

the 2011
Vermont Youth
Risk Behavior Survey
Statewide Highlights



Produced in partnership with the
Department of Education

the 2011
**Vermont Youth
Risk Behavior Survey**
Statewide Highlights

The Vermont Youth Risk Behavior Survey measures the prevalence of specific personal behaviors that directly affect the health of our youth.

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

For a copy of the full report, visit the Vermont Department of Health website at: www.healthvermont.gov

High School

The statewide highlights are based on a random sample of 8,654 Vermont students in grades 9 through 12.

1 Smoking

Fewer students smoked in 2011.

Most students think it is wrong for kids their age to smoke.

- ▶ 24% of students ever smoked a whole cigarette, a significant decrease from 31% in 2009
- ▶ 13% of students smoked in the past 30 days, a significant decrease from 18% in 2009
- ▶ 7% of students smoked a whole cigarette before age 13, a significant decrease from 12% in 2009
- ▶ 91% of students think their parents would think it is wrong or very wrong for them to smoke cigarettes
- ▶ 74% of students think it is wrong or very wrong for kids their age to smoke
- ▶ 59% think kids their age risk great harm from smoking one or more packs of cigarettes a day
- ▶ 67% think that cigarettes are easy to get

2 Alcohol

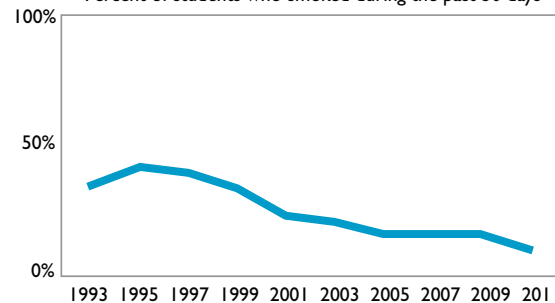
Fewer students drank alcohol in 2011.

Students are less likely to start drinking early.

- ▶ 60% of students reported ever drinking alcohol, a significant decrease from 66% in 2009
- ▶ 35% of students reported drinking alcohol, and 21% reported binge drinking (five or more drinks within a few hours), in the past 30 days
- ▶ 15% of students reported drinking before age 13, a significant decrease from 18% in 2009
- ▶ 74% of students think their parents would think it is wrong or very wrong for them to drink alcohol
- ▶ 47% of students think it is wrong or very wrong for kids their age to drink
- ▶ 38% think kids their age risk great harm from having five or more drinks once or twice each weekend
- ▶ 73% think that alcohol is easy to get

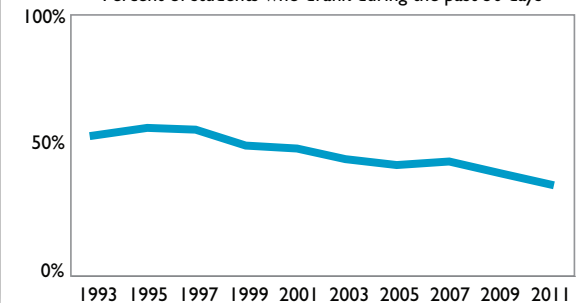
Cigarette Smoking • High School 1993–2011

Percent of students who smoked during the past 30 days



Alcohol Use • High School 1993–2011

Percent of students who drank during the past 30 days



High School

The statewide highlights are based on a random sample of 8,654 Vermont students in grades 9 through 12.

3 Other Drugs

Prescription drug misuse declined in 2011.

Marijuana use remains unchanged.

- ▶ 14% of students said they had ever used a prescription drug without a prescription, a significant decrease from 17% in 2009
- ▶ 24% of students reported using marijuana in the past 30 days
- ▶ 84% of students think their parents would think it is wrong or very wrong for them to smoke marijuana
- ▶ 58% of students think it is wrong or very wrong for kids their age to smoke marijuana
- ▶ 34% think kids their age risk great harm from smoking marijuana regularly
- ▶ 62% think that marijuana is easy to get

4 Personal Safety

Rates of driving under the influence remain unchanged.

Most students wear seat belts when riding in cars.

