

# Vermont Young Adult Survey 2020

Statewide Rates for Selected Survey Items  
by Demographic Subgroups:

- Age group
- Sex
- Student status
- Mother's education
- Sexual and Gender  
Minority status

and comparisons to 2018 Rates

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PIRE



*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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## Vermont Young Adult Surveys 2018 and 2020: Subgroup Differences

### A. By Age Group

Substance category and specific behaviors:	2018			2020		
	Ages 18-20 (n=937)	Ages 21-25 (n=1428)	Sig. <sup>1</sup>	Ages 18-20 (n=855)	Ages 21-25 (n=1485)	Sig. <sup>1</sup>
<b>Alcohol use in past 30 days</b>						
Any use	60.9	86.4	***	60.2	85.1	***
Any binge drinking <sup>2</sup>	43.8	56.5	***	35.7	51.3	***
Drove after having too much to drink	1.2	4.3	***	0.4	1.9	**
<b>Marijuana use in past 30 days</b>						
Any use	44.4	44.5		43.8	48.1	*
Used marijuana 20 or more days (among users)	39.5	48.5	**	43.3	45.2	
Drove after using marijuana	15.2	17.4		12.7	14.1	
<b>Tobacco products used in past 30 days</b>						
Used cigarettes	18.4	23.7	**	17.7	21.4	*
Used cigarillos or little cigars	5.9	3.7	**	3.5	2.8	
Used chewing tobacco, snuff, dip, or snus	4.4	5.3		2.2	3.2	
Used any of the above tobacco products	22.5	28.7	***	19.3	25.0	***
<b>E-cigarettes and other vaping products used in past 30 days</b>						
Used a vaping product containing nicotine	26.1	12.2	***	19.9	15.2	**
Used a vaping product containing any substance other than marijuana	30.4	14.0	***	21.3	15.6	***
<b>Prescription drug misuse<sup>3</sup> in past year</b>						
Misuse of Rx pain relievers	2.8	4.0		2.5	1.9	
Misuse of Rx sedatives	4.7	5.2		3.3	3.5	
Misuse of Rx stimulants	14.3	11.1	*	9.4	10.1	
Misuse of any Rx drug	18.0	14.6	*	11.9	11.5	
<b>Other drugs used in past year</b>						
Used hallucinogens	16.4	14.4		16.2	16.6	
Used any form of cocaine				5.7	10.4	***
Used heroin	0.4	1.1		0.2	0.8	
<b>Risk Factors:</b>						
<b>Perceived ease of obtaining substances</b>						
Very easy or somewhat easy for underage persons to buy alcohol in stores	36.0	31.8	*	33.7	32.9	
Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants	16.6	22.6	***	16.8	20.0	*
Very easy for persons the age of respondent to obtain marijuana	59.7	53.3	***	53.5	51.9	
Very easy or somewhat easy for persons the age of respondent to get Rx pain relievers w/o prescription	28.8	36.1	***	14.4	20.2	***
Very easy or somewhat easy for underage persons to buy cigarettes				51.1	44.6	***
Very easy or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products				62.2	52.9	***
<b>Low perceived risk of harm</b>						
No risk or slight risk from having five or more drinks once or twice a week	26.6	23.2		26.0	25.9	
No risk from smoking marijuana once or twice a week	40.8	45.6	*	39.2	41.8	
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	11.7	14.3		9.9	9.6	

<sup>1</sup> Statistical significance for difference in rate: \* (p<.10) \*\* (p<.05) \*\*\* (p<.01)

