

Youth Risk Behavior Survey (YRBS)

Every two years since 1985, Vermont has participated in the YRBS. The YRBS is part of a nationwide effort to provide accurate information about youth behaviors.

The results of the 2003 Vermont Youth Risk Behavior Survey are statistically adjusted so that the sample accurately reflects all Vermont students in grades 8 through 12. Data are based on self-reported information from a representative sample of 8,081 Vermont students in middle school and high school. Students who have dropped out of school are not represented in the data.

All data in this report are from the 2003 survey unless otherwise noted. The American Academy of Pediatrics has recommended two categories of screening for overweight children aged 2 years and older: children with BMI-for-age $\geq 95^{\text{th}}$ percentile and those who have BMI-for-age between the 85^{th} and 95^{th} percentiles based on the 2000 CDC gender-specific growth charts. (4) (Also see section on Measuring Overweight and Obesity on page 1).

Body Weight

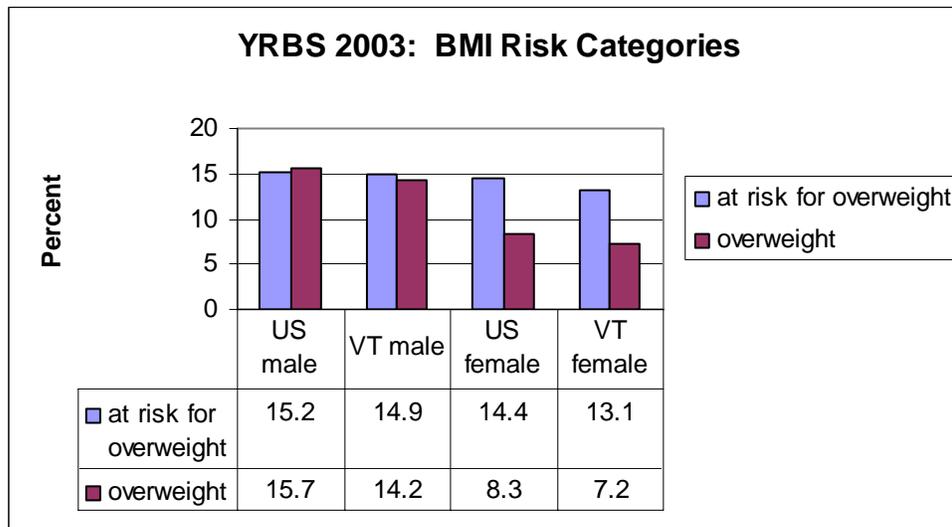


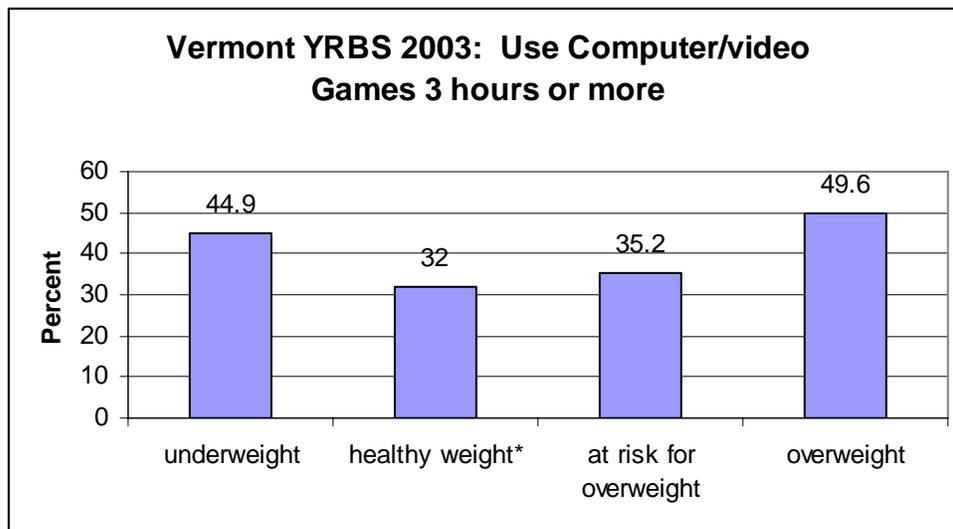
Figure 36

<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=CI&cat=5&quest=507&loc=XX&year=2003>

The graph above shows data for 9th-12th graders for the purposes of national comparison. As mentioned earlier, the Vermont YRBS surveys 8th-12th graders.

