

# Vermont

## 2003 Youth Risk Behavior Survey (YRBS) Results

*These risk behaviors<sup>1</sup> . . .*

### Unintentional Injuries and Violence

- 7% Rarely or never wore safety belts
- 22% Rode with a drinking driver during the past month
- NA<sup>2</sup> Carried a weapon during the past month
- 27% Were in a physical fight during the past year
- 7% Attempted suicide during the past year

### Alcohol and Other Drug Use

- 44% Drank alcohol during the past month
- 26% Reported episodic heavy drinking during the past month
- 28% Used marijuana during the past month
- NA Ever used cocaine
- NA Ever used inhalants

### Sexual Behaviors

- NA Ever had sexual intercourse
- 11% Ever had four or more sex partners
- 31% Had sexual intercourse during the past three months
- 40% Did not use a condom during last sexual intercourse<sup>3</sup>
- 69% Did not use birth control pills during last sexual intercourse<sup>3</sup>

### Tobacco Use

- NA Ever tried cigarette smoking
- 22% Smoked cigarettes during the past month
- 11% Smoked cigarettes on  $\geq 20$  days during the past month
- 5% Used smokeless tobacco during the past month
- 12% Smoked cigars during the past month

### Dietary Behaviors

- 74% Ate < 5 servings of fruits and vegetables per day during the past 7 days
- 75% Drank < 3 glasses of milk per day during the past 7 days

### Physical Activity

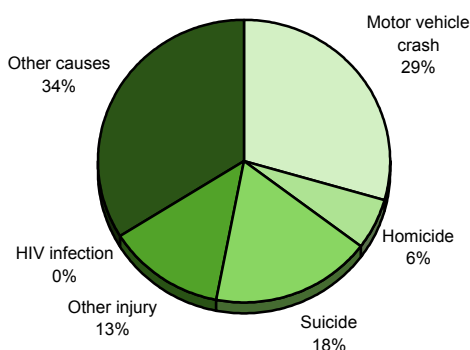
- 35% Participated in insufficient vigorous physical activity<sup>4</sup>
- 73% Participated in insufficient moderate physical activity<sup>5</sup>
- 52% Were not enrolled in physical education class
- 85% Did not attend physical education class daily
- 9% Did not participate in any vigorous or moderate physical activity

### Overweight

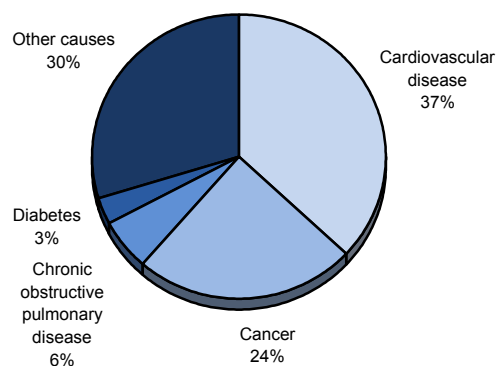
- 14% At risk for becoming overweight<sup>6</sup>
- 11% Overweight<sup>7</sup>

*. . . contribute to these leading causes of death.<sup>8</sup>*

### Youth Aged 10-24 Years



### Adults Aged 25 Years and Older



<sup>1</sup> excluding 8th Graders. Among high school students only, weighted data.

<sup>2</sup> Data not available.

<sup>3</sup> Among students who had sexual intercourse during the past 3 months.

<sup>4</sup> Did not participate in vigorous physical activity for  $\geq 20$  minutes on  $\geq 3$  of the past 7 days.

<sup>5</sup> Did not participate in moderate physical activity for  $\geq 30$  minutes on  $\geq 5$  of the past 7 days.

<sup>6</sup> Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex, National Center for Health Statistics, 2000.

<sup>7</sup> Students who were at or above the 95th percentile for body mass index by age and sex, National Center for Health Statistics, 2000.

<sup>8</sup> 2001 mortality data, National Center for Health Statistics.