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# **2017 VERMONT YOUTH RISK BEHAVIOR SURVEY REPORT**

## **REPORT FOR RUTLAND COUNTY**

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Copies of the questionnaires, state-wide reports, data briefs, and additional sub-state reports are available online. Visit the Vermont Department of Health YRBS website at [www.healthvermont.gov/yrbs](http://www.healthvermont.gov/yrbs)

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### About the YRBS

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

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

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

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement
- Sexual Orientation and sex of sexual contacts

In Vermont, the YRBS has been conducted during the spring semester of odd years since 1993.

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

Visit the Vermont Department of Health YRBS website at:  
[www.healthvermont.gov/yrbs](http://www.healthvermont.gov/yrbs)

## METHODOLOGY

The YRBS is conducted every two years during the spring semester. In Vermont, the Department of Health works with the Agency of Education and the CDC to conduct two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8. These surveys are conducted as a census at all public schools and select independent schools across the state.

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

Student participation in the YRBS is anonymous and voluntary. During the spring semester schools were asked to set aside a class period, such as during all math classes or during a specific hour, to administer the survey. Students were read a set of directions and completed a self-administered paper and pencil questionnaire.

In addition, numerous precautions are taken to ensure the reliability and validity of the results. The Centers for Disease Control and Prevention (CDC) runs over 100 consistency checks on the data to exclude careless, invalid, or logically inconsistent answers. These internal reliability checks help identify the small percentage of students who falsify their answers. The CDC also weights data, a mathematical procedure that makes data representative of the population from which it was drawn. Only states with an overall response rate of at least 60% are weighted based on gender, grade, and race/ethnicity. These precautions can reduce some sources of error, but not all.

Additional information about the methodology of the national, state, and large urban school district YRBS has been described elsewhere and can be found online from the CDC's Healthy Youth-DASH website at:  
<https://www.cdc.gov/healthyyouth/data/yrbs/methods>

## USING THE YRBS RESULTS

### ENGAGING STUDENTS, SCHOOLS, AND COMMUNITIES

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

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

Start the Conversation: Use the YRBS to begin a conversation with teens about the personal choices they make or about the health of their community. Ask them if the results accurately reflect what they see happening around them. How do they explain the results? From their perspective, what is or is not working? How would they promote healthy behaviors?

Increase Awareness: The YRBS provides an opportunity to break through “denial” and make community members aware of the risks that their young people face. It can also dispel myths and correct misinformation about the “average teenager.” The YRBS can accentuate the positive and celebrate the fact that many students are abstaining from behaviors that endanger their health and their ability to succeed.

Plan and Evaluate Programs: The YRBS can serve as the basis of a community needs assessment. It can help identify strengths and weaknesses in communities and can inform strategies to address those weaknesses.

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

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

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

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

## POPULATIONS IN FOCUS

Adverse health outcomes and behaviors experienced by specific populations are not intrinsic to youth themselves and are often instead due to social, economic and environmental inequities.

The Vermont Department of Health acknowledges that these inequities can have a greater impact than individual choices. To identify disparities and help tell the complex story of youth across Vermont, when possible, health-related factors and behaviors experienced by the following populations are noted:

- Sex (biological)
- Grade
- Race, Ethnicity
- Sexual Orientation

Populations presented vary depending on the size of the county or district. Smaller areas may have limitations based on sample size that prevent all populations to be included.

To maintain anonymity and confidence in results, data is suppressed when the numerator is < 5 or the denominator is < 50 students. Suppression is indicated by a dot (.) and 'Too few students'.

## UNDERSTANDING AND INTERPRETING THE RESULTS

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

Throughout this report, statistically significant differences are noted for the overall estimates by comparing the local and statewide results. Comparisons are also made for students within a local area, such as between male and female students in a particular county.

Statistical significance is calculated by comparing the 95% confidence intervals of two or more values. If the confidence intervals overlap, the percentages are not different. In other words, the two groups are not statistically different from one another. If the confidence intervals do not overlap, there is a statistical difference between the two groups, indicating that the difference is caused by something other than random chance.

Smaller groups (e.g. a county, female students, etc.) tend to have wider confidence intervals, thus when compared with another group the two may not be statistically different. In other words, when comparing the responses of two or more groups, the overall percent's may look very different, but the two numbers are not statistically different.

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

# HIGH SCHOOL RESULTS

## RUTLAND COUNTY REPORT

<http://www.healthvermont.gov/yrbs>

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
RUTLAND COUNTY REPORT

HIGH SCHOOL DEMOGRAPHICS		
	Rutland	VT
Total	2074	27349

		Rutland	VT
Sex	Male	52%	51%
	Female	48%	49%
Grade	9th Grade	23%	25%
	10th Grade	26%	25%
	11th Grade	25%	25%
	12th Grade	26%	25%
Race / Ethnicity	White, non-Hispanic (WnH)	86%	83%
	Students of Color (REM)	14%	17%
Sexual Orientation	Heterosexual / Cisgender (Het/Cis)	91%	89%
	Lesbian, Gay, Bisexual, or Transgender(LGBT)	9%	11%

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
RUTLAND COUNTY REPORT  
HIGH SCHOOL RESULTS

SECTION 2: PERSONAL SAFETY  
VIOLENCE AND BULLYING

WERE IN A PHYSICAL FIGHT, PAST YEAR

		Rutland	VT	
Overall		17%	17%	Overall Differences: State vs County
Sex	Male	24%	22%	VT and County are Similar
	Female	9%	11%	
Grade	Grade 9	21%	21%	Within County Differences
	Grade 10	17%	18%	
	Grade 11	19%	15%	
	Grade 12	12%	13%	
Race	WnH	17%	16%	Males > Females
	REM	21%	23%	
Sexual Orientation	Het/Cis	17%	16%	
	LGBT	21%	23%	

WERE IN A PHYSICAL FIGHT ON SCHOOL PROPERTY, PAST YEAR

		Rutland	VT	
Overall		6%	7%	Overall Differences: State vs County
Sex	Male	10%	9%	VT and County are Similar
	Female	3%	3%	
Grade	Grade 9	8%	9%	Within County Differences
	Grade 10	6%	7%	
	Grade 11	9%	6%	
	Grade 12	3%	4%	
Race	WnH	6%	5%	Males > Females
	REM	9%	11%	
Sexual Orientation	Het/Cis	6%	6%	
	LGBT	11%	10%	



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HIGH SCHOOL RESULTS

SECTION 2: PERSONAL SAFETY  
VIOLENCE AND BULLYING

**CARRIED A WEAPON ON SCHOOL PROPERTY, PAST 30 DAYS**

		Rutland	VT	
Overall		8%	7%	Overall Differences: State vs County
Sex	Male	12%	10%	VT and County are Similar
	Female	4%	3%	
Grade	Grade 9	6%	5%	Within County Differences
	Grade 10	5%	6%	
	Grade 11	11%	8%	
	Grade 12	11%	8%	
Race	WnH	8%	6%	Males > Females
	REM	13%	10%	
Sexual Orientation	Het/Cis	8%	6%	
	LGBT	12%	10%	

**WERE THREATENED OR INJURED WITH A WEAPON ON SCHOOL PROPERTY, PAST YEAR**

		Rutland	VT	
Overall		6%	5%	Overall Differences: State vs County
Sex	Male	7%	6%	VT and County are Similar
	Female	4%	3%	
Grade	Grade 9	6%	6%	Within County Differences
	Grade 10	5%	5%	
	Grade 11	6%	4%	
	Grade 12	5%	4%	
Race	WnH	5%	4%	
	REM	9%	9%	
Sexual Orientation	Het/Cis	5%	4%	
	LGBT	9%	10%	

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HIGH SCHOOL RESULTS

SECTION 2: PERSONAL SAFETY  
VIOLENCE AND BULLYING

WERE ELECTRONICALLY BULLIED, PAST YEAR

		Rutland	VT	
Overall		17%	16%	Overall Differences: State vs County
Sex	Male	12%	10%	VT and County are Similar
	Female	22%	22%	Within County Differences
Grade	Grade 9	22%	19%	Females > Males
	Grade 10	19%	16%	9 > 12
	Grade 11	17%	15%	10 > 12
	Grade 12	11%	13%	LGBT > Het/CIS
Race	WnH	16%	15%	
	REM	22%	18%	
Sexual Orientation	Het/Cis	15%	14%	
	LGBT	33%	30%	

WERE BULLIED, PAST 30 DAYS

		Rutland	VT	
Overall		18%	16%	Overall Differences: State vs County
Sex	Male	14%	11%	VT and County are Similar
	Female	22%	20%	Within County Differences
Grade	Grade 9	27%	21%	Females > Males
	Grade 10	18%	16%	9 > 10
	Grade 11	13%	14%	9 > 11
	Grade 12	14%	12%	9 > 12
Race	WnH	17%	15%	LGBT > Het/CIS
	REM	23%	18%	
Sexual Orientation	Het/Cis	16%	14%	
	LGBT	28%	30%	

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HIGH SCHOOL RESULTS

SECTION 2: PERSONAL SAFETY  
VIOLENCE AND BULLYING

**BULLIED SOMEONE ELSE, PAST 30 DAYS**

		Rutland	VT	Overall Differences: State vs County
Overall		9%	9%	VT and County are Similar
Sex	Male	9%	10%	
	Female	8%	8%	Within County Differences
Grade	Grade 9	9%	9%	
	Grade 10	8%	9%	
	Grade 11	9%	9%	
	Grade 12	9%	8%	
Race	WnH	8%	8%	
	REM	13%	12%	
Sexual Orientation	Het/Cis	8%	8%	
	LGBT	12%	13%	

**DID NOT GO TO SCHOOL BECAUSE THEY FELT UNSAFE, PAST 30 DAYS**

		Rutland	VT	Overall Differences: State vs County
Overall		6%	5%	VT and County are Similar
Sex	Male	5%	4%	
	Female	6%	6%	Within County Differences
Grade	Grade 9	5%	5%	
	Grade 10	5%	5%	REM > WnH LGBT > Het/CIS
	Grade 11	6%	5%	
	Grade 12	6%	4%	
Race	WnH	5%	4%	
	REM	11%	9%	
Sexual Orientation	Het/Cis	5%	4%	
	LGBT	11%	12%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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HIGH SCHOOL RESULTS

SECTION 2: PERSONAL SAFETY  
SEXUAL AND DATING VIOLENCE

WERE EVER PHYSICALLY FORCED TO HAVE SEXUAL  
INTERCOURSE

		Rutland	VT	
Overall		7%	6%	Overall Differences: State vs County
Sex	Male	4%	3%	VT and County are Similar
	Female	10%	9%	
Grade	Grade 9	5%	5%	Within County Differences
	Grade 10	6%	5%	
	Grade 11	8%	7%	
	Grade 12	8%	7%	
Race	WnH	7%	6%	Females > Males
	REM	7%	9%	
Sexual Orientation	Het/Cis	5%	5%	LGBT > Het/CIS
	LGBT	24%	18%	

EXPERIENCED SEXUAL DATING VIOLENCE, PAST YEAR

		Rutland	VT	
Overall		11%	10%	Overall Differences: State vs County
Sex	Male	5%	5%	VT and County are Similar
	Female	17%	15%	
Grade	Grade 9	10%	10%	Within County Differences
	Grade 10	13%	11%	
	Grade 11	8%	10%	
	Grade 12	12%	9%	
Race	WnH	11%	9%	Females > Males
	REM	10%	14%	
Sexual Orientation	Het/Cis	8%	8%	LGBT > Het/CIS
	LGBT	30%	23%	

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SECTION 2: PERSONAL SAFETY  
SEXUAL AND DATING VIOLENCE

EXPERIENCED PHYSICAL DATING VIOLENCE, PAST YEAR

		Rutland	VT	
Overall		9%	7%	Overall Differences: State vs County
Sex	Male	9%	6%	County > VT
	Female	9%	8%	Within County Differences
Grade	Grade 9	6%	5%	LGBT > Het/CIS
	Grade 10	9%	7%	
	Grade 11	10%	7%	
	Grade 12	10%	7%	
Race	WnH	8%	6%	
	REM	11%	11%	
Sexual Orientation	Het/Cis	7%	5%	
	LGBT	21%	15%	

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SECTION 2: PERSONAL SAFETY  
IMPAIRED DRIVING AND RIDING

**DROVE A CAR OR OTHER VEHICLE AFTER DRINKING  
ALCOHOL, PAST 30 DAYS**

		Rutland	VT	
Overall		5%	7%	Overall Differences: State vs County
Sex	Male	5%	9%	VT > County
	Female	4%	5%	Within County Differences
Grade	Grade 9	4%	5%	LGBT > Het/CIS
	Grade 10	3%	4%	
	Grade 11	5%	7%	
	Grade 12	6%	10%	
Race	WnH	4%	6%	
	REM	8%	13%	
Sexual Orientation	Het/Cis	4%	7%	
	LGBT	15%	11%	

**DROVE A CAR OR OTHER VEHICLE AFTER USING  
MARIJUANA, PAST 30 DAYS**

		Rutland	VT	
Overall		17%	14%	Overall Differences: State vs County
Sex	Male	17%	16%	VT and County are Similar
	Female	17%	12%	Within County Differences
Grade	Grade 9	11%	8%	12 > 9
	Grade 10	12%	9%	12 > 10
	Grade 11	18%	15%	
	Grade 12	24%	21%	
Race	WnH	17%	13%	
	REM	21%	20%	
Sexual Orientation	Het/Cis	17%	13%	
	LGBT	24%	21%	

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SECTION 2: PERSONAL SAFETY  
IMPAIRED DRIVING AND RIDING

**RODE WITH A DRIVER WHO HAD BEEN DRINKING ALCOHOL,  
PAST 30 DAYS**

		<b>Rutland</b>	<b>VT</b>	
Overall		17%	18%	Overall Differences: State vs County
Sex	Male	15%	17%	VT and County are Similar
	Female	18%	19%	Within County Differences
Grade	Grade 9	17%	17%	
	Grade 10	16%	18%	
	Grade 11	17%	18%	
	Grade 12	16%	18%	
Race	WnH	17%	18%	
	REM	17%	20%	
Sexual Orientation	Het/Cis	16%	17%	
	LGBT	22%	22%	

**RODE WITH A DRIVER WHO HAD BEEN USING MARIJUANA,  
PAST 30 DAYS**

		<b>Rutland</b>	<b>VT</b>	
Overall		25%	20%	Overall Differences: State vs County
Sex	Male	23%	20%	County > VT
	Female	27%	20%	Within County Differences
Grade	Grade 9	18%	13%	12 > 9
	Grade 10	21%	18%	12 > 10
	Grade 11	26%	22%	LGBT > Het/CIS
	Grade 12	33%	28%	
Race	WnH	25%	20%	
	REM	27%	23%	
Sexual Orientation	Het/Cis	24%	19%	
	LGBT	34%	29%	

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SECTION 2: PERSONAL SAFETY  
IMPAIRED DRIVING AND RIDING

**TEXTED OR E-MAILED WHILE DRIVING A CAR OR OTHER  
VEHICLE, PAST 30 DAYS**

		<b>Rutland</b>	<b>VT</b>	
Overall		35%	34%	Overall Differences: State vs County
Sex	Male	37%	34%	VT and County are Similar
	Female	32%	34%	Within County Differences
Grade	Grade 9	12%	9%	11 > 9
	Grade 10	17%	16%	12 > 9
	Grade 11	44%	42%	12 > 10
	Grade 12	53%	53%	11 > 10
Race	WnH	35%	34%	
	REM	35%	32%	
Sexual Orientation	Het/Cis	36%	34%	
	LGBT	25%	31%	



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SECTION 2: PERSONAL SAFETY  
INJURY AND PREVENTION

HELMET USE AMONG THOSE WHO SKI OR SNOWBOARD, PAST YEAR

	Rutland	VT	
Never wore a helmet	12%	11%	
Rarely wore a helmet	5%	3%	
Sometimes wore a helmet	3%	3%	
Most of the time wore a helmet	10%	9%	
Always wore a helmet	71%	74%	

RARELY OR NEVER WEAR A HELMET WHILE SKIING OR SNOWBOARDING, PAST YEAR

		Rutland	VT	
Overall		16%	14%	Overall Differences: State vs County
Sex	Male	22%	17%	VT and County are Similar
	Female	8%	9%	Within County Differences
Grade	Grade 9	13%	11%	Males > Females
	Grade 10	12%	13%	Too few students by sexual orientation
	Grade 11	17%	15%	
	Grade 12	21%	15%	
Race	WnH	16%	12%	
	REM	14%	24%	
Sexual Orientation	Het/Cis	14%	12%	
	LGBT	.	24%	