- In 2003, Vermont overweight youth are not different from the national figure with an overall prevalence of 11 percent in Vermont and 12 percent nationally. In 2001, 10 percent of Vermont students were overweight.
- The prevalence of overweight youth in Vermont differs by gender. 14.2 percent of Vermont male youth are overweight and 7.2 percent of Vermont female youth are overweight.
- The Healthy Vermonters 2010 goal is no more than 5 percent of Vermont youth overweight
- Nationally, 15.7 percent of male youth are overweight and 8.3 percent of female youth which is very similar to what was seen in Vermont.
- Both nationally and in Vermont the prevalence of at risk for overweight and overweight in male youth are very similar. There is a wider gap for female youth.

Computer/Video Game Use



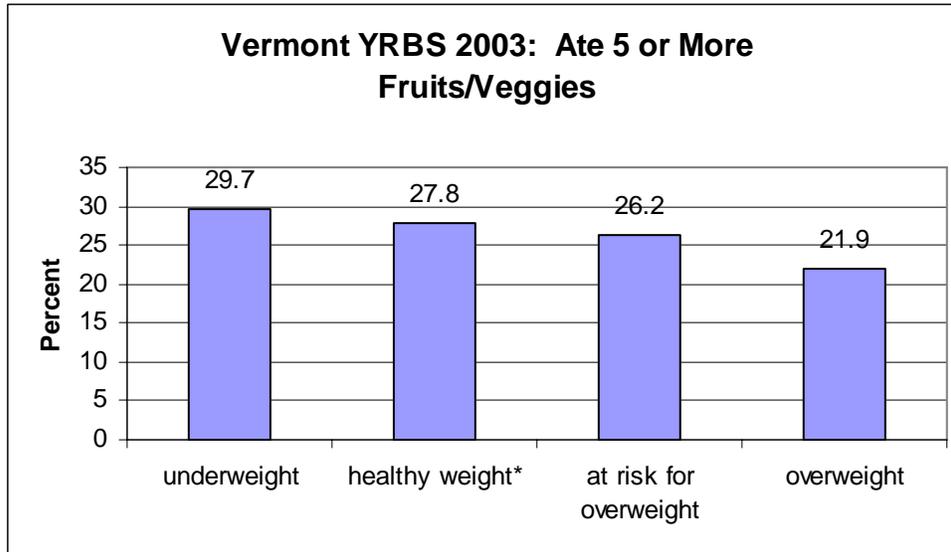
* healthy weight is comprised of the 6-84th percentile

Figure 37

- Vermont students do not differ from the national average in computer/video game usage.

Eating Habits

Fruit and Vegetable Consumption

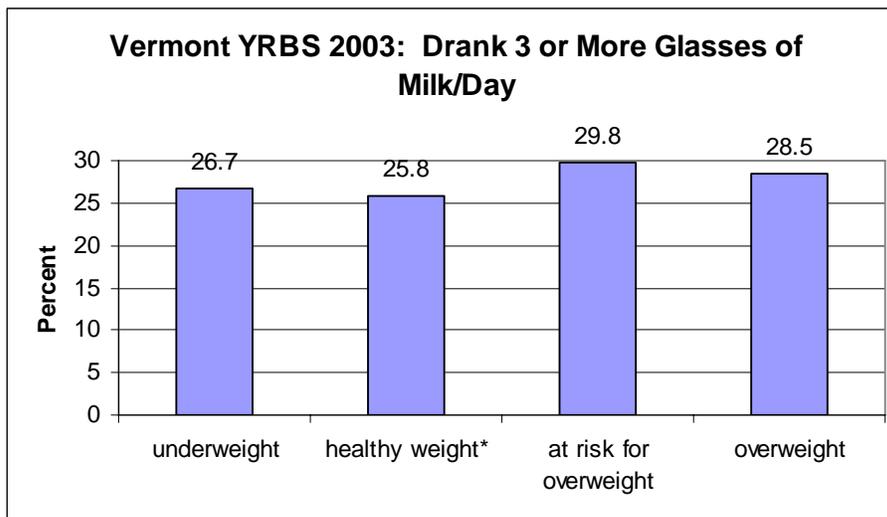


* healthy weight is comprised of the 6-84th percentile

Figure 38

- For 9th-12th graders: Vermont students were statistically better than the national figure for the consumption of five or more fruits or vegetables per day. In Vermont 26.5 percent of all students reported consuming 'five or more per day', nationally the percentage was 22.0.

