**Vermont Young Adult Survey 2018**

Statewide Rates for All Survey Items

2014, 2016, and 2018

****Prepared by:

Pacific Institute for Research and Evaluation

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*Information on the background and methodology of the Vermont Young Adult Survey is available on the Vermont RPP evaluation website:* [*www.vt-rpp-evaluation.org*](http://www.vt-rpp-evaluation.org) *.*

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**A. Substance Use Prevalence Rates**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Vermont** | | | | |
| **Substance category and specific behavior:** | 2014 (n=2867) | 2016 (n=3062) | 2018 (n=2365) | Comparison  (2016 to  2018)1 | Comparison  (2014 to  2018)1 |
| **Alcohol** |  |  |  |  |  |
| Any use in past 30 days | 74.9 | 72.9 | 75.1 |  |  |
| Any binge drinking2 in past 30 days | 56.4 | 49.3 | 50.7 |  | \*\*\* |
| Binge drank 1-2 days | 38.7 | 44.5 | 48.7 | \* | \*\*\* |
| Binge drank 3-5 days | 32.1 | 31.9 | 28.0 | \* | \* |
| Binge drank 6-10 days | 19.1 | 16.1 | 14.8 |  | \*\* |
| Binge drank 11-19 days | 7.0 | 4.5 | 5.7 |  |  |
| Binge drank 20 or more days | 3.1 | 3.1 | 2.8 |  |  |
| Drove after having too much to drink, past 30 days | 3.7 | 3.7 | 3.0 |  |  |
| Any use in past 30 days (ages 18-20 only) | 62.6 | 60.2 | 60.5 |  |  |
| **Marijuana** |  |  |  |  |  |
| Any use in past 30 days | 38.6 | 41.9 | 44.3 |  | \*\*\* |
| Used marijuana 1-2 days | 17.9 | 18.5 | 20.4 |  |  |
| Used marijuana 3-5 days | 14.2 | 13.8 | 12.9 |  |  |
| Used marijuana 6-10 days | 9.7 | 8.8 | 9.5 |  |  |
| Used marijuana 11-19 days | 9.3 | 7.6 | 12.3 | \*\*\* | \* |
| Used marijuana 20 or more days | 49.0 | 51.3 | 44.9 | \*\* |  |
| Methods of use in past 30 days |  |  |  |  |  |
| Smoked it |  | 95.9 | 93.9 | \* | -- |
| Consumed it in food |  | 22.9 | 32.5 | \*\*\* | -- |
| Consumed it in a beverage |  | 3.8 | 4.2 |  | -- |
| Inhaled it with a vaping device |  | 23.7 | 35.3 | \*\*\* | -- |
| Any other method |  | 4.4 | 26.2 | \*\*\* | -- |
| Other methods reported: |  |  |  |  |  |
| Dabbing rig |  |  | 17.4 | -- | -- |
| Capsule |  |  | 3.7 | -- | -- |
| Tincture |  |  | 5.1 | -- | -- |
| Ointment or balm |  |  | 7.4 | -- | -- |
| Other |  |  | 1.9 | -- | -- |
| Drove after using marijuana, past 30 days | 15.7 | 16.9 | 16.4 |  |  |
| **Tobacco and/or Vaping Devices** |  |  |  |  |  |
| Used any tobacco or nicotine delivery products in past 30 days |  |  | 37.9 | -- | -- |
| Used cigarettes in past 30 days |  |  | 21.5 | -- | -- |
| Used cigarillos in past 30 days |  |  | 4.7 | -- | -- |
| Used chewing tobacco, snuff, dip, or snus in past 30 days |  |  | 5.0 | -- | -- |
| Used e-cigarettes or other vaping devices in past 30 days |  |  | 20.9 | -- | -- |
| Vaping device was used to deliver nicotine |  |  | 88.4 | -- | -- |