- ▶ 7% of students reported driving after drinking alcohol in the past 30 days
- ▶ 13% of students said they drove after using marijuana in the past 30 days
- ▶ 21% of students reported riding with a drinking driver in the past 30 days, while 25% rode with a driver who had been using marijuana
- ▶ 63% of students said they always wear a seat belt when riding in a car
- ▶ 53% of students who rode bicycles in the past year rarely or never wore a helmet, a significant decline from 64% in 2009

5 Sex

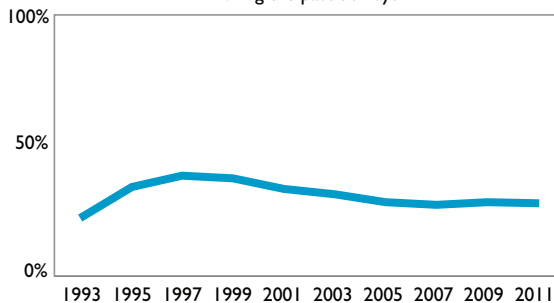
Sexual intercourse rates remain the same.

Most sexually active students use condoms.

- ▶ 41% of students reported ever having sex
- ▶ 45% of students reported ever having oral sex
- ▶ 32% of students had sex at least once in the past three months
- ▶ 63% of sexually active students reported using a condom during their most recent sexual experience
- ▶ 23% of sexually active students reported using alcohol or other drugs before sex
- ▶ 10% of students said they have ever been tested for HIV
- ▶ 7% of students did not use birth control the last time they had sex, and 4% were not sure what method they used

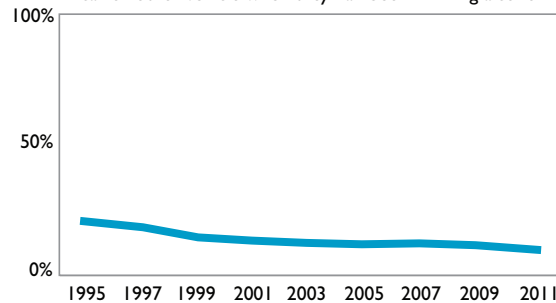
Marijuana Use • High School 1993–2011

Percent of students who smoked marijuana during the past 30 days



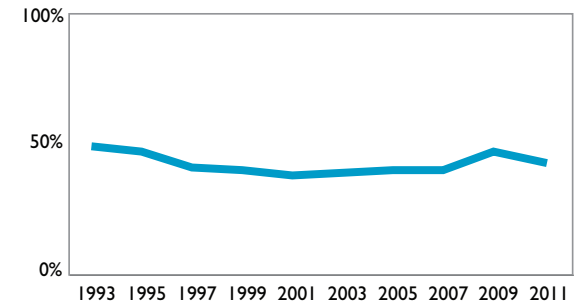
Drinking & Driving • High School 1995–2011

Percent of students who during the past 30 days drove a car or other vehicle when they had been drinking alcohol



Sexual Intercourse • High School 1993–2011

Percent of students who have had sexual intercourse



High School

The statewide highlights are based on a random sample of 8,654 Vermont students in grades 9 through 12.

6 Violence

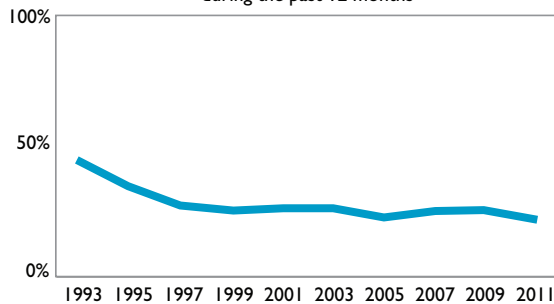
Bullying and physical fighting remain unchanged.

Few students plan or attempt suicide.

- ▶ 23% of students reported fighting in the past 12 months, while 9% were in a physical fight on school property and 6% said they were threatened or injured with a weapon on school property
- ▶ 15% of students were electronically bullied in the past 12 months
- ▶ 17% of students were bullied and 17% bullied someone during the past 30 days
- ▶ 7% of students were hit, slapped, or physically hurt by a boyfriend or girlfriend in the past year, and 6% have ever been forced to have sexual intercourse
- ▶ 8% of students reported making a suicide plan during the past year, while 4% said they actually attempted suicide

Physical Fighting • High School 1993–2011

Percent of students who were in a physical fight during the past 12 months



7 Diet + Exercise

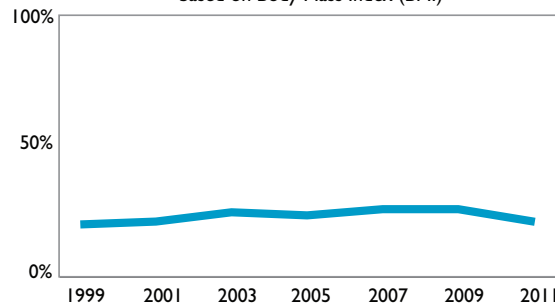
Few students eat enough fruits and vegetables.