Milk Consumption

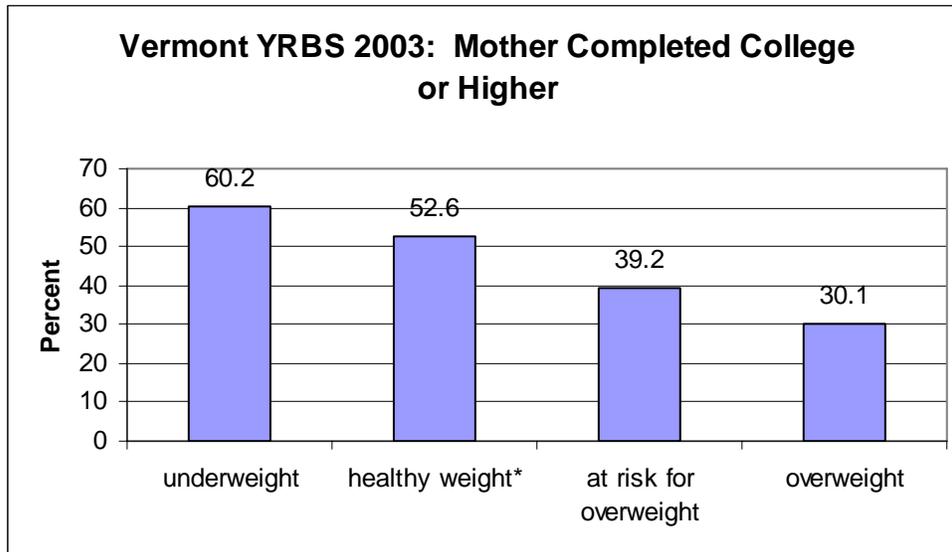


* healthy weight is comprised of the 6-84th percentile

Figure 39

- Vermont youth consume more milk than their national counterparts. For 9th-12th graders: 25.4 percent of all Vermont youth surveyed reported consuming three or more glasses of milk per day, nationally the percentage was 17.1.