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SECTION 2: PERSONAL SAFETY  
INJURY AND PREVENTION

**HAD A CONCUSSION FROM PLAYING A SPORT OR BEING  
PHYSICALLY ACTIVE, PAST YEAR**

		<b>Rutland</b>	<b>VT</b>	
Overall		18%	18%	Overall Differences: State vs County
Sex	Male	20%	20%	VT and County are Similar
	Female	15%	16%	Within County Differences
Grade	Grade 9	22%	20%	
	Grade 10	18%	18%	
	Grade 11	16%	17%	
	Grade 12	17%	16%	
Race	WnH	18%	17%	
	REM	21%	22%	
Sexual Orientation	Het/Cis	18%	18%	
	LGBT	15%	15%	

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SECTION 2: PERSONAL SAFETY  
TOBACCO EXPOSURE AND PREVENTION

**WERE ASKED BY A DOCTOR, DENTIST, OR NURSE IF THEY  
SMOKED, PAST YEAR**

		Rutland	VT	
Overall		51%	54%	Overall Differences: State vs County
Sex	Male	46%	51%	VT and County are Similar
	Female	57%	58%	Within County Differences
Grade	Grade 9	48%	47%	Females > Males  12 > 10
	Grade 10	46%	53%	
	Grade 11	53%	58%	
	Grade 12	58%	61%	
Race	WnH	52%	56%	
	REM	54%	50%	
Sexual Orientation	Het/Cis	51%	54%	
	LGBT	61%	62%	

**MOST OF THE TIME OR ALWAYS SEE ADS FOR CIGARETTES  
OR OTHER TOBACCO PRODUCTS**

		Rutland	VT	
Overall		55%	55%	Overall Differences: State vs County
Sex	Male	53%	53%	VT and County are Similar
	Female	57%	56%	Within County Differences
Grade	Grade 9	60%	57%	
	Grade 10	59%	56%	
	Grade 11	50%	54%	
	Grade 12	51%	52%	
Race	WnH	56%	56%	
	REM	49%	47%	
Sexual Orientation	Het/Cis	55%	55%	
	LGBT	65%	57%	

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SECTION 2: PERSONAL SAFETY  
TOBACCO EXPOSURE AND PREVENTION

**WERE IN THE SAME CAR AS SOMEONE WHO WAS SMOKING  
CIGARETTES, PAST 7 DAYS**

		Rutland	VT	
Overall		29%	23%	Overall Differences: State vs County
Sex	Male	28%	23%	County > VT
	Female	30%	23%	Within County Differences
Grade	Grade 9	29%	22%	LGBT > Het/CIS
	Grade 10	32%	23%	
	Grade 11	28%	23%	
	Grade 12	27%	24%	
Race	WnH	28%	22%	LGBT > Het/CIS
	REM	33%	27%	
Sexual Orientation	Het/Cis	28%	22%	
	LGBT	47%	33%	

**WERE IN THE SAME ROOM AS SOMEONE WHO WAS SMOKING  
CIGARETTES, PAST 7 DAYS**

		Rutland	VT	
Overall		38%	33%	Overall Differences: State vs County
Sex	Male	38%	33%	County > VT
	Female	38%	33%	Within County Differences
Grade	Grade 9	39%	32%	LGBT > Het/CIS
	Grade 10	41%	33%	
	Grade 11	37%	33%	
	Grade 12	36%	36%	
Race	WnH	38%	33%	LGBT > Het/CIS
	REM	42%	34%	
Sexual Orientation	Het/Cis	37%	32%	
	LGBT	59%	44%	

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SECTION 3: MENTAL HEALTH

**FELT SO SAD OR HOPELESS ALMOST EVERY DAY FOR TWO WEEKS OR MORE IN A ROW THAT THEY STOPPED DOING SOME USUAL ACTIVITIES, PAST YEAR**

		Rutland	VT	
Overall		29%	25%	Overall Differences: State vs County
Sex	Male	21%	16%	County > VT
	Female	38%	35%	Within County Differences
Grade	Grade 9	32%	23%	Females > Males
	Grade 10	30%	26%	LGBT > Het/CIS
	Grade 11	30%	26%	
	Grade 12	26%	26%	
Race	WnH	28%	25%	
	REM	31%	28%	
Sexual Orientation	Het/Cis	25%	21%	
	LGBT	66%	58%	

**DID SOMETHING TO PURPOSELY HURT THEMSELVES WITHOUT WANTING TO DIE, PAST YEAR**

		Rutland	VT	
Overall		17%	16%	Overall Differences: State vs County
Sex	Male	9%	9%	VT and County are Similar
	Female	26%	25%	Within County Differences
Grade	Grade 9	23%	18%	Females > Males
	Grade 10	17%	18%	9 > 12
	Grade 11	16%	16%	LGBT > Het/CIS
	Grade 12	13%	14%	
Race	WnH	17%	16%	
	REM	18%	18%	
Sexual Orientation	Het/Cis	13%	12%	
	LGBT	51%	48%	

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SECTION 3: MENTAL HEALTH

**MADE A PLAN ABOUT HOW THEY WOULD ATTEMPT SUICIDE,  
PAST YEAR**

		<b>Rutland</b>	<b>VT</b>	
Overall		13%	11%	Overall Differences: State vs County
Sex	Male	9%	7%	VT and County are Similar
	Female	18%	15%	
Grade	Grade 9	15%	11%	Within County Differences
	Grade 10	16%	12%	
	Grade 11	10%	11%	
	Grade 12	12%	10%	
Race	WnH	12%	10%	Females > Males
	REM	18%	15%	
Sexual Orientation	Het/Cis	11%	8%	LGBT > Het/CIS
	LGBT	36%	33%	

**ATTEMPTED SUICIDE, PAST YEAR**

		<b>Rutland</b>	<b>VT</b>	
Overall		7%	5%	Overall Differences: State vs County
Sex	Male	5%	4%	County > VT
	Female	10%	7%	
Grade	Grade 9	10%	6%	Within County Differences
	Grade 10	8%	6%	
	Grade 11	5%	5%	
	Grade 12	6%	4%	
Race	WnH	6%	5%	Females > Males
	REM	12%	8%	
Sexual Orientation	Het/Cis	5%	4%	REM > WnH
	LGBT	24%	18%	

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SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER SMOKED A WHOLE CIGARETTE

		Rutland	VT	
Overall		23%	24%	Overall Differences: State vs County
Sex	Male	24%	26%	VT and County are Similar
	Female	21%	22%	Within County Differences
Grade	Grade 9	18%	17%	12 > 9
	Grade 10	18%	21%	12 > 10
	Grade 11	26%	28%	11 > 10
	Grade 12	29%	31%	LGBT > Het/CIS
Race	WnH	22%	23%	
	REM	26%	28%	
Sexual Orientation	Het/Cis	20%	22%	
	LGBT	45%	38%	

SMOKED A CIGARETTE BEFORE AGE 13 YEARS

		Rutland	VT	
Overall		8%	8%	Overall Differences: State vs County
Sex	Male	8%	9%	VT and County are Similar
	Female	6%	6%	Within County Differences
Grade	Grade 9	10%	8%	REM > WnH
	Grade 10	5%	8%	LGBT > Het/CIS
	Grade 11	8%	8%	
	Grade 12	7%	7%	
Race	WnH	7%	7%	
	REM	14%	12%	
Sexual Orientation	Het/Cis	7%	7%	
	LGBT	15%	14%	

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SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER USED AN ELECTRONIC VAPOR PRODUCT

		Rutland	VT	
Overall		35%	34%	Overall Differences: State vs County
Sex	Male	38%	37%	VT and County are Similar
	Female	31%	31%	Within County Differences
Grade	Grade 9	25%	23%	Males > Females
	Grade 10	29%	31%	11 > 9
	Grade 11	39%	38%	12 > 9
	Grade 12	44%	44%	12 > 10
Race	WnH	34%	34%	11 > 10
	REM	39%	35%	
Sexual Orientation	Het/Cis	34%	34%	
	LGBT	44%	38%	

EVER TRIED FLAVORED TOBACCO PRODUCTS

		Rutland	VT	
Overall		23%	21%	Overall Differences: State vs County
Sex	Male	25%	24%	VT and County are Similar
	Female	19%	17%	Within County Differences
Grade	Grade 9	16%	12%	Males > Females
	Grade 10	16%	17%	11 > 9
	Grade 11	26%	24%	12 > 9
	Grade 12	31%	30%	12 > 10
Race	WnH	22%	20%	11 > 10
	REM	25%	21%	LGBT > Het/CIS
Sexual Orientation	Het/Cis	21%	20%	
	LGBT	36%	26%	



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SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER DRANK ALCOHOL				
		Rutland	VT	
Overall		57%	58%	Overall Differences: State vs County
Sex	Male	57%	57%	VT and County are Similar
	Female	57%	58%	Within County Differences
Grade	Grade 9	44%	41%	11 > 9
	Grade 10	53%	54%	12 > 9
	Grade 11	61%	65%	12 > 10
	Grade 12	69%	71%	LGBT > Het/CIS
Race	WnH	57%	58%	
	REM	62%	56%	
Sexual Orientation	Het/Cis	56%	57%	
	LGBT	72%	66%	

DRANK ALCOHOL BEFORE AGE 13 YEARS				
		Rutland	VT	
Overall		14%	14%	Overall Differences: State vs County
Sex	Male	15%	16%	VT and County are Similar
	Female	12%	11%	Within County Differences
Grade	Grade 9	19%	17%	9 > 12
	Grade 10	12%	13%	LGBT > Het/CIS
	Grade 11	15%	13%	
	Grade 12	10%	11%	
Race	WnH	13%	12%	
	REM	19%	21%	
Sexual Orientation	Het/Cis	13%	13%	
	LGBT	24%	20%	

SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER USED MARIJUANA				
		Rutland	VT	
Overall		39%	37%	Overall Differences: State vs County
Sex	Male	39%	37%	VT and County are Similar
	Female	38%	37%	Within County Differences
Grade	Grade 9	26%	23%	10 > 9
	Grade 10	36%	34%	11 > 9
	Grade 11	41%	42%	12 > 9
	Grade 12	50%	50%	12 > 10
Race	WnH	38%	38%	LGBT > Het/CIS
	REM	44%	37%	
Sexual Orientation	Het/Cis	38%	36%	
	LGBT	54%	49%	

TRIED MARIJUANA BEFORE AGE 13 YEARS				
		Rutland	VT	
Overall		6%	6%	Overall Differences: State vs County
Sex	Male	7%	7%	VT and County are Similar
	Female	5%	5%	Within County Differences
Grade	Grade 9	10%	6%	9 > 10
	Grade 10	3%	6%	REM > WnH
	Grade 11	6%	6%	
	Grade 12	5%	5%	
Race	WnH	5%	5%	
	REM	12%	10%	
Sexual Orientation	Het/Cis	5%	5%	
	LGBT	10%	11%	

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SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER MISUSED PRESCRIPTION PAIN MEDICINE

		Rutland	VT	
Overall		9%	8%	Overall Differences: State vs County
Sex	Male	9%	8%	VT and County are Similar
	Female	9%	7%	Within County Differences
Grade	Grade 9	8%	6%	LGBT > Het/CIS
	Grade 10	8%	7%	
	Grade 11	10%	8%	
	Grade 12	9%	9%	
Race	WnH	9%	7%	
	REM	11%	11%	
Sexual Orientation	Het/Cis	8%	7%	
	LGBT	21%	16%	

EVER MISUSED PRESCRIPTION STIMULANTS

		Rutland	VT	
Overall		6%	6%	Overall Differences: State vs County
Sex	Male	6%	7%	VT and County are Similar
	Female	5%	6%	Within County Differences
Grade	Grade 9	4%	4%	LGBT > Het/CIS
	Grade 10	4%	6%	
	Grade 11	7%	6%	
	Grade 12	7%	9%	
Race	WnH	5%	6%	
	REM	6%	10%	
Sexual Orientation	Het/Cis	4%	5%	
	LGBT	15%	12%	

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SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER USED COCAINE				
		Rutland	VT	
Overall		4%	4%	Overall Differences: State vs County
Sex	Male	5%	5%	VT and County are Similar
	Female	2%	3%	Within County Differences
Grade	Grade 9	.	2%	Too few students in at least one grade  REM > WnH
	Grade 10	2%	3%	
	Grade 11	5%	4%	
	Grade 12	5%	6%	
Race	WnH	3%	3%	
	REM	8%	8%	
Sexual Orientation	Het/Cis	3%	3%	
	LGBT	6%	9%	

EVER USED INHALANTS				
		Rutland	VT	
Overall		6%	6%	Overall Differences: State vs County
Sex	Male	6%	6%	VT and County are Similar
	Female	6%	6%	Within County Differences
Grade	Grade 9	6%	6%	LGBT > Het/CIS
	Grade 10	5%	6%	
	Grade 11	7%	6%	
	Grade 12	6%	6%	
Race	WnH	5%	5%	
	REM	10%	10%	
Sexual Orientation	Het/Cis	5%	5%	
	LGBT	18%	16%	

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SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER USED HEROIN				
		Rutland	VT	
Overall		2%	2%	Overall Differences: State vs County
Sex	Male	3%	3%	VT and County are Similar
	Female	1%	1%	Within County Differences
Grade	Grade 9	.	1%	10 > 9
	Grade 10	1%	2%	11 > 9
	Grade 11	2%	2%	12 > 9
	Grade 12	3%	2%	REM > WnH
Race	WnH	1%	1%	
	REM	5%	5%	
Sexual Orientation	Het/Cis	1%	1%	
	LGBT	4%	5%	

EVER USED METHAMPHETAMINES				
		Rutland	VT	
Overall		2%	2%	Overall Differences: State vs County
Sex	Male	3%	3%	VT and County are Similar
	Female	1%	1%	Within County Differences
Grade	Grade 9	.	1%	10 > 9
	Grade 10	2%	2%	11 > 9
	Grade 11	2%	2%	12 > 9
	Grade 12	2%	3%	Too few students by sexual orientation
Race	WnH	1%	1%	
	REM	4%	6%	
Sexual Orientation	Het/Cis	2%	2%	
	LGBT	.	5%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

USED ANY TOBACCO PRODUCTS DURING THE PAST YEAR

		Rutland	VT	
Overall		24%	24%	Overall Differences: State vs County
Sex	Male	30%	28%	VT and County are Similar
	Female	18%	18%	
				Within County Differences
Grade	Grade 9	17%	14%	Males > Females
	Grade 10	19%	20%	
	Grade 11	27%	26%	
	Grade 12	33%	33%	
Race	WnH	23%	26%	REM > WnH
	REM	32%	23%	
Sexual Orientation	Het/Cis	23%	23%	LGBT > Het/CIS
	LGBT	40%	31%	

SMOKED CIGARETTES OR CIGARS OR USED SMOKELESS TOBACCO OR ELECTRONIC VAPOR PRODUCTS, PAST 30 DAYS

		Rutland	VT	
Overall		20%	19%	Overall Differences: State vs County
Sex	Male	24%	23%	VT and County are Similar
	Female	15%	14%	
				Within County Differences
Grade	Grade 9	13%	11%	Males > Females
	Grade 10	15%	16%	
	Grade 11	22%	22%	
	Grade 12	28%	28%	
Race	WnH	19%	19%	LGBT > Het/CIS
	REM	23%	20%	
Sexual Orientation	Het/Cis	18%	18%	LGBT > Het/CIS
	LGBT	35%	25%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

SMOKED CIGARETTES OR CIGARS OR USED SMOKELESS  
TOBACCO, PAST 30 DAYS

		Rutland	VT	
Overall		16%	15%	Overall Differences: State vs County
Sex	Male	20%	19%	VT and County are Similar
	Female	12%	11%	
Grade	Grade 9	10%	8%	Within County Differences
	Grade 10	11%	12%	
	Grade 11	19%	17%	
	Grade 12	23%	22%	
Race	WnH	16%	15%	Males > Females
	REM	19%	16%	
Sexual Orientation	Het/Cis	14%	14%	11 > 9
	LGBT	30%	21%	

SMOKED CIGARETTES, PAST 30 DAYS

		Rutland	VT	
Overall		10%	9%	Overall Differences: State vs County
Sex	Male	11%	10%	VT and County are Similar
	Female	8%	8%	
Grade	Grade 9	7%	5%	Within County Differences
	Grade 10	7%	7%	
	Grade 11	11%	11%	
	Grade 12	13%	13%	
Race	WnH	9%	9%	LGBT > Het/CIS
	REM	14%	12%	
Sexual Orientation	Het/Cis	8%	8%	
	LGBT	27%	18%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT SMOKERS: DAYS SMOKED CIGARETTES			
	Rutland	VT	
1 or 2 days	27%	29%	Too few students
3 to 5 days	15%	15%	
6 to 9 days	12%	10%	
10 to 19 days	13%	12%	
20 to 29 days	.	9%	
All 30 days	31%	25%	

