43%
Used marijuana 10 or more times, past 30 days	11%	17%	17%	21%	20%	28%
Used marijuana on school property, past 30 days	4%	9%	5%	8%	8%	21%
Used cocaine, past 30 days	3%	3%	3%	8%	14%	5%
Use inhalants, ever	20%	23%	25%	9%	18%	16%
Used heroin, ever	3%	5%	0%	2%	12%	5%
Used methamphetamines, ever	5%	8%	4%	4%	10%	5%
Used hallucinogens, ever	20%	25%	7%	19%	28%	20%
Were offered, sold, or given drugs on school property, past 12 months	23%	22%	32%	18%	18%	22%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	83%	82%	92%	90%	90%	87%
Parents would think it is wrong/very wrong for you to drink	63%	71%	75%	77%	82%	75%
Parents would think it is wrong/very wrong for you to smoke marijuana	91%	79%	89%	87%	86%	86%
Wrong/very wrong for someone your age to smoke	53%	54%	75%	77%	59%	54%
Wrong/very wrong for someone your age to drink alcohol	32%	34%	46%	44%	37%	32%
Wrong/very wrong for someone your age to smoke marijuana	58%	49%	56%	56%	46%	47%
Easy/very easy to obtain cigarettes	82%	82%	79%	81%	87%	80%
Easy/very easy to obtain alcohol	82%	73%	72%	76%	81%	71%
Easy/very easy to obtain marijuana	61%	70%	72%	69%	84%	64%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	83%	77%	92%	87%	90%	88%
Parents would think it is wrong/very wrong for you to drink	70%	71%	80%	76%	83%	72%
Parents would think it is wrong/very wrong for you to smoke marijuana	86%	81%	88%	85%	85%	88%
Wrong/very wrong for someone your age to smoke	46%	46%	72%	76%	58%	51%
Wrong/very wrong for someone your age to drink alcohol	32%	36%	42%	41%	32%	31%
Wrong/very wrong for someone your age to smoke marijuana	56%	54%	61%	50%	45%	52%
Easy/very easy to obtain cigarettes	88%	84%	73%	91%	90%	78%
Easy/very easy to obtain alcohol	88%	73%	70%	83%	82%	74%
Easy/very easy to obtain marijuana	59%	67%	72%	74%	83%	62%

Attitudes and Perceptions about Alcohol, Cigarette, and Marijuana Use - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Parents would think it is wrong/very wrong for you to smoke	82%	86%	92%	92%	90%	86%
Parents would think it is wrong/very wrong for you to drink	58%	70%	73%	79%	80%	77%
Parents would think it is wrong/very wrong for you to smoke marijuana	95%	78%	90%	88%	88%	83%
Wrong/very wrong for someone your age to smoke	57%	62%	78%	77%	61%	56%
Wrong/very wrong for someone your age to drink alcohol	32%	32%	50%	48%	43%	31%
Wrong/very wrong for someone your age to smoke marijuana	59%	45%	53%	63%	47%	42%
Easy/very easy to obtain cigarettes	78%	81%	83%	71%	84%	83%
Easy/very easy to obtain alcohol	77%	73%	74%	67%	80%	67%
Easy/very easy to obtain marijuana	62%	74%	71%	67%	84%	65%

Sexual Behavior and Orientation - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	47%	49%	41%	47%	62%	55%
Had sex, past 3 months	28%	39%	31%	39%	46%	#
Had sex before age 13	8%	6%	7%	5%	5%	6%
4 or more sexual partners in lifetime	8%	16%	11%	12%	14%	14%
3 or more sexual partners in last 3 months	2%	6%	4%	3%	5%	#
Used alcohol or drugs prior to last sex (among sexually active)	25%	29%	32%	16%	19%	27%
Used condom at last sex (among sexually active)	75%	62%	67%	60%	66%	53%
Heterosexual	#	#	#	89%	85%	91%
Gay or lesbian, bisexual, not sure	#	#	#	11%	15%	9%

