

The 2007 Vermont Youth Risk Behavior Survey

Statewide Report

How many Vermont teens drink alcohol or smoke cigarettes? Where do they get alcohol and cigarettes? How many use marijuana or cocaine? How many are sexually active, and of those, how many are using condoms? How many have been threatened at school? How many have contemplated suicide? Finding answers to these questions is vitally important. This information can put reassure when the answers suggest positive behaviors; it can mobilize prevention and intervention efforts when the answers are negative; and it may influence the behavior of students by establishing peer-based norms.

Every two years since 1993, the Department of Health Division of Alcohol and Drug Abuse Programs and the Department of Education Coordinated School Health Programs have sponsored 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. The YRBS is part of a larger effort to help communities increase the “resiliency” of young people by reducing high risk behaviors and promoting healthy behaviors. The YRBS provides accurate information about Vermont students which enables us to:

- **monitor trends** in their health and risk behaviors
- **compare Vermont** students with a national sample of students
- **plan, evaluate, and improve** community and school programs that prevent health problems and promote healthy behaviors

In 2007, school staff administered the YRBS to 28,918 eighth to twelfth grade Vermont students in 144 schools representing 60 supervisory unions. **For the purposes of this report, data are based on a representative sample of 8,453 Vermont high school and middle school students.** Participation by both schools and individual students was completely voluntary. To protect student privacy, the questionnaire was anonymous. Therefore, it is impossible to identify an individual student’s responses.

How to use the YRBS

The YRBS provides one important piece of the evaluation puzzle. It can help detect changes in risk behaviors over time. It can help identify differences among ages, grades, and genders. With its help we can focus primary prevention efforts on specific groups of teens, and can indicate whether or not 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.

- **Starting 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? What ideas do they have about ways to promote healthy behaviors? From their perspective, what seems to be working and what isn't working?
- **Increasing Awareness:** The YRBS provides an opportunity to break through "denial" and to 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 be used to accentuate the positive, and to celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.
- **Planning and Evaluating Programs:** The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in your community, and can inform communities about strategies to address those weaknesses.
- **Vermont Trends and National Comparisons:** We have been able to track some information for 14 years, because Vermont students have been participating in the YRBS since 1993. Also, the Centers for Disease Control and Prevention conducts a biennial YRBS of a national sample of high school students. These combined results permit us to draw comparisons between Vermont and the nation.

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:** Several precautions were taken to ensure the reliability and validity of the results. First, the questionnaire has been carefully designed and thoroughly tested by Centers for Disease Control and Prevention. Second, the survey was anonymous to encourage students to be honest and forthright. Third, over 100 consistency checks were run on the data to exclude careless, invalid, or logically inconsistent answers. Fourth, the results are statistically adjusted or “weighted” so that the sample accurately represents all Vermont 8th to 12th graders. These precautions can reduce some sources of error, but not all. For example, some high risk students such as those who have dropped out of school are not represented in the results. Also, it is likely that some behaviors (e.g., substance use) are under-reported by youths, so these estimates represent the lower bound of the actual behavior.

- **Comparing Supervisory Unions to Each Other and to the State:** Participating supervisory unions will receive individual reports summarizing their own results. It is natural to want to know how individual supervisory unions compare to the state overall or to other supervisory unions. We urge caution in making such comparisons because the statewide results are “weighted”, whereas the supervisory union 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 the groups of students (e.g., male vs female, 8th graders vs 12th graders) who are more likely to engage in these behaviors. However, the survey does not answer the most important question: Why are they doing it?

A Special Thanks!

We are grateful to the principals and superintendents who chose to participate in the YRBS and to the teachers and school staff who administered the survey or in other ways supported this effort. We also wish to thank the Centers for Disease Control and Prevention, Division of Adolescent and School Health for sponsoring the statewide survey through a cooperative agreement with the Vermont Department of Education (Program Announcement #309) and Westat Survey Technical Assistance Project for processing and analyzing the data. Finally, we are grateful to the students who took the time to share with us a piece of their lives. This report is our way of thanking all of you. We hope that you find the survey report informative and useful.

The next YRBS is scheduled for 2009. We encourage schools' participation again, because we will be able to continue to monitor trends in students' health and risk behaviors, compare Vermont students with a national sample of students, and plan, evaluate, and improve communities' programs designed to prevent health problems and promote healthy behaviors. The YRBS is our best opportunity to look at a "snapshot" of risk-related behaviors of Vermont youths. If you have any questions or comments about the YRBS, please contact Kelly Hale LaMonda at the Division of Health Surveillance, Vermont Department of Health (802-863-7246).

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Basic Information

Understanding This Report:

- **Format:** The results are presented as data tables, pie charts, bar graphs, and line graphs. In most cases, the data are organized by gender and grade. All results are expressed as percentages of students who responded affirmatively. The percentages in some pie charts may not total 100 percent due to rounding.
- **Healthy Vermonters 2010:** Vermont has established goals for promoting health and reducing risk behaviors in *Healthy Vermonters 2010*. Goals relevant to the behaviors surveyed by the YRBS are included in the report for your reference. For more information, see *The Health Status of Vermonters, Healthy Vermonters 2010*, and *Vermont's Blueprint for Improving Public Health*, available from the Vermont Department of Health.

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.

Basic Information

Description of the Sample

- **Sampling:** Twenty Vermont high schools of varying sizes, along with their twenty-one associated middle schools, were randomly selected for the state sample (1:3 systematic sample after sorting by enrollments). A survey of this size was required in order to have an error rate of +/- 5% at each of the five grade levels.
 - **Response Rates:** The school response rate was 100 percent, and the student response rate was 74 percent. Therefore, the overall response rate was 74 percent ($1.00 \times .74 = .74$). Statistically, this is a remarkably high number and adds to the confidence we have in the results.
 - **Weighting:** The results were “weighted” in order to compensate for differences between the sample and the population of all 8th to 12th grade students in Vermont. The weighting procedure ensures that the sample is representative of the population. This permits us to draw inferences about the entire student population based on the results of the sample.
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Vermont Students Who Participated in the YRBS

	GRADE					GENDER		
	8	9	10	11	12	F	M	ALL*
Number of students	1,676	1,694	1,606	1,455	1,192	4,183	4,152	8,453

*NOTE: Some students did not indicate their grade or gender. Therefore, totals by grade and by gender do not equal the overall total.

✓ Injuries, Violence, and Safety

This section deals with personal safety and violence, and includes questions about physical fights, bullying, dating violence, weapons, vehicle safety, and suicide.

- **Physical Fighting:** Physical fighting is a marker for problem behaviors¹ and is associated with serious injury.^{2,3} Abuse by an intimate partner is common among adolescents and is associated with risk behaviors among both males and females.⁴ Forced sex is associated with negative psychosocial and mental health among adolescents.^{5,6}

- **Weapons and Fear:** During adolescence, homicide rates in the US increase substantially from 1.3 per 100,000 in youth aged 10 to 14 to 10.6 per 100,000 in youth aged 15 to 19.⁷ Homicide is the second leading cause of death among all youth aged 15 to 19.⁸ Firearms intensify violence and increase the likelihood of fatality in a conflict.⁹ In 2003, 82 percent of homicide victims 15 to 19 were killed with firearms.⁸

Bullying and being victimized by bullies have been increasingly recognized as health problems for children, because of their association with a range of adjustment problems, including poor psychological adjustment,^{10,11} poor academic achievement,¹¹ and violent behavior.¹²

- **Vehicle Safety - Safety Belts and Bicycle Helmets:** Motor vehicle crash injuries are the leading cause of death among youth aged 15 to 19 in the US.⁸ For instance, 50 percent (11 out of 22) of deaths among 15 to 19 year olds in Vermont in 2004 were due to motor vehicle crashes.⁸ Proper use of safety belts reduces the risk of fatal injury to front seat passengers by 45 percent and risk of moderate to critical injury by 50 percent.¹³ Head injury is the leading cause of death in bicycle crashes.^{14,15} Bicycle helmets may prevent approximately 56 percent of bicycle-related deaths,¹⁶ 65-88 percent of bicycle-related brain injuries and 65 percent of serious injuries to the upper and middle regions of the face.¹⁷⁻¹⁹

- **Vehicle Safety - Driving Under the Influence:** In 2003, alcohol use was associated with 39 percent of motor vehicle-related fatalities nationwide and 32 percent in Vermont.²⁰ Alcohol-related crashes also cause serious injury and permanent disability and ranks as the leading cause of spinal cord injury among adolescents and young adults.²¹

✓ Injuries, Violence, and Safety (cont'd)

- **Vehicle Safety - Driving Under the Influence (continued):** Research examining drugs *other than alcohol* indicates cannabis (marijuana) is by far the most prevalent drug detected in impaired drivers, fatally injured drivers, and motor vehicle crash victims.²² In 2005, 21 percent of Vermont high school seniors reported driving after using marijuana.²³

 - **Suicide:** Suicide is the third leading cause of death among US youth aged 15 to 19 and is the second leading cause of death among VT youth.⁸ The US suicide rate for people aged 15 to 19 was 8.2 per 100,000 in 2004 down from a high of 10.9 per 100,000 in 1994.⁸ From 2002 to 2004, Vermont's suicide rate among 15 to 24 year olds was similar to the national average with a rate of 9.6 deaths per 100,000, compared to 10.0 deaths per 100,000 nationwide.⁸
-

Related *Healthy Vermonters 2010* Goals:

- Increase the percentage of people who always use safety belts to at least 92 percent.

- Further reduce physical assaults by intimate partners to less than 3.6 per 1,000 people age 12 and older.

- Reduce alcohol-related motor vehicle deaths to fewer than 4 per 100,000.

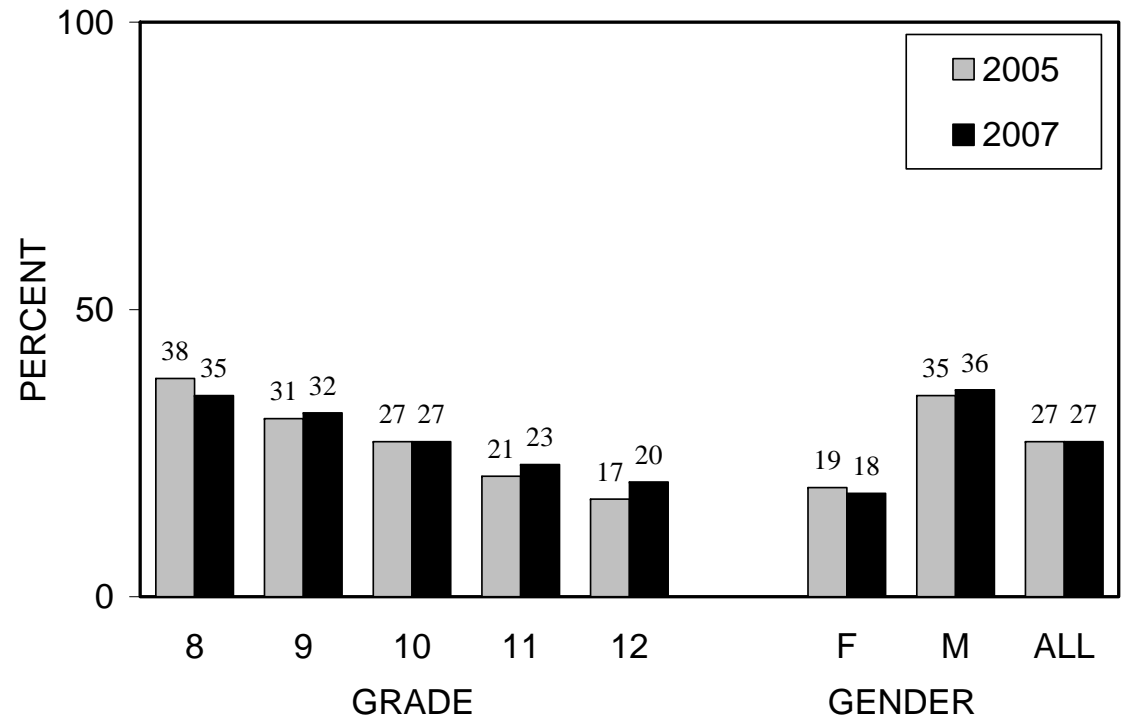
- Reduce suicide attempts by adolescents to less than 1 percent.

- Reduce suicide deaths to fewer than 6 per 100,000 people.