Rates of overweight and obesity remain constant.

- ▶ 23% of students were overweight or obese based on Body Mass Index (BMI)
- ▶ 25% of students ate five or more servings of fruits and vegetables per day
- ▶ 16% of students drank at least one serving of soda daily, a significant decline from 23% in 2009
- ▶ 38% of students had PE classes at least once per week
- ▶ 24% of students reported participating in at least 60 minutes of physical activity every day in the past week
- ▶ 36% of students spend three or more hours per school day watching TV, playing video games, or using the computer for fun

Overweight & Obesity • High School 1999–2011

Percent of students who are overweight or obese based on Body Mass Index (BMI)



8 Youth Assets

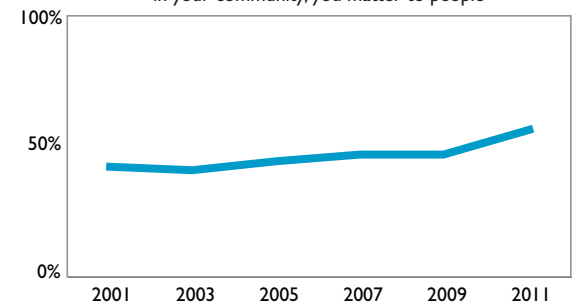
More students are volunteering.

More students feel like they matter to their community.

- ▶ 55% of students spent one or more hours per week volunteering, a significant increase from 43% in 2009
- ▶ 55% agree or strongly agree that they matter to people in their communities, a significant increase from 47% in 2009
- ▶ 76% of students said they talked to their parents about school at least once a week
- ▶ 62% agree or strongly agree that their teachers really care about them and give them a lot of encouragement
- ▶ 52% agree or strongly agree that students help decide what goes on in school

Youth Assets • High School 2001–2011

Percent of students who agree or strongly agree that "in your community, you matter to people"



Middle School

The statewide highlights are based on a random sample of 3,278 Vermont students in grades 6 through 8.

1 Smoking

One in eight students has ever tried smoking.

Few students smoked in the past 30 days.

- ▶ 13% of students have ever tried cigarette smoking, even one or two puffs
- ▶ 3% tried smoking before age 11
- ▶ 3% of students smoked in the past 30 days
- ▶ 96% think their parents would think it is wrong or very wrong for them to smoke cigarettes
- ▶ 93% of students think it is wrong or very wrong for kids their age to smoke
- ▶ 70% think kids their age risk great harm from smoking one or more packs of cigarettes a day
- ▶ 32% of students think that cigarettes are easy to get

2 Alcohol

One in four students has ever consumed alcohol.

Few students drank in the past 30 days.

- ▶ 23% of students reported ever drinking alcohol
- ▶ 9% reported drinking before age 11
- ▶ 9% reported drinking alcohol, and 4% reported binge drinking (five or more drinks within a few hours), in the past 30 days
- ▶ 89% of students think their parents would think it is wrong or very wrong for them to drink alcohol
- ▶ 85% of students think it is wrong or very wrong for kids their age to drink
- ▶ 52% think kids their age risk great harm from having five or more drinks once or twice each weekend
- ▶ 40% think that alcohol is easy to get

3 Other Drugs

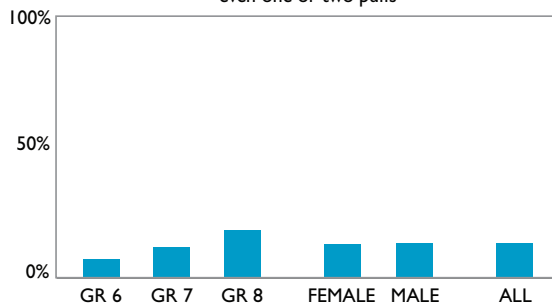
Few students use marijuana or other drugs.

Most students think it is wrong for kids their age to smoke marijuana.