Sexual Behavior and Orientation - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	45%	51%	45%	53%	65%	57%
Had sex, past 3 months	30%	39%	38%	43%	52%	#
Had sex before age 13	4%	4%	6%	4%	3%	7%
4 or more sexual partners in lifetime	7%	12%	13%	11%	13%	14%
3 or more sexual partners in last 3 months	0%	6%	3%	2%	3%	#
Used alcohol or drugs prior to last sex (among sexually active)	21%	31%	38%	14%	15%	24%
Used condom at last sex (among sexually active)	68%	60%	62%	54%	62%	48%
Heterosexual	#	#	#	85%	81%	87%
Gay or lesbian, bisexual, not sure	#	#	#	15%	19%	13%

Sexual Behavior and Orientation - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Had sexual intercourse, ever	48%	49%	37%	42%	58%	53%
Had sex, past 3 months	26%	40%	25%	36%	38%	#
Had sex before age 13	11%	8%	8%	6%	6%	4%
4 or more sexual partners in lifetime	8%	19%	11%	12%	15%	14%
3 or more sexual partners in last 3 months	3%	6%	4%	4%	6%	#
Used alcohol or drugs prior to last sex (among sexually active)	29%	26%	25%	19%	25%	31%
Used condom at last sex (among sexually active)	80%	63%	71%	70%	73%	60%
Heterosexual	#	#	#	94%	90%	95%
Gay or lesbian, bisexual, not sure	#	#	#	6%	10%	5%

Body Image - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	17%	19%	18%	13%	13%	15%
BMI >95th percentile	8%	10%	9%	9%	9%	11%
Underweight	14%	21%	12%	11%	13%	13%
Right weight	54%	51%	56%	56%	56%	57%
Overweight	32%	28%	31%	33%	31%	30%
Trying to lose weight	41%	42%	40%	44%	50%	45%
Trying to gain weight	18%	18%	17%	9%	11%	15%
Trying to stay at current weight	16%	13%	17%	19%	16%	14%
Doing nothing about weight	26%	28%	27%	29%	23%	26%

Body Image - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	16%	18%	24%	13%	9%	17%
BMI >95th percentile	2%	8%	6%	8%	5%	9%
Underweight	9%	19%	6%	6%	8%	5%
Right weight	51%	46%	58%	57%	62%	60%
Overweight	40%	35%	36%	37%	30%	34%
Trying to lose weight	64%	62%	59%	57%	65%	63%
Trying to gain weight	4%	4%	3%	0%	2%	4%
Trying to stay at current weight	16%	10%	22%	17%	17%	11%
Doing nothing about weight	16%	23%	16%	26%	17%	23%

Body Image - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
BMI between 85th-95th percentile	17%	21%	14%	12%	17%	12%
BMI >95th percentile	13%	12%	11%	10%	13%	12%
Underweight	18%	21%	17%	15%	19%	22%
Right weight	56%	56%	56%	56%	50%	55%
Overweight	26%	23%	27%	29%	31%	24%
Trying to lose weight	24%	24%	24%	27%	33%	25%
Trying to gain weight	28%	28%	28%	19%	22%	27%
Trying to stay at current weight	15%	15%	11%	21%	14%	18%
Doing nothing about weight	32%	32%	37%	33%	31%	29%

Nutrition - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	49%	39%	40%	38%	36%	38%
3 or more servings of vegetables per day, past week	15%	15%	14%	15%	14%	14%
5 or more servings of fruit/vegetables per day, past week	27%	23%	25%	23%	21%	24%
Breakfast on 7 or more days, past week	#	#	#	#	34%	31%
Breakfast on 3 or more days, past week	#	#	#	#	69%	68%
Breakfast on 0 days, past week	#	#	#	#	13%	15%
1 or more servings of soda per day, past week	#	#	#	#	32%	25%

Nutrition - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	53%	36%	42%	39%	42%	42%
3 or more servings of vegetables per day, past week	20%	12%	19%	17%	12%	16%
5 or more servings of fruit/vegetables per day, past week	25%	20%	28%	24%	21%	23%
Breakfast on 3 or more days, past week	#	#	#	#	67%	65%
Breakfast on 7 or more days, past week	#	#	#	#	25%	23%
1 or more servings of soda per day, past week	#	#	#	#	23%	22%