■ Physical Fighting

- Fighting is more common among young students.** In 2007, 8th graders were one and a half times more likely than 12th graders to have been in a physical fight during the past year (35% vs 20%). This 8th and 12th grade difference was even more notable in 2005 (38% vs 17%).
- Females fight less than males.** Male students were twice as likely as female students to have been in a physical fight (36% vs 18%). This male and female difference was similar in 2005 (35% vs 19%).

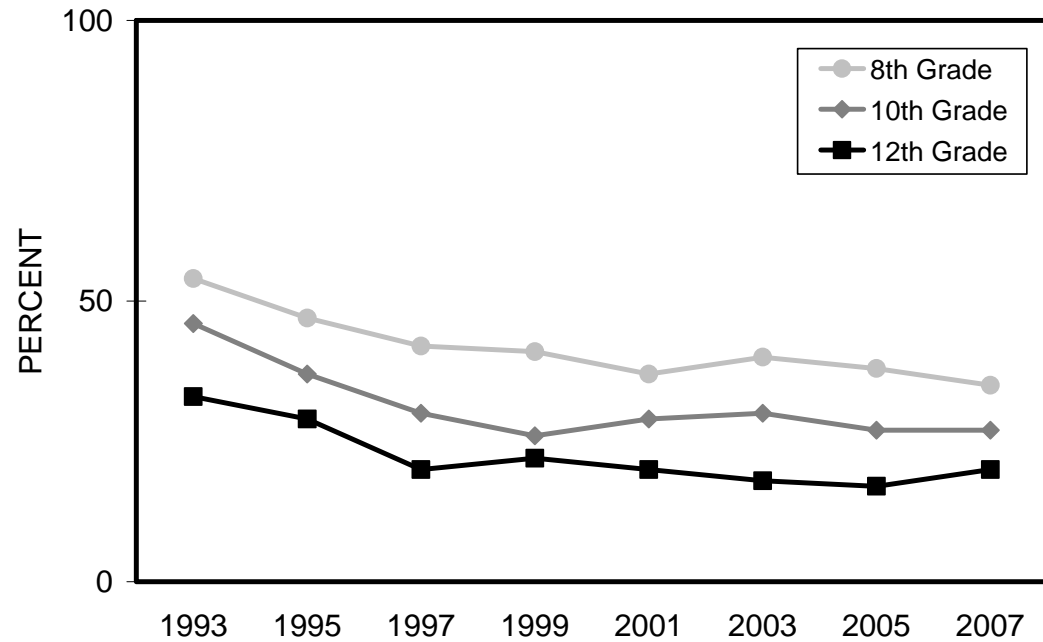
Percent of students who were in a physical fight during the past 12 months



Physical Fighting

- Less fighting.** Physical fighting has decreased across all grades in Vermont since 1993. For example, fighting dropped from 54 to 35 percent among 8th graders, 46 to 27 percent among 10th graders, and 33 to 20 percent among 12th graders.

Physical Fighting in Vermont 1993 to 2007
 Percent of students who were in a physical fight during the past 12 months



■ Physical Fighting

- Fewer females are in serious fights.** Female students were less likely than male students to be in a fight that resulted in an injury (3% vs 4%) and in a fight on school property (7% vs 17%). These figures are similar to the 2005 results.
- Fighting on school property is more common among younger students.** Eighth graders were twice as likely as 12th graders to fight on school property (17% vs 8%). Overall, 12 percent of Vermont students fought on school property, similar to the 2005 overall rate (14%).

PHYSICAL FIGHTING	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who, during the past 12 months :									
Were in a physical fight and had to be treated by a doctor or nurse	5	3	2	3	3	3	4	3	3
Were in a physical fight <u>on school property</u>	17	15	12	9	8	7	17	12	14

■ Physical Fighting

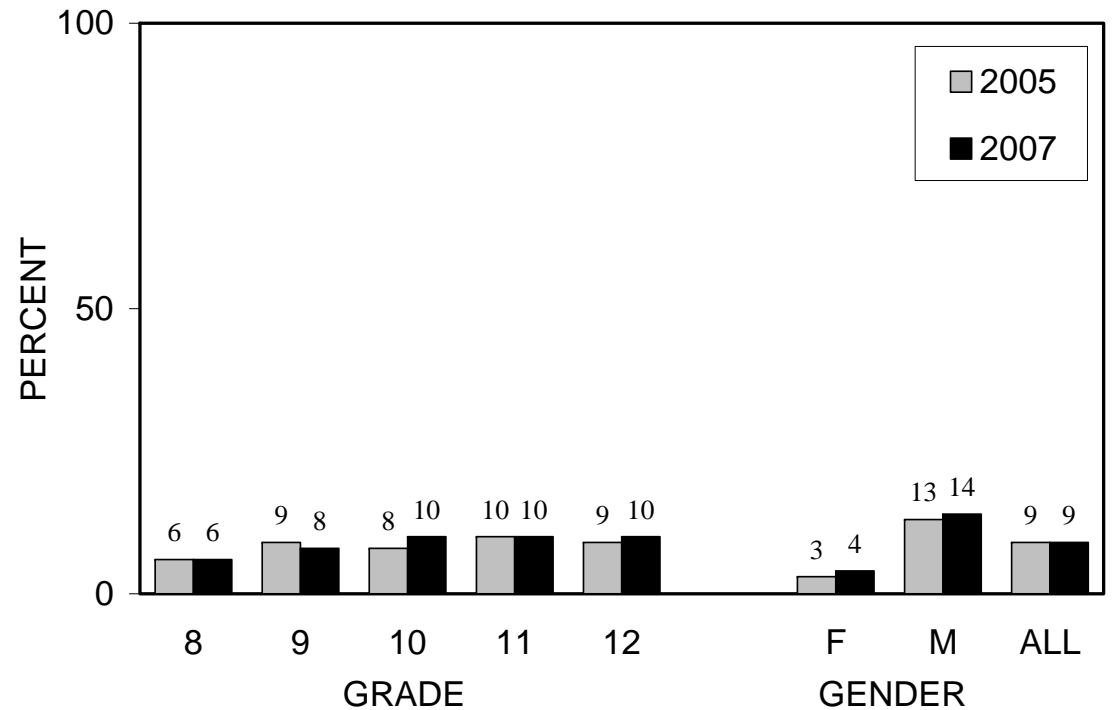
- **Overall, 7 percent of students have been hit, slapped, or physically hurt by their boy/girlfriend during the past year.** No significant difference was seen between female students and male students.
- **One out of ten students (11%) have been touched against their wishes sexually or forced to touch someone else sexually.** Female students were over three times more likely than male students to report being touched or forced to touch someone else (17% vs 5%).
- **Overall, 5 percent of students have been forced to have sexual intercourse.**
- **Self-harm is more common among females than males.** Twice as many females as males reported hurting themselves during the past 12 months (21% vs 10%).

ABUSIVE BEHAVIOR AND SELF-HARM	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who's boy/girlfriend hit, slapped or physically hurt them during the past 12 months	6	5	6	9	9	7	8	7	6
Percent of students who have ever been:									
Touched against their wishes or forced to touch someone else	9	10	12	12	11	17	5	11	10
Forced to have sexual intercourse	4	4	4	5	7	7	3	5	5
Percent of students who, during the past 12 months, purposely hurt themselves (e.g., cut or burned) without wanting to die	16	17	16	14	13	21	10	15	NA

■ Weapons and Fear

- Males carry weapons to school more than females.**
 Male students were more than three times as likely to carry a weapon on school property than female students (14% vs 4%). This pattern is similar to the 2005 results (13% vs 3%).

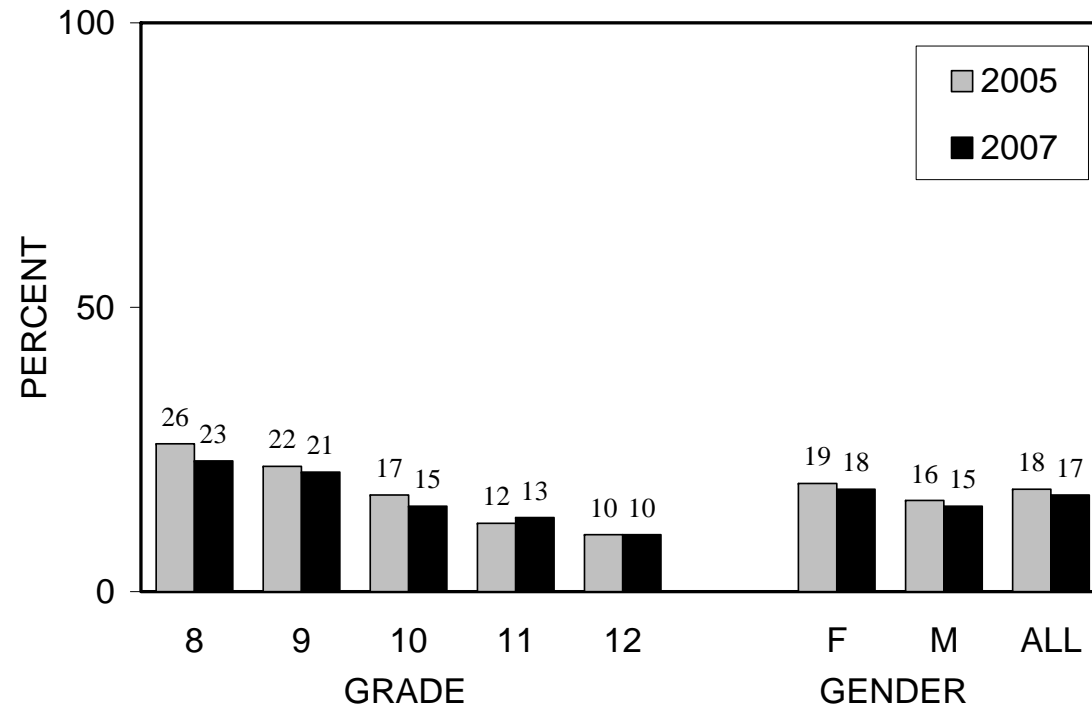
Percent of students who carried a weapon such as a gun, knife, or club on school property during the past 30 days



Weapons and Fear

- Younger students were more likely to have been bullied than older students.** Eighth graders were over two times more likely than 12th graders to have been victims of bullying (23% vs 10%). Overall, 17 percent of students reported being bullied during the past 30 days.

Percent of students who were bullied* during the past 30 days

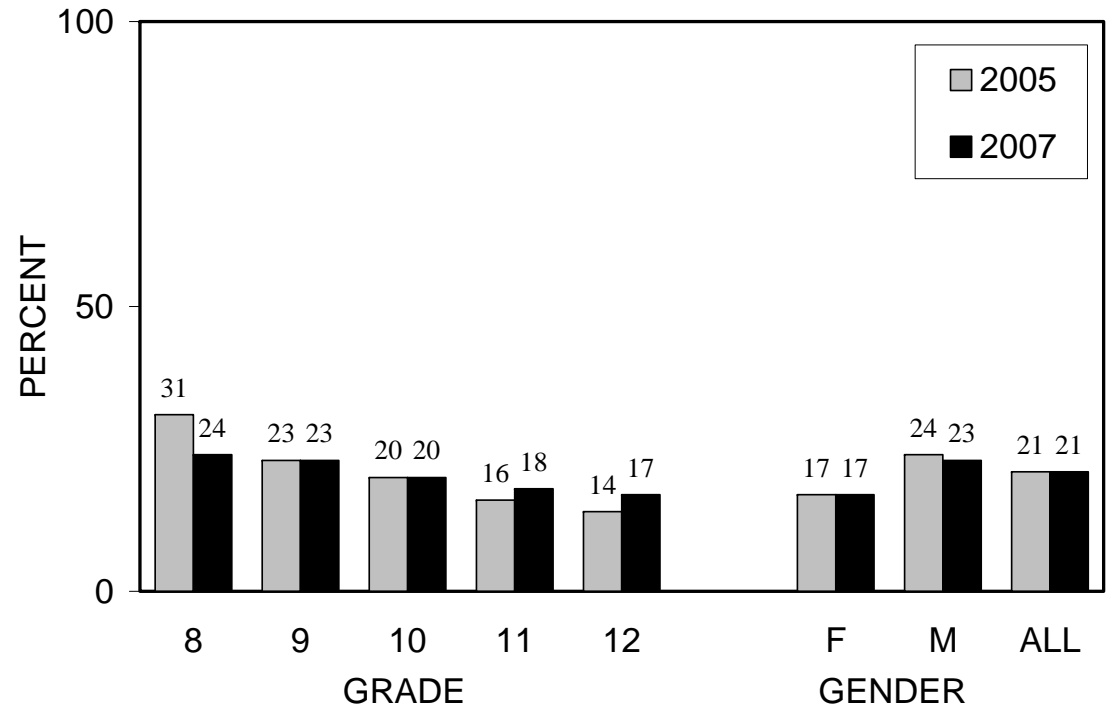


*For the purposes of the Vermont Youth Risk Behavior Survey, bullying was described as occurring when, on many occasions, a student or group of students say or do unpleasant things to another student to make fun of, tease, embarrass, or scare him/her; or purposefully exclude him/her. Bullying can occur before, during, or after the school day; on school property, 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.