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

<sup>3</sup> Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

Vermont Young Adult Surveys 2018 and 2020: Subgroup Differences

**B. By Sex<sup>a</sup>**

Substance category and specific behaviors:	2018			2020		
	Male (n=846)	Female (n=1514)	Sig. <sup>1</sup>	Male (n=846)	Female (n=1492)	Sig. <sup>1</sup>
<b>Alcohol use in past 30 days</b>						
Any use	77.1	74.2		76.0	73.6	
Any binge drinking <sup>2</sup>	53.8	48.5	**	48.2	41.4	***
Drove after having too much to drink	3.9	2.1	**	1.3	1.2	
<b>Marijuana use in past 30 days</b>						
Any use	50.1	38.8	***	51.0	41.7	***
Used marijuana 20 or more days (among users)	48.6	39.8	**	50.1	37.4	***
Drove after using marijuana	20.7	12.1	***	17.7	9.3	***
<b>Tobacco products used in past 30 days</b>						
Used cigarettes	25.7	17.4	***	23.3	16.4	***
Used cigarillos or little cigars	6.9	2.3	***	4.6	1.5	***
Used chewing tobacco, snuff, dip, or snus	9.4	0.4	***	5.2	0.4	***
Used any of the above tobacco products	33.1	19.1	***	27.8	17.4	***
<b>E-cigarettes and other vaping products used in past 30 days</b>						
Used a vaping product containing nicotine	24.0	12.2	***	21.7	12.6	***
Used a vaping product containing any substance other than marijuana	27.1	14.7	***	22.4	13.5	***
<b>Prescription drug misuse<sup>3</sup> in past year</b>						
Misuse of Rx pain relievers	3.7	3.3		2.9	1.4	**
Misuse of Rx sedatives	5.5	4.5		3.9	2.9	
Misuse of Rx stimulants	14.2	10.7	**	12.7	6.9	***
Misuse of any Rx drug	17.4	14.7		14.1	9.2	***
<b>Other drugs used in past year</b>						
Used hallucinogens	20.7	9.8	***	20.2	12.6	***
Used any form of cocaine				10.0	6.9	**
Used heroin	0.8	0.8		0.8	0.3	
<b>Risk Factors:</b>						
<b>Perceived ease of obtaining substances</b>						
Very easy or somewhat easy for underage persons to buy alcohol in stores	30.8	36.4	**	34.5	32.0	
Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants	16.3	24.0	***	14.7	22.7	***
Very easy for persons the age of respondent to obtain marijuana	53.3	58.6	**	50.9	54.4	
Very easy or somewhat easy for persons the age of respondent to get Rx pain relievers w/o prescription	30.8	35.3	**	15.8	19.8	**
Very easy or somewhat easy for underage persons to buy cigarettes				46.3	48.6	
Very easy or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products				55.9	57.8	
<b>Low perceived risk of harm</b>						
No risk or slight risk from having five or more drinks once or twice a week	31.8	17.3	***	32.5	19.2	***
No risk from smoking marijuana once or twice a week	49.5	37.3	***	45.9	35.5	***
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	14.1	12.1		11.5	8.0	**

<sup>a</sup> Sex as assigned at birth.

<sup>1</sup> Statistical significance for difference in rate: \* (p<.10) \*\* (p<.05) \*\*\* (p<.01).

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

<sup>3</sup> Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

Vermont Young Adult Surveys 2018 and 2020: Subgroup Differences

C. By College Student Status<sup>a</sup> (Among Respondents Aged 18 to 22)

Substance category and specific behaviors:	2018			2020		
	Full-time (n=724)	Other (n=765)	Sig. <sup>1</sup>	Full-time (n=788)	Other (n=693)	Sig. <sup>1</sup>
<b>Alcohol use in past 30 days</b>						
Any use	79.1	60.5	***	75.9	62.6	***
Any binge drinking <sup>2</sup>	61.2	37.7	***	46.5	38.3	***
Drove after having too much to drink	2.1	3.5		0.7	1.1	
<b>Marijuana use in past 30 days</b>						
Any use	46.5	42.8		44.0	48.0	
Used marijuana 20 or more days (among users)	34.2	51.1	***	36.2	52.0	***
Drove after using marijuana	13.9	18.7	**	12.9	13.1	
<b>Tobacco products used in past 30 days</b>						
Used cigarettes	16.2	28.5	***	14.7	24.4	***
Used cigarillos or little cigars	4.3	5.9		2.2	4.7	**
Used chewing tobacco, snuff, dip, or snus	3.5	6.5	**	3.0	2.7	
Used any of the above tobacco products	19.9	33.5	***	16.9	27.7	***
<b>E-cigarettes and other vaping products used in past 30 days</b>						
Used a vaping product containing nicotine	26.1	21.2	*	18.8	20.6	
Used a vaping product containing any substance other than marijuana	28.9	25.6		19.8	21.4	
<b>Prescription drug misuse<sup>3</sup> in past year</b>						
Misuse of R <sub>x</sub> pain relievers	2.7	4.4		1.9	2.2	
Misuse of R <sub>x</sub> sedatives	5.8	5.0		2.8	3.9	
Misuse of R <sub>x</sub> stimulants	17.0	10.2	***	11.8	7.8	**
Misuse of any R <sub>x</sub> drug	20.6	14.9	**	13.5	10.4	
<b>Other drugs used in past year</b>						
Used hallucinogens	15.9	15.4		16.3	18.6	
Used any form of cocaine				7.2	8.2	
Used heroin	0.4	0.9		0.0	1.1	--
<b>Perceived ease of obtaining substances</b>						
Very easy or somewhat easy for underage persons to buy alcohol in stores	40.1	30.0	***	38.0	29.7	***
Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants	21.1	18.1		22.9	14.9	***
Very easy for persons the age of respondent to obtain marijuana	55.1	62.0	**	54.1	52.1	
Very easy or somewhat easy for persons the age of respondent to get R <sub>x</sub> pain relievers w/o prescription	24.9	35.5	***	11.7	21.1	***
Very easy or somewhat easy for underage persons to buy cigarettes				52.4	43.9	***
Very easy or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products				63.9	54.0	***
<b>Low perceived risk of harm</b>						
No risk or slight risk from having five or more drinks once or twice a week	26.2	26.1		28.5	24.8	
No risk from smoking marijuana once or twice a week	39.7	46.7	**	36.8	43.3	**
No risk or slight risk from using R <sub>x</sub> pain relievers that were not prescribed a few times a year	12.2	13.7		9.9	10.5	