|  | **Vermont** | | | | |
| --- | --- | --- | --- | --- | --- |
| **Substance category and specific behavior:** | 2014 (n=2867) | 2016 (n=3062) | 2018 (n=2365) | Comparison  (2016 to  2018)1 | Comparison  (2014 to  2018)1 |
| **Prescription Drugs** |  |  |  |  |  |
| Used drugs that had not been prescribed |  |  |  |  |  |
| Used pain relievers w/o Rx in past year | 6.1 | 4.5 | 2.4 | \*\*\* | \*\*\* |
| Used sedatives w/o Rx in past year | 3.8 | 5.6 | 4.0 | \*\* |  |
| Used stimulants w/o Rx in past year | 9.8 | 10.3 | 11.0 |  |  |
| Used drugs at higher dosages or for different purposes than prescribed |  |  |  |  |  |
| Used prescribed pain relievers at higher dosage or for different reason in past year | 3.6 | 2.8 | 1.7 | \*\* | \*\*\* |
| Used prescribed sedatives at higher dosage or for different reason in past year | 1.4 | 1.6 | 1.2 |  |  |
| Used prescribed stimulants at higher dosage or for different reason in past year | 3.3 | 2.8 | 1.7 | \*\* | \*\*\* |
| Used drugs that had not been prescribed, or used at higher dosages or for different purposes than prescribed (i.e., misuse) |  |  |  |  |  |
| Any misuse of any Rx drug in past year | 17.5 | 17.3 | 15.9 |  |  |
| Any misuse of Rx pain reliever in past year | 7.7 | 6.2 | 3.5 | \*\*\* | \*\*\* |
| Any misuse of Rx sedatives in past year | 4.8 | 6.4 | 5.0 | \* |  |
| Any misuse of Rx stimulants in past year | 11.6 | 12.0 | 12.3 |  |  |
| **Heroin** |  |  |  |  |  |
| Used heroin in past year | 2.2 | 1.8 | 0.8 | \*\*\* | \*\*\* |
| **Hallucinogens** |  |  |  |  |  |
| Used hallucinogens in past year |  |  | 15.1 | -- | -- |

1Statistical significance for difference in state rate between the years noted: \* (p<.10) \*\* (p<.05) \*\*\* (p<.01)

2Binge drinking is defined as having 5 or more drinks (if male) or 4 or more drinks (if female) on a single occasion.

Note: All percentages reported in this table are based on weighted data. The n’s shown for each column are the unweighted sample sizes and may be lower for some measures due to missing response data.

**B. Substance Use Risk Factor Prevalence Rates**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Vermont** | | | | |
| **Risk Factor:** | 2014 (n=2867) | 2016 (n=3062) | 2018 (n=2365) | Comparison  (2016 to  2018)1 | Comparison  (2014 to  2018)1 |
| **Perceived ease of obtaining substances** |  |  |  |  |  |
| Very easy or somewhat easy for underage persons to buy alcohol in stores | 26.7 | 28.7 | 33.6 | \*\*\* | \*\*\* |
| Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants | 16.4 | 14.9 | 19.9 | \*\*\* | \*\*\* |
| Very easy or somewhat easy for persons the age of respondent to obtain marijuana | 83.1 | 84.2 | 87.9 | \*\*\* | \*\*\* |
| Very easy for persons the age of respondent to obtain marijuana | 50.3 | 52.5 | 56.0 | \*\* | \*\*\* |
| Very easy or somewhat easy for persons the age of respondent to obtain Rx pain relievers without a prescription | 39.5 | 37.0 | 33.2 | \*\* | \*\*\* |
| **Low perceived risk of harm from using substances** |  |  |  |  |  |
| No risk or slight risk from having five or more drinks once or twice a week | 27.2 | 26.9 | 24.7 |  | \* |
| No risk or slight risk from smoking marijuana once or twice per week | 74.2 | 78.7 | 80.1 |  | \*\*\* |
| No risk from smoking marijuana once or twice per week | 43.9 | 46.9 | 43.6 | \*\* |  |
| No risk or slight risk from smoking marijuana every day or almost every day |  |  | 57.6 | -- | -- |
| No risk from smoking marijuana every day or almost every day |  |  | 24.6 | -- | -- |
| No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year | 14.2 | 11.6 | 13.2 |  |  |
| **Low perceived likelihood of law enforcement regarding substance use** |  |  |  |  |  |
| Not very likely or not at all likely for police to find out about and break up underage drinking parties | 39.3 | 39.2 | 37.5 |  |  |

1Statistical significance for difference in state rate between the years as noted: \* (p<.10) \*\* (p<.05) \*\*\* (p<.01)

Note: All percentages reported in this table are based on weighted data. The n’s shown for each column are the unweighted sample sizes and may be lower for some measures due to missing response data.