AMONG CURRENT SMOKERS: SMOKE CIGARETTES EVERY DAY				
		Rutland	VT	
Overall		31%	25%	Overall Differences: State vs County
Sex	Male	26%	27%	VT and County are Similar
	Female	38%	20%	Within County Differences
Grade	Grade 9	.	24%	Too few students in at least one grade
	Grade 10	.	21%	Too few students by race
	Grade 11	.	23%	Too few students by sexual orientation
	Grade 12	.	26%	
Race	WnH	28%	38%	
	REM	.	21%	
Sexual Orientation	Het/Cis	28%	22%	
	LGBT	.	29%	



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SECTION 4: SUBSTANCE USE  
CURRENT USE

**AMONG CURRENT SMOKERS: NUMBER OF CIGARETTES  
SMOKED ON DAYS SMOKED**

	<b>Rutland</b>	<b>VT</b>	
Less than 1 cigarette	28%	30%	
1 cigarette	19%	19%	
2 to 5 cigarettes	30%	30%	
6 to 10 cigarettes	11%	9%	
11 to 20 cigarettes	8%	4%	
More than 20 cigarettes	4%	8%	

**AMONG CURRENT SMOKERS: USUALLY SMOKED 11 OR MORE  
CIGARETTES ON DAYS SMOKED**

		<b>Rutland</b>	<b>VT</b>	
Overall		12%	12%	Overall Differences: State vs County
Sex	Male	16%	15%	VT and County are Similar
	Female	.	6%	Within County Differences
Grade	Grade 9	.	12%	Too few students by sex
	Grade 10	.	8%	Too few students in at least one grade
	Grade 11	.	10%	Too few students by race
	Grade 12	.	12%	Too few students by sexual orientation
Race	WnH	6%	28%	
	REM	.	7%	
Sexual Orientation	Het/Cis	13%	10%	
	LGBT	.	14%	

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SECTION 4: SUBSTANCE USE  
 CURRENT USE

USED ELECTRONIC VAPOR PRODUCTS, PAST 30 DAYS

		Rutland	VT	
Overall		12%	12%	Overall Differences: State vs County
Sex	Male	15%	14%	VT and County are Similar
	Female	8%	9%	Within County Differences
Grade	Grade 9	9%	7%	Males > Females
	Grade 10	10%	10%	
	Grade 11	14%	13%	
	Grade 12	14%	17%	
Race	WnH	12%	12%	
	REM	13%	13%	
Sexual Orientation	Het/Cis	11%	12%	
	LGBT	17%	16%	

AMONG CURRENT USERS: REASONS FOR ELECTRONIC VAPOR PRODUCT USE

	Rutland	VT	
Friend/family used them	34%	35%	Too few students
To try to quit other tobacco	4%	5%	
Cost less than other tobacco	2%	1%	
Easier to get than other tobacco	.	1%	
Less harmful than other tobacco	9%	8%	
Available in flavors	17%	17%	
Used for some other reason	33%	33%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: FREQUENCY OF ELECTRONIC VAPOR PRODUCTS USE		
	Rutland	VT
1 or 2 days	42%	37%
3 to 5 days	19%	19%
6 to 9 days	12%	11%
10 to 19 days	7%	12%
20 to 29 days	7%	7%
All 30 days	13%	15%

AMONG CURRENT USERS: USED ELECTRONIC VAPOR PRODUCTS ON 10+ DAYS				
		Rutland	VT	
Overall		28%	33%	Overall Differences: State vs County
Sex	Male	32%	37%	VT and County are Similar
	Female	.	26%	Within County Differences
Grade	Grade 9	.	29%	Too few students by sex
	Grade 10	.	36%	Too few students in at least one grade
	Grade 11	.	31%	Too few students by race
	Grade 12	.	34%	Too few students by sexual orientation
Race	WnH	23%	44%	
	REM	.	30%	
Sexual Orientation	Het/Cis	27%	32%	
	LGBT	.	37%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: SOURCE OF ELECTRONIC VAPOR  
PRODUCTS, UNDER AGE 18

	Rutland	VT	
Bought them in a store	9%	8%	Too few students
I got them on the Internet	11%	10%	
Someone else bought them	17%	14%	
Borrowed them	43%	38%	
A person 18 or older gave me	8%	11%	
Took them from a store	.	2%	
Some other way	12%	18%	

USED SMOKELESS TOBACCO, PAST 30 DAYS

		Rutland	VT	
Overall		7%	5%	Overall Differences: State vs County
Sex	Male	10%	8%	VT and County are Similar
	Female	3%	2%	
Grade	Grade 9	7%	3%	Within County Differences
	Grade 10	4%	5%	
	Grade 11	8%	6%	
	Grade 12	7%	7%	
Race	WnH	6%	5%	Males > Females
	REM	9%	7%	
Sexual Orientation	Het/Cis	6%	5%	
	LGBT	10%	5%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

**SMOKED CIGARS, CIGARILLOS, OR LITTLE CIGARS, PAST 30 DAYS**

		<b>Rutland</b>	<b>VT</b>	
Overall		11%	9%	Overall Differences: State vs County
Sex	Male	14%	13%	VT and County are Similar
	Female	7%	6%	
				Within County Differences
Grade	Grade 9	4%	4%	Males > Females
	Grade 10	7%	7%	
	Grade 11	13%	10%	
	Grade 12	16%	15%	
Race	WnH	10%	9%	
	REM	13%	10%	
Sexual Orientation	Het/Cis	10%	9%	
	LGBT	15%	12%	

**TRIED TO QUIT USING ALL TOBACCO PRODUCTS, AMONG STUDENTS WHO USED A TOBACCO PRODUCT DURING THE PAST YEAR**

		<b>Rutland</b>	<b>VT</b>	
Overall		31%	33%	Overall Differences: State vs County
Sex	Male	29%	30%	VT and County are Similar
	Female	34%	37%	
				Within County Differences
Grade	Grade 9	37%	33%	Too few students by race
	Grade 10	36%	35%	
	Grade 11	25%	32%	
	Grade 12	30%	32%	
Race	WnH	32%	33%	
	REM	.	33%	
Sexual Orientation	Het/Cis	30%	32%	
	LGBT	.	43%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

**DRANK ALCOHOL, PAST 30 DAYS**

		Rutland	VT	
Overall		32%	33%	Overall Differences: State vs County
Sex	Male	30%	32%	VT and County are Similar
	Female	34%	34%	Within County Differences
Grade	Grade 9	22%	20%	10 > 9
	Grade 10	32%	30%	11 > 9
	Grade 11	32%	36%	12 > 9
	Grade 12	42%	46%	12 > 10
Race	WnH	33%	34%	LGBT > Het/CIS
	REM	33%	29%	
Sexual Orientation	Het/Cis	32%	33%	
	LGBT	44%	37%	

**BINGE DRANK, PAST 30 DAYS**

		Rutland	VT	
Overall		16%	17%	Overall Differences: State vs County
Sex	Male	16%	17%	VT and County are Similar
	Female	16%	17%	Within County Differences
Grade	Grade 9	9%	8%	11 > 9
	Grade 10	15%	14%	12 > 9
	Grade 11	17%	19%	12 > 10
	Grade 12	24%	27%	
Race	WnH	16%	17%	
	REM	19%	16%	
Sexual Orientation	Het/Cis	16%	17%	
	LGBT	23%	18%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: FREQUENCY OF DRINKING

	Rutland	VT	
1 or 2 days	52%	49%	
3 to 5 days	26%	26%	
6 to 9 days	11%	13%	
10 to 19 days	6%	7%	
20 to 29 days	3%	2%	
All 30 days	3%	3%	

AMONG CURRENT USERS: DRANK ON 10+ DAYS

		Rutland	VT	
Overall		11%	12%	Overall Differences: State vs County
Sex	Male	13%	15%	VT and County are Similar
	Female	10%	9%	Within County Differences
Grade	Grade 9	11%	11%	Too few students in at least one grade
	Grade 10	.	11%	Too few students by sexual orientation
	Grade 11	12%	12%	
	Grade 12	16%	13%	
Race	WnH	11%	22%	
	REM	14%	10%	
Sexual Orientation	Het/Cis	10%	11%	
	LGBT	.	18%	

SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: LARGEST AMOUNT OF ALCOHOL CONSUMED		
	Rutland	VT
1 or 2 drinks	35%	35%
3 drinks	7%	6%
4 drinks	7%	8%
5 drinks	15%	13%
6 or 7 drinks	17%	15%
8 or 9 drinks	6%	8%
10 or more drinks	14%	14%

AMONG CURRENT USERS: BINGE DRANK (4+ females; 5+ males)				
		Rutland	VT	
Overall		58%	57%	Overall Differences: State vs County
Sex	Male	62%	59%	VT and County are Similar
	Female	54%	55%	Within County Differences
Grade	Grade 9	52%	46%	Too few students by race
	Grade 10	52%	53%	Too few students by sexual orientation
	Grade 11	59%	57%	
	Grade 12	63%	63%	
Race	WnH	57%	61%	
	REM	.	56%	
Sexual Orientation	Het/Cis	57%	57%	
	LGBT	.	55%	



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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: ALCOHOL SOURCE

	Rutland	VT	
Bought in store	2%	3%	
Bought in restaurant	.	2%	Too few students
Bought at public event	.	0%	Too few students
I gave someone money to buy	27%	23%	
Someone gave it to me	44%	40%	
Took from store/family	10%	12%	
Some other way	17%	20%	

USED MARIJUANA, PAST 30 DAYS

		Rutland	VT	
Overall		27%	24%	Overall Differences: State vs County
Sex	Male	27%	24%	County > VT
	Female	26%	23%	Within County Differences
Grade	Grade 9	17%	15%	11 > 9
	Grade 10	25%	22%	12 > 9
	Grade 11	29%	25%	LGBT > Het/CIS
	Grade 12	34%	32%	
Race	WnH	26%	23%	
	REM	30%	24%	
Sexual Orientation	Het/Cis	25%	23%	
	LGBT	40%	33%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: FREQUENCY OF MARIJUANA  
USE

	Rutland	VT
1 or 2 times	29%	34%
3 to 9 times	28%	25%
10 to 19 times	11%	12%
20 to 39 times	12%	10%
40 or more times	20%	20%

AMONG CURRENT USERS: USED MARIJUANA 10+ TIMES

		Rutland	VT	
Overall		43%	41%	Overall Differences: State vs County
Sex	Male	48%	47%	VT and County are Similar
	Female	38%	35%	Within County Differences
Grade	Grade 9	39%	37%	Too few students by sexual orientation
	Grade 10	38%	40%	
	Grade 11	42%	41%	
	Grade 12	49%	43%	
Race	WnH	40%	53%	
	REM	56%	39%	
Sexual Orientation	Het/Cis	42%	40%	
	LGBT	.	49%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: PRIMARY WAY MARIJUANA USED

	Rutland	VT	
Smoked it	92%	91%	Too few students
Ate in food	2%	4%	
Drank in tea or other drink	.	1%	
Vaporized	1%	2%	
Some other way	3%	2%	

MISUSED A PRESCRIPTION DRUG, PAST 30 DAYS

		Rutland	VT	
Overall		6%	5%	Overall Differences: State vs County
Sex	Male	7%	6%	VT and County are Similar
	Female	4%	5%	Within County Differences
Grade	Grade 9	5%	4%	LGBT > Het/CIS
	Grade 10	5%	5%	
	Grade 11	7%	5%	
	Grade 12	7%	7%	
Race	WnH	5%	5%	
	REM	8%	9%	
Sexual Orientation	Het/Cis	5%	5%	
	LGBT	12%	11%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

**WERE OFFERED, SOLD, OR GIVEN AN ILLEGAL DRUG AT  
SCHOOL, PAST YEAR**

		<b>Rutland</b>	<b>VT</b>	
Overall		14%	15%	Overall Differences: State vs County
Sex	Male	17%	17%	VT and County are Similar
	Female	11%	13%	
				Within County Differences
Grade	Grade 9	14%	14%	Males > Females  LGBT > Het/CIS
	Grade 10	15%	16%	
	Grade 11	17%	16%	
	Grade 12	11%	14%	
Race	WnH	13%	15%	
	REM	19%	17%	
Sexual Orientation	Het/Cis	14%	14%	
	LGBT	22%	23%	

**ATTENDED SCHOOL UNDER THE INFLUENCE OF DRUGS OR  
ALCOHOL, PAST YEAR**

		<b>Rutland</b>	<b>VT</b>	
Overall		15%	13%	Overall Differences: State vs County
Sex	Male	17%	14%	VT and County are Similar
	Female	13%	12%	
				Within County Differences
Grade	Grade 9	9%	9%	11 > 9  12 > 9  12 > 10  LGBT > Het/CIS
	Grade 10	12%	12%	
	Grade 11	17%	14%	
	Grade 12	21%	18%	
Race	WnH	14%	13%	
	REM	20%	16%	
Sexual Orientation	Het/Cis	14%	12%	
	LGBT	27%	23%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

**THINK THAT IT IS VERY LIKELY OR LIKELY THAT POLICE  
WOULD BREAK UP A PARTY WHERE PEOPLE THEIR AGE  
WERE DRINKING ALCOHOL**

		Rutland	VT	
Overall		26%	25%	Overall Differences: State vs County
Sex	Male	26%	25%	VT and County are Similar
	Female	26%	24%	Within County Differences
Grade	Grade 9	31%	32%	9 > 12
	Grade 10	30%	26%	10 > 12
	Grade 11	25%	21%	
	Grade 12	19%	20%	
Race	WnH	25%	23%	
	REM	29%	31%	
Sexual Orientation	Het/Cis	25%	25%	
	LGBT	29%	25%	

**THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR  
AGE TO SMOKE CIGARETTES**

		Rutland	VT	
Overall		83%	84%	Overall Differences: State vs County
Sex	Male	79%	82%	VT and County are Similar
	Female	86%	86%	Within County Differences
Grade	Grade 9	89%	90%	Females > Males
	Grade 10	90%	88%	9 > 12
	Grade 11	82%	83%	10 > 12
	Grade 12	72%	75%	10 > 11
Race	WnH	83%	85%	11 > 12
	REM	82%	81%	Het/CIS > LGBT
Sexual Orientation	Het/Cis	84%	85%	
	LGBT	69%	74%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR  
AGE TO DRINK ALCOHOL

		Rutland	VT	
Overall		55%	54%	Overall Differences: State vs County
Sex	Male	57%	55%	VT and County are Similar
	Female	54%	54%	Within County Differences
Grade	Grade 9	72%	71%	9 > 10
	Grade 10	59%	59%	9 > 11
	Grade 11	50%	48%	9 > 12
	Grade 12	42%	39%	10 > 12
Race	WnH	55%	54%	
	REM	58%	58%	
Sexual Orientation	Het/Cis	56%	54%	
	LGBT	49%	51%	

THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR  
AGE TO USE MARIJUANA

		Rutland	VT	
Overall		56%	55%	Overall Differences: State vs County
Sex	Male	57%	56%	VT and County are Similar
	Female	56%	55%	Within County Differences
Grade	Grade 9	70%	69%	9 > 11
	Grade 10	62%	60%	9 > 12
	Grade 11	52%	51%	10 > 12
	Grade 12	43%	42%	Het/CIS > LGBT
Race	WnH	56%	55%	
	REM	54%	58%	
Sexual Orientation	Het/Cis	58%	57%	
	LGBT	38%	40%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

**THINK THEIR PARENTS OR GUARDIANS FEEL IT WOULD BE  
WRONG OR VERY WRONG FOR THEM TO SMOKE  
CIGARETTES**

		<b>Rutland</b>	<b>VT</b>	
Overall		90%	91%	Overall Differences: State vs County
Sex	Male	89%	90%	VT and County are Similar
	Female	92%	93%	
Grade	Grade 9	92%	94%	Within County Differences
	Grade 10	95%	94%	
	Grade 11	90%	91%	
	Grade 12	85%	87%	
Race	WnH	91%	92%	Het/CIS > LGBT
	REM	88%	87%	
Sexual Orientation	Het/Cis	91%	92%	
	LGBT	80%	86%	