■ Weapons and Fear

- **One out of five (21%) students have bullied someone.** Younger students were more likely to bully someone than older students (24% vs 17%).

Percent of students who bullied* someone during the past 30 days



*For the purposes of the Vermont Youth Risk Behavior Survey, 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, 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.

■ Weapons and Fear

- Overall, 4 percent of students did not go to school because they felt unsafe. No difference was seen between female and male students.
- Males are threatened with weapons at school more than females. Male students were more likely than female students to have been threatened with a weapon on school property (8% vs 5%).
- Overall, 23 percent of students reported that someone had stolen or damaged their property at school. No significant differences were seen across age or gender.

SAFETY, WEAPONS, AND DAMAGE TO PROPERTY									
	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who:									
Did not go to school because they felt unsafe during the past 30 days	4	4	3	3	4	4	3	4	5
Were threatened or injured with a weapon <u>on school property</u> during the past 12 months	7	8	7	5	4	5	8	6	6
Said that someone had stolen or deliberately damaged their property <u>on school property</u> during the past 12 months	23	24	23	22	20	20	25	23	24

■ Vehicle Safety - Safety Belts

- Safety belt use is up since 1993.** Overall, 83 percent (similar to 2005) of students reported always or almost always wearing their safety belt when riding in a car, compared to 84 percent in 2003, 79 percent in 2001, 77 percent in 1999, 75 percent in 1997, 72 percent in 1995, and 63 percent in 1993.
- Females wear safety belts more often than males.** Eighty-six percent of female students wore their safety belts when riding in a car, compared to 80 percent of male students. The difference between females and males was similar in 2005 (86% vs 80%).

SAFETY BELT USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who wear a safety belt when riding in a car driven by someone else									
Always or almost always	86	83	83	85	82	86	80	83	83
Sometimes	8	9	10	8	9	7	11	9	9
Never or rarely	7	8	8	8	10	6	10	8	8

■ Vehicle Safety - Safety Belts

- **Almost nine out of ten of students buckle up when driving.** Overall, 87 percent of students reported always or almost always wearing their safety belt when driving a car.
- **Females buckle up more often than males.** Nine out of ten (92%) female students always or almost always wore their safety belt when driving a car, compared to 83 percent of male students. This difference was similar in 2005 (92% vs 82%).

SAFETY BELT USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who wear a safety belt when driving a car									
Always or almost always	73	83	92	89	85	92	83	87	86
Sometimes	6	6	3	4	5	3	6	4	5
Never or rarely	22	11	5	7	10	5	12	9	9

■ Vehicle Safety - Bicycle Helmets

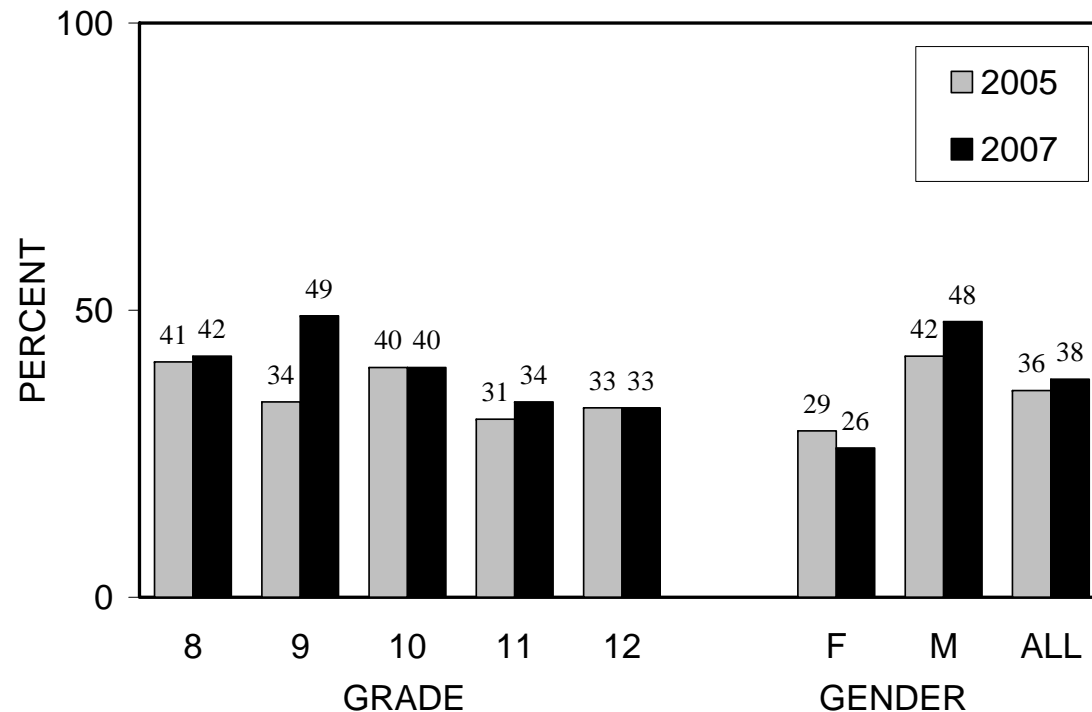
- **Bicycle helmet use is up since 1993.** Overall, 34 percent of students always or almost always wore helmets when riding bicycles, compared to 11 percent in 1993.

BICYCLE HELMET USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Frequency of helmet use (in percents) among students who rode a bicycle in the past 12 months									
Always or almost always	40	34	30	32	34	39	29	34	33
Sometimes	13	12	11	10	8	12	11	11	13
Never or rarely	47	54	59	58	58	49	60	55	54

■ Vehicle Safety - Crashes

- **Over a third of those injured in a crash were not wearing their safety belts.** Thirty-eight percent of students who reported being injured in a crash were not wearing their safety belt.
- **Males were more likely than females to report being injured in a crash and not wearing a safety belt.** Almost half (48%) of males, compared to 26 percent of females reported being injured in a crash and not wearing their safety belts.

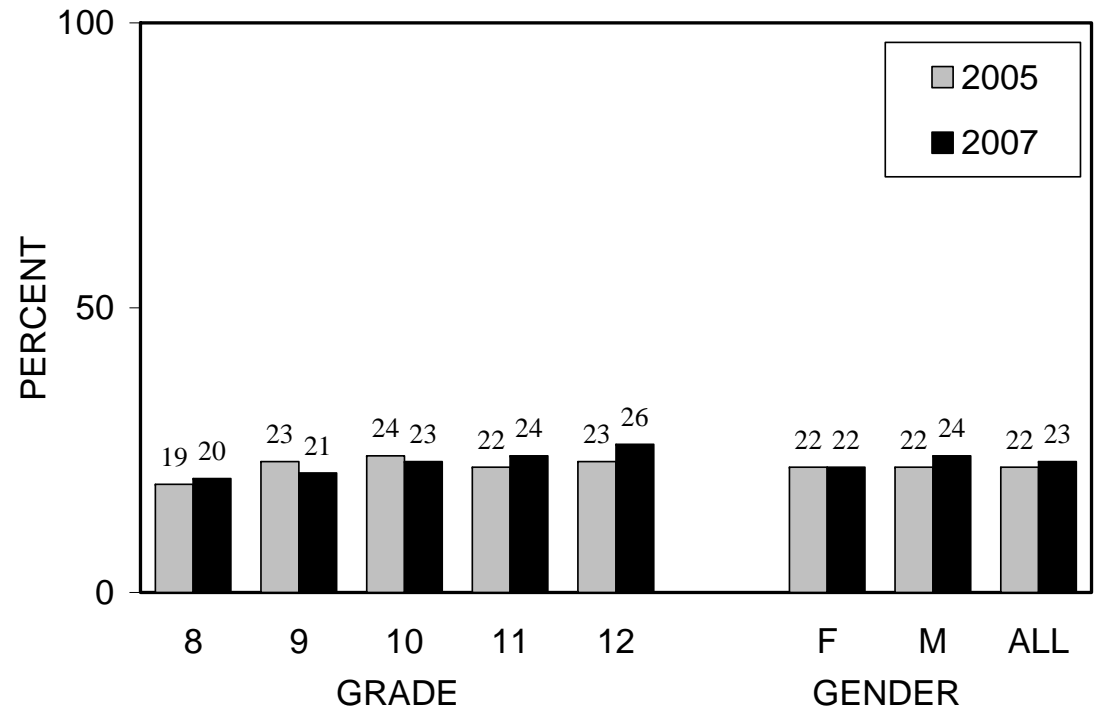
Percent of students who were injured in a car or other vehicle crash during the past 12 months and were not wearing their safety belt



■ Vehicle Safety - Driving Under the Influence

- **Almost a quarter (23%) of students report riding with drinking drivers.** While riding with a drinking driver has decreased since 1995, it has remained basically unchanged since 1999.

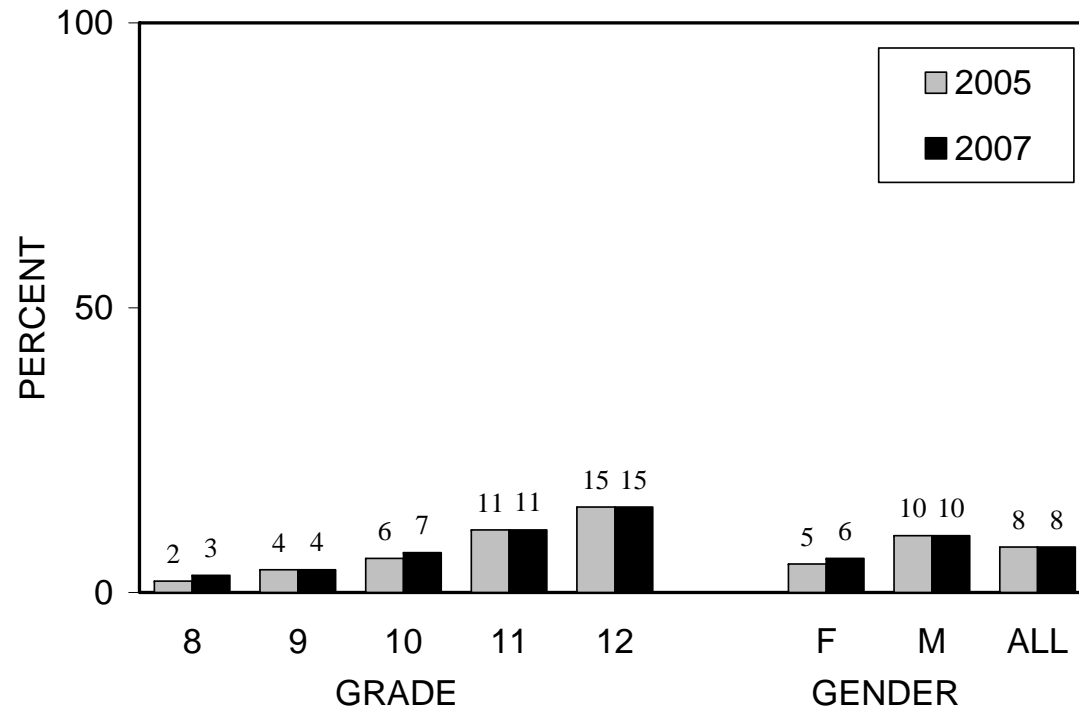
Percent of students who during the past 30 days rode in a car or other vehicle driven by someone who had been drinking alcohol



■ Vehicle Safety - Driving Under the Influence

- Fewer females drink and drive than males.** Male students were almost twice as likely as female students to drive a car after drinking alcohol (10% vs 6%). This difference is similar to results in 2005 (10% vs 5%).
- Older students drink and drive more than younger students.** Twelfth graders were two times more likely than 10th graders to drive when they had been drinking alcohol (15% vs 7%). This difference is similar to results in 2005 (15% vs 6%).

