Statewide Results

**Vermont Young Adult Survey**

**2016**

Prevalence Rates for All Items

Including: 2014 to 2016 comparisons

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| --- |
| Prepared by:Pacific Institute for Research and Evaluation |
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***Purpose of this report…***

The 2016 Vermont Young Adult Survey (YAS) was conducted to support the statewide evaluations of Vermont’s Partnerships for Success (PFS) and Regional Prevention Partnerships (RPP) projects. Because the data from this survey may be useful for other purposes as well, this report provides summary data from the 2016 and the 2014 survey. Consistent with the focus of the PFS and RPP projects, the substance use topics addressed in the YAS pertain to alcohol, marijuana, and prescription drugs.

***Representativeness of the sample…***

Vermont residents ages 18 to 25 were recruited through Facebook ads to participate in an online survey, conducted in March through May of 2016. Because a scientific sampling design was not used, survey findings do not necessarily reflect the overall young adult population of Vermont. The data have been weighted by age group, gender, and county, in order to ensure that the sample matches the target populations on these variables (as based on 2010 Census data). In addition, prevalence rates for substance use behaviors assessed in this survey are reasonably close to estimates for Vermont provided by the National Survey on Drug Use and Health (NSDUH). Even so, the primary value of the data is in the general patterns of responses provided and how they differ across years, rather than exact quantitative estimates.

***Comparing 2016 with 2014 findings…***

The tables in this report provide prevalence rates for all of the items in the survey. These include estimates based on the 2014 YAS in addition to the 2016 survey. To make the 2014 sample more comparable to 2016, YAS 2014 respondents recruited through mailed postcards (approximately 12 percent of the total 2014 sample) were excluded from the tables in this report. For this reason, prevalence estimates reported here differ slightly from previously reported rates from the 2014 survey. Additionally, due to changes in respondent recruitment procedures, comparisons to previously released summary data from earlier years of the YAS (i.e., 2008 and 2010) should be made with caution.

***How the survey items are reported…***

All items in the report are summarized as the percent of respondents reporting a particular behavior or perception (i.e., the “prevalence rate”). This approach produces a very compact report and allows for easier comparisons across many different survey items. Using this approach required “cut-points” to be identified for items with multiple response options. For example, the prevalence rate for the perceived risk of harm from using substances was defined as the percent of respondents who perceived the risk of harm to be either no risk or slight risk. For some such items, additional prevalence rates were defined using different cut-points (e.g., no risk only) if the initial cut-point resulted in a prevalence rate that was unusually high (e.g., greater than about 75%). The response options included in each of these prevalence rates are indicated in the tables below.

Some sets of survey items are applicable only to respondents who provided a positive response to a previous question and/or met some other criterion. These items are indented, and apply only to the subset of respondents who answered affirmatively to the item directly preceding the indented items.

**Identification of statistically significant differences…**

Statistically significant differences between the 2014 and 2016 prevalence rates are noted as such. In these tables, differences at the p<.10 level have been identified in addition to the more standard p<.05 and p<.01 levels. Although this is helpful for identifying underlying patterns in the data, especially when the sample sizes are relatively small as they are here, any such differences should be interpreted with extra caution and are sometimes referred to as being “marginally” significant.

**Organization of the tables…**

Substance use behaviors are reported in Section A and risk factor measures are reported in Section B. Demographic characteristics of the sample are provided in Section C.[[1]](#footnote-1) Table cells for items that were not included in the 2014 survey have been shaded gray.

**To access a copy of the survey…**

A copy of the survey items and instructions to the respondents may be obtained at: [http://www.pire.org/documents/Vermont\_PFS\_Eval/YAS questions 2016.pdf](http://www.pire.org/documents/Vermont_PFS_Eval/YAS%20questions%202016.pdf) .