**THINK THEIR PARENTS OR GUARDIANS FEEL IT WOULD BE  
WRONG OR VERY WRONG FOR THEM TO DRINK ALCOHOL**

		<b>Rutland</b>	<b>VT</b>	
Overall		65%	66%	Overall Differences: State vs County
Sex	Male	63%	64%	VT and County are Similar
	Female	67%	67%	
Grade	Grade 9	76%	78%	Within County Differences
	Grade 10	68%	71%	
	Grade 11	64%	63%	
	Grade 12	53%	50%	
Race	WnH	65%	65%	Het/CIS > LGBT
	REM	67%	67%	
Sexual Orientation	Het/Cis	66%	66%	
	LGBT	52%	60%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

**THINK THEIR PARENTS OR GUARDIANS FEEL IT WOULD BE  
WRONG OR VERY WRONG FOR THEM TO USE MARIJUANA**

		<b>Rutland</b>	<b>VT</b>	
Overall		76%	76%	Overall Differences: State vs County
Sex	Male	73%	75%	VT and County are Similar
	Female	78%	77%	Within County Differences
Grade	Grade 9	83%	83%	9 > 12
	Grade 10	77%	79%	Het/CIS > LGBT
	Grade 11	75%	75%	
	Grade 12	69%	69%	
Race	WnH	76%	76%	
	REM	73%	75%	
Sexual Orientation	Het/Cis	78%	78%	
	LGBT	55%	63%	



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SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

**PERCEIVED RISK OF HARM FROM SMOKING A PACK  
OF CIGARETTES DAILY**

	<b>Rutland</b>	<b>VT</b>	
No risk	6%	5%	
Slight risk	10%	9%	
Moderate risk	19%	18%	
Great risk	66%	68%	

**THINK PEOPLE GREATLY RISK HARMING THEMSELVES IF  
THEY SMOKE ONE OR MORE PACKS OF CIGARETTES PER  
DAY**

		<b>Rutland</b>	<b>VT</b>	
Overall		66%	68%	Overall Differences: State vs County
Sex	Male	63%	66%	VT and County are Similar
	Female	69%	70%	Within County Differences
Grade	Grade 9	63%	64%	
	Grade 10	64%	68%	
	Grade 11	66%	68%	
	Grade 12	72%	72%	
Race	WnH	68%	69%	
	REM	60%	62%	
Sexual Orientation	Het/Cis	66%	68%	
	LGBT	67%	68%	

SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

PERCEIVED RISK OF HARM FROM BINGE DRINKING EACH WEEK			
	Rutland	VT	
No risk	7%	6%	
Slight risk	19%	19%	
Moderate risk	37%	39%	
Great risk	37%	36%	

THINK PEOPLE GREATLY RISK HARMING THEMSELVES IF THEY HAVE FIVE OR MORE DRINKS OF ALCOHOL ONCE OR TWICE EACH WEEKEND				
		Rutland	VT	
Overall		37%	36%	Overall Differences: State vs County
Sex	Male	32%	32%	VT and County are Similar
	Female	41%	41%	Within County Differences
Grade	Grade 9	39%	38%	Females > Males
	Grade 10	37%	39%	
	Grade 11	33%	35%	
	Grade 12	38%	32%	
Race	WnH	37%	35%	
	REM	36%	39%	
Sexual Orientation	Het/Cis	37%	35%	
	LGBT	36%	38%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

PERCEIVED RISK OF HARM FROM REGULAR MARIJUANA USE		
	Rutland	VT
No risk	22%	21%
Slight risk	29%	29%
Moderate risk	25%	26%
Great risk	24%	24%

THINK PEOPLE GREATLY RISK HARMING THEMSELVES IF THEY USE MARIJUANA REGULARLY				
		Rutland	VT	
Overall		24%	24%	Overall Differences: State vs County
Sex	Male	21%	21%	VT and County are Similar
	Female	27%	28%	Within County Differences
Grade	Grade 9	32%	32%	9 > 11
	Grade 10	29%	26%	9 > 12
	Grade 11	19%	22%	10 > 12
	Grade 12	17%	18%	10 > 11
Race	WnH	24%	23%	Het/CIS > LGBT
	REM	26%	29%	
Sexual Orientation	Het/Cis	25%	25%	
	LGBT	13%	16%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

PERCEIVED ACCESS TO CIGARETTES

	Rutland	VT	
Very hard	25%	24%	
Sort of hard	20%	21%	
Sort of easy	21%	22%	
Very easy	34%	32%	

SAY IF THEY WANTED CIGARETTES IT WOULD BE SORT OF  
EASY OR VERY EASY FOR THEM TO GET

		Rutland	VT	
Overall		56%	55%	Overall Differences: State vs County
Sex	Male	58%	57%	VT and County are Similar
	Female	53%	52%	Within County Differences
Grade	Grade 9	41%	38%	11 > 9
	Grade 10	48%	48%	12 > 9
	Grade 11	58%	57%	12 > 10
	Grade 12	72%	75%	12 > 11
Race	WnH	56%	55%	LGBT > Het/CIS
	REM	54%	54%	
Sexual Orientation	Het/Cis	55%	54%	
	LGBT	69%	61%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

PERCEIVED ACCESS TO ALCOHOL

	Rutland	VT	
Very hard	15%	15%	
Sort of hard	17%	18%	
Sort of easy	29%	31%	
Very easy	38%	37%	

SAY IF THEY WANTED ALCOHOL IT WOULD BE SORT OF EASY  
OR VERY EASY FOR THEM TO GET

		Rutland	VT	
Overall		67%	68%	Overall Differences: State vs County
Sex	Male	67%	67%	VT and County are Similar
	Female	67%	69%	Within County Differences
Grade	Grade 9	59%	58%	11 > 9
	Grade 10	68%	67%	12 > 9
	Grade 11	70%	72%	
	Grade 12	71%	74%	
Race	WnH	67%	69%	
	REM	67%	62%	
Sexual Orientation	Het/Cis	67%	68%	
	LGBT	77%	73%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS OF USE

PERCEIVED ACCESS TO MARIJUANA

	Rutland	VT	
Very hard	25%	27%	
Sort of hard	14%	15%	
Sort of easy	21%	22%	
Very easy	40%	37%	

SAY IF THEY WANTED MARIJUANA IT WOULD BE SORT OF  
EASY OR VERY EASY FOR THEM TO GET

		Rutland	VT	
Overall		61%	58%	Overall Differences: State vs County
Sex	Male	61%	59%	VT and County are Similar
	Female	59%	57%	Within County Differences
Grade	Grade 9	47%	43%	10 > 9
	Grade 10	57%	56%	11 > 9
	Grade 11	69%	65%	12 > 9
	Grade 12	69%	69%	12 > 10
Race	WnH	60%	59%	11 > 10
	REM	62%	54%	
Sexual Orientation	Het/Cis	61%	58%	
	LGBT	66%	66%	

SECTION 5: SEXUAL HEALTH  
LIFETIME SEXUAL ACTIVITY

LIFETIME SEXUAL CONTACTS: MALES			
	Rutland	VT	
Never had sexual contact	42%	42%	
Females	52%	54%	
Males	2%	2%	
Females and males	3%	2%	

LIFETIME SEXUAL CONTACTS: FEMALES			
	Rutland	VT	
Never had sexual contact	41%	43%	
Females	2%	2%	
Males	51%	48%	
Females and males	7%	7%	

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SECTION 5: SEXUAL HEALTH  
LIFETIME SEXUAL ACTIVITY

EVER HAD SEXUAL INTERCOURSE				
		Rutland	VT	
Overall		43%	40%	Overall Differences: State vs County
Sex	Male	43%	40%	VT and County are Similar
	Female	43%	40%	Within County Differences
Grade	Grade 9	27%	19%	10 > 9
	Grade 10	36%	33%	11 > 9
	Grade 11	49%	48%	12 > 9
	Grade 12	59%	61%	12 > 10
Race	WnH	43%	40%	11 > 10
	REM	44%	39%	LGBT > Het/CIS
Sexual Orientation	Het/Cis	42%	40%	
	LGBT	58%	47%	

HAVE HAD 4+ LIFETIME PARTNERS				
		Rutland	VT	
Overall		9%	9%	Overall Differences: State vs County
Sex	Male	10%	9%	VT and County are Similar
	Female	9%	8%	Within County Differences
Grade	Grade 9	6%	3%	12 > 9
	Grade 10	6%	6%	12 > 10
	Grade 11	10%	10%	REM > WnH
	Grade 12	14%	16%	LGBT > Het/CIS
Race	WnH	8%	8%	
	REM	15%	12%	
Sexual Orientation	Het/Cis	8%	8%	
	LGBT	19%	15%	



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SECTION 5: SEXUAL HEALTH  
LIFETIME SEXUAL ACTIVITY

EVER HAD ORAL SEX				
		Rutland	VT	
Overall		46%	42%	Overall Differences: State vs County
Sex	Male	45%	42%	County > VT
	Female	45%	42%	Within County Differences
Grade	Grade 9	30%	23%	11 > 9
	Grade 10	39%	37%	12 > 9
	Grade 11	51%	49%	12 > 10
	Grade 12	62%	60%	11 > 10
Race	WnH	46%	43%	12 > 11
	REM	44%	40%	LGBT > Het/CIS
Sexual Orientation	Het/Cis	45%	42%	
	LGBT	61%	52%	

WERE EVER TESTED FOR HUMAN IMMUNODEFICIENCY VIRUS (HIV)				
		Rutland	VT	
Overall		10%	10%	Overall Differences: State vs County
Sex	Male	9%	9%	VT and County are Similar
	Female	11%	12%	Within County Differences
Grade	Grade 9	8%	7%	
	Grade 10	9%	9%	
	Grade 11	13%	12%	
	Grade 12	11%	14%	
Race	WnH	10%	10%	
	REM	11%	13%	
Sexual Orientation	Het/Cis	10%	10%	
	LGBT	14%	15%	

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SECTION 5: SEXUAL HEALTH  
CURRENT SEXUAL ACTIVITY

**HAD SEXUAL INTERCOURSE DURING THE PAST 3 MONTHS**

		Rutland	VT	
Overall		32%	31%	Overall Differences: State vs County
Sex	Male	29%	29%	VT and County are Similar
	Female	34%	32%	Within County Differences
Grade	Grade 9	20%	13%	11 > 9
	Grade 10	25%	24%	12 > 9
	Grade 11	38%	37%	12 > 10
	Grade 12	43%	48%	11 > 10
Race	WnH	32%	31%	
	REM	33%	29%	
Sexual Orientation	Het/Cis	31%	31%	
	LGBT	40%	34%	

**USED ALCOHOL OR DRUGS PRIOR TO LAST INTERCOURSE,  
AMONG CURRENTLY SEXUALLY ACTIVE STUDENTS**

		Rutland	VT	
Overall		20%	20%	Overall Differences: State vs County
Sex	Male	20%	22%	VT and County are Similar
	Female	20%	17%	Within County Differences
Grade	Grade 9	32%	24%	Too few students by sexual orientation
	Grade 10	21%	22%	
	Grade 11	16%	18%	
	Grade 12	16%	19%	
Race	WnH	18%	18%	
	REM	30%	29%	
Sexual Orientation	Het/Cis	17%	18%	
	LGBT	.	31%	

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SECTION 5: SEXUAL HEALTH  
CURRENT SEXUAL ACTIVITY

PREGNANCY PREVENTION METHODS USED, AMONG  
CURRENTLY SEXUALLY ACTIVE STUDENTS

	Rutland	VT
No method was used	9%	7%
Birth control pills	29%	32%
Condoms	37%	35%
IUD or implant	13%	13%
Shot/patch/birth control ring	4%	5%
Withdrawal/other method	6%	5%
Not sure	3%	2%

USED PRESCRIPTION BIRTH CONTROL (PILLS; AN IUD OR  
IMPLANT; OR A SHOT, PATCH, OR BIRTH CONTROL RING),  
AMONG CURRENTLY SEXUALLY ACTIVE STUDENTS

		Rutland	VT	
Overall		45%	50%	Overall Differences: State vs County
Sex	Male	38%	40%	VT and County are Similar
	Female	53%	60%	Within County Differences
Grade	Grade 9	29%	29%	Females > Males
	Grade 10	36%	44%	11 > 9
	Grade 11	50%	51%	12 > 9
	Grade 12	54%	59%	WnH > REM
Race	WnH	50%	53%	Too few students by sexual orientation
	REM	22%	36%	
Sexual Orientation	Het/Cis	50%	52%	
	LGBT	.	39%	

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SECTION 5: SEXUAL HEALTH  
CURRENT SEXUAL ACTIVITY

CONDOM USE, AMONG CURRENTLY SEXUALLY ACTIVE STUDENTS

		Rutland	VT	
Overall		56%	56%	Overall Differences: State vs County
Sex	Male	66%	61%	VT and County are Similar
	Female	49%	52%	
				Within County Differences
Grade	Grade 9	67%	64%	Males > Females  Too few students by sexual orientation
	Grade 10	59%	61%	
	Grade 11	56%	58%	
	Grade 12	51%	51%	
Race	WnH	56%	57%	
	REM	52%	54%	
Sexual Orientation	Het/Cis	57%	58%	
	LGBT	.	45%	

USED BOTH A CONDOM AND PRESCRIPTION BIRTH CONTROL TO PREVENT PREGNANCY AT LAST SEXUAL INTERCOURSE, AMONG CURRENTLY SEXUALLY ACTIVE STUDENTS

		Rutland	VT	
Overall		18%	19%	Overall Differences: State vs County
Sex	Male	18%	15%	VT and County are Similar
	Female	18%	22%	
				Within County Differences
Grade	Grade 9	14%	12%	Too few students by sexual orientation
	Grade 10	16%	19%	
	Grade 11	19%	20%	
	Grade 12	19%	20%	
Race	WnH	19%	20%	
	REM	9%	13%	
Sexual Orientation	Het/Cis	19%	20%	
	LGBT	.	13%	

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SECTION 5: SEXUAL HEALTH  
CURRENT SEXUAL ACTIVITY

**DID NOT USE ANY METHOD TO PREVENT PREGNANCY,  
AMONG CURRENTLY SEXUALLY ACTIVE STUDENTS**

		<b>Rutland</b>	<b>VT</b>	
Overall		9%	7%	Overall Differences: State vs County
Sex	Male	9%	8%	VT and County are Similar
	Female	9%	7%	Within County Differences
Grade	Grade 9	12%	12%	Too few students by sexual orientation
	Grade 10	16%	9%	
	Grade 11	6%	6%	
	Grade 12	7%	6%	
Race	WnH	8%	6%	
	REM	19%	13%	
Sexual Orientation	Het/Cis	7%	5%	
	LGBT	.	22%	

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SECTION 6: BMI AND WEIGHT PERCEPTIONS

OVERWEIGHT (BMI BETWEEN THE 85th AND <95th PERCENTILES FOR AGE AND SEX)				
		Rutland	VT	
Overall		17%	14%	Overall Differences: State vs County
Sex	Male	15%	14%	County > VT
	Female	19%	15%	
Grade	Grade 9	16%	14%	Within County Differences
	Grade 10	19%	15%	
	Grade 11	15%	14%	
	Grade 12	17%	13%	
Race	WnH	18%	14%	
	REM	13%	14%	
Sexual Orientation	Het/Cis	16%	14%	
	LGBT	24%	16%	

OBESE (BMI >95th PERCENTILE FOR AGE AND SEX)				
		Rutland	VT	
Overall		16%	13%	Overall Differences: State vs County
Sex	Male	19%	15%	County > VT
	Female	12%	10%	
Grade	Grade 9	13%	12%	Within County Differences
	Grade 10	17%	12%	
	Grade 11	18%	14%	
	Grade 12	15%	13%	
Race	WnH	16%	14%	Males > Females
	REM	16%	12%	
Sexual Orientation	Het/Cis	15%	12%	
	LGBT	23%	19%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 6: BMI AND WEIGHT PERCEPTIONS

PERCEPTIONS OF OWN WEIGHT		
	Rutland	VT
Very underweight	2%	2%
Slightly underweight	11%	12%
About the right weight	54%	56%
Slightly overweight	27%	25%
Very overweight	6%	5%

DESCRIBED THEMSELVES AS SLIGHTLY OR VERY OVERWEIGHT			
		Rutland	VT
Overall		34%	30%
Sex	Male	26%	25%
	Female	42%	36%
Grade	Grade 9	35%	29%
	Grade 10	35%	30%
	Grade 11	31%	30%
	Grade 12	33%	33%
Race	WnH	33%	30%
	REM	37%	30%
Sexual Orientation	Het/Cis	31%	28%
	LGBT	54%	46%