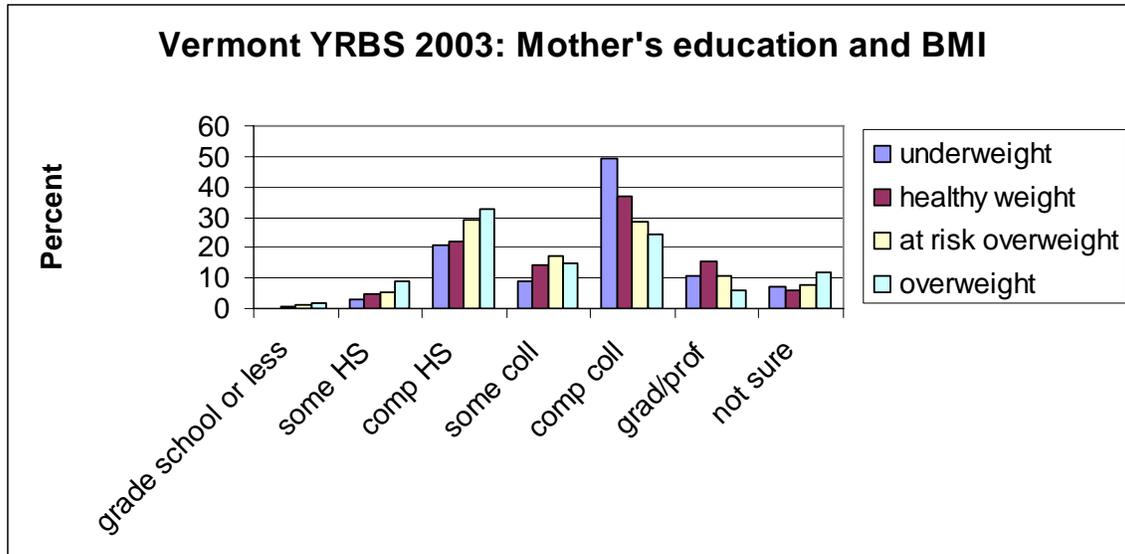
Mother's Education



* healthy weight is comprised of the 6-84th percentile

Figure 40

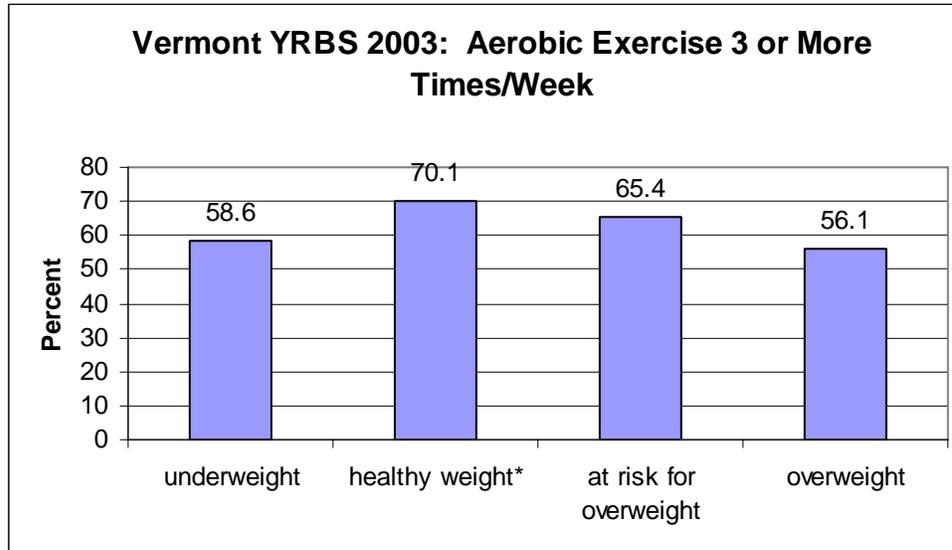
- Overweight students were significantly less likely to have a mother who completed college than underweight or healthy weight students.