Nutrition - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
2 or more servings of fruit per day, past week	46%	43%	38%	37%	30%	31%
3 or more servings of vegetables per day, past week	12%	18%	11%	12%	16%	12%
5 or more servings of fruit/vegetables per day, past week	28%	26%	22%	21%	22%	23%
Breakfast on 3 or more days, past week	#	#	#	#	72%	70%
Breakfast on 7 or more days, past week	#	#	#	#	44%	40%
1 or more servings of soda per day, past week	#	#	#	#	41%	29%

Physical Activity - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	33%	21%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	14%	15%
P.E. at least once per week	34%	46%	40%	51%	34%	45%
P.E. five days per week	30%	42%	38%	46%	33%	43%
Watched tv/used computer for fun, 3 or more hours per day	#	41%	53%	45%	39%	50%
Watched tv/used computer for fun, 5 or more hours per day	#	10%	9%	8%	13%	12%

Physical Activity - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	27%	16%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	17%	19%
P.E. at least once per week	26%	30%	24%	37%	30%	40%
P.E. five days per week	25%	27%	24%	34%	30%	40%
Watched tv/used computer for fun, 3 or more hours per day	#	30%	47%	54%	39%	52%
Watched tv/used computer for fun, 5 or more hours per day	#	6%	9%	9%	10%	12%

Physical Activity - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
60+ minutes of physical activity every day, past 7 days	#	#	#	#	39%	25%
60+ minutes of physical activity on zero days, past 7 days	#	#	#	#	10%	12%
P.E. at least once per week	40%	62%	51%	60%	39%	50%
P.E. five days per week	33%	57%	46%	55%	37%	46%
Watched tv/used computer for fun, 3 or more hours per day	#	49%	58%	38%	40%	46%
Watched tv/used computer for fun, 5 or more hours per day	#	14%	8%	8%	16%	12%

Youth Assets - All

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	24%	30%	27%	29%	31%
Earned mostly Bs	#	41%	33%	45%	43%	34%
Earned mostly Cs	#	27%	26%	22%	20%	22%
Earned mostly Ds or Fs	#	3%	9%	5%	6%	10%
Not sure/not graded	#	4%	3%	1%	2%	3%
Parents talk to you about school at least once a week	66%	72%	73%	73%	78%	71%
Volunteer, 1 or more hours per week	#	49%	47%	43%	47%	48%
Volunteer, 3 or more hours per week	#	20%	19%	9%	6%	8%
Agree/strongly agree that students help decide what goes on at school	#	40%	32%	51%	45%	50%
Agree/strongly agree that you matter to your community	#	39%	39%	44%	47%	50%

Youth Assets - Females

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	26%	41%	35%	36%	37%
Earned mostly Bs	#	47%	36%	43%	44%	38%
Earned mostly Cs	#	23%	16%	19%	15%	15%
Earned mostly Ds or Fs	#	1%	6%	2%	5%	10%
Not sure/not graded	#	3%	2%	2%	0%	0%
Parents talk to you about school at least once a week	70%	71%	80%	76%	80%	74%
Volunteer, 1 or more hours per week	#	55%	53%	49%	60%	53%
Volunteer, 3 or more hours per week	#	19%	20%	13%	8%	9%
Agree/strongly agree that students help decide what goes on at school	#	49%	36%	50%	43%	47%
Agree/strongly agree that you matter to your community	#	46%	44%	44%	45%	49%

Youth Assets - Males

This table includes only the variables on the 2011 YRBS. # = question was not asked that year.

	Year					
	1999	2001	2003	2005	2007	2009
Earned mostly As	#	23%	20%	20%	20%	26%
Earned mostly Bs	#	35%	30%	47%	41%	30%
Earned mostly Cs	#	31%	36%	27%	27%	28%
Earned mostly Ds or Fs	#	5%	11%	6%	8%	11%
Not sure/not graded	#	5%	4%	0%	4%	6%
Parents talk to you about school at least once a week	62%	73%	68%	71%	76%	69%
Volunteer, 1 or more hours per week	#	45%	42%	37%	32%	43%
Volunteer, 3 or more hours per week	#	22%	17%	6%	4%	8%
Agree/strongly agree that students help decide what goes on at school	#	34%	30%	54%	47%	55%
Agree/strongly agree that you matter to your community	#	34%	36%	44%	50%	51%