Overall Differences: State vs  
County

County > VT

Within County Differences

Females > Males

LGBT > Het/CIS

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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 HIGH SCHOOL RESULTS

SECTION 6: BMI AND WEIGHT PERCEPTIONS

WHAT ONE IS TRYING TO DO ABOUT WEIGHT			
	Rutland	VT	
Lose weight	46%	42%	County > VT
Gain weight	14%	15%	
Stay the same weight	19%	18%	
Not trying to do anything	20%	25%	VT > County

WERE TRYING TO LOSE WEIGHT				
		Rutland	VT	
Overall		46%	42%	Overall Differences: State vs County
Sex	Male	30%	28%	County > VT
	Female	64%	57%	
Grade	Grade 9	46%	41%	Within County Differences
	Grade 10	46%	42%	
	Grade 11	42%	41%	
	Grade 12	49%	44%	
Race	WnH	47%	42%	Females > Males  LGBT > Het/CIS
	REM	42%	42%	
Sexual Orientation	Het/Cis	44%	40%	
	LGBT	64%	55%	



2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 7: PHYSICAL ACTIVITY AND NUTRITION  
 PHYSICAL ACTIVITY

DAYS PHYSICALLY ACTIVE (60 MIN), PAST WEEK		
	Rutland	VT
0 days	13%	13%
1 day	6%	7%
2 days	9%	9%
3 days	11%	12%
4 days	10%	11%
5 days	15%	14%
6 days	11%	10%
7 days	26%	25%

WERE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY ON ALL 7 DAYS				
		Rutland	VT	
Overall		26%	25%	Overall Differences: State vs County
Sex	Male	32%	33%	VT and County are Similar
	Female	20%	17%	Within County Differences
Grade	Grade 9	26%	27%	Males > Females
	Grade 10	24%	27%	Het/CIS > LGBT
	Grade 11	27%	24%	
	Grade 12	26%	23%	
Race	WnH	26%	25%	
	REM	26%	27%	
Sexual Orientation	Het/Cis	28%	27%	
	LGBT	15%	14%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 7: PHYSICAL ACTIVITY AND NUTRITION  
PHYSICAL ACTIVITY

**WERE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY  
ON 5 OR MORE DAYS, PAST WEEK**

		Rutland	VT	
Overall		52%	49%	Overall Differences: State vs County
Sex	Male	57%	56%	VT and County are Similar
	Female	46%	42%	Within County Differences
Grade	Grade 9	58%	53%	Males > Females
	Grade 10	47%	50%	9 > 10
	Grade 11	52%	47%	Het/CIS > LGBT
	Grade 12	52%	47%	
Race	WnH	53%	50%	
	REM	49%	46%	
Sexual Orientation	Het/Cis	55%	52%	
	LGBT	31%	29%	

**DID NOT PARTICIPATE IN AT LEAST 60 MINUTES OF  
PHYSICAL ACTIVITY ON AT LEAST 1 DAY, PAST WEEK**

		Rutland	VT	
Overall		13%	13%	Overall Differences: State vs County
Sex	Male	12%	11%	VT and County are Similar
	Female	13%	14%	Within County Differences
Grade	Grade 9	9%	10%	LGBT > Het/CIS
	Grade 10	14%	12%	
	Grade 11	15%	14%	
	Grade 12	12%	15%	
Race	WnH	12%	12%	
	REM	17%	17%	
Sexual Orientation	Het/Cis	11%	11%	
	LGBT	20%	23%	

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HIGH SCHOOL RESULTS

SECTION 7: PHYSICAL ACTIVITY AND NUTRITION  
PHYSICAL ACTIVITY

TV, VIDEO OR COMPUTER GAMES, OR COMPUTER USE,  
PAST WEEK

	Rutland	VT	
Do not watch TV	4%	3%	County > VT
Less than 1 hour per day	8%	8%	
1 hour per day	13%	12%	
2 hours per day	21%	23%	
3 hours per day	20%	21%	
4 hours per day	13%	13%	
5 or more hours per day	22%	19%	

WATCHED TV, PLAYED VIDEO OR COMPUTER GAMES, OR  
USED A COMPUTER FOR THREE OR MORE HOURS PER DAY,  
PAST WEEK

		Rutland	VT	
Overall		54%	53%	Overall Differences: State vs County
Sex	Male	58%	53%	VT and County are Similar
	Female	51%	52%	
Grade	Grade 9	56%	53%	LGBT > Het/CIS
	Grade 10	52%	53%	
	Grade 11	50%	51%	
	Grade 12	59%	53%	
Race	WnH	54%	52%	
	REM	59%	57%	
Sexual Orientation	Het/Cis	53%	51%	
	LGBT	69%	67%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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HIGH SCHOOL RESULTS

SECTION 7: PHYSICAL ACTIVITY AND NUTRITION  
NUTRITION

**ATE FRUIT OR DRANK 100% FRUIT JUICES TWO OR MORE  
TIMES PER DAY, PAST WEEK**

		<b>Rutland</b>	<b>VT</b>	
Overall		29%	33%	Overall Differences: State vs County
Sex	Male	31%	32%	VT > County
	Female	27%	33%	Within County Differences
Grade	Grade 9	26%	33%	
	Grade 10	29%	33%	
	Grade 11	28%	32%	
	Grade 12	32%	32%	
Race	WnH	29%	32%	
	REM	32%	35%	
Sexual Orientation	Het/Cis	30%	33%	
	LGBT	26%	29%	

**ATE VEGETABLES THREE OR MORE TIMES PER DAY,  
PAST WEEK**

		<b>Rutland</b>	<b>VT</b>	
Overall		14%	18%	Overall Differences: State vs County
Sex	Male	15%	18%	VT > County
	Female	13%	18%	Within County Differences
Grade	Grade 9	12%	17%	REM > WnH
	Grade 10	15%	18%	
	Grade 11	15%	17%	
	Grade 12	15%	19%	
Race	WnH	13%	17%	
	REM	22%	21%	
Sexual Orientation	Het/Cis	13%	18%	
	LGBT	17%	18%	

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SECTION 7: PHYSICAL ACTIVITY AND NUTRITION  
NUTRITION

SODA CONSUMPTION, PAST WEEK

	Rutland	VT	
Did not drink soda or pop	32%	37%	VT > County
1 to 3 times	42%	40%	County > VT
4 to 6 times	14%	12%	
1 time per day	5%	4%	
2 times per day	3%	3%	
3 times per day	1%	1%	
4 or more times per day	2%	3%	

DRANK A CAN, BOTTLE, OR GLASS OF SODA OR POP ONE OR MORE TIMES PER DAY, PAST WEEK

		Rutland	VT	
Overall		12%	11%	Overall Differences: State vs County
Sex	Male	18%	16%	VT and County are Similar
	Female	5%	6%	Within County Differences
Grade	Grade 9	8%	11%	Males > Females
	Grade 10	14%	11%	10 > 9
	Grade 11	12%	11%	
	Grade 12	12%	12%	
Race	WnH	10%	10%	
	REM	16%	14%	
Sexual Orientation	Het/Cis	11%	11%	
	LGBT	18%	12%	

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SECTION 7: PHYSICAL ACTIVITY AND NUTRITION  
NUTRITION

SUGAR-SWEETENED BEVERAGE CONSUMPTION, PAST WEEK

	Rutland	VT	
Did not drink sugar-sweetened	25%	28%	VT > County
1 to 3 times	45%	44%	County > VT
4 to 6 times	18%	15%	
1 time per day	6%	6%	
2 times per day	3%	3%	
3 times per day	1%	1%	
4 or more times per day	2%	2%	

DRANK A CAN, BOTTLE, OR GLASS OF SUGAR-SWEETENED BEVERAGES ONE OR MORE TIMES PER DAY, PAST WEEK

		Rutland	VT	
Overall		12%	12%	Overall Differences: State vs County
Sex	Male	16%	15%	VT and County are Similar
	Female	8%	9%	Within County Differences
Grade	Grade 9	11%	12%	Males > Females
	Grade 10	11%	12%	
	Grade 11	11%	13%	
	Grade 12	15%	13%	
Race	WnH	12%	12%	
	REM	14%	15%	
Sexual Orientation	Het/Cis	12%	12%	
	LGBT	15%	13%	

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SECTION 7: PHYSICAL ACTIVITY AND NUTRITION  
NUTRITION

WATER CONSUMPTION, PAST WEEK

	Rutland	VT	
Did not drink water	3%	4%	County > VT
1 to 3 times	10%	9%	
4 to 6 times	13%	11%	
1 time per day	9%	9%	
2 times per day	14%	16%	
3 times per day	19%	19%	
4 or more times per day	32%	33%	

DRANK THREE OR MORE GLASSES PER DAY OF WATER,  
PAST WEEK

		Rutland	VT	
Overall		51%	52%	Overall Differences: State vs County
Sex	Male	49%	51%	VT and County are Similar
	Female	52%	53%	Within County Differences
Grade	Grade 9	48%	50%	
	Grade 10	49%	53%	
	Grade 11	49%	51%	
	Grade 12	56%	55%	
Race	WnH	50%	52%	
	REM	52%	50%	
Sexual Orientation	Het/Cis	51%	53%	
	LGBT	49%	49%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 7: PHYSICAL ACTIVITY AND NUTRITION  
NUTRITION

BREAKFAST CONSUMPTION, PAST WEEK			
	Rutland	VT	
0 days	14%	11%	County > VT
1 day	8%	6%	County > VT
2 days	11%	9%	
3 days	12%	10%	
4 days	8%	8%	
5 days	8%	9%	
6 days	6%	7%	
7 days	33%	40%	VT > County

DID NOT EAT BREAKFAST, PAST WEEK				
		Rutland	VT	
Overall		14%	11%	Overall Differences: State vs County
Sex	Male	15%	11%	County > VT
	Female	12%	10%	Within County Differences
Grade	Grade 9	11%	10%	REM > WnH
	Grade 10	14%	11%	
	Grade 11	14%	10%	
	Grade 12	15%	11%	
Race	WnH	12%	10%	
	REM	20%	13%	
Sexual Orientation	Het/Cis	13%	10%	
	LGBT	20%	14%	



2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 8: SOCIAL DETERMINANTS OF HEALTH

WENT HUNGRY BECAUSE THERE WAS NOT ENOUGH FOOD AT HOME, PAST 30 DAYS			
	Rutland	VT	
Never	71%	75%	VT > County
Rarely	17%	15%	County > VT
Sometimes	7%	7%	
Most of the time	2%	2%	
Always	2%	1%	

MOST OF THE TIME OR ALWAYS WENT HUNGRY, PAST 30 DAYS				
		Rutland	VT	
Overall		4%	3%	Overall Differences: State vs County
Sex	Male	5%	3%	County > VT
	Female	3%	2%	Within County Differences
Grade	Grade 9	2%	3%	REM > WnH
	Grade 10	3%	2%	LGBT > Het/CIS
	Grade 11	6%	3%	
	Grade 12	5%	3%	
Race	WnH	3%	2%	
	REM	11%	6%	
Sexual Orientation	Het/Cis	3%	3%	
	LGBT	10%	5%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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HIGH SCHOOL RESULTS

SECTION 8: SOCIAL DETERMINANTS OF HEALTH

**USUALLY DID NOT SLEEP AT THEIR PARENTS HOUSE  
BECAUSE THEY HAD TO LEAVE THEIR HOME, OR THEIR  
PARENT OR GUARDIAN CANNOT AFFORD HOUSING**

		<b>Rutland</b>	<b>VT</b>	
Overall		4%	4%	Overall Differences: State vs County
Sex	Male	5%	4%	VT and County are Similar
	Female	3%	3%	Within County Differences
Grade	Grade 9	2%	3%	12 > 9
	Grade 10	4%	3%	
	Grade 11	4%	4%	
	Grade 12	6%	5%	
Race	WnH	4%	9%	
	REM	7%	3%	
Sexual Orientation	Het/Cis	4%	3%	
	LGBT	8%	7%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
RUTLAND COUNTY REPORT  
HIGH SCHOOL RESULTS

SECTION 9: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

ATE DINNER WITH AT LEAST ONE PARENT, PAST WEEK			
	Rutland	VT	
0 days	9%	9%	VT > County
1 day	3%	4%	
2 days	5%	4%	
3 days	6%	6%	
4 days	8%	8%	
5 days	14%	13%	
6 days	10%	12%	
7 days	44%	44%	

ATE DINNER AT HOME WITH AT LEAST ONE OF THEIR PARENTS ON FOUR OR MORE DAYS, PAST WEEK				
		Rutland	VT	
Overall		76%	77%	Overall Differences: State vs County
Sex	Male	80%	80%	VT and County are Similar
	Female	73%	75%	Within County Differences
Grade	Grade 9	78%	83%	Males > Females
	Grade 10	79%	81%	WnH > REM
	Grade 11	75%	76%	Het/CIS > LGBT
	Grade 12	75%	71%	
Race	WnH	78%	79%	
	REM	69%	70%	
Sexual Orientation	Het/Cis	78%	79%	
	LGBT	58%	65%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
RUTLAND COUNTY REPORT  
HIGH SCHOOL RESULTS

SECTION 9: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

GRADES EARNED IN SCHOOL			
	Rutland	VT	
Mostly A's	41%	46%	VT > County
Mostly B's	42%	39%	
Mostly C's	13%	12%	
Mostly D's	3%	2%	
Mostly F's	0%	1%	

REPORTED THERE IS AT LEAST ONE TEACHER OR OTHER ADULT IN THEIR SCHOOL THAT THEY CAN TALK TO IF THEY HAVE A PROBLEM				
		Rutland	VT	
Overall		81%	80%	Overall Differences: State vs County
Sex	Male	79%	80%	VT and County are Similar
	Female	83%	81%	Within County Differences
Grade	Grade 9	77%	78%	Het/CIS > LGBT
	Grade 10	82%	79%	
	Grade 11	81%	82%	
	Grade 12	85%	83%	
Race	WnH	83%	82%	
	REM	76%	74%	
Sexual Orientation	Het/Cis	83%	81%	
	LGBT	70%	76%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
RUTLAND COUNTY REPORT  
HIGH SCHOOL RESULTS

SECTION 9: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

BELIEVE SCHOOL HAS CLEAR RULES AND CONSEQUENCES FOR BEHAVIORS		
	Rutland	VT
Strongly agree	20%	21%
Agree	42%	44%
Not sure	20%	19%
Disagree	13%	11%
Strongly disagree	6%	5%

STRONGLY AGREE OR AGREE THAT THEIR SCHOOL HAS CLEAR RULES AND CONSEQUENCES FOR BEHAVIOR			
		Rutland	VT
Overall		61%	65%
Sex	Male	67%	69%
	Female	55%	61%
Grade	Grade 9	62%	67%
	Grade 10	61%	65%
	Grade 11	60%	64%
	Grade 12	63%	63%
Race	WnH	63%	65%
	REM	57%	64%
Sexual Orientation	Het/Cis	64%	67%
	LGBT	42%	53%

Overall Differences: State vs County

VT > County

Within County Differences

Males > Females

Het/CIS > LGBT

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 9: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

LIKELIHOOD TO COMPLETE A POST GRADUATION PROGRAM			
	Rutland	VT	
Definitely will not	5%	5%	VT > County
Probably will not	6%	5%	
Probably will	23%	22%	
Definitely will	53%	57%	
Not sure	12%	11%	

PROBABLY OR DEFINITELY WILL COMPLETE A POST HIGH SCHOOL PROGRAM				
		Rutland	VT	
Overall		77%	79%	Overall Differences: State vs County
Sex	Male	72%	75%	VT and County are Similar
	Female	81%	83%	Within County Differences
Grade	Grade 9	69%	74%	Females > Males 12 > 9
	Grade 10	75%	77%	
	Grade 11	78%	81%	
	Grade 12	84%	83%	
Race	WnH	78%	80%	
	REM	73%	72%	
Sexual Orientation	Het/Cis	78%	80%	
	LGBT	73%	74%	

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HIGH SCHOOL RESULTS

SECTION 9: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

**HOURS SPENT IN EXTRACURRICULAR ACTIVITIES,  
TYPICAL WEEK**

	<b>Rutland</b>	<b>VT</b>	
0 hours	34%	33%	VT > County
1 to 4 hours	25%	27%	
5 to 9 hours	15%	17%	
10 to 19 hours	20%	17%	
20 or more hours	7%	6%	