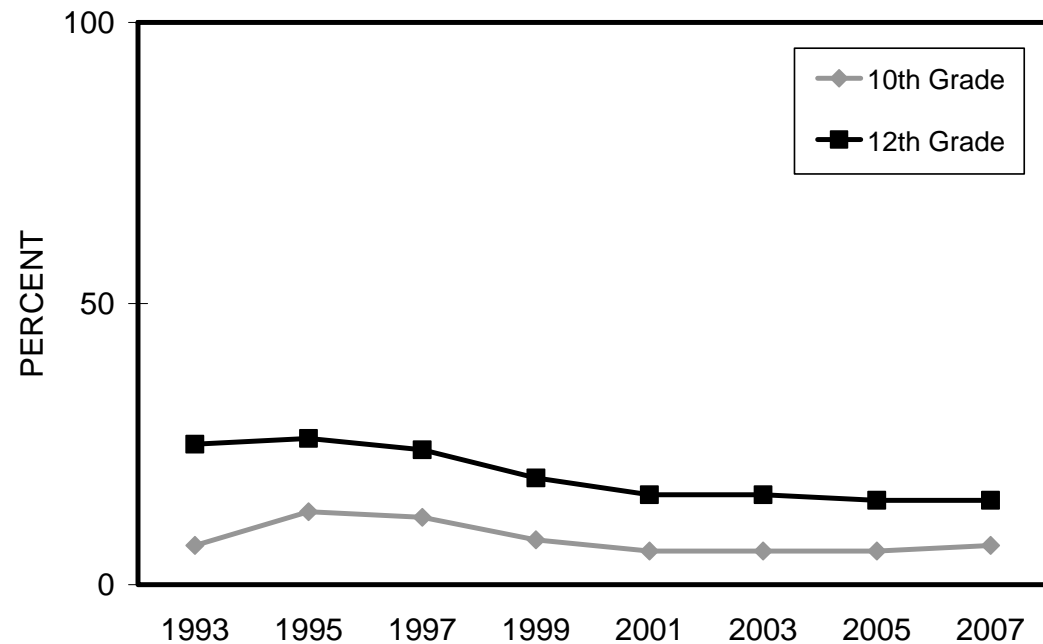
Percent of students who during the past 30 days drove a car or other vehicle when they had been drinking alcohol



■ Vehicle Safety - Driving Under the Influence

- **Drinking and driving has decreased since 1995.**
Among 12th graders, drinking and driving decreased from 26 percent in 1995 to 15 percent in 2007. This pattern was similar among 10th grade drivers (13% vs 7%). While drinking and driving has decreased since 1995, it has remained basically unchanged since 2001.

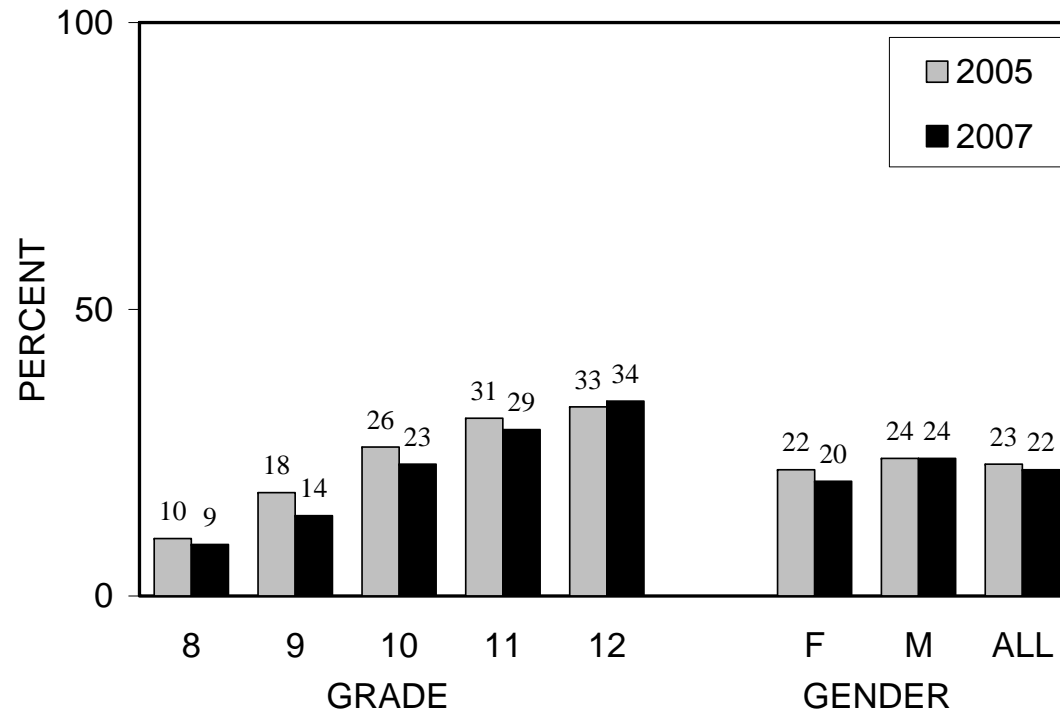
Drinking and Driving 1993 to 2007
Percent of students who during the past 30 days drove a car or other vehicle when they had been drinking alcohol



■ Vehicle Safety - Driving Under the Influence

- Overall, 22 percent of students have ridden with someone who was using marijuana.
- Older students ride with someone who has been using marijuana more than younger students. Twelfth graders were over three and a half times more likely than 8th graders to have ridden in a car driven by someone smoking marijuana (34% vs 9%).

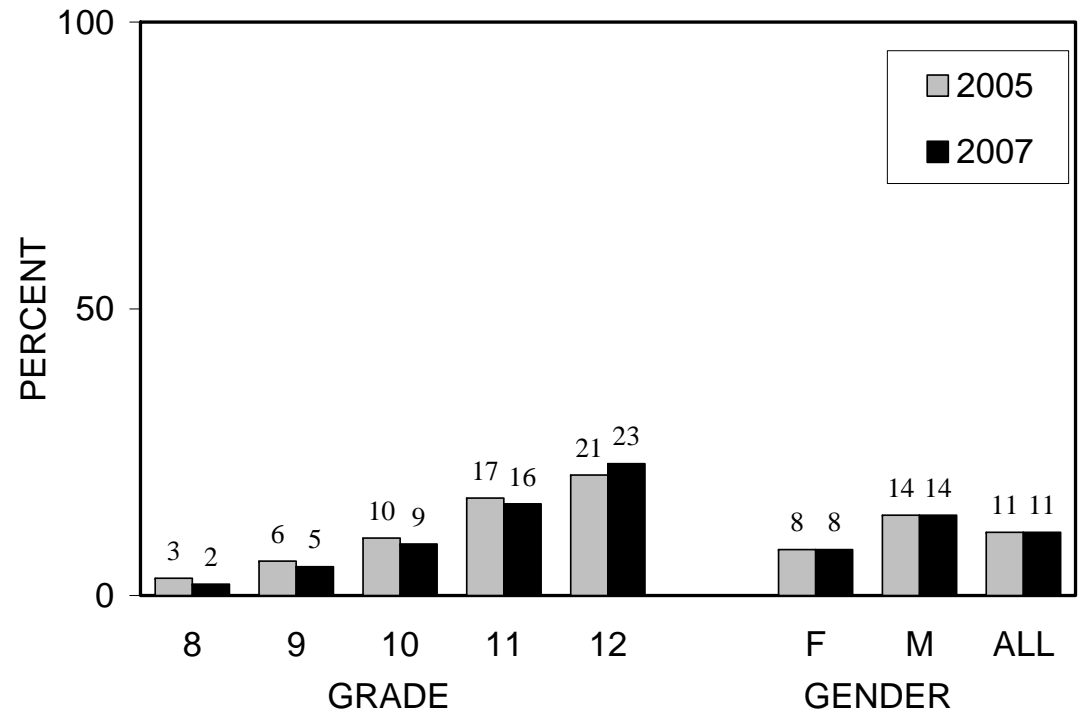
Percent of students who during the past 30 days rode in a car or other vehicle driven by someone who had been smoking marijuana



■ Vehicle Safety - Driving Under the Influence

- Fewer female students drive when they have been using marijuana than male students.** Females were less likely than males to report driving when they had been smoking marijuana (8% vs 14%). This difference was identical in 2005.
- Older students drive when they have been smoking marijuana more than younger students.** Twelfth graders were over two and a half times more likely than 10th graders to drive when they had been smoking marijuana (23% vs 9%).

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



■ Suicide

- More females than males feel sad or hopeless.** Females were almost twice as likely as males to report feeling sad or hopeless almost every day for at least two weeks (27% vs 14%).
- Suicide plans are down since 1995.** Overall, 9 percent of students made a suicide plan during the past 12 months, compared to 11 percent in 2005, 13 percent in 2003 and 2001, 16 percent in 1999, 18 percent in 1997, and 22 percent in 1995.

SUICIDE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who during the past 12 months:									
Felt so sad or hopeless almost every day for at least two weeks that they stopped doing some usual activities	18	22	20	21	20	27	14	20	22
Made a plan about how to attempt suicide	7	10	9	8	8	10	7	9	11
Actually attempted suicide	5	5	5	4	4	6	4	5	6
Attempted suicide and required medical treatment	2	2	2	1	1	2	1	2	2

✓ Alcohol, Tobacco, and Other Drugs

The questions in this section ask students about their use of alcohol, tobacco products, marijuana, inhalants, cocaine, steroids, heroin, hallucinogens, methamphetamines, and prescription drugs. The questions ask the age at which students first used alcohol, cigarettes, marijuana, and inhalants and how often they use them now.

- **Alcohol Use** is a major contributing factor in one half to two-thirds of all homicides and serious assaults,²⁴ and over one-third of all motor vehicle crash fatalities.²⁰ Approximately 100,000 American deaths per year are attributable to misuse of alcohol.²⁴ Heavy drinking among youth has been linked to physical fights, property destruction, academic and job problems, trouble with law enforcement authorities,²⁵ risky sexual behavior,²⁶ and use of cigarettes,^{27,28} marijuana, cocaine, and other illegal drugs.²⁷
- **Tobacco Use** is the single most preventable cause of death in the United States,²⁹ contributing to more than one of every five deaths.³⁰ 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.²⁹ In addition, cigarette smokers are more likely than nonsmokers to drink alcohol, use marijuana and cocaine, engage in a physical fight, carry a weapon, and attempt suicide.³¹ Smokeless tobacco use primarily begins in adolescence, with an average age of initiation of 16.7 years.³² Approximately 75 percent of oral cavity and pharyngeal cancers are attributed to the use of smoked and smokeless tobacco.³³
- **Marijuana Use** is associated with smoking-related respiratory damage, temporary short-term memory loss, decreased motivation, and psychological dependence. Other reactions include feelings of unease, anxiety, or restlessness.³⁴ More teens enter treatment with a primary diagnosis for marijuana dependence than for all other illicit drugs combined.³⁵
- **Inhalant Use** is the deliberate inhalation or sniffing of common products found in homes and schools, like glue and cleaners, and some gases intended for medical or dental purposes to obtain a “high”. Short-term effects of inhalant use include headache, ringing in ears, coughing, vomiting, pain in the chest, muscles or joints, or even sudden death. Long-term risks vary, but they include, brain and nervous system damage, and toxic effects to the lungs, liver, and kidneys.³⁶ Inhalants are easy to get, inexpensive and difficult to detect, and experimentation typically begins in the preteen years.