- ▶ 8% of students reported ever using marijuana, and 5% used marijuana in the past 30 days
- ▶ 7% ever used inhalants
- ▶ 4% of students ever took a prescription drug without a doctor's prescription
- ▶ 95% think their parents would think it is wrong or very wrong for them to smoke marijuana
- ▶ 91% of students think it is wrong or very wrong for kids their age to smoke marijuana
- ▶ 66% think kids their age risk great harm from smoking marijuana regularly
- ▶ 18% think that marijuana is easy to get

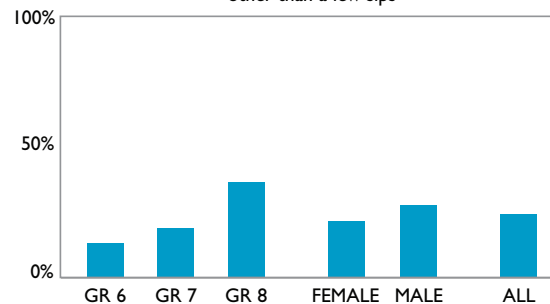
Cigarette Smoking • Middle School 2011

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



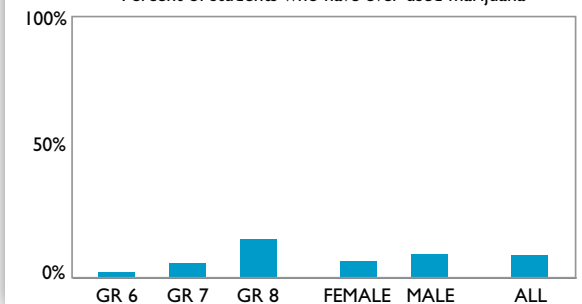
Alcohol Use • Middle School 2011

Percent of students who ever drank alcohol other than a few sips



Marijuana Use • Middle School 2011

Percent of students who have ever used marijuana



Middle School

The statewide highlights are based on a random sample of 3,278 Vermont students in grades 6 through 8.

4 Personal Safety + Violence

Many students report being bullied.

Most students wear seat belts.

- ▶ 50% of students have ever been in a physical fight
- ▶ 48% have ever been bullied at school
- ▶ 26% of students were electronically bullied in the past 12 months
- ▶ 29% were bullied and 20% bullied someone during the past 30 days
- ▶ 7% of students did not go to school in the past 30 days because they felt unsafe
- ▶ 38% of bicycle riders rarely or never wore helmets
- ▶ 71% of students said they always wear a seat belt when riding in a car

5 Diet + Exercise

Many students have a physical education class every week.

Most students eat breakfast every day.

- ▶ 82% of students had PE classes at least once per week
- ▶ 31% of students participated in at least 60 minutes of physical activity every day in the past week per the U.S. Department of Health and Human Services guidelines
- ▶ 26% of students spent three or more hours per school day watching TV
- ▶ 29% played video or computer games or used a computer for something that was not school work three or more hours per school day
- ▶ 46% of students ate breakfast every day in the past week
- ▶ 17% skipped meals in the past 30 days to lose weight or keep from gaining weight

6 Youth Assets

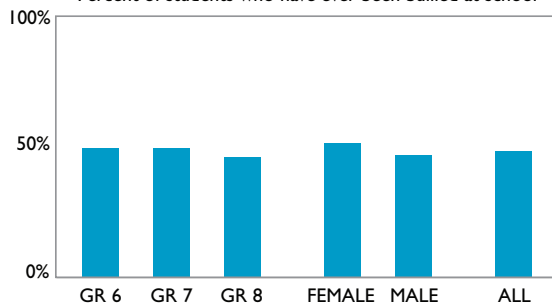
Most students talk to their parents about school regularly.

Many students agree that their teachers really care about them.

- ▶ 74% of students said they talked to their parents about school at least once a week
- ▶ 52% agree or strongly agree that they matter to people in their communities
- ▶ 61% agree or strongly agree that their teachers really care about them and give them a lot of encouragement
- ▶ 44% agree or strongly agree that students help decide what goes on in school

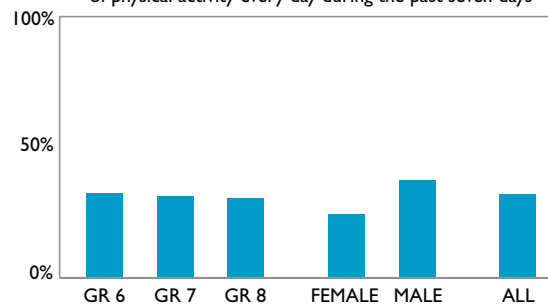
Bullying • Middle School 2011

Percent of students who have ever been bullied at school



Physical Activity • Middle School 2011

Percent of students who participated in at least 60 min. of physical activity every day during the past seven days



Youth Assets • Middle School 2011

Percent of students who agree or strongly agree that "in your community, you matter to people"