**SPEND 10 OR MORE HOURS PARTICIPATING IN  
AFTERSCHOOL ACTIVITIES, TYPICAL WEEK**

		<b>Rutland</b>	<b>VT</b>	
Overall		27%	24%	Overall Differences: State vs County
Sex	Male	27%	24%	County > VT
	Female	26%	24%	Within County Differences
Grade	Grade 9	20%	21%	12 > 9
	Grade 10	28%	23%	WnH > REM
	Grade 11	27%	24%	Het/CIS > LGBT
	Grade 12	31%	26%	
Race	WnH	28%	24%	
	REM	19%	22%	
Sexual Orientation	Het/Cis	28%	25%	
	LGBT	16%	16%	

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SECTION 9: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

MATTER TO PEOPLE IN THEIR COMMUNITY			
	Rutland	VT	
Strongly agree	17%	19%	County > VT
Agree	40%	41%	
Not sure	26%	25%	
Disagree	10%	9%	
Strongly disagree	7%	5%	

STRONGLY AGREE OR AGREE THAT IN THEIR COMMUNITY THEY FEEL LIKE THEY MATTER TO PEOPLE				
		Rutland	VT	
Overall		57%	61%	Overall Differences: State vs County
Sex	Male	60%	65%	VT > County
	Female	54%	57%	Within County Differences
Grade	Grade 9	54%	61%	Het/CIS > LGBT
	Grade 10	57%	60%	
	Grade 11	54%	60%	
	Grade 12	61%	62%	
Race	WnH	58%	62%	
	REM	52%	55%	
Sexual Orientation	Het/Cis	60%	64%	
	LGBT	30%	39%	





# MIDDLE SCHOOL RESULTS

## RUTLAND COUNTY REPORT

<http://www.healthvermont.gov/yrbs>

MIDDLE SCHOOL DEMOGRAPHICS		
	Rutland	VT
Total	1215	16701

		Rutland	VT
Sex	Male	52%	52%
	Female	48%	48%
Grade	6th Grade	14%	24%
	7th Grade	42%	39%
	8th Grade	43%	37%
Race / Ethnicity	White, non-Hispanic (WnH)	83%	81%
	Students of Color (REM)	17%	19%
Sexual Orientation	Heterosexual (Het)	92%	93%
	Lesbian, Gay, or Bisexual (LGB)	8%	7%

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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MIDDLE SCHOOL RESULTS

SECTION 2: PERSONAL SAFETY  
VIOLENCE AND BULLYING

WERE EVER IN A PHYSICAL FIGHT

		Rutland	VT	
Overall		44%	42%	Overall Differences: State vs County
Sex	Male	56%	56%	VT and County are Similar
	Female	29%	27%	Within County Differences
Grade	Grade 6	35%	40%	Males > Females
	Grade 7	45%	43%	REM > WnH
	Grade 8	45%	43%	
Race	WnH	42%	40%	
	REM	53%	54%	
Sexual Orientation	Het	45%	43%	
	LGB	48%	58%	

WERE EVER BULLIED ON SCHOOL PROPERTY

		Rutland	VT	
Overall		47%	44%	Overall Differences: State vs County
Sex	Male	40%	39%	VT and County are Similar
	Female	53%	50%	Within County Differences
Grade	Grade 6	45%	44%	Females > Males
	Grade 7	46%	45%	LGB > Heterosexual
	Grade 8	48%	44%	
Race	WnH	46%	43%	
	REM	51%	48%	
Sexual Orientation	Het	45%	42%	
	LGB	68%	73%	

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MIDDLE SCHOOL RESULTS

SECTION 2: PERSONAL SAFETY  
VIOLENCE AND BULLYING

WERE EVER ELECTRONICALLY BULLIED

		Rutland	VT	
Overall		29%	24%	Overall Differences: State vs County
Sex	Male	18%	16%	County > VT
	Female	40%	33%	Within County Differences
Grade	Grade 6	21%	18%	Females > Males
	Grade 7	28%	24%	LGB > Heterosexual
	Grade 8	32%	28%	
Race	WnH	28%	24%	
	REM	37%	29%	
Sexual Orientation	Het	28%	23%	
	LGB	62%	55%	

WERE BULLIED, PAST 30 DAYS

		Rutland	VT	
Overall		25%	22%	Overall Differences: State vs County
Sex	Male	19%	17%	County > VT
	Female	32%	26%	Within County Differences
Grade	Grade 6	28%	22%	Females > Males
	Grade 7	24%	22%	LGB > Heterosexual
	Grade 8	25%	21%	
Race	WnH	24%	20%	
	REM	31%	26%	
Sexual Orientation	Het	22%	19%	
	LGB	48%	47%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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MIDDLE SCHOOL RESULTS

SECTION 2: PERSONAL SAFETY  
VIOLENCE AND BULLYING

**BULLIED SOMEONE ELSE, PAST 30 DAYS**

		Rutland	VT	Overall Differences: State vs County
Overall		10%	8%	VT and County are Similar
Sex	Male	10%	8%	
	Female	9%	8%	Within County Differences
Grade	Grade 6	7%	7%	
	Grade 7	11%	8%	
	Grade 8	9%	9%	
Race	WnH	9%	7%	
	REM	13%	11%	
Sexual Orientation	Het	10%	8%	LGB > Heterosexual
	LGB	13%	15%	

**DID NOT GO TO SCHOOL BECAUSE THEY FELT UNSAFE AT SCHOOL OR ON THEIR WAY TO OR FROM SCHOOL, PAST 30 DAYS**

		Rutland	VT	Overall Differences: State vs County
Overall		10%	8%	VT and County are Similar
Sex	Male	8%	7%	
	Female	12%	10%	Within County Differences
Grade	Grade 6	11%	8%	
	Grade 7	9%	8%	
	Grade 8	11%	9%	
Race	WnH	9%	7%	
	REM	14%	12%	
Sexual Orientation	Het	8%	7%	LGB > Heterosexual
	LGB	21%	23%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 2: PERSONAL SAFETY  
CAR SAFETY

SEATBELT USE			
	Rutland	VT	
Never	2%	1%	County > VT
Rarely	2%	1%	County > VT
Sometimes	4%	3%	
Most of the time	21%	18%	County > VT
Always	71%	76%	VT > County

RARELY OR NEVER WEAR A SEAT BELT				
		Rutland	VT	
Overall		4%	2%	Overall Differences: State vs County
Sex	Male	5%	3%	County > VT
	Female	3%	2%	Within County Differences
Grade	Grade 6	.	1%	Too few students in at least one grade
	Grade 7	4%	2%	REM > WnH
	Grade 8	4%	3%	LGB > Heterosexual
Race	WnH	3%	2%	
	REM	8%	5%	
Sexual Orientation	Het	4%	2%	
	LGB	14%	4%	

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SECTION 2: PERSONAL SAFETY  
CAR SAFETY

EVER RODE WITH A DRIVER WHO HAD BEEN DRINKING  
ALCOHOL

		Rutland	VT	
Overall		25%	22%	Overall Differences: State vs County
Sex	Male	22%	20%	VT and County are Similar
	Female	27%	24%	Within County Differences
Grade	Grade 6	15%	15%	7 > 6
	Grade 7	26%	21%	8 > 6
	Grade 8	26%	27%	LGB > Heterosexual
Race	WnH	24%	22%	
	REM	31%	24%	
Sexual Orientation	Het	25%	22%	
	LGB	38%	34%	

EVER RODE WITH A DRIVER WHO HAD BEEN USING  
MARIJUANA

		Rutland	VT	
Overall		12%	9%	Overall Differences: State vs County
Sex	Male	12%	7%	County > VT
	Female	12%	10%	Within County Differences
Grade	Grade 6	5%	5%	7 > 6
	Grade 7	12%	8%	8 > 6
	Grade 8	14%	12%	REM > WnH
Race	WnH	11%	8%	LGB > Heterosexual
	REM	22%	14%	
Sexual Orientation	Het	12%	8%	
	LGB	25%	23%	



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SECTION 2: PERSONAL SAFETY  
INJURY PREVENTION

HELMET USE WHEN RIDING A BICYCLE

	Rutland	VT	
Never wear a helmet	26%	16%	County > VT
Rarely wear a helmet	19%	15%	County > VT
Sometimes wear a helmet	16%	15%	
Most of the time wear a helmet	20%	25%	VT > County
Always wear a helmet	20%	28%	VT > County

RARELY OR NEVER WEAR A BICYCLE HELMET

		Rutland	VT	
Overall		44%	31%	Overall Differences: State vs County
Sex	Male	49%	33%	County > VT
	Female	40%	29%	Within County Differences
Grade	Grade 6	32%	24%	Males > Females
	Grade 7	41%	30%	8 > 6
	Grade 8	52%	37%	8 > 7
Race	WnH	41%	28%	REM > WnH
	REM	60%	42%	
Sexual Orientation	Het	46%	32%	
	LGB	51%	42%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 2: PERSONAL SAFETY  
 INJURY PREVENTION

HELMET USE WHEN SKIING OR SNOWBOARDING			
	Rutland	VT	
Never wear a helmet	10%	5%	County > VT
Rarely wear a helmet	3%	2%	
Sometimes wear a helmet	4%	2%	
Most of the time wear a helmet	8%	7%	
Always wear a helmet	75%	83%	VT > County

RARELY OR NEVER WEAR A HELMET WHEN SKIING OR SNOWBOARDING				
		Rutland	VT	
Overall		13%	7%	Overall Differences: State vs County
Sex	Male	16%	8%	County > VT
	Female	10%	6%	Within County Differences
Grade	Grade 6	10%	7%	REM > WnH
	Grade 7	12%	8%	Too few students by sexual orientation
	Grade 8	15%	7%	
Race	WnH	11%	6%	
	REM	23%	12%	
Sexual Orientation	Het	13%	7%	
	LGB	.	11%	

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SECTION 2: PERSONAL SAFETY  
INJURY PREVENTION

**HAD A CONCUSSION FROM PLAYING A SPORT OR BEING  
PHYSICALLY ACTIVE**

		<b>Rutland</b>	<b>VT</b>	
Overall		19%	17%	Overall Differences: State vs County
Sex	Male	20%	19%	VT and County are Similar
	Female	17%	16%	Within County Differences
Grade	Grade 6	22%	17%	
	Grade 7	16%	17%	
	Grade 8	19%	18%	
Race	WnH	18%	17%	
	REM	26%	21%	
Sexual Orientation	Het	19%	18%	
	LGB	21%	21%	

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SECTION 2: PERSONAL SAFETY  
TOBACCO EXPOSURE AND PREVENTION

**WERE IN THE SAME ROOM WITH SOMEONE WHO WAS  
SMOKING CIGARETTES, PAST 7 DAYS**

		<b>Rutland</b>	<b>VT</b>	
Overall		32%	26%	Overall Differences: State vs County
Sex	Male	28%	25%	County > VT
	Female	36%	27%	Within County Differences
Grade	Grade 6	25%	21%	LGB > Heterosexual
	Grade 7	33%	27%	
	Grade 8	33%	29%	
Race	WnH	32%	25%	
	REM	39%	32%	
Sexual Orientation	Het	32%	26%	
	LGB	56%	51%	

**WERE IN THE SAME CAR WITH SOMEONE WHO WAS  
SMOKING CIGARETTES, PAST 7 DAYS**

		<b>Rutland</b>	<b>VT</b>	
Overall		25%	19%	Overall Differences: State vs County
Sex	Male	23%	17%	County > VT
	Female	27%	20%	Within County Differences
Grade	Grade 6	17%	15%	REM > WnH  LGB > Heterosexual
	Grade 7	27%	19%	
	Grade 8	25%	20%	
Race	WnH	24%	18%	
	REM	34%	23%	
Sexual Orientation	Het	25%	18%	
	LGB	48%	38%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 2: PERSONAL SAFETY  
 TOBACCO EXPOSURE AND PREVENTION

**SEE TOBACCO ADS WHEN GOING TO A GROCERY  
 STORE, SUPERMARKET, OR CONVENIENCE STORE**

	<b>Rutland</b>	<b>VT</b>	
Never	9%	9%	
Rarely	12%	14%	
Sometimes	26%	27%	
Most of the time	31%	29%	
Always	23%	21%	

**MOST OF THE TIME OR ALWAYS SEE ADS FOR CIGARETTES  
 OR OTHER TOBACCO PRODUCTS**

		<b>Rutland</b>	<b>VT</b>	
Overall		53%	50%	Overall Differences: State vs County
Sex	Male	52%	51%	VT and County are Similar
	Female	54%	49%	
Grade	Grade 6	45%	42%	Within County Differences
	Grade 7	53%	50%	
	Grade 8	57%	56%	
Race	WnH	55%	51%	
	REM	55%	52%	
Sexual Orientation	Het	56%	52%	
	LGB	58%	61%	

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SECTION 2: PERSONAL SAFETY  
TOBACCO EXPOSURE AND PREVENTION

WERE ASKED BY A DOCTOR, DENTIST, OR NURSE IF THEY SMOKED, PAST YEAR				
		Rutland	VT	
Overall		24%	30%	Overall Differences: State vs County
Sex	Male	25%	30%	VT > County
	Female	23%	31%	Within County Differences
Grade	Grade 6	10%	18%	7 > 6
	Grade 7	22%	29%	8 > 6
	Grade 8	31%	40%	8 > 7
Race	WnH	25%	31%	
	REM	22%	34%	
Sexual Orientation	Het	25%	31%	
	LGB	32%	43%	

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MIDDLE SCHOOL RESULTS

SECTION 3: MENTAL HEALTH

**FELT SAD OR HOPELESS, PAST YEAR**

		<b>Rutland</b>	<b>VT</b>	
Overall		25%	19%	Overall Differences: State vs County
Sex	Male	19%	12%	County > VT
	Female	32%	26%	Within County Differences
Grade	Grade 6	22%	16%	Females > Males
	Grade 7	23%	18%	REM > WnH
	Grade 8	29%	22%	LGB > Heterosexual
Race	WnH	24%	18%	
	REM	35%	26%	
Sexual Orientation	Het	23%	16%	
	LGB	65%	63%	

**EVER SERIOUSLY THOUGHT ABOUT KILLING THEMSELVES**

		<b>Rutland</b>	<b>VT</b>	
Overall		22%	18%	Overall Differences: State vs County
Sex	Male	17%	12%	County > VT
	Female	27%	23%	Within County Differences
Grade	Grade 6	17%	13%	Females > Males
	Grade 7	19%	17%	8 > 7
	Grade 8	27%	22%	REM > WnH
Race	WnH	21%	17%	LGB > Heterosexual
	REM	33%	24%	
Sexual Orientation	Het	19%	15%	
	LGB	64%	60%	

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SECTION 3: MENTAL HEALTH

**EVER MADE A PLAN ABOUT HOW THEY WOULD KILL THEMSELVES**

		<b>Rutland</b>	<b>VT</b>	
Overall		16%	12%	Overall Differences: State vs County
Sex	Male	11%	8%	County > VT
	Female	20%	16%	
Grade	Grade 6	9%	7%	Within County Differences
	Grade 7	15%	11%	
	Grade 8	18%	16%	
Race	WnH	15%	11%	LGB > Heterosexual
	REM	23%	18%	
Sexual Orientation	Het	13%	10%	
	LGB	48%	48%	

**EVER ATTEMPTED SUICIDE**

		<b>Rutland</b>	<b>VT</b>	
Overall		7%	6%	Overall Differences: State vs County
Sex	Male	5%	3%	VT and County are Similar
	Female	10%	8%	
Grade	Grade 6	.	3%	Within County Differences
	Grade 7	6%	5%	
	Grade 8	10%	8%	
Race	WnH	7%	5%	LGB > Heterosexual
	REM	14%	10%	
Sexual Orientation	Het	6%	4%	
	LGB	31%	30%	



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MIDDLE SCHOOL RESULTS

SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER SMOKED A WHOLE CIGARETTE

		Rutland	VT	
Overall		10%	7%	Overall Differences: State vs County
Sex	Male	10%	7%	County > VT
	Female	10%	7%	Within County Differences
Grade	Grade 6	3%	4%	8 > 6
	Grade 7	8%	7%	REM > WnH
	Grade 8	13%	10%	LGB > Heterosexual
Race	WnH	9%	6%	
	REM	20%	12%	
Sexual Orientation	Het	10%	7%	
	LGB	23%	23%	

EVER USED AN ELECTRONIC VAPOR PRODUCT

		Rutland	VT	
Overall		13%	9%	Overall Differences: State vs County
Sex	Male	15%	9%	County > VT
	Female	10%	8%	Within County Differences
Grade	Grade 6	3%	3%	8 > 6
	Grade 7	9%	8%	8 > 7
	Grade 8	19%	14%	REM > WnH
Race	WnH	12%	8%	LGB > Heterosexual
	REM	21%	14%	
Sexual Orientation	Het	13%	9%	
	LGB	27%	22%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER USED A FLAVORED TOBACCO PRODUCT