✓ Alcohol, Tobacco, and Other Drugs (cont'd)

- **Other Drug Use** is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STD), including HIV infection.³⁷ In spite of improvements in recent years, illicit drug use is greater among high school students and other young adults in the United States than in any other industrialized nation in the world.³⁸

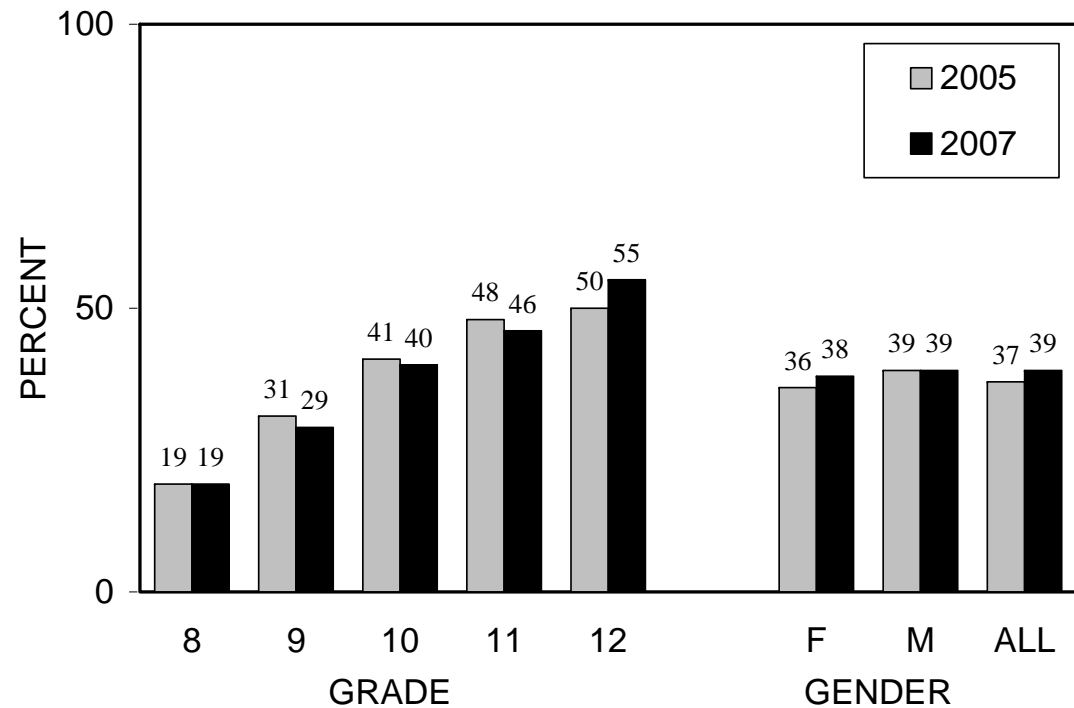
Related *Healthy Vermonters 2010* Goals:

- Reduce the percentage of youth who use alcohol prior to age 13 to 0 percent.
- Reduce the percentage of youth who engage in binge drinking in the past month to 3 percent or less.
- Reduce the percentage of youth who smoked cigarettes in the past month to 16 percent or less.
- Reduce the percentage of youth who used spit tobacco in the past month to 1 percent or less.
- Reduce the percentage of youth who smoked cigars, cigarillos, or little cigars in the past month to 8 percent or less.
- Reduce the percentage of youth who used marijuana in the past month to 0.7 percent or less.

■ Alcohol Use

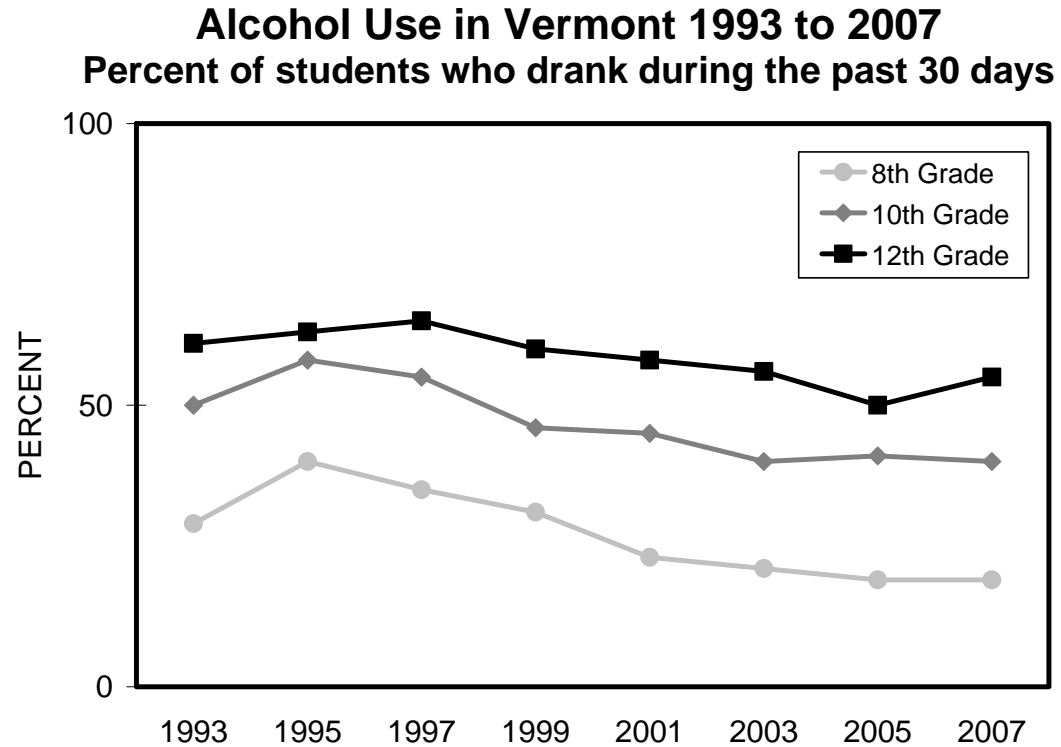
- **The majority of students do not drink.** Overall, 39 percent of students drank alcohol during the past 30 days, down from a high of 53 percent in 1995.
- **Alcohol use increases across grades.** More 12th graders than 8th graders drank alcohol (55% vs 19%).

Percent of students who consumed at least one alcoholic drink during the past 30 days



■ Alcohol Use

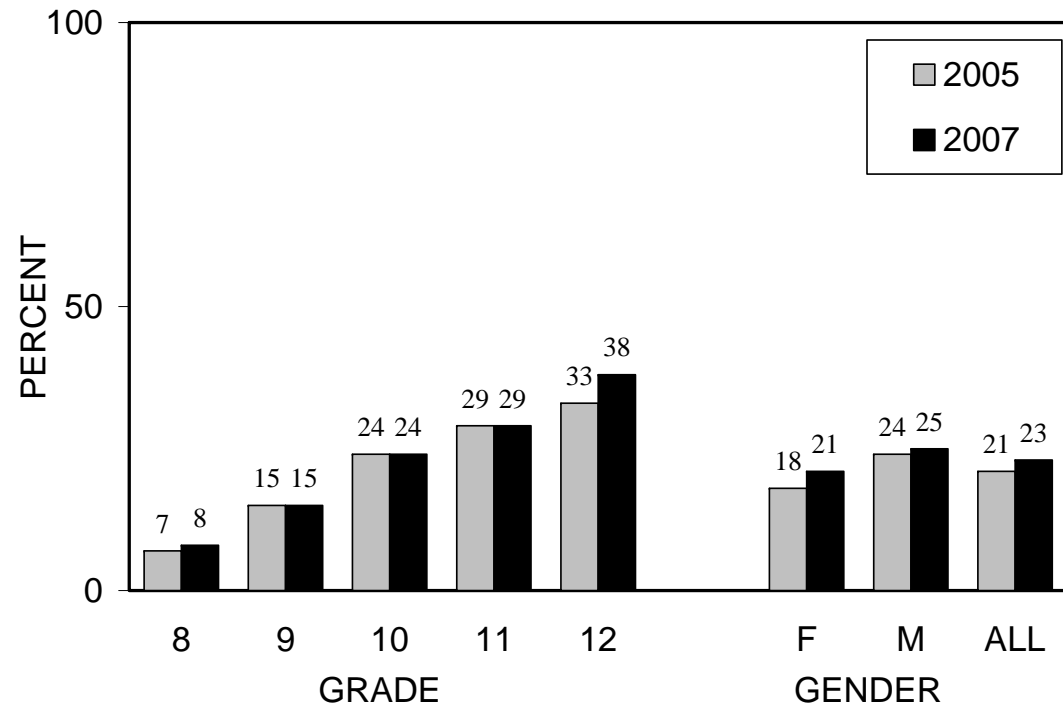
- Less drinking.** Alcohol use among 12th graders dropped from 65 percent in 1997 to 55 percent in 2007 (all time low of 50 percent in 2005). Alcohol use among 10th graders dropped from 50 percent in 1993 to 40 percent in 2007. Alcohol use among 8th graders dropped from 40 percent in 1995 to 19 percent in 2007.



■ Alcohol Use

- Almost one out of four students binge drink.** Binge drinking is defined as having five or more drinks of alcohol within a couple of hours. Overall, 23 percent of students reported binge drinking during the past 30 days.
- Older students binge drink more than younger students.** Twelfth graders were over four and a half times more likely than 8th graders to binge drink (38% vs 8%).

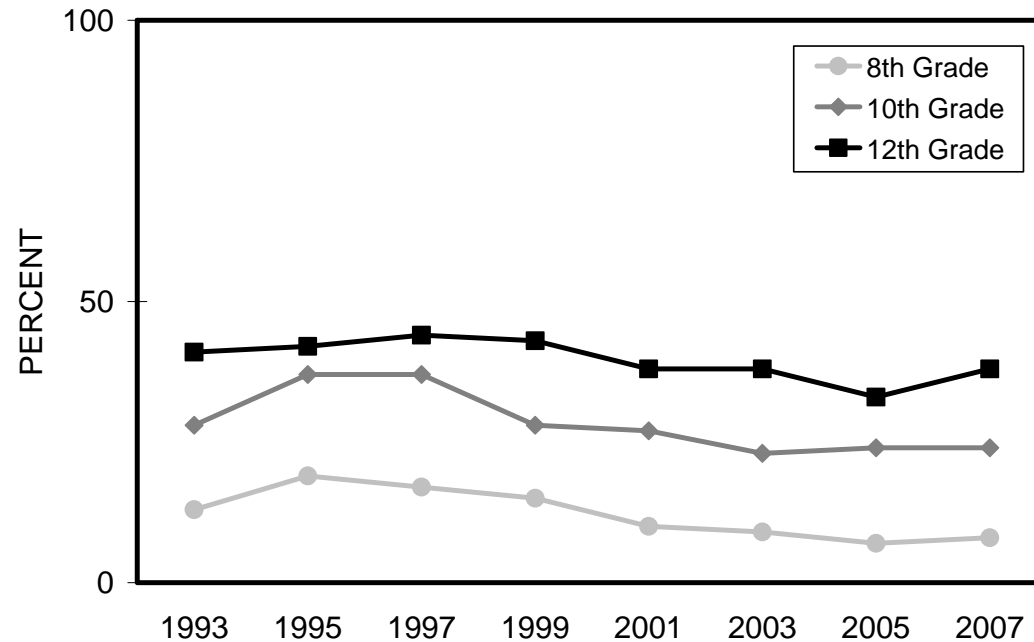
**Percent of students who binged on alcohol
(had five or more drinks within a couple of hours)
during the past 30 days**



Alcohol Use

- Binge drinking is decreasing.**
 Among 8th graders binge drinking decreased from 19 percent in 1995 to 8 percent in 2007. Among 10th graders, binge drinking decreased from 37 percent in 1995 to 24 percent in 2007. Among 12th graders, binge drinking decreased from 44 percent in 1997 to 38 percent in 2007 (up slightly from 33 percent in 2005).

Alcohol Use in Vermont 1993 to 2007
Percent of students who binged on alcohol
(had five or more drinks within a couple of hours)
during the past 30 days



■ Alcohol Use

- **Over six out of ten students have had a drink of alcohol.** In 2007, 62 percent of students had consumed alcohol, other than a few sips.
- **One out of five students start drinking before the age of 13.** Twenty percent of students reported drinking alcohol, other than a few sips, prior to age 13.
- **Males drink more frequently than females.** Male students were twice as likely as male students to have consumed alcohol on ten or more days during the past month (8% vs 4%). The difference between males and females was similar in 2005 (6% vs 3%).