* healthy weight is comprised of the 6-84th percentile

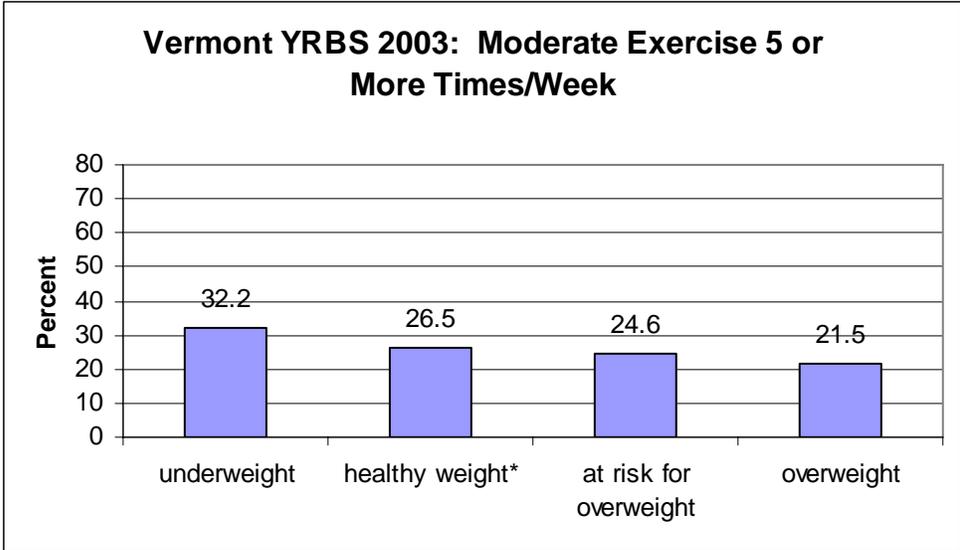
Figure 41

Exercise



* healthy weight is comprised of the 6-84th percentile

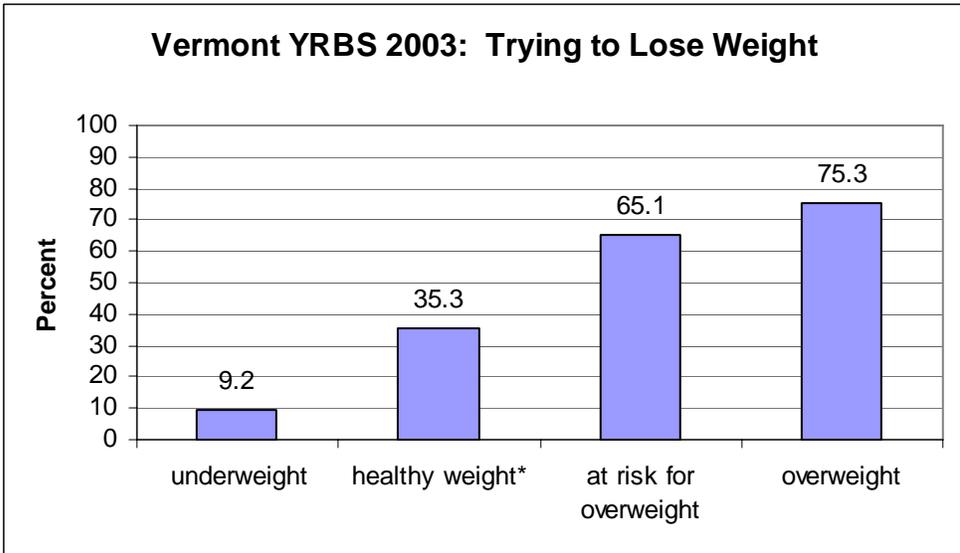
Figure 42



* healthy weight is comprised of the 6-84th percentile

Figure 43

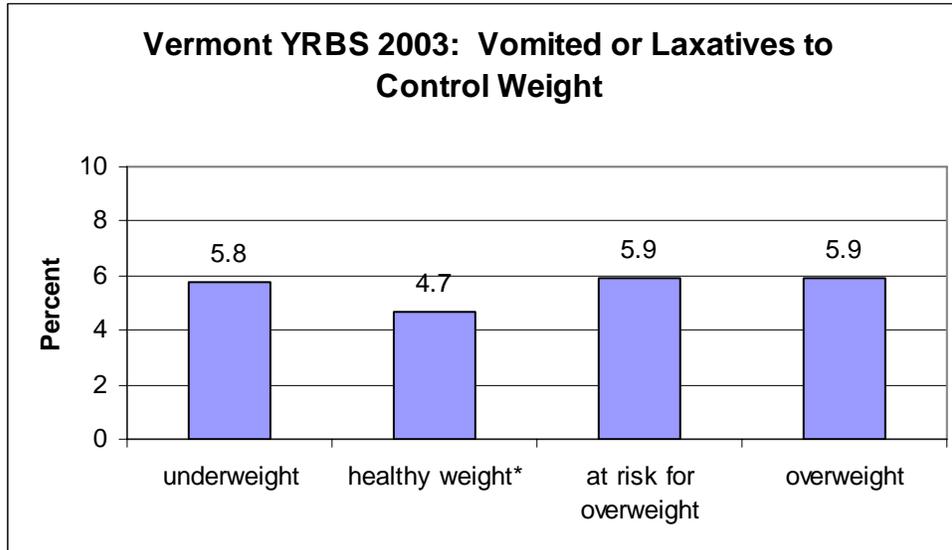
Weight Control



* healthy weight is comprised of the 6-84th percentile

Figure 44

- Underweight and healthy weight students were significantly less likely than overweight students to be trying to lose weight.
- For 9th-12th graders: nationally, 43.8 percent of all students were trying to lose weight, 43.1 percent of all Vermont students were trying to lose weight.