		Rutland	VT	
Overall		7%	5%	Overall Differences: State vs County
Sex	Male	8%	5%	County > VT
	Female	5%	5%	Within County Differences
Grade	Grade 6	.	2%	Too few students in at least one grade
	Grade 7	5%	5%	REM > WnH
	Grade 8	10%	6%	
Race	WnH	5%	4%	
	REM	16%	8%	
Sexual Orientation	Het	7%	4%	
	LGB	11%	14%	

EVER DRANK ALCOHOL

		Rutland	VT	
Overall		23%	19%	Overall Differences: State vs County
Sex	Male	26%	20%	County > VT
	Female	19%	17%	Within County Differences
Grade	Grade 6	10%	10%	8 > 6
	Grade 7	18%	17%	8 > 7
	Grade 8	31%	26%	
Race	WnH	22%	18%	
	REM	30%	24%	
Sexual Orientation	Het	24%	19%	
	LGB	34%	38%	

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
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MIDDLE SCHOOL RESULTS

SECTION 4: SUBSTANCE USE  
LIFETIME USE

EVER USED MARIJUANA				
		Rutland	VT	
Overall		11%	7%	Overall Differences: State vs County
Sex	Male	13%	7%	County > VT
	Female	9%	7%	Within County Differences
Grade	Grade 6	.	2%	Too few students in at least one grade
	Grade 7	7%	6%	REM > WnH
	Grade 8	17%	11%	LGB > Heterosexual
Race	WnH	10%	6%	
	REM	22%	12%	
Sexual Orientation	Het	11%	6%	
	LGB	28%	23%	

EVER USED INHALANTS				
		Rutland	VT	
Overall		6%	4%	Overall Differences: State vs County
Sex	Male	5%	4%	VT and County are Similar
	Female	6%	4%	Within County Differences
Grade	Grade 6	7%	3%	
	Grade 7	5%	4%	
	Grade 8	5%	5%	
Race	WnH	6%	4%	
	REM	8%	7%	
Sexual Orientation	Het	5%	4%	
	LGB	12%	12%	

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SECTION 4: SUBSTANCE USE  
LIFETIME USE

**EVER TOOK PRESCRIPTION PAIN MEDICINE WITHOUT A  
DOCTOR'S PRESCRIPTION OR DIFFERENTLY THAN HOW A  
DOCTOR TOLD THEM TO USE IT**

		Rutland	VT	
Overall		2%	2%	Overall Differences: State vs County
Sex	Male	2%	2%	VT and County are Similar
	Female	2%	3%	Within County Differences
Grade	Grade 6	.	1%	Too few students in at least one grade
	Grade 7	3%	2%	LGB > Heterosexual
	Grade 8	2%	3%	
Race	WnH	2%	2%	
	REM	4%	5%	
Sexual Orientation	Het	2%	2%	
	LGB	8%	9%	

**EVER TOOK A PRESCRIPTION STIMULANT WITHOUT A  
DOCTOR'S PRESCRIPTION OR DIFFERENTLY THAN HOW A  
DOCTOR TOLD THEM TO USE IT**

		Rutland	VT	
Overall		2%	2%	Overall Differences: State vs County
Sex	Male	2%	2%	VT and County are Similar
	Female	2%	2%	Within County Differences
Grade	Grade 6	.	1%	Too few students in at least one grade
	Grade 7	2%	2%	REM > WnH
	Grade 8	3%	2%	Too few students by sexual orientation
Race	WnH	1%	1%	
	REM	5%	4%	
Sexual Orientation	Het	2%	1%	
	LGB	.	6%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

USED TOBACCO PRODUCTS, PAST YEAR

		Rutland	VT	Overall Differences: State vs County
Overall		7%	5%	County > VT
Sex	Male	9%	6%	
	Female	5%	5%	Within County Differences
Grade	Grade 6	.	3%	
	Grade 7	6%	5%	Too few students in at least one grade
	Grade 8	10%	7%	
Race	WnH	7%	5%	
	REM	12%	9%	
Sexual Orientation	Het	7%	5%	
	LGB	12%	16%	

SMOKED CIGARETTES OR CIGARS OR USED SMOKELESS TOBACCO OR ELECTRONIC VAPOR PRODUCTS, PAST 30 DAYS

		Rutland	VT	Overall Differences: State vs County
Overall		7%	5%	VT and County are Similar
Sex	Male	7%	5%	
	Female	6%	4%	Within County Differences
Grade	Grade 6	.	2%	
	Grade 7	5%	4%	Too few students in at least one grade
	Grade 8	10%	7%	
Race	WnH	6%	5%	LGB > Heterosexual
	REM	12%	8%	
Sexual Orientation	Het	7%	5%	
	LGB	18%	14%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

SMOKED CIGARETTES OR CIGARS OR USED SMOKELESS  
TOBACCO, PAST 30 DAYS

		Rutland	VT	
Overall		4%	3%	Overall Differences: State vs County
Sex	Male	4%	3%	VT and County are Similar
	Female	3%	2%	
Grade	Grade 6	.	1%	Within County Differences
	Grade 7	3%	2%	
	Grade 8	5%	4%	
Race	WnH	3%	2%	Too few students in at least one grade
	REM	6%	5%	
Sexual Orientation	Het	4%	2%	
	LGB	10%	9%	

SMOKED CIGARETTES, PAST 30 DAYS

		Rutland	VT	
Overall		3%	2%	Overall Differences: State vs County
Sex	Male	2%	2%	VT and County are Similar
	Female	3%	2%	
Grade	Grade 6	.	1%	Within County Differences
	Grade 7	2%	2%	
	Grade 8	4%	3%	
Race	WnH	2%	2%	LGB > Heterosexual
	REM	6%	4%	
Sexual Orientation	Het	2%	2%	
	LGB	10%	8%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: TYPICAL NUMBER OF CIGARETTES  
SMOKED

	Rutland	VT	
Less than 1 cigarette	36%	33%	
1 cigarette	20%	23%	
2 to 5 cigarettes	20%	23%	
6 to 10 cigarettes	.	6%	Too few students
11 to 20 cigarettes	.	.	Too few students
More than 20 cigarettes	20%	14%	

USED AN ELECTRONIC VAPOR PRODUCT PAST 30 DAYS

		Rutland	VT	
Overall		5%	4%	Overall Differences: State vs County
Sex	Male	5%	4%	County > VT
	Female	5%	3%	Within County Differences
Grade	Grade 6	.	1%	Too few students in at least one grade
	Grade 7	3%	3%	REM > WnH
	Grade 8	8%	6%	LGB > Heterosexual
Race	WnH	5%	3%	
	REM	11%	6%	
Sexual Orientation	Het	5%	3%	
	LGB	16%	10%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: REASONS FOR USING AN  
ELECTRONIC VAPOR PRODUCT

	Rutland	VT	
Friend/family used them	35%	38%	
To try to quit other tobacco products	4%	3%	
Cost less	.	1%	Too few students
Easier to get	.	1%	Too few students
Less harmful	8%	7%	
Available in flavors	20%	13%	
Used for some other reason	31%	36%	

AMONG CURRENT USERS: ELECTRONIC VAPOR PRODUCT  
SOURCE

	Rutland	VT	
Bought them in a store	.	3%	Too few students
I got them on the Internet	.	9%	Too few students
Someone else bought them	10%	10%	
Borrowed them	57%	44%	
A person 18 or older gave me	.	9%	Too few students
Took them from a store	.	4%	Too few students
Some other way	10%	21%	



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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: FREQUENCY OF  
ELECTRONIC VAPOR PRODUCT USE

	Rutland	VT	
1 or 2 days	45%	49%	
3 to 5 days	21%	16%	
6 to 9 days	.	10%	Too few students
10 to 19 days	.	6%	Too few students
20 to 29 days	.	5%	Too few students
All 30 days	20%	15%	

SMOKED CIGARS, PAST 30 DAYS

		Rutland	VT	
Overall		2%	1%	Overall Differences: State vs County
Sex	Male	2%	1%	VT and County are Similar
	Female	1%	1%	Within County Differences
Grade	Grade 6	.	1%	Too few students in at least one grade
	Grade 7	2%	1%	LGB > Heterosexual
	Grade 8	3%	2%	
Race	WnH	2%	1%	
	REM	3%	3%	
Sexual Orientation	Het	2%	1%	
	LGB	8%	6%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

USED SMOKELESS TOBACCO, PAST 30 DAYS

		Rutland	VT	
Overall		2%	1%	Overall Differences: State vs County
Sex	Male	3%	2%	VT and County are Similar
	Female	.	1%	
				Within County Differences
Grade	Grade 6	.	1%	Too few students by sex
	Grade 7	1%	1%	Too few students in at least one grade
	Grade 8	2%	2%	Too few students by race
Race	WnH	1%	1%	Too few students by sexual orientation
	REM	.	3%	
Sexual Orientation	Het	2%	1%	
	LGB	.	4%	

TRIED TO QUIT USING ALL TOBACCO PRODUCTS, AMONG STUDENTS WHO USED ANY IN PAST YEAR

		Rutland	VT	
Overall		37%	36%	Overall Differences: State vs County
Sex	Male	.	36%	VT and County are Similar
	Female	.	38%	
				Within County Differences
Grade	Grade 6	.	30%	Too few students by sex
	Grade 7	.	35%	Too few students in at least one grade
	Grade 8	.	40%	Too few students by race
Race	WnH	41%	37%	Too few students by sexual orientation
	REM	.	40%	
Sexual Orientation	Het	42%	39%	
	LGB	.	43%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

**DRANK ALCOHOL, PAST 30 DAYS**

		<b>Rutland</b>	<b>VT</b>	
Overall		8%	7%	Overall Differences: State vs County
Sex	Male	8%	6%	VT and County are Similar
	Female	8%	6%	Within County Differences
Grade	Grade 6	.	2%	Too few students in at least one grade  REM > WnH  LGB > Heterosexual
	Grade 7	6%	5%	
	Grade 8	12%	10%	
Race	WnH	8%	6%	
	REM	15%	10%	
Sexual Orientation	Het	8%	6%	
	LGB	24%	18%	

**BINGE DRANK, PAST 30 DAYS**

		<b>Rutland</b>	<b>VT</b>	
Overall		2%	2%	Overall Differences: State vs County
Sex	Male	3%	2%	VT and County are Similar
	Female	1%	1%	Within County Differences
Grade	Grade 6	.	0%	7 > 6
	Grade 7	1%	1%	8 > 6
	Grade 8	4%	3%	REM > WnH
Race	WnH	2%	1%	LGB > Heterosexual
	REM	6%	3%	
Sexual Orientation	Het	2%	1%	
	LGB	8%	5%	

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SECTION 4: SUBSTANCE USE  
CURRENT USE

AMONG CURRENT USERS: LARGEST AMOUNT OF ALCOHOL CONSUMED			
	Rutland	VT	
1 or 2 drinks	59%	63%	
3 drinks	11%	10%	
4 drinks	7%	7%	
5 drinks	6%	6%	
6 or 7 drinks	.	4%	Too few students
8 or 9 drinks	.	2%	Too few students
10 or more drinks	12%	9%	

USED MARIJUANA, PAST 30 DAYS				
		Rutland	VT	
Overall		8%	4%	Overall Differences: State vs County
Sex	Male	8%	4%	County > VT
	Female	7%	4%	Within County Differences
Grade	Grade 6	.	1%	7 > 6
	Grade 7	6%	3%	8 > 6
	Grade 8	12%	7%	8 > 7
Race	WnH	6%	4%	REM > WnH
	REM	17%	8%	LGB > Heterosexual
Sexual Orientation	Het	7%	4%	
	LGB	27%	14%	

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SECTION 4: SUBSTANCE USE  
 CURRENT USE

AMONG CURRENT USERS: FREQUENCY OF MARIJUANA USE			
	Rutland	VT	
1 or 2 times	45%	42%	
3 to 9 times	25%	22%	
10 to 19 times	16%	11%	
20 to 39 times	7%	8%	
40 or more times	8%	17%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS ABOUT USE

THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR  
AGE TO SMOKE CIGARETTES

		Rutland	VT	
Overall		94%	95%	Overall Differences: State vs County
Sex	Male	94%	95%	VT and County are Similar
	Female	95%	95%	Within County Differences
Grade	Grade 6	99%	98%	6 > 8
	Grade 7	95%	95%	WnH > REM
	Grade 8	92%	93%	Heterosexual > LGB
Race	WnH	95%	96%	
	REM	90%	92%	
Sexual Orientation	Het	95%	96%	
	LGB	83%	83%	

THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR  
AGE TO DRINK ALCOHOL

		Rutland	VT	
Overall		89%	89%	Overall Differences: State vs County
Sex	Male	88%	89%	VT and County are Similar
	Female	91%	90%	Within County Differences
Grade	Grade 6	93%	95%	6 > 8
	Grade 7	93%	91%	7 > 8
	Grade 8	84%	84%	
Race	WnH	89%	89%	
	REM	87%	87%	
Sexual Orientation	Het	88%	90%	
	LGB	79%	76%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS ABOUT USE

THINK IT IS WRONG OR VERY WRONG FOR SOMEONE THEIR  
AGE TO USE MARIJUANA

		Rutland	VT	
Overall		87%	90%	Overall Differences: State vs County
Sex	Male	86%	90%	VT > County
	Female	89%	90%	Within County Differences
Grade	Grade 6	97%	97%	6 > 7
	Grade 7	90%	91%	6 > 8
	Grade 8	82%	84%	7 > 8
Race	WnH	88%	90%	WnH > REM
	REM	80%	86%	Heterosexual > LGB
Sexual Orientation	Het	87%	91%	
	LGB	71%	70%	

THINK THEIR PARENTS OR GUARDIANS FEEL IT WOULD BE  
WRONG OR VERY WRONG FOR THEM TO SMOKE  
CIGARETTES

		Rutland	VT	
Overall		95%	95%	Overall Differences: State vs County
Sex	Male	95%	95%	VT and County are Similar
	Female	95%	95%	Within County Differences
Grade	Grade 6	96%	96%	
	Grade 7	94%	95%	
	Grade 8	95%	95%	
Race	WnH	96%	96%	
	REM	92%	93%	
Sexual Orientation	Het	95%	96%	
	LGB	91%	88%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS ABOUT USE

**THINK THEIR PARENTS OR GUARDIANS FEEL IT WOULD BE  
WRONG OR VERY WRONG FOR THEM TO DRINK ALCOHOL**

		Rutland	VT	
Overall		85%	85%	Overall Differences: State vs County
Sex	Male	83%	84%	VT and County are Similar
	Female	87%	87%	Within County Differences
Grade	Grade 6	83%	87%	
	Grade 7	87%	86%	
	Grade 8	84%	83%	
Race	WnH	86%	86%	
	REM	83%	82%	
Sexual Orientation	Het	85%	86%	
	LGB	83%	76%	

**THINK THEIR PARENTS OR GUARDIANS FEEL IT WOULD BE  
WRONG OR VERY WRONG FOR THEM TO USE MARIJUANA**

		Rutland	VT	
Overall		90%	92%	Overall Differences: State vs County
Sex	Male	89%	92%	VT and County are Similar
	Female	90%	92%	Within County Differences
Grade	Grade 6	95%	95%	
	Grade 7	90%	92%	
	Grade 8	88%	89%	
Race	WnH	91%	92%	
	REM	86%	88%	
Sexual Orientation	Het	90%	93%	
	LGB	83%	79%	



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SECTION 4: SUBSTANCE USE  
PERCEPTIONS ABOUT USE

THINK CIGARETTES WOULD BE SORT OF EASY OR VERY EASY TO GET

		Rutland	VT	
Overall		23%	22%	Overall Differences: State vs County
Sex	Male	24%	22%	VT and County are Similar
	Female	22%	21%	Within County Differences
Grade	Grade 6	12%	13%	7 > 6
	Grade 7	22%	20%	8 > 6
	Grade 8	28%	28%	
Race	WnH	23%	21%	
	REM	29%	28%	
Sexual Orientation	Het	24%	21%	
	LGB	36%	42%	

THINK ALCOHOL WOULD BE SORT OF EASY OR VERY EASY TO GET

		Rutland	VT	
Overall		35%	37%	Overall Differences: State vs County
Sex	Male	35%	37%	VT and County are Similar
	Female	35%	37%	Within County Differences
Grade	Grade 6	16%	24%	7 > 6
	Grade 7	31%	35%	8 > 6
	Grade 8	45%	48%	8 > 7
Race	WnH	36%	39%	
	REM	40%	39%	
Sexual Orientation	Het	37%	38%	
	LGB	48%	55%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS ABOUT USE