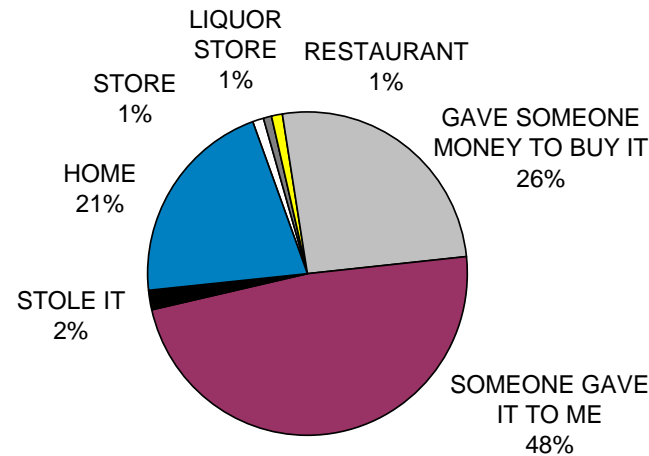
ALCOHOL USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who:									
Have ever had a drink of alcohol, other than a few sips	39	51	65	71	80	61	63	62	64
First consumed alcohol, other than a few sips, before 13 years of age	23	23	20	16	16	17	23	20	22
Drank alcohol on 3-9 days during the past 30 days	4	10	12	19	23	14	14	14	14
Drank alcohol on ten or more days during the past 30 days	3	3	6	7	10	4	8	6	5
“Binged” on alcohol three or more days during the past 30 days	3	5	10	12	19	8	12	10	9
Drank alcohol <u>on school property</u> during the past 30 days	2	3	4	4	6	3	5	4	4

Alcohol Use

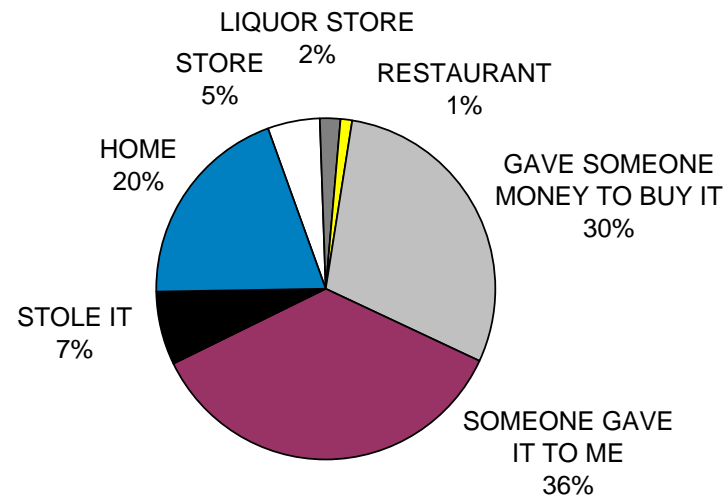
- Most students obtain alcohol by someone giving it to them or by giving someone money to buy it for them.** Overall, 42 percent of the students who drank during the past 30 days reported someone gave them alcohol and 28 percent reported giving someone money to buy alcohol for them.
- Some students obtain alcohol from home.** Among students who drank alcohol during the past 30 days, 21 percent got it from home.

Where students get their alcohol
(only among students who drank during the past 30 days)

FEMALES



MALES



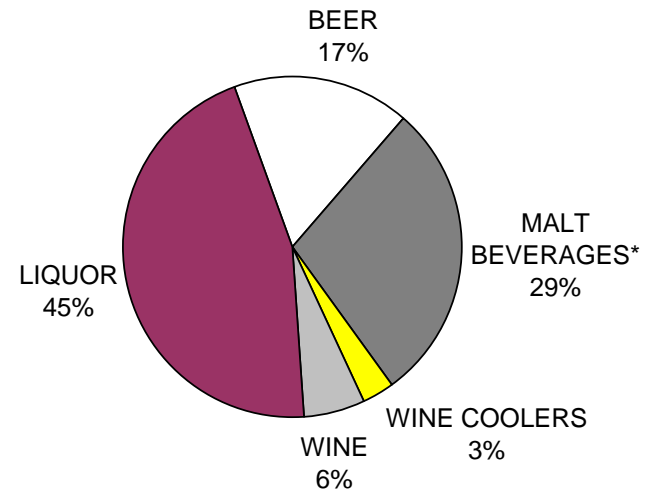
Alcohol Use

- Liquor is the most prevalent alcoholic beverage.** Overall, 45 percent of the students who drank during the past 30 days reported drinking liquor.
- More females than males drink malt beverages*.** Among students who drank alcohol during the past 30 days, 29 percent of females compared to 11 percent of males drank malt beverages (20% overall).

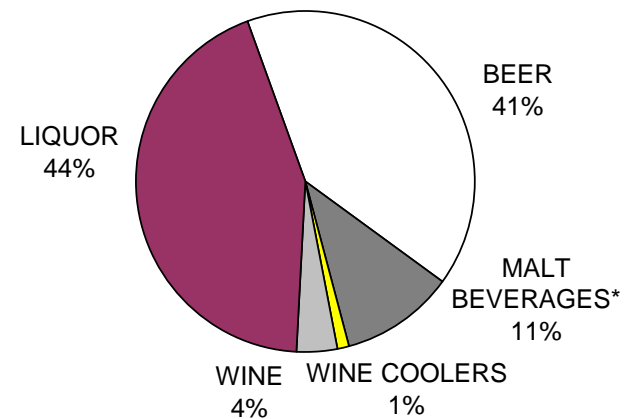
*Malt beverages, also known as AlcoPops, include Smirnoff Ice, Bacardi Silver, and Hard Lemonade.

Type of beverage
(only among students who drank during the past 30 days)

FEMALES



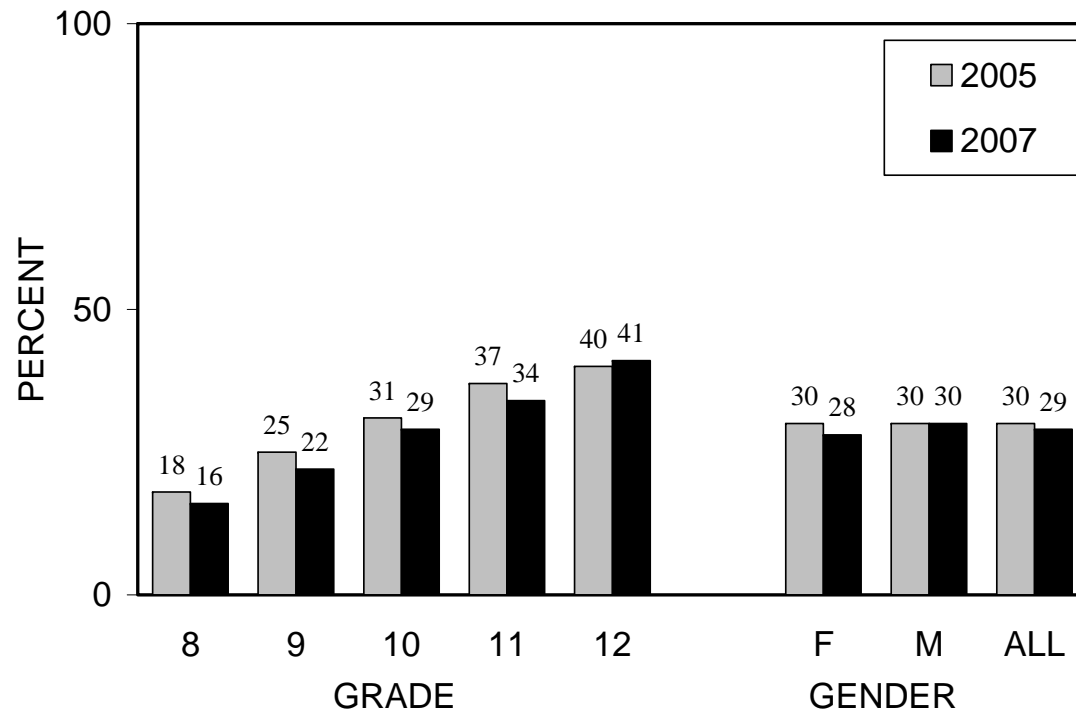
MALES



■ Tobacco Use

- **The majority of students have never smoked a whole cigarette.** In 2007, 29 percent of students reported having smoked a whole cigarette, down from 59 percent in 1997.
- **More older students than younger students have smoked.** Over twice as many 12th graders have ever smoked a whole cigarette as 8th graders (41% vs 16%). This difference was similar in 2005 (40% vs 18%).

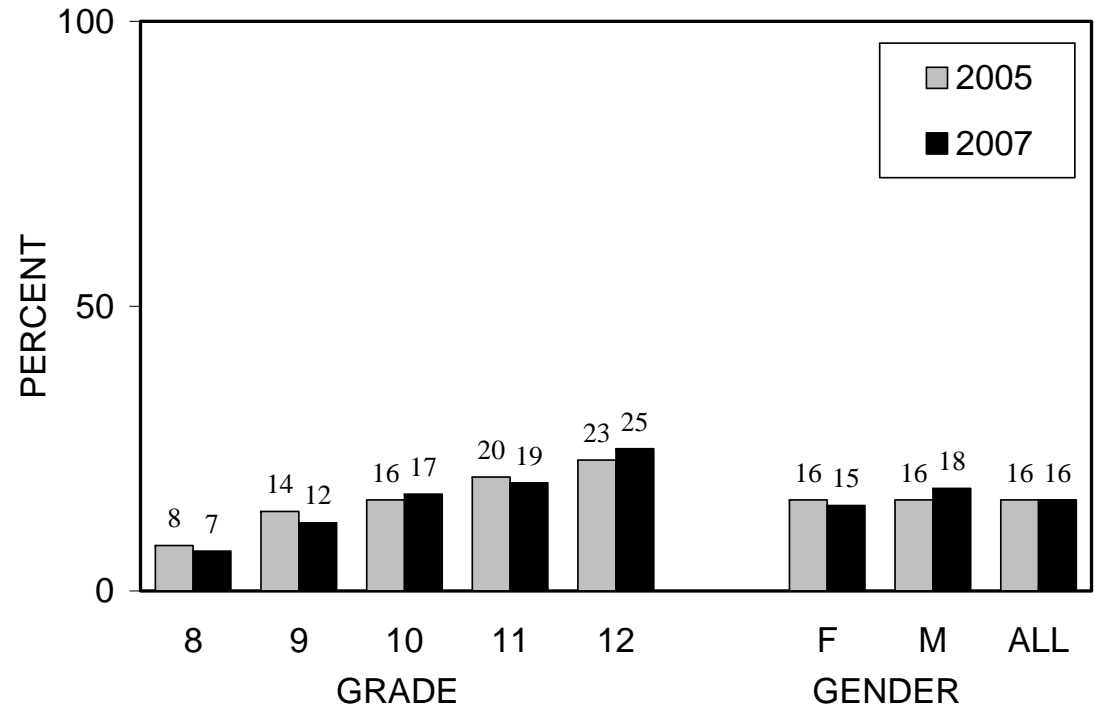
Percent of students who have ever smoked a whole cigarette



■ Tobacco Use

- Smoking is down since 1995.** Overall, 16 percent of students reported smoking at least once during the past 30 days, down from 20 percent in 2003, 22 percent in 2001, 31 percent in 1999, 36 percent in 1997 and 38 percent in 1995.
- More older students than younger students smoke.** In 2007, 25 percent of 12th graders smoked cigarettes during the past 30 days, compared to 7 percent of 8th graders. This difference was similar in 2005 (23% vs 8%).

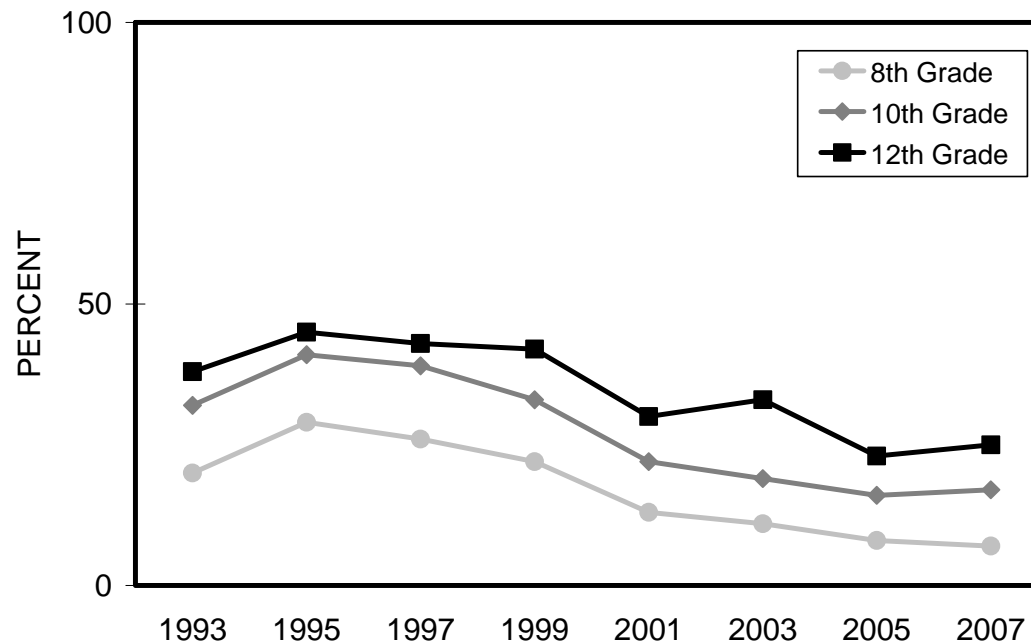
Percent of students who smoked cigarettes on one or more days during the past 30 days



■ Tobacco Use

- **Cigarette smoking is decreasing.** Smoking during the past 30 days increased from 1993 to 1995 and has since declined. From 1995 to 2007, cigarette use decreased from 45 to 25 percent among 12th graders (all time low was 23% in 2005), 41 to 17 percent among 10th graders and 29 to 7 percent among 8th graders.