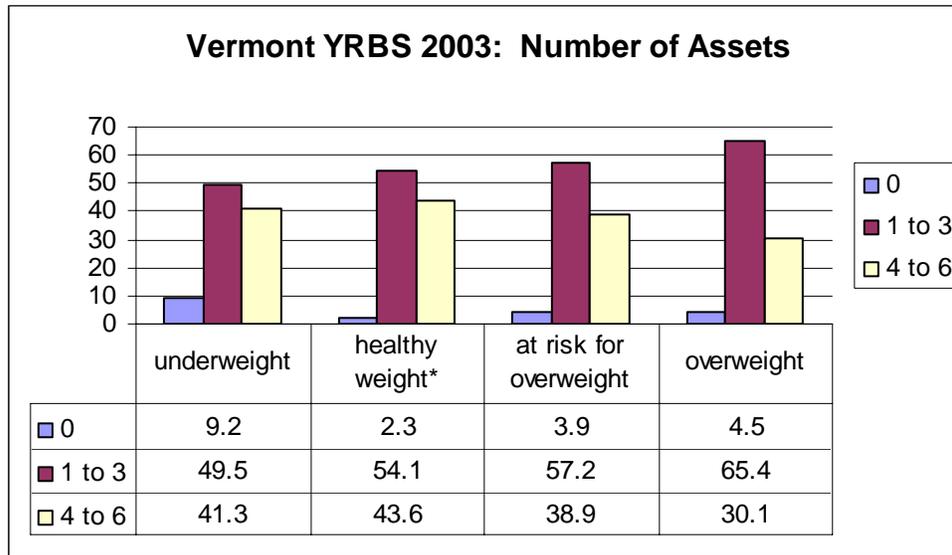


* healthy weight is comprised of the 6-84th percentile

Figure 45

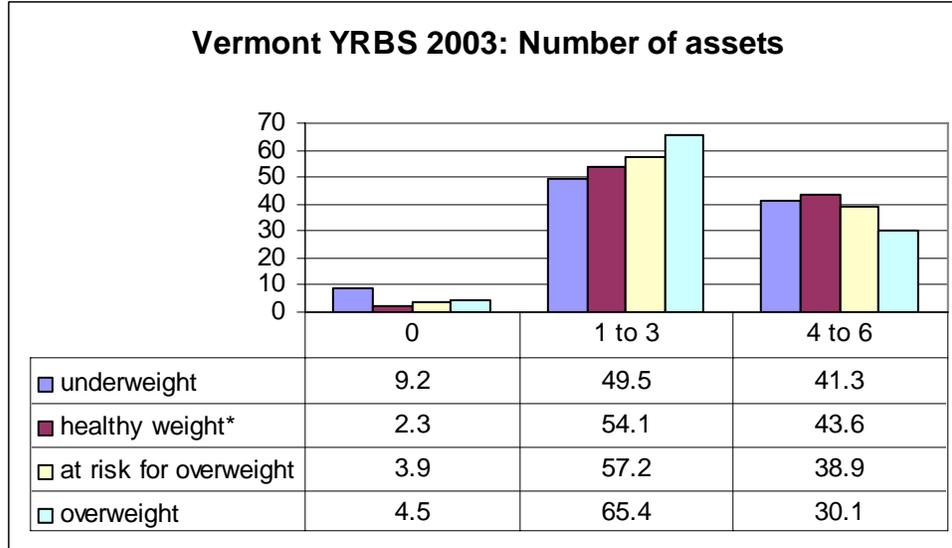
- For 9th-12th graders: nationally, 6.0 percent of students vomited or took laxatives to control weight during the past 30 days, in Vermont it was 5.6 percent.

Assets



* healthy weight is comprised of the 6-84th percentile

Figure 46



* healthy weight is comprised of the 6-84th percentile

Figure 47

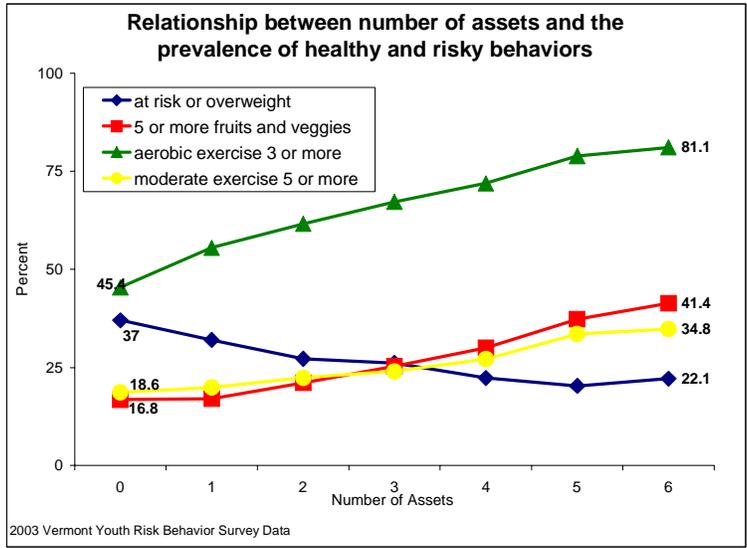
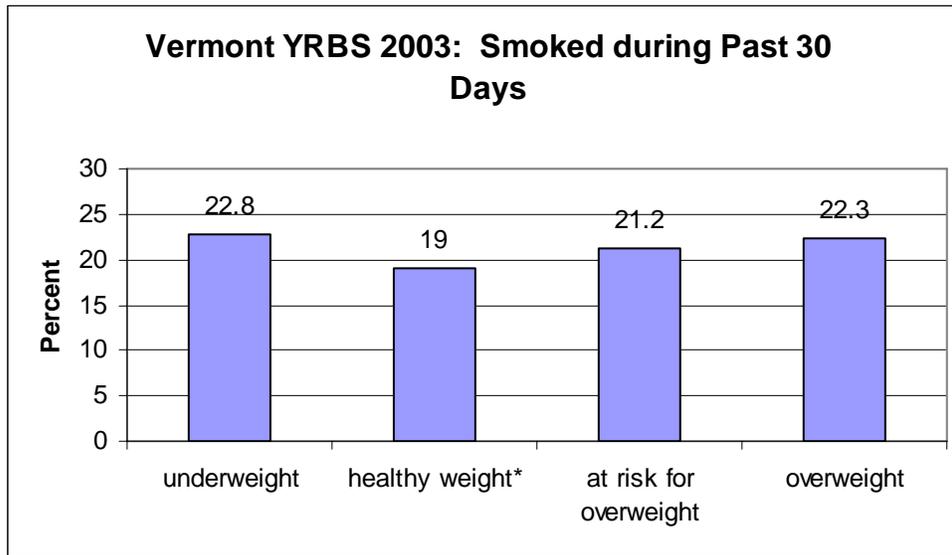