**THINK MARIJUANA WOULD BE SORT OF EASY OR VERY EASY TO GET**

		<b>Rutland</b>	<b>VT</b>	
Overall		20%	15%	Overall Differences: State vs County
Sex	Male	21%	15%	County > VT
	Female	19%	15%	Within County Differences
Grade	Grade 6	7%	6%	7 > 6
	Grade 7	17%	13%	8 > 6
	Grade 8	28%	23%	8 > 7
Race	WnH	20%	15%	REM > WnH
	REM	30%	21%	
Sexual Orientation	Het	21%	15%	
	LGB	33%	35%	

**THINK PEOPLE GREATLY RISK HARMING THEMSELVES IF THEY SMOKE ONE OR MORE PACKS OF CIGARETTES PER DAY**

		<b>Rutland</b>	<b>VT</b>	
Overall		67%	72%	Overall Differences: State vs County
Sex	Male	65%	71%	VT > County
	Female	68%	74%	Within County Differences
Grade	Grade 6	78%	76%	6 > 8
	Grade 7	67%	72%	WnH > REM
	Grade 8	63%	70%	
Race	WnH	69%	74%	
	REM	57%	68%	
Sexual Orientation	Het	68%	73%	
	LGB	69%	66%	

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SECTION 4: SUBSTANCE USE  
PERCEPTIONS ABOUT USE

**THINK PEOPLE GREATLY RISK HARMING THEMSELVES IF  
THEY BINGE DRINK EACH WEEKEND**

		Rutland	VT	
Overall		44%	48%	Overall Differences: State vs County
Sex	Male	41%	45%	VT and County are Similar
	Female	48%	51%	
Grade	Grade 6	48%	50%	Within County Differences
	Grade 7	45%	48%	
	Grade 8	43%	46%	
Race	WnH	45%	48%	
	REM	45%	47%	
Sexual Orientation	Het	43%	48%	
	LGB	55%	41%	

**THINK PEOPLE GREATLY RISK HARMING THEMSELVES IF  
THEY USE MARIJUANA REGULARLY**

		Rutland	VT	
Overall		52%	59%	Overall Differences: State vs County
Sex	Male	47%	56%	VT > County
	Female	56%	62%	
Grade	Grade 6	71%	73%	Females > Males
	Grade 7	56%	60%	
	Grade 8	41%	48%	
Race	WnH	52%	59%	7 > 8
	REM	45%	54%	
Sexual Orientation	Het	52%	59%	
	LGB	40%	39%	

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SECTION 5: SEXUAL ACTIVITY

EVER HAD SEXUAL INTERCOURSE				
		Rutland	VT	
Overall		8%	5%	Overall Differences: State vs County
Sex	Male	8%	6%	County > VT
	Female	7%	4%	Within County Differences
Grade	Grade 6	.	2%	Too few students in at least one grade
	Grade 7	6%	4%	REM > WnH
	Grade 8	11%	8%	LGB > Heterosexual
Race	WnH	7%	5%	
	REM	13%	10%	
Sexual Orientation	Het	8%	5%	
	LGB	18%	16%	

EVER HAD ORAL SEX				
		Rutland	VT	
Overall		6%	6%	Overall Differences: State vs County
Sex	Male	7%	6%	VT and County are Similar
	Female	5%	5%	Within County Differences
Grade	Grade 6	.	1%	Too few students in at least one grade
	Grade 7	5%	4%	REM > WnH
	Grade 8	9%	9%	LGB > Heterosexual
Race	WnH	6%	5%	
	REM	12%	10%	
Sexual Orientation	Het	6%	5%	
	LGB	16%	17%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION  
PHYSICAL ACTIVITY

DAYS ENGAGED IN AT LEAST 60 MIN OF PHYSICAL ACTIVITY, PAST WEEK			
	Rutland	VT	
0 days	9%	7%	County > VT
1 day	5%	4%	
2 days	7%	7%	
3 days	10%	10%	
4 days	9%	11%	
5 days	15%	15%	
6 days	11%	11%	
7 days	34%	34%	

WERE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY ON ALL 7 DAYS				
		Rutland	VT	
Overall		34%	34%	Overall Differences: State vs County
Sex	Male	38%	42%	VT and County are Similar
	Female	29%	26%	
Grade	Grade 6	45%	38%	Within County Differences
	Grade 7	36%	35%	
	Grade 8	28%	30%	
Race	WnH	33%	34%	Males > Females  6 > 8  Heterosexual > LGB
	REM	39%	35%	
Sexual Orientation	Het	36%	36%	
	LGB	17%	18%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION  
PHYSICAL ACTIVITY

WERE PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY  
ON 5 OR MORE DAYS

		Rutland	VT	
Overall		59%	60%	Overall Differences: State vs County
Sex	Male	62%	66%	VT and County are Similar
	Female	56%	54%	Within County Differences
Grade	Grade 6	66%	63%	Heterosexual > LGB
	Grade 7	60%	60%	
	Grade 8	55%	57%	
Race	WnH	58%	61%	
	REM	63%	58%	
Sexual Orientation	Het	63%	63%	
	LGB	38%	37%	

WERE NOT PHYSICALLY ACTIVE PAST WEEK

		Rutland	VT	
Overall		9%	7%	Overall Differences: State vs County
Sex	Male	10%	7%	County > VT
	Female	9%	7%	Within County Differences
Grade	Grade 6	4%	7%	LGB > Heterosexual
	Grade 7	10%	7%	
	Grade 8	11%	8%	
Race	WnH	9%	6%	
	REM	7%	9%	
Sexual Orientation	Het	7%	5%	
	LGB	17%	15%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION  
PHYSICAL ACTIVITY

PHYSICAL ACTIVITY BREAKS AT SCHOOL, TYPICAL WEEK			
	Rutland	VT	
0 days	43%	25%	County > VT
1 day	9%	7%	
2 days	9%	8%	
3 days	6%	8%	VT > County
4 days	3%	5%	VT > County
5 days	30%	46%	VT > County

GET NO PHYSICAL ACTIVITY BREAKS WHILE THEY ARE AT SCHOOL				
		Rutland	VT	
Overall		43%	25%	Overall Differences: State vs County
Sex	Male	45%	24%	County > VT
	Female	40%	25%	Within County Differences
Grade	Grade 6	25%	16%	7 > 6
	Grade 7	42%	26%	8 > 6
	Grade 8	49%	29%	
Race	WnH	44%	24%	
	REM	39%	27%	
Sexual Orientation	Het	43%	24%	
	LGB	46%	30%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION  
PHYSICAL ACTIVITY

RIDE A BIKE OR WALK TO SCHOOL WHEN WEATHER PERMITS			
	Rutland	VT	
0 days	75%	77%	County > VT
1 day	3%	3%	
2 days	3%	3%	
3 days	3%	4%	
4 days	1%	2%	
5 days	15%	10%	

WALK OR RIDE THEIR BIKE TO SCHOOL EVERYDAY				
		Rutland	VT	
Overall		15%	10%	Overall Differences: State vs County
Sex	Male	16%	12%	County > VT
	Female	13%	9%	
Grade	Grade 6	16%	11%	Within County Differences
	Grade 7	14%	10%	
	Grade 8	15%	10%	
Race	WnH	13%	10%	
	REM	18%	13%	
Sexual Orientation	Het	15%	10%	
	LGB	17%	14%	



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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION  
 PHYSICAL ACTIVITY

WATCH TELEVISION, TYPICAL SCHOOL DAY			
	Rutland	VT	
No TV on average school day	17%	18%	County > VT
Less than 1 hour per day	20%	23%	
1 hour per day	17%	18%	
2 hours per day	22%	20%	
3 hours per day	11%	10%	
4 hours per day	5%	4%	
5 or more hours per day	8%	6%	

WATCHED TV 3+ HOURS PER DAY				
		Rutland	VT	
Overall		24%	20%	Overall Differences: State vs County
Sex	Male	24%	20%	County > VT
	Female	24%	20%	Within County Differences
Grade	Grade 6	21%	18%	County > VT
	Grade 7	24%	20%	
	Grade 8	24%	21%	
Race	WnH	23%	19%	
	REM	24%	24%	
Sexual Orientation	Het	24%	20%	
	LGB	24%	27%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION  
PHYSICAL ACTIVITY

COMPUTER AND VIDEO GAME USE, TYPICAL SCHOOL DAY

	Rutland	VT	
No playing video/computer game	10%	12%	
Less than 1 hour per day	14%	17%	VT > County
1 hour per day	12%	15%	VT > County
2 hours per day	15%	18%	VT > County
3 hours per day	14%	14%	
4 hours per day	12%	8%	County > VT
5 or more hours per day	23%	16%	County > VT

PLAYED VIDEO OR COMPUTER GAMES OR USED A  
COMPUTER 3+ HOURS PER DAY

		Rutland	VT	
Overall		50%	38%	Overall Differences: State vs County
Sex	Male	50%	39%	County > VT
	Female	49%	37%	Within County Differences
Grade	Grade 6	29%	29%	7 > 6
	Grade 7	50%	38%	8 > 6
	Grade 8	56%	45%	
Race	WnH	50%	38%	
	REM	52%	43%	
Sexual Orientation	Het	50%	38%	
	LGB	58%	57%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION  
NUTRITION

BREAKFAST CONSUMPTION, PAST WEEK			
	Rutland	VT	
0 days	9%	7%	County > VT
1 day	6%	4%	
2 days	9%	7%	
3 days	8%	7%	County > VT
4 days	6%	6%	
5 days	10%	8%	
6 days	8%	9%	VT > County
7 days	44%	52%	

DID NOT EAT BREAKFAST, PAST WEEK				
		Rutland	VT	
Overall		9%	7%	Overall Differences: State vs County
Sex	Male	8%	6%	County > VT
	Female	10%	7%	
Grade	Grade 6	6%	5%	Within County Differences
	Grade 7	10%	7%	
	Grade 8	10%	7%	
Race	WnH	8%	6%	REM > WnH LGB > Heterosexual
	REM	16%	10%	
Sexual Orientation	Het	9%	6%	
	LGB	22%	16%	

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SECTION 6: PHYSICAL ACTIVITY AND NUTRITION  
 NUTRITION

GLASSES OF WATER CONSUMED PER DAY, PAST WEEK

	Rutland	VT	
Did not drink water	4%	3%	County > VT
1 to 3 times	11%	9%	
4 to 6 times	12%	10%	
1 time per day	6%	6%	
2 times per day	17%	16%	
3 times per day	17%	19%	
4 or more times per day	34%	37%	

DRANK THREE OR MORE GLASSES PER DAY OF WATER

		Rutland	VT	
Overall		51%	56%	Overall Differences: State vs County
Sex	Male	52%	57%	VT > County
	Female	49%	54%	
Grade	Grade 6	59%	58%	Within County Differences
	Grade 7	47%	54%	
	Grade 8	52%	56%	
Race	WnH	51%	56%	
	REM	51%	57%	
Sexual Orientation	Het	51%	57%	
	LGB	56%	48%	

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SECTION 7: SOCIAL DETERMINANTS OF HEALTH

**WENT HUNGRY BECAUSE THERE WAS NOT ENOUGH  
 FOOD AT HOME, PAST 30 DAYS**

	<b>Rutland</b>	<b>VT</b>	
Never	74%	77%	
Rarely	15%	14%	
Sometimes	8%	7%	
Most of the time	2%	1%	
Always	1%	1%	

**MOST OF THE TIME OR ALWAYS WENT HUNGRY BECAUSE  
 THERE WAS NOT ENOUGH FOOD IN THEIR HOME**

		<b>Rutland</b>	<b>VT</b>	
Overall		3%	2%	Overall Differences: State vs County
Sex	Male	2%	2%	VT and County are Similar
	Female	3%	2%	Within County Differences
Grade	Grade 6	3%	2%	LGB > Heterosexual
	Grade 7	3%	2%	
	Grade 8	2%	2%	
Race	WnH	2%	2%	
	REM	4%	4%	
Sexual Orientation	Het	2%	2%	
	LGB	14%	5%	

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SECTION 7: SOCIAL DETERMINANTS OF HEALTH

BORN OUTSIDE THE U.S.				
		Rutland	VT	
Overall		3%	6%	Overall Differences: State vs County
Sex	Male	3%	6%	VT > County
	Female	3%	6%	Within County Differences
Grade	Grade 6	3%	7%	REM > WnH
	Grade 7	3%	5%	LGB > Heterosexual
	Grade 8	3%	6%	
Race	WnH	2%	3%	
	REM	8%	18%	
Sexual Orientation	Het	2%	5%	
	LGB	9%	7%	

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SECTION 8: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

ATE DINNER WITH AT LEAST ONE PARENT, PAST WEEK			
	Rutland	VT	
0 days	7%	5%	County > VT
1 day	2%	2%	
2 days	3%	2%	
3 days	4%	3%	
4 days	5%	4%	
5 days	7%	7%	
6 days	10%	10%	
7 days	63%	66%	

ATE DINNER AT HOME WITH AT LEAST ONE OF THEIR PARENTS ON 4+ DAYS, PAST WEEK				
		Rutland	VT	
Overall		84%	88%	Overall Differences: State vs County
Sex	Male	86%	89%	VT > County
	Female	82%	87%	
Grade	Grade 6	90%	90%	Within County Differences
	Grade 7	84%	89%	
	Grade 8	83%	86%	
Race	WnH	85%	89%	
	REM	80%	84%	
Sexual Orientation	Het	86%	89%	
	LGB	67%	73%	

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SECTION 8: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

**BELIEVE SCHOOL HAS RULES AND CONSEQUENCES FOR BEHAVIORS**

	<b>Rutland</b>	<b>VT</b>	
Strongly agree	25%	28%	
Agree	41%	43%	
Not sure	18%	17%	
Disagree	10%	8%	
Strongly disagree	6%	5%	

**STRONGLY AGREE OR AGREE THAT THEIR SCHOOL HAS CLEAR RULES AND CONSEQUENCES FOR BEHAVIOR**

		<b>Rutland</b>	<b>VT</b>	
Overall		66%	71%	Overall Differences: State vs County
Sex	Male	68%	72%	VT > County
	Female	64%	69%	Within County Differences
Grade	Grade 6	83%	77%	6 > 7
	Grade 7	67%	72%	6 > 8
	Grade 8	60%	66%	
Race	WnH	68%	71%	
	REM	58%	68%	
Sexual Orientation	Het	66%	72%	
	LGB	54%	54%	



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SECTION 8: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

**BELIEVE THERE IS AT LEAST ONE ADULT IN THEIR SCHOOL  
THAT THEY CAN TALK TO IF THEY HAVE A PROBLEM**

		Rutland	VT	
Overall		77%	76%	Overall Differences: State vs County
Sex	Male	78%	76%	VT and County are Similar
	Female	77%	76%	
Grade	Grade 6	84%	79%	Within County Differences
	Grade 7	77%	75%	
	Grade 8	75%	75%	
Race	WnH	79%	77%	Heterosexual > LGB
	REM	72%	71%	
Sexual Orientation	Het	78%	77%	
	LGB	58%	64%	

**GRADES EARNED IN SCHOOL**

	Rutland	VT	
Mostly A's	41%	46%	VT > County
Mostly B's	38%	38%	
Mostly C's	16%	12%	County > VT
Mostly D's	3%	3%	
Mostly F's	2%	1%	County > VT

2017 VERMONT YOUTH RISK BEHAVIOR SURVEY  
RUTLAND COUNTY REPORT  
MIDDLE SCHOOL RESULTS

SECTION 8: YOUTH ASSETS AND OTHER PROTECTIVE FACTORS

BELIEVE THEY MATTER TO PEOPLE IN THEIR COMMUNITY		
	Rutland	VT
Strongly agree	25%	27%
Agree	34%	36%
Not sure	27%	24%
Disagree	8%	7%
Strongly disagree	7%	5%

STRONGLY AGREE OR AGREE THAT IN THEIR COMMUNITY THEY FEEL LIKE THEY MATTER TO PEOPLE			
		Rutland	VT
Overall		58%	64%
Sex	Male	62%	68%
	Female	55%	60%
Grade	Grade 6	64%	67%
	Grade 7	60%	65%
	Grade 8	54%	60%
Race	WnH	60%	65%
	REM	49%	58%
Sexual Orientation	Het	60%	67%
	LGB	39%	31%

Overall Differences: State vs County

VT > County

Within County Differences

Heterosexual > LGB