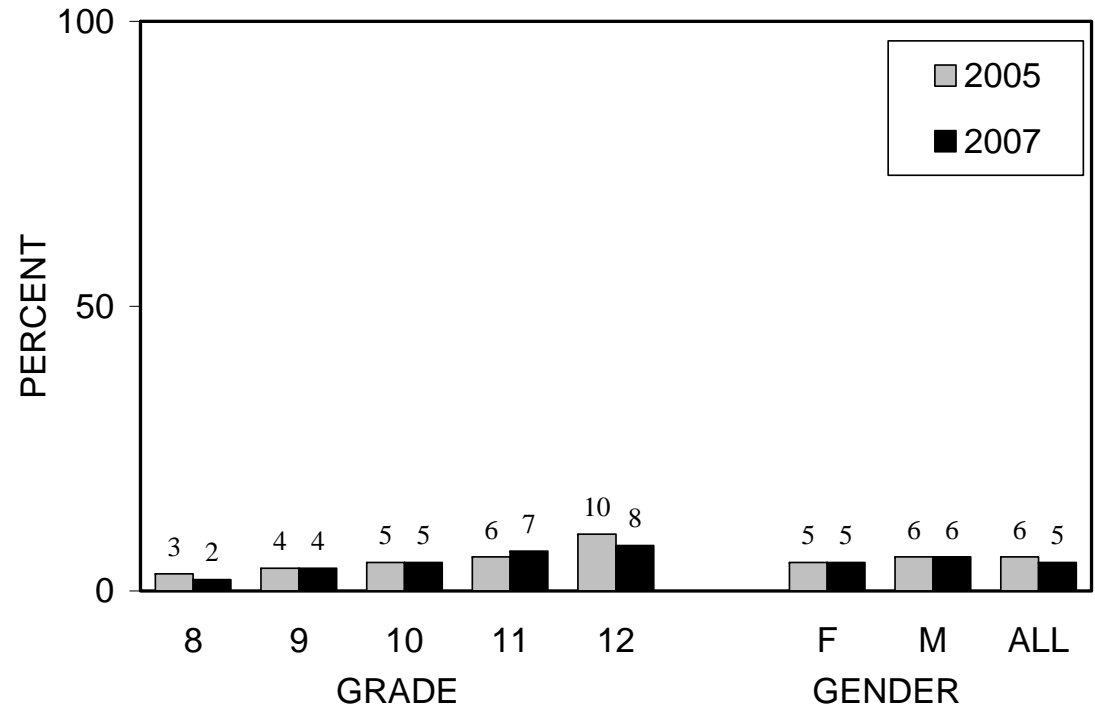
Cigarette Smoking in Vermont 1993 to 2007
Percent of students who smoked cigarettes during the last 30 days



■ Tobacco Use

- **Overall, 5 percent of Vermont students smoke daily.** Daily smoking among students has decreased from 13 percent in 1999 to 5 percent in 2007.
- **More older students than younger students are regular smokers.** Twelfth graders were four times more likely than eighth graders to smoke every day (8% vs 2%).

Percent of students who smoked cigarettes every day during the past 30 days



■ Tobacco Use

- Fewer Vermont students start smoking prior to age 13.** In 2007, 12 percent of students reported smoking a cigarette prior to age 13, down from 14 percent in 2005, 18 percent in 2003, 21 percent in 2001, and 28 percent in 1993-1999.
- More males than females chew tobacco.** Male students were four times more likely than female students to chew tobacco (13% vs 3%).

TOBACCO USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who:									
Smoked a whole cigarette prior to age 13	11	12	14	12	11	11	13	12	14
Smoked more than ten cigarettes on days smoked during the past 30 days	1	1	3	3	4	2	3	3	2
Smoked more than a pack on days smoked during the past 30 days	1	1	1	1	1	1	1	1	1
Used chewing tobacco or snuff during the past 30 days	4	6	9	9	9	3	13	8	7

■ Tobacco Use

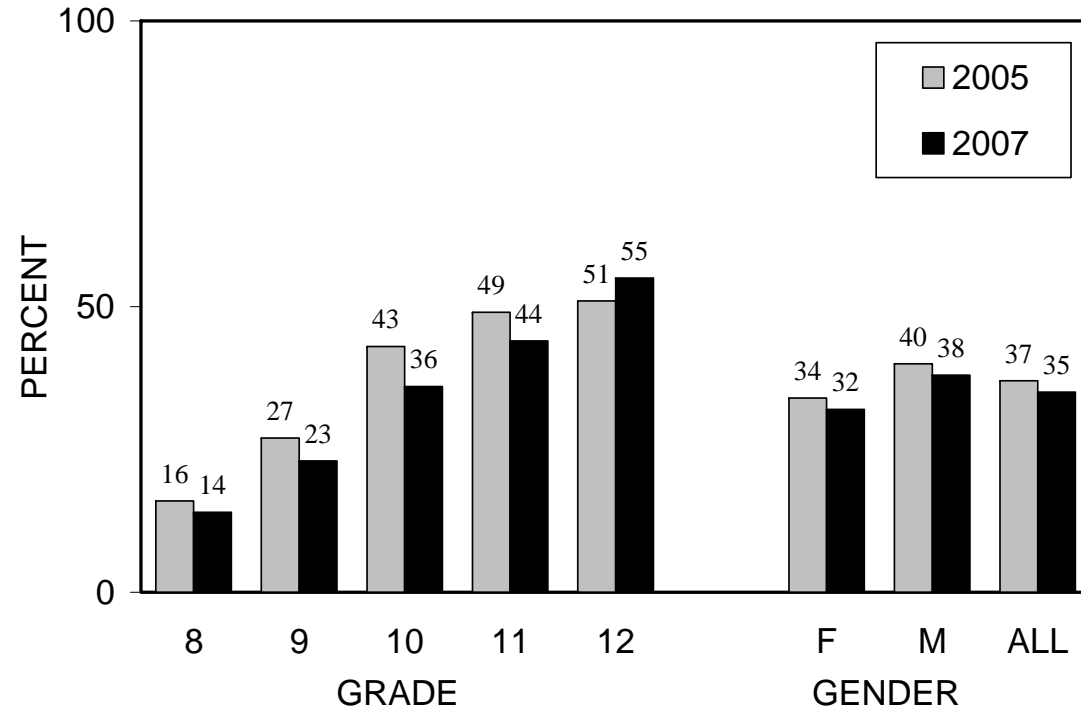
- **Half (51%) of Vermont students were in the same room with someone who was smoking cigarettes during the past seven days.** No significant age or gender differences were seen.
- **Overall, 39 percent of students were in a car with someone who was smoking cigarettes during the past seven days.** No significant age or gender differences were seen.

TOBACCO USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who, during the past seven days:									
Were in the same room with someone who was smoking cigarettes	45	48	52	53	55	50	51	51	52
Were in a car with someone who was smoking cigarettes	36	36	40	40	40	39	38	39	39

■ Marijuana Use

- **The majority of students have never tried marijuana.**
Overall, 35 percent of students tried marijuana, down from 47 percent in 1999.

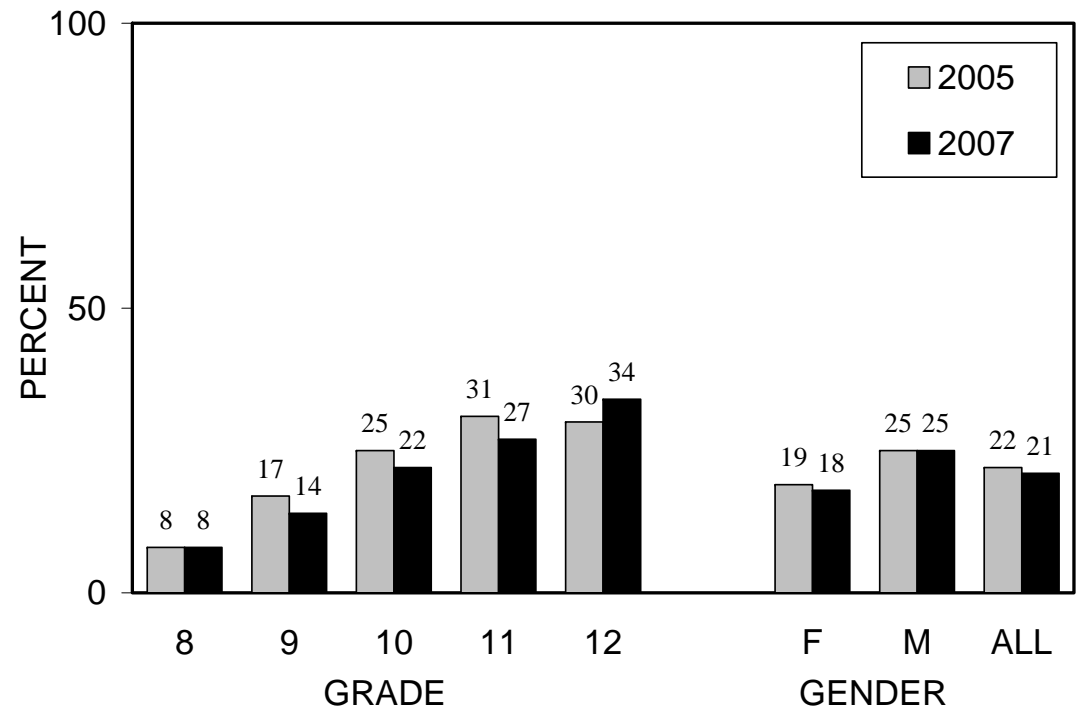
Percent of students who have ever tried marijuana



■ Marijuana Use

- **Approximately one-fifth of Vermont students use marijuana.** Overall, 21 percent of students used marijuana during the past 30 days, down from 32 percent in 1997.
- **More older students use marijuana than younger students.** Thirty-four percent of 12th grade students used marijuana, compared to eight percent of 8th grade students. The difference between 12th and 8th graders is similar to results in 2003 (30% vs 8%).

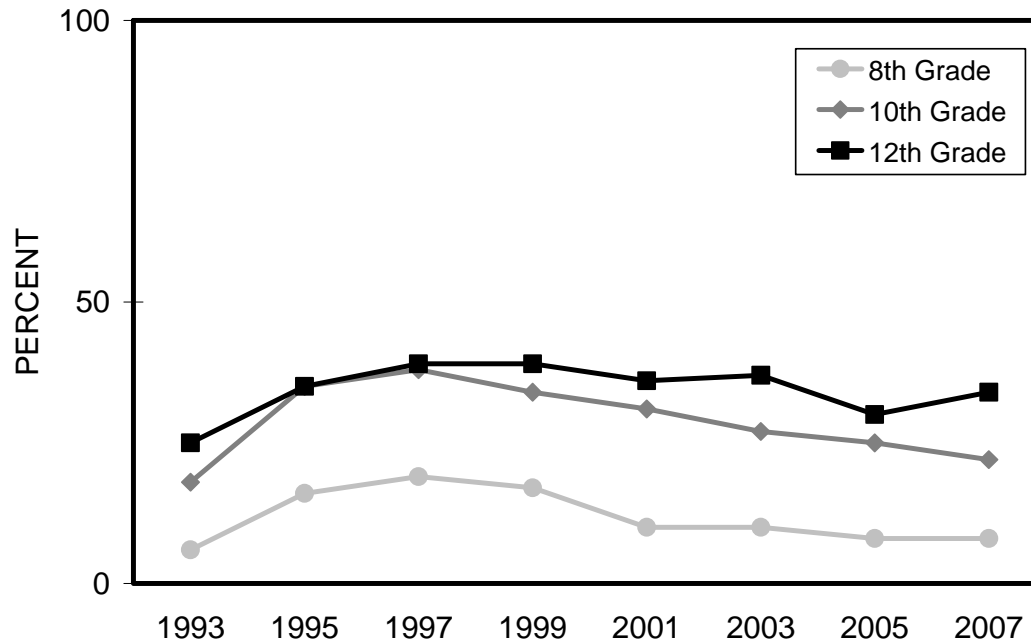
Percent of students who used marijuana one or more times during the past 30 days



■ Marijuana Use

- **Marijuana use increased from 1993 to 1997 but has begun to decline.** The percentage of students who used marijuana during the past 30 days increased from 1993 to 1997 and is now starting to decline.
- **Marijuana use is starting to decrease especially among younger students.** Among 8th graders, use decreased from 19 percent in 1997 to 8 percent in 2007. Among 10th graders, use decreased from 38 percent in 1997 to 22 percent in 2007. Among 12th graders, use decreased from 39 percent in 1997 to 34 percent in 2007 (30 percent in 2005).