Figure 48

(Source: Kelly Hale, VT YRBS)

- Healthy behaviors increase with the number of assets a student has. (20)

Smoking

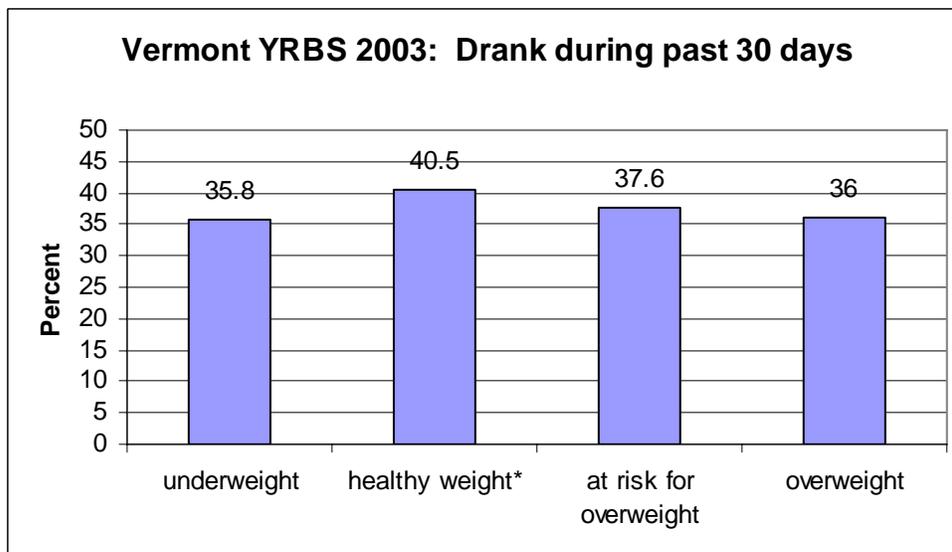


* healthy weight is comprised of the 6-84th percentile

Figure 49

- For 9th-12th graders: 22.1 percent of all Vermont youth surveyed reported smoking during the past 30 days. That compares to 21.9 percent nationally which is not statistically significant.

Drinking

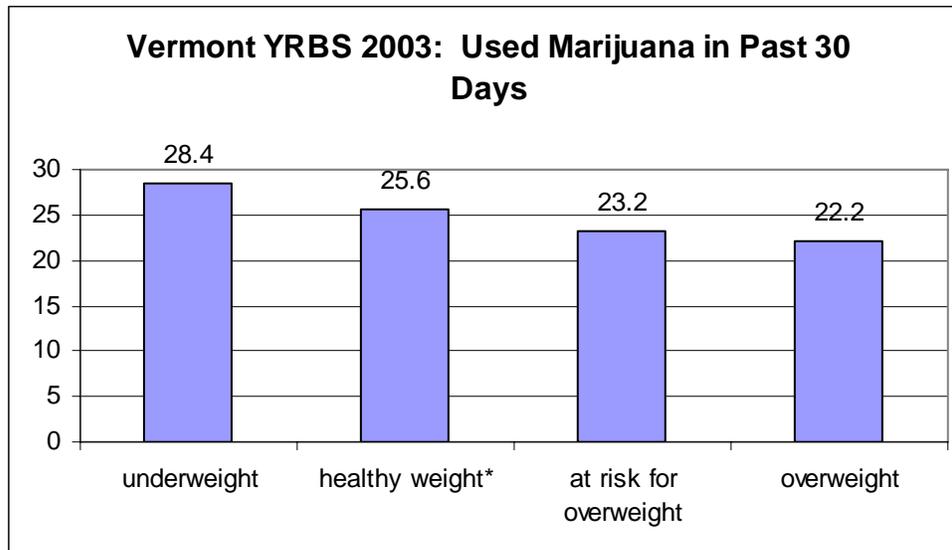


* healthy weight is comprised of the 6-84th percentile

Figure 50

- Vermont results did not differ from national results with 43.5 percent of the total (for 9th-12th graders) reporting drinking in the past 30 days; the national figure was 44.9 percent.