<sup>a</sup> Full-time college students vs. all other respondents (non-students and students who are not full-time college students)

<sup>1</sup> Statistical significance for difference in rate: \* (p<.10) \*\* (p<.05) \*\*\* (p<.01).

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

<sup>3</sup> Used R<sub>x</sub> drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

Vermont Young Adult Surveys 2018 and 2020: Subgroup Differences

D. By Mother's Education<sup>a</sup>

Substance category and specific behaviors:	2018			2020		
	College not completed (n=1017)	College completed (n=1092)	Sig. <sup>1</sup>	College not completed (n=791)	College Completed (n=1172)	Sig. <sup>1</sup>
<b>Alcohol use in past 30 days</b>						
Any use	68.8	81.4	***	70.1	78.4	***
Any binge drinking <sup>2</sup>	45.1	55.9	***	42.5	47.5	**
Drove after having too much to drink	2.8	3.2		1.5	1.2	
<b>Marijuana use in past 30 days</b>						
Any use	43.7	44.3		46.9	45.3	
Used marijuana 20 or more days (among users)	47.4	41.9		51.8	40.3	***
Drove after using marijuana	16.9	16.1		12.4	14.3	
<b>Tobacco products used in past 30 days</b>						
Used cigarettes	25.4	17.9	***	23.4	17.0	***
Used cigarillos or little cigars	5.4	4.0		4.3	2.2	**
Used chewing tobacco, snuff, dip, or snus	6.2	3.7	**	2.3	2.9	
Used any of the above tobacco products	30.5	22.0	***	26.6	19.5	***
<b>E-cigarettes and other vaping products used in past 30 days</b>						
Used a vaping product containing nicotine	19.6	16.8		17.4	16.4	
Used a vaping product containing any substance other than marijuana	22.5	19.3		18.5	17.0	
<b>Prescription drug misuse<sup>3</sup> in past year</b>						
Misuse of R <sub>x</sub> pain relievers	4.1	2.8		2.5	1.7	
Misuse of R <sub>x</sub> sedatives	4.4	5.5		3.6	3.3	
Misuse of R <sub>x</sub> stimulants	10.3	14.2	**	6.8	11.6	***
Misuse of any R <sub>x</sub> drug	14.5	17.2		8.7	13.3	***
<b>Other drugs used in past year</b>						
Used hallucinogens	11.5	18.0	***	15.3	16.9	
Used any form of cocaine				6.8	9.5	*
Used heroin	1.5	0.2	***	1.0	0.3	
<b>Risk Factors:</b>						
<b>Perceived ease of obtaining substances</b>						
Very easy or somewhat easy for underage persons to buy alcohol in stores	34.0	33.1		34.4	32.5	
Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants	21.3	19.5		16.9	19.9	
Very easy for persons the age of respondent to obtain marijuana	62.2	51.5	***	56.5	51.1	**
Very easy or somewhat easy for persons the age of respondent to get R <sub>x</sub> pain relievers w/o prescription	40.2	26.7	***	22.7	14.7	***
Very easy or somewhat easy for underage persons to buy cigarettes				47.8	46.5	
Very easy or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products				55.3	58.2	
<b>Low perceived risk of harm</b>						
No risk or slight risk from having five or more drinks once or twice a week	27.3	22.4	**	26.4	26.1	
No risk from smoking marijuana once or twice a week	46.7	40.6	**	43.6	39.1	*
No risk or slight risk from using R <sub>x</sub> pain relievers that were not prescribed a few times a year	14.4	12.1		7.7	10.6	**

<sup>a</sup> Used as a proxy measure for socioeconomic state (SES).