Marijuana Use 1993 to 2007
 Percent of students who smoked marijuana one or more times during the past 30 days



■ Marijuana Use

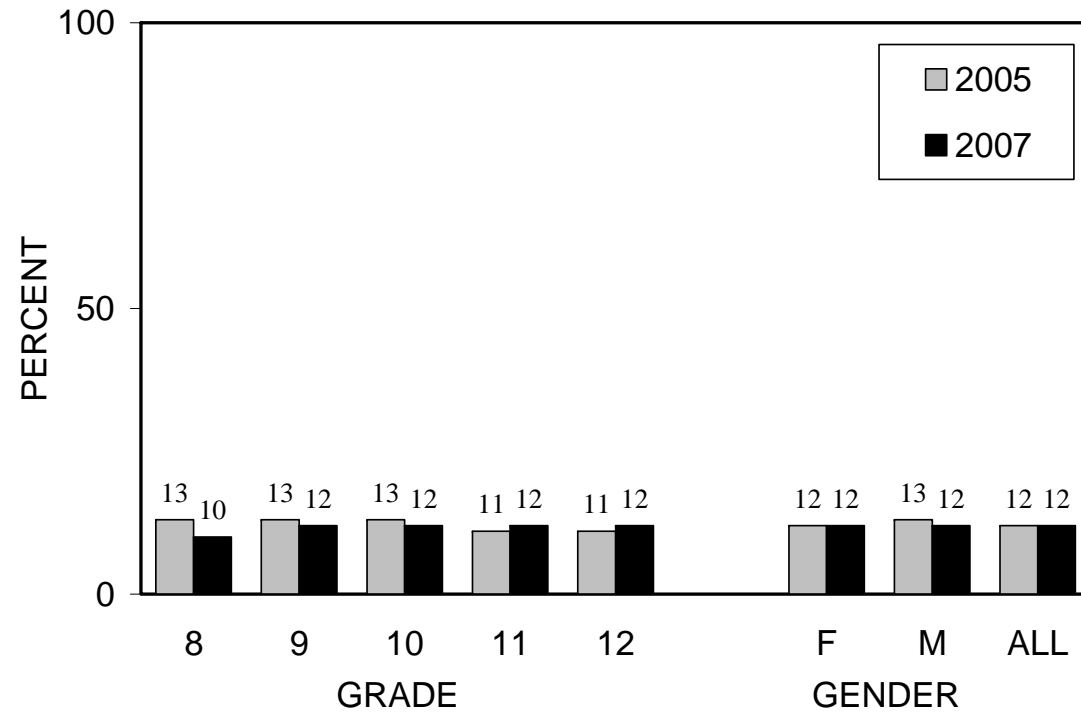
- Overall, 9 percent of students have smoked marijuana by age 13.
- Overall, 6 percent of students have used marijuana on school property.

MARIJUANA USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who:									
Tried marijuana before age 13	7	8	10	9	8	7	10	9	9
Used marijuana 3 to 9 times during the past 30 days	2	4	5	6	8	5	5	5	6
Used marijuana 10 or more times during the past 30 days	2	5	11	13	15	6	12	9	9
Used marijuana one or more times <u>on school property</u>	2	4	6	7	8	4	7	6	6

■ Inhalant Use

- **Inhalant use is down since 1995.** Overall, 12 percent of students tried inhalants in 2007 and 2005, compared to 13 percent in 2003, 14 percent in 2001, 17 percent in 1999, 22 percent in 1997 and 27 percent in 1995.

Percent of students who have ever used inhalants (e.g., sniffed glue, breathed the contents of aerosol spray cans, inhaled any paints or sprays to get high)

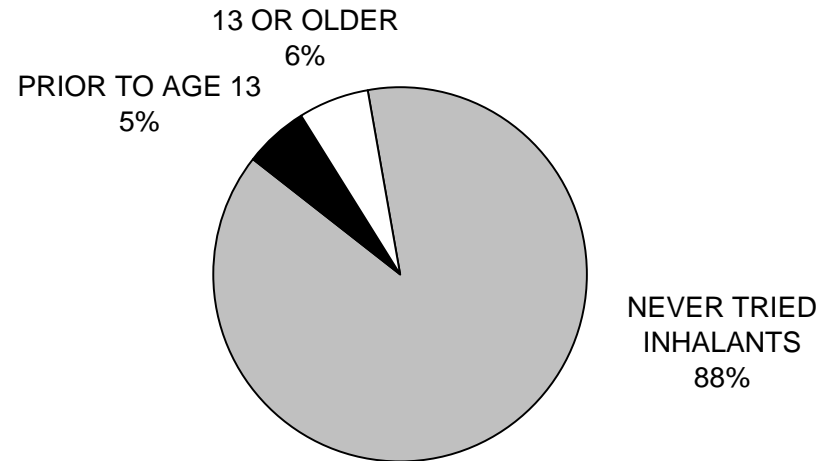


■ Inhalant Use

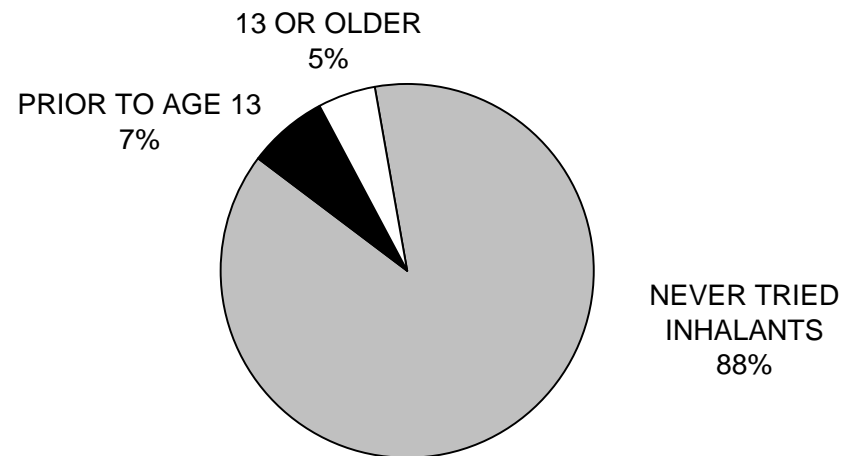
- Overall, 6 percent of students used inhalants prior to age 13. No significant difference was seen between female and male students.

Age at which students first tried inhalants

FEMALES



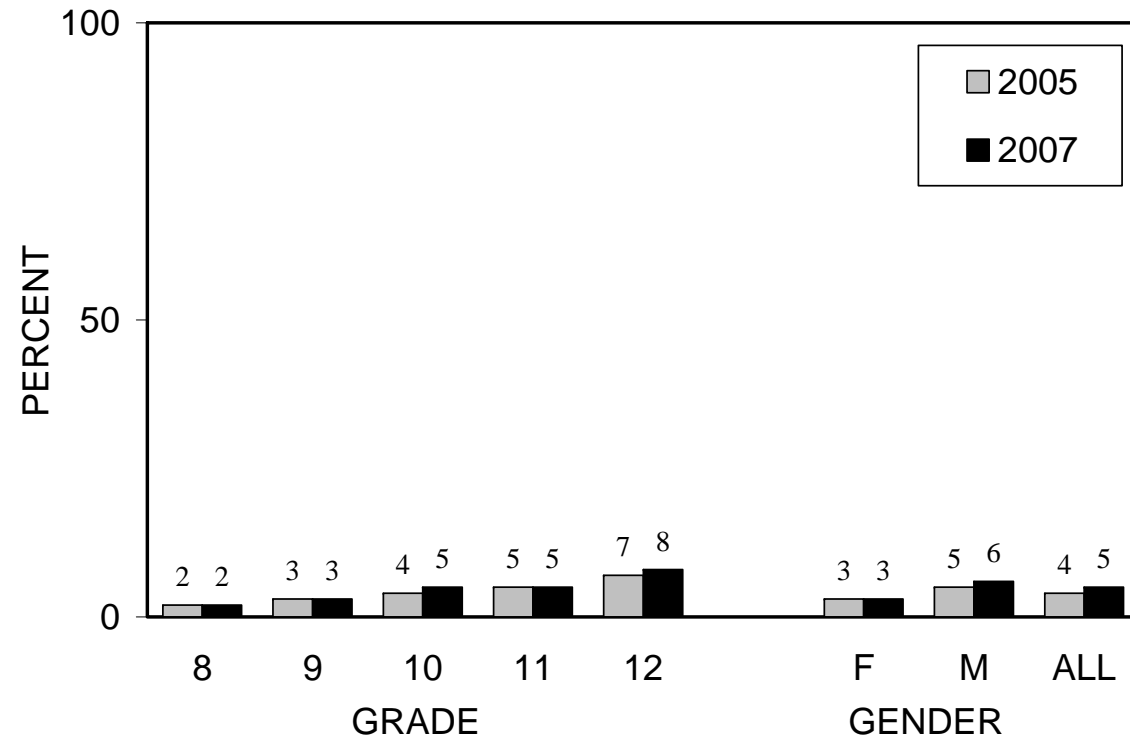
MALES



Other Drug Use

- Overall, 5 percent of Vermont students use cocaine. Males were twice as likely as females to have used cocaine during the past 30 days (6% vs 3%).

Percent of students who used cocaine one or more times during the past 30 days



Other Drug Use

- Overall, 3 percent of Vermont students have used heroin.
- One out of ten (10%) students have used hallucinogens. Males were more likely than females to have ever used a hallucinogen (13% vs 7%).
- Overall, 16 percent of students have used a prescription drug without a prescription. No difference was seen between males and females.
- One out of five (20%) students have been offered, sold, or given an illegal drug at school. Males were more likely than females to have been offered drugs at school (23% vs 16%).

OTHER DRUG USE	GRADE					GENDER		ALL	
	8	9	10	11	12	F	M	2007	2005
Percent of students who during their lifetime have:									
Taken steroids without a prescription	2	2	2	3	3	2	4	3	4
Used heroin	2	2	3	2	4	2	4	3	3
Used methamphetamines	3	3	5	4	6	3	5	4	5
Used hallucinogens, such as LSD, mushrooms, or ecstasy	3	6	11	13	16	7	13	10	10
Used a prescription drug, such as Ritalin, Oxycontin, Vicodin without a prescription	9	10	17	20	22	15	17	16	NA
Used a needle to inject any illegal drug into their body	1	1	3	2	3	2	3	2	2
Percent of students who were offered, sold, or given an illegal drug <u>on school property</u> during the past 12 months	8	18	23	22	25	16	23	20	20

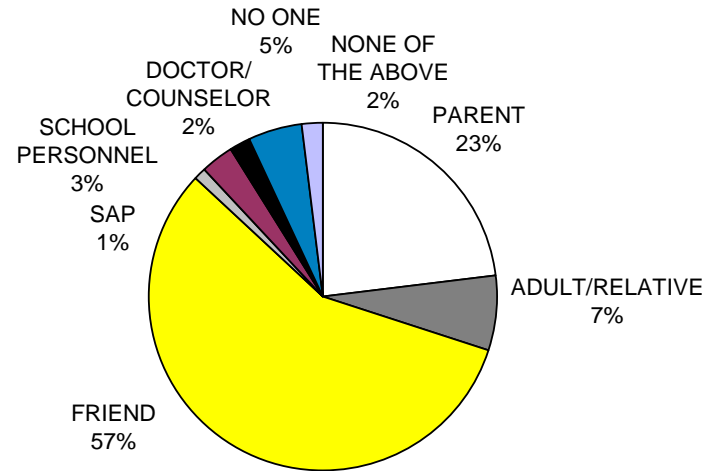
Other Drug Use

- Students are more likely to talk with friends than adults about a drug problem.

Overall, 50 percent of students would most likely talk to a friend about a drug problem. Students would more likely talk to a parent than another adult about a drug problem.

If you had a problem with tobacco, alcohol, or other drugs, who would you be most likely to talk to about it?

FEMALES



MALES