**A. Substance Use Prevalence Rates**

|  |  |
| --- | --- |
|  | **Vermont** |
| **Substance category and specific behavior:** | 2014 (n=2867)  | 2016 (n=3062)  | Comparison(2014 to 2016)1 |
| **Alcohol** |  |  |  |
| Any use in past 30 days | 74.9 | 72.9 |  |
| Any binge drinking2 in past 30 days | 56.4 | 49.3 | \*\*\* |
|  Binge drank 1-3 days | 51.0 | 57.0 | \*\*\* |
|  Binge drank 4-10 days | 38.9 | 35.4 | \* |
|  Binge drank 11-19 days | 7.0 | 4.5 | \*\* |
|  Binge drank 20 or more days | 3.1 | 3.1 |  |
| Drove after having too much to drink | 3.7 | 3.7 |  |
| Any use in past 30 days (ages 18-20 only) | 62.6 | 60.2 |  |
|  Ways in which alcohol was obtained:  |  |  |  |
|  Bought at store | 8.1 | 8.2 |  |
|  Bought at restaurant or bar | 6.4 | 4.8 |  |
|  Parent or guardian provided it | 12.5 | 11.2 |  |
|  Other adult family member provided it | 10.2 | 7.4 |  |
|  Unrelated adult provided it | 66.4 | 59.7 | \*\* |
|  Person under age 21 provided it | 26.8 | 21.1 | \*\* |
|  It was available at a social gathering | 39.4 | 26.0 | \*\*\* |
|  Took from parents’ or someone else’s home, or from a store | 7.9 | 4.4 | \*\* |
|  Got it in Canada | 6.1 | 6.1 |  |
|  Got it some other way | 13.6 | 8.6 | \*\* |
| **Marijuana** |  |  |  |
| Any use in past 30 days | 38.6 | 41.9 | \*\* |
|  Used 1-3 days | 23.2 | 25.2 |  |
|  Used 4-10 days | 18.5 | 16.0 |  |
|  Used 11-19 days | 9.3 | 7.6 |  |
|  Used 20 or more days | 49.0 | 51.3 |  |
|  Methods of use in past 30 days: |  |  |  |
|  Smoked it |  | 95.9 | -- |
|  Ate food that contained it |  | 22.9 | -- |
|  Consumed it in tea or other drinks |  | 3.8 | -- |
|  Inhaled it with a vaporizer |  | 23.7 | -- |
|  Other method |  | 4.4 | -- |
| Used marijuana as prescribed to treat a medical condition in past 30 days |  | 2.5 | -- |
| Drove after using marijuana | 15.7 | 16.9 |  |

|  | **Vermont** |
| --- | --- |
| **Substance category and specific behavior:** | 2014 (n=2867)  | 2016 (n=3062)  | Comparison(2014 to 2016)1 |
| **Prescription Drugs** |  |  |  |
| Used drugs that had not been prescribed |  |  |  |
| Used pain relievers w/o Rx in past year | 6.1 | 4.5 | \*\* |
|  How obtained the last time used: |  |  |  |
|  Obtained from friend/relative for free | 44.9 | 45.0 |  |
|  Bought from friend or relative | 20.3 | 14.9 |  |
|  Bought from drug dealer or stranger | 15.3 | 17.6 |  |
|  Some other way or don’t remember | 11.2 | 9.7 |  |
| Used sedatives w/o Rx in past year | 3.8 | 5.6 | \*\* |
|  How obtained the last time used: |  |  |  |
|  Obtained from friend/relative for free | 61.5 | 52.7 |  |
|  Bought from friend or relative | 20.3 | 25.5 |  |
|  Bought from drug dealer or stranger | 8.1 | 8.4 |  |
|  Some other way or don’t remember | 10.1 | 13.4 |  |
| Used stimulants w/o Rx in past year | 9.8 | 10.3 |  |
|  How obtained the last time used: |  |  |  |
|  Obtained from friend/relative for free | 55.2 | 52.4 |  |
|  Bought from friend or relative | 31.2 | 35.5 |  |
|  Bought from drug dealer or stranger | 6.5 | 5.1 |  |
|  Some other way or don’t remember | 7.1 | 7.0 |  |
| Used methadone or buprenorphine w/o Rx in past year | 2.0 | 1.5 |  |
|  How obtained the last time used: |  |  |  |
|  Obtained from friend/relative for free | 35.7 | 36.7 |  |
|  Bought from friend or relative | 36.0 | 23.2 |  |
|  Bought from drug dealer or stranger | 18.5 | 24.2 |  |
|  Some other way or don’t remember | 9.8 | 16.0 |  |
| 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 |  |
| Used prescribed sedatives at higher dosage or for different reason in past year | 1.4 | 1.6 |  |
| Used prescribed stimulants at higher dosage or for different reason in past year | 3.3 | 2.8 |  |
| Used drugs that had not been prescribed, or used at higher dosages or for different purposes than prescribed (i.e., misuse) |  |  |  |
| Any misuse of Rx pain reliever in past year | 7.7 | 6.2 | \* |
| Any misuse of Rx sedatives in past year | 4.8 | 6.4 | \*\* |
| Any misuse of Rx stimulants in past year | 11.6 | 12.0 |  |
| 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 | \*\*\* |
| **Heroin** |  |  |  |
| Used heroin in past year | 2.2 | 1.8 |  |

1Statistical significance for difference in state rate between 2014 and 2016: \* (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: The n’s shown for each column are the unweighted sample sizes, and may be lower for some measures.

