



2025 Data Snapshot

The two most used substances by high school students in Vermont are alcohol and cannabis. In terms of illicit or Federally classified drug use, most of this is cannabis use. Our main data source in the state is the Vermont Youth Risk Behavior Survey (YRBS) which is conducted every other year, the last survey was taken in 2023. Vermont experienced a decrease in substance use around the pandemic largely due to effects of COVID 19 policies and a delay in administering the survey which resulted in a younger demographic than usual. From the 2021 YRBS report to 2023, use rates have started to rise again although not to pre-pandemic levels. We compare Vermont YRBS rates with the national YRBS which is conducted by the CDC.

Marijuana

Lifetime use

- 35% of Vermont high school students have ever used marijuana, more than 5% higher than national rate
- 28% of Caledonia County high school students have ever used marijuana, 7% lower than VT
- 36% of Orleans County high school students have ever used marijuana, 1% higher than VT
- 41% of Lamoille County high school students have ever used marijuana, 6% higher than VT

Early use

- 6% of Vermont high school students have tried marijuana for the first time before age 13 years, over 1% higher than national rate

- 6% of Caledonia County high school students have tried marijuana for the first time before age 13 years, same as VT
- 6% of Orleans County high school students have tried marijuana for the first time before age 13 years, same as VT
- 8% of Lamoille County high school students have tried marijuana for the first time before age 13 years, 2% higher than VT

Current use

- 22% of Vermont high school students currently use marijuana, 5% higher than national rate
- 18% of Caledonia County high school students currently use marijuana, 4% lower than VT
- 23% of Orleans County high school students currently use marijuana, 1% higher than VT
- 27% of Lamoille County high school students currently use marijuana, 5% higher than VT

Other Illicit Drugs

Less than 10% of Vermont high school students report using any illicit drugs other than marijuana, same as national rate. Of these:

- 7% report sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays
- 2% have tried heroin or methamphetamines
- 3% have tried cocaine

Orleans and Lamoille County high school use rates are at or slightly higher than VT rates for these substances. Caledonia County high school use rates are lower than VT rates.

Alcohol

Lifetime use

- 49% of Vermont high school students have ever drunk alcohol
- 42% of Caledonia County high school students have ever drunk alcohol, 7% lower than VT
- 57% of Orleans County high school students have ever drunk alcohol, 8% higher than VT
- 59% of Lamoille County high school students have ever drunk alcohol, 10% higher than VT

Early use

- 14% of Vermont high school students had their first drink of alcohol before age 13 years, almost 1% higher than national rate
- 13% of Caledonia County high school students had their first drink of alcohol before age 13 years, 1% lower than VT
- 20% of Orleans County high school students had their first drink of alcohol before age 13 years, 6% higher than VT
- 15% of Lamoille County high school students had their first drink of alcohol before age 13 years, 1% higher than VT

Current use

- 27% of Vermont high school students currently drink alcohol, 5% higher than national rate
- 18% of Caledonia County high school students currently drink alcohol, 9% lower than VT
- 35% of Orleans County high school students currently drink alcohol, 8% higher than VT
- 35% of Lamoille County high school students currently drink alcohol, 8% higher than VT

Tobacco

Lifetime use

- 18% of Vermont high school students report ever trying a cigarette
- 18% of Caledonia County high school students report ever trying a cigarette, same as VT
- 23% of Orleans County high school students report ever trying a cigarette, 5% higher than VT
- 22% of Lamoille County high school students report ever trying a cigarette, 4% higher than VT

Current use

- 18% of Vermont high school students currently smoke cigarettes or cigars or use smokeless tobacco or electronic vapor products, same as Lamoille County
- 17% of Caledonia County high school students currently smoke cigarettes or cigars or use smokeless tobacco or electronic vapor products, 1% lower than VT

- 24% of Orleans County high school students currently smoke cigarettes or cigars or use smokeless tobacco or electronic vapor products, 6% higher than VT

Prescription Drugs

- 9% of Vermont high school students report ever using a prescription pain medicine such as codeine, Vicodin, OxyContin, hydrocodone, and Percocet without a doctor's prescription or different from how a doctor told them to use it, more than 2% lower than national rates
- 7% of Caledonia and Lamoille County high school students report ever using a prescription pain medicine without a doctor's prescription or different from how a doctor told them to use it, 2% lower than VT
- 11% of Orleans high school students report ever using a prescription pain medicine without a doctor's prescription or different from how a doctor told them to use it, 2% higher than VT

Risk Factors for Substance Use in the Lamoille Valley

Social Availability

- 68% of Caledonia, Orleans, and Lamoille County high school students report it would be sort of easy or very easy for them to get some alcohol, 2% higher than VT
- 59% of Orleans County high school students report it would be sort of easy or very easy for them to get some cannabis, 1% higher than VT
- 62% of Caledonia and Lamoille County high school students report it would be sort of easy or very easy for them to get some cannabis, 4% higher than VT

Parents or Other Trusted Adults Don't See the Harm in Underage Use

- 40% of Orleans County high school students report that their parents or guardians do not feel it would be wrong or very wrong for the student to drink alcohol, 7% higher than VT
- 34% of Caledonia and Lamoille County high school students report that their parents or guardians do not feel it would be wrong or very wrong for the student to drink alcohol, 1% higher than VT
- 27% of Caledonia, Orleans, and Lamoille County high school students don't think that their parents or guardians feel it would be wrong or very wrong for them to use cannabis, 2% higher than VT

Teens Don't See the Harm in Using

- 58% of Orleans County high school students don't think it is wrong or very wrong for someone their age to drink alcohol, 11% higher than VT
- 53% of Caledonia and Lamoille County high school students don't think it is wrong or very wrong for someone their age to drink alcohol, 6% higher than VT
- 46% of Orleans County high school students don't think it is wrong or very wrong for someone their age to use marijuana, 1% higher than VT
- 50% of Caledonia and Lamoille County high school students don't think it is wrong or very wrong for someone their age to use marijuana, 5% higher than VT
- 77% of Caledonia, Orleans, and Lamoille County high school students don't think that people greatly risk harming themselves if they use marijuana regularly, 1% higher than VT

Data Sources

[Vermont Youth Risk Behavior Survey](#)

[CDC Youth Risk Behavior Survey Explorer](#)