<sup>1</sup> Statistical significance for difference in rate: \* (p<.10) \*\* (p<.05) \*\*\* (p<.01).

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

<sup>3</sup> Used R<sub>x</sub> drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

Vermont Young Adult Surveys 2018 and 2020: Subgroup Differences

E. By Sexual and Gender Minority (SGM) Status<sup>a</sup>

Substance category and specific behaviors:	2018			2020		
	SGM (n=532)	Non-SGM (n=1582)	Sig. <sup>1</sup>	SGM (n=702)	Non-SGM (n=1633)	Sig. <sup>1</sup>
<b>Alcohol use in past 30 days</b>						
Any use	73.6	76.3		74.6	74.8	
Any binge drinking <sup>2</sup>	48.2	51.8		42.0	45.9	
Drove after having too much to drink	2.8	3.0		1.6	1.2	
<b>Marijuana use in past 30 days</b>						
Any use	49.7	42.4	**	55.0	43.1	***
Used marijuana 20 or more days (among users)	43.2	44.8		46.7	43.4	
Drove after using marijuana	14.8	17.0		15.7	12.7	
<b>Tobacco products used in past 30 days</b>						
Used cigarettes	25.7	19.9	**	25.1	17.9	***
Used cigarillos or little cigars	4.5	4.5		2.8	3.2	
Used chewing tobacco, snuff, dip, or snus	1.3	6.0	***	0.8	3.6	***
Used any of the above tobacco products	28.5	25.0		26.5	21.2	**
<b>E-cigarettes and other vaping products used in past 30 days</b>						
Used a vaping product containing nicotine	16.5	18.7		15.9	17.7	
Used a vaping product containing any substance other than marijuana	20.0	21.1		17.6	18.2	
<b>Prescription drug misuse<sup>3</sup> in past year</b>						
Misuse of Rx pain relievers	5.4	2.8	***	2.8	1.9	
Misuse of Rx sedatives	6.4	4.4		5.2	2.7	**
Misuse of Rx stimulants	15.1	11.5	*	12.1	9.0	*
Misuse of any Rx drug	19.1	14.9	**	14.7	10.5	**
<b>Other drugs used in past year</b>						
Used hallucinogens	15.3	15.0		23.2	13.8	***
Used any form of cocaine				11.0	7.5	**
Used heroin	0.9	0.7		0.6	0.6	
<b>Risk Factors:</b>						
<b>Perceived ease of obtaining substances</b>						
Very easy or somewhat easy for underage persons to buy alcohol in stores	31.8	33.9		27.0	35.5	***
Very easy or somewhat easy for underage persons to buy alcohol in bars and restaurants	19.9	20.4		17.7	19.0	
Very easy for persons the age of respondent to obtain marijuana	60.8	54.8	**	55.3	51.6	
Very easy or somewhat easy for persons the age of respondent to get Rx pain relievers w/o prescription	36.4	32.0	*	18.8	17.4	
Very easy or somewhat easy for underage persons to buy cigarettes				44.3	48.5	*
Very easy or somewhat easy for underage persons to buy e-cigarettes or other electronic vapor products				52.9	58.3	**
<b>Low perceived risk of harm</b>						
No risk or slight risk from having five or more drinks once or twice a week	19.7	25.9	**	19.7	28.3	***
No risk from smoking marijuana once or twice a week	46.1	42.8		44.4	39.3	**
No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year	18.3	11.5	***	13.1	8.4	***

<sup>a</sup> SGM respondents identify as: gay, lesbian, bisexual, trans, transgender, gender non-conforming, and/or other or unsure.

<sup>1</sup> Statistical significance for difference in rate: \* (p<.10) \*\* (p<.05) \*\*\* (p<.01).

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

<sup>3</sup> Used Rx drugs that had not been prescribed or used at higher dosages or for different purposes than prescribed.

Note: All percentages reported in these 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.