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

|  |  |
| --- | --- |
|  | **Vermont** |
| **Risk Factor:** | 2014 (n=2867) | 2016 (n=3062) | Comparison(2014 to2016)1 |
| **Perceived ease of obtaining substances** |  |  |  |
| Very easy or somewhat easy for underage persons to buy alcohol in stores  | 26.7 | 28.7 |  |
| Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants | 16.4 | 14.9 |  |
| Very easy or somewhat easy for underage persons to get alcohol from friends or family | 89.3 | 87.9 |  |
| Very easy for underage persons to get alcohol from friends or family | 58.2 | 55.7 | \* |
| Very easy or somewhat easy for persons the age of respondent to obtain marijuana | 83.1 | 84.2 |  |
| Very easy for persons the age of respondent to obtain marijuana | 50.3 | 52.5 |  |
| Very easy or somewhat easy for persons the age of respondent to obtain Rx pain relievers without a prescription | 39.5 | 37.0 | \* |
| **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 |  |
| No risk or slight risk from smoking marijuana once or twice per week  | 74.2 | 78.7 | \*\*\* |
| No risk from smoking marijuana once or twice per week | 43.9 | 46.9 | \* |
| No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year | 14.2 | 11.6 | \*\*\* |
| **Low perceived likelihood of law enforcement regarding substance use** |  |  |  |
| Not very likely or not at all likely for person the age of respondent who was driving after having too much to drink to be stopped by police | 30.6 | 27.6 | \*\* |
| Not very likely or not at all likely for police to find out about and break up underage drinking parties | 39.3 | 39.2 |  |
| Not very likely or not at all likely for person respondent’s age found by police using or possessing marijuana to be cited and fined | 17.2 | 20.9 | \*\*\* |

1Statistical significance for difference in state rate between 2014 and 2016: \* (p<.10) \*\* (p<.05) \*\*\* (p<.01)

Note: The n’s shown for each column are the unweighted sample sizes, and may be lower for some measures.

**C. Respondent Demographics1**

|  | **Vermont** |
| --- | --- |
|  | 2014 | 2016 |
| **Characteristic:** | (n=2867) | (n=3062) |
| **Age group** |   |   |
| 18 to 20 | 43.6 | 43.6 |
| 21 to 25 | 56.4 | 56.4 |
| **Sex**  |  |  |
| Male | 51.5 | 51.5 |
| Female | 48.5 | 48.5 |
| **Sexual Orientation** |  |  |
| Heterosexual |  | 79.0 |
| Gay or lesbian |  | 4.3 |
| Bisexual |  | 11.5 |
| Unsure or other |  | 5.1 |
| **Student Status** |  |  |
| Not a student | 48.5 | 49.7 |
| Student in college or vocational school, full-time | 35.2 | 33.1 |
| Student in college or vocational school, part-time | 6.4 | 6.8 |
| Student in high school or a GED program | 7.9 | 8.4 |
| Student in some other type of school | 2.0 | 1.9 |
| **Employment Status** |  |  |
| Employed for wages (full-time) | 34.3 | 43.5 |
| Employed for wages (part-time) | 36.7 | 32.2 |
| Self-employed | 2.9 | 3.2 |
| Not employed and looking for work | 9.2 | 7.0 |
| Not employed and not looking for work | 17.0 | 14.0 |
| **Race/Ethnicity** |  |  |
| White |  | 91.1 |
| Black or African American |  | 1.0 |
| Hispanic or Latino |  | 1.3 |
| Asian or Pacific Islander |  | 1.3 |
| American Indian, Alaskan Native, or Native Hawaiian |  | 0.9 |
| Bi-racial or Multi-racial |  | 3.0 |
| Other |  | 1.4 |
| **Maternal Education** |  |  |
| Did not complete high school |  | 5.1 |
| Completed high school |  | 23.4 |
| Attended some college |  | 24.7 |
| Completed college |  | 32.2 |
| Completed graduate or professional school after college |  | 14.7 |

|  |  |
| --- | --- |
|  | **Vermont** |
|  | 2014 | 2016 |
| **Characteristic:** | (n=2867) | (n=3062) |
| **Gender Identity** |  |  |
| Female |  | 47.1 |
| Male |  | 50.7 |
| Transgender or other |  | 2.2 |
| **Preferred Spoken Language** |  |  |
| English |  | 99.1 |
| Other |  | 0.9 |
| **Long-term Disability** |  |  |
| Yes |  | 8.5 |
| No |  | 91.5 |
| **US Armed Services Member** |  |  |
| Yes |  | 3.4 |
| No |  | 96.6 |
| **Device Used to Complete Survey** |  |  |
| Smart phone | 45.9 | 76.2 |
| Tablet | 5.1 | 4.5 |
| Laptop or desktop computer | 46.7 | 18.3 |
| Other | 2.3 | 0.9 |
|  |  |  |  |  |  |  |

1All 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.

1. As in Sections A and B, the percentages provided in Section C are also based on weighted data. Tests for statistically significant differences, however, are not provided for the demographic variables. [↑](#footnote-ref-1)