**C. Awareness of Prevention Messages and Resources**

|  | **Vermont** | | | | |
| --- | --- | --- | --- | --- | --- |
| **Media Campaigns and Resources: Awareness and Resultant Behaviors** | 2014 (n=2867) | 2016 (n=3062) | 2018 (n=2365) | Comparison  (2016 to  2018)1 | Comparison  (2014 to  2018)1 |
| Exposure to safe storage/disposal info |  |  |  |  |  |
| Recall seeing or hearing information about safe storage/disposal of Rx drugs in past year | 32.4 | 37.7 | 55.2 | \*\*\* | \*\*\* |
| Availability of Rx drug drop box within 5 miles of residence |  |  |  |  |  |
| Yes |  |  | 24.7 | -- | -- |
| No |  |  | 11.9 | -- | -- |
| Don’t know |  |  | 63.3 | -- | -- |

1Statistical significance for difference in state rate between the years noted: \* (p<.10) \*\* (p<.05) \*\*\* (p<.01)

Note: All percentages reported in this table are based on weighted data. The n’s shown for each column are the unweighted sample sizes and may be lower for some measures due to missing response data.

**D. Respondent Demographics**

|  | **Vermont** | | |
| --- | --- | --- | --- |
| **Characteristic:** | 2014 (n=2867) | 2016 (n=3062) | 2018 (n=2365) |
| **Age group** |  |  |  |
| 18 to 20 | 43.6 | 43.6 | 43.6 |
| 21 to 25 | 56.4 | 56.4 | 56.4 |
| **Sex** |  |  |  |
| Male | 51.5 | 51.5 | 51.5 |
| Female | 48.5 | 48.5 | 48.5 |
| **Sexual Orientation** |  |  |  |
| Heterosexual |  | 79.0 | 76.2 |
| Gay or lesbian |  | 4.3 | 4.1 |
| Bisexual |  | 11.5 | 14.9 |
| Unsure or other |  | 5.1 | 4.9 |
| **Student Status** |  |  |  |
| No | 48.5 | 49.7 | 45.4 |
| Yes, in college or vocational school, full-time | 35.2 | 33.1 | 37.8 |
| Yes, in college or vocational school, part-time | 6.4 | 6.8 | 5.9 |
| Yes, in high school or a GED program | 7.9 | 8.4 | 8.4 |
| Yes, in some other type of school | 2.0 | 1.9 | 2.5 |
| **Employment Status** |  |  |  |
| Employed for wages (full-time) | 34.3 | 43.5 | 40.1 |
| Employed for wages (part-time) | 36.7 | 32.2 | 35.3 |
| Self-employed | 2.9 | 3.2 | 3.6 |
| Not employed and looking for work | 9.2 | 7.0 | 9.0 |
| Not employed and not looking for work | 17.0 | 14.0 | 12.0 |
| **Race/Ethnicity** |  |  |  |
| White |  | 91.1 | 90.5 |
| Black or African American |  | 1.0 | 1.1 |
| Hispanic or Latino |  | 1.3 | 1.3 |
| Asian or Pacific Islander |  | 1.3 | 1.8 |
| American Indian, Alaskan Native, or Native Hawaiian |  | 0.9 | 0.6 |
| Bi-racial or Multi-racial |  | 3.0 | 3.6 |
| Other |  | 1.4 | 1.1 |
| **Maternal Education** |  |  |  |
| Did not complete high school |  | 5.1 | 2.9 |
| Completed high school |  | 23.4 | 19.7 |
| Attended some college |  | 24.7 | 23.9 |
| Completed college |  | 32.2 | 37.1 |
| Completed graduate or professional school after college |  | 14.7 | 16.4 |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Vermont** | | |
| **Characteristic:** | 2014 (n=2867) | 2016 (n=3062) | 2018 (n=2365) |
| **Gender Identity** |  |  |  |
| Female |  | 47.1 | 47.0 |
| Male |  | 50.7 | 50.3 |
| Transgender or other |  | 2.2 | 2.7 |
| **US Armed Services Member** |  |  |  |
| Yes |  | 3.4 | 3.3 |
| No |  | 96.6 | 96.7 |
| **Device Used to Complete Survey** |  |  |  |
| Smart phone | 45.9 | 76.2 | 90.5 |
| Tablet | 5.1 | 4.5 | 1.3 |
| Laptop or desktop computer | 46.7 | 18.3 | 7.5 |
| Other | 2.3 | 0.9 | 0.7 |

Note: All percentages reported in this table are based on weighted data. The n’s shown for each column are the unweighted sample sizes and may be lower for some measures due to missing response data.