Marijuana Use

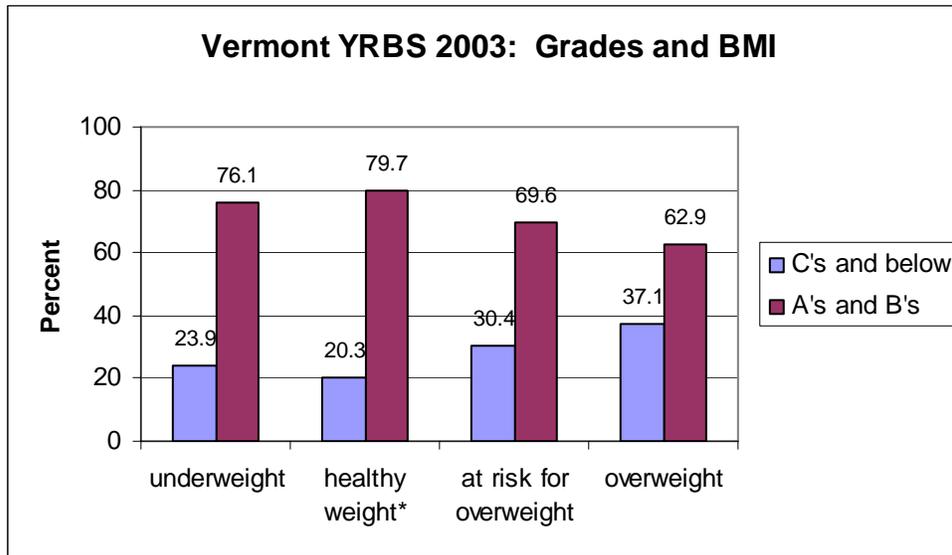


* healthy weight is comprised of the 6-84th percentile

Figure 51

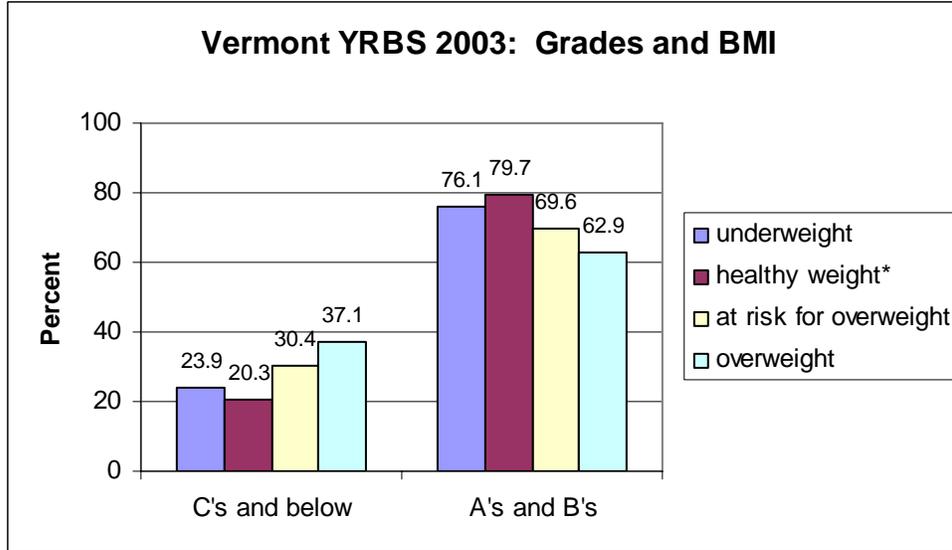
- The percentage of total Vermont students (9th-12th graders) who reported marijuana use in the past 30 days was 28.2, which was statistically significantly higher than the national percentage of 22.4.

Grades



* healthy weight is comprised of the 6-84th percentile

Figure 52



* healthy weight is comprised of the 6-84th percentile

Figure 53