

Overview of Substance Use Results

Background: In the fall of 2014, 223,000 students in grades 6, 8, 10 and 12 participated in the Washington State Healthy Youth Survey (HYS). About 1,000 schools enrolled in the survey, representing all 39 Washington counties and 215 school districts. The Department of Social and Health Services (DSHS), in partnership with the Office of Superintendent of Public Instruction, the Department of Health, and the Liquor and Cannabis Board, administers the HYS to provide data for state and local prevention planning.

Youth use of alcohol, marijuana and other drugs

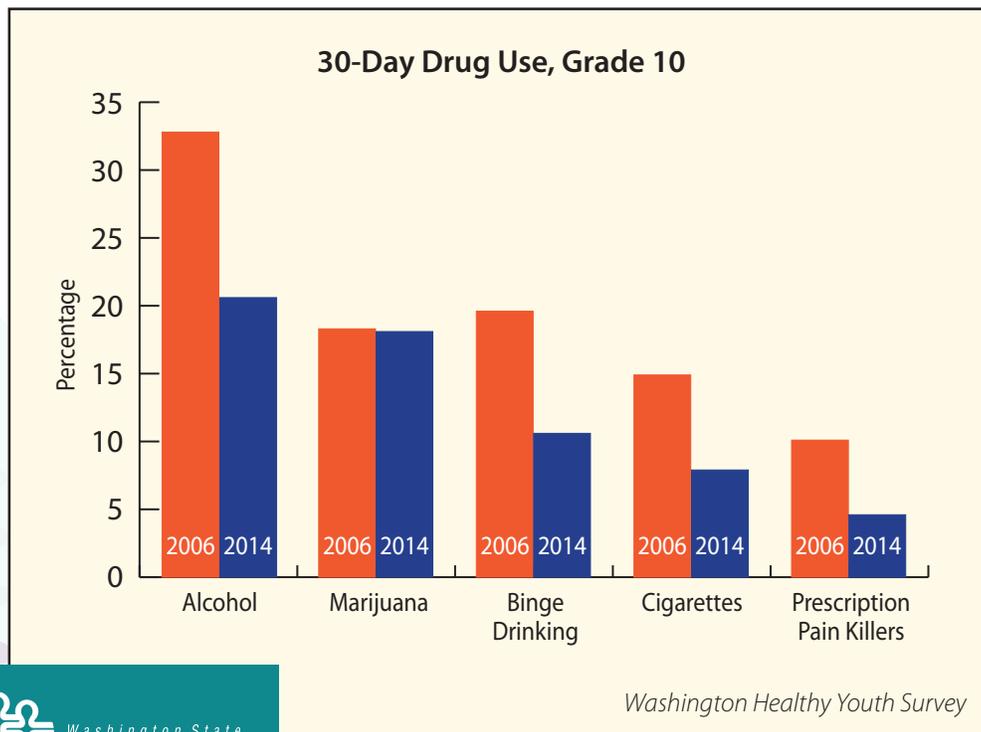
According to the 2014 Healthy Youth Survey, most students (80 percent) do not use alcohol or other drugs. In addition, the percentage of youth who use alcohol, cigarettes, and prescription painkillers has gone down substantially across all grades surveyed since 2008.

However, past month marijuana use has not gone down like other drug use, and is second only to alcohol use.

Alcohol use in the past month is down in all grades

Past month alcohol use has declined across all grades surveyed since 2006. The 2014 percentages are:

- 8th grade - down from 15 percent to eight percent
- 10th grade - down from 33 percent to 21 percent
- 12th grade - down from 42 percent to 33 percent



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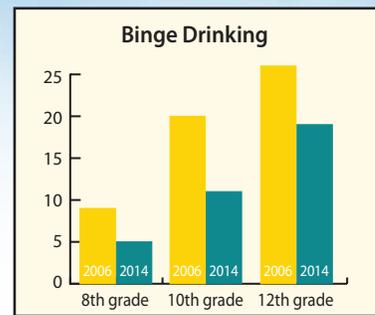
Transforming lives

DSHS 22-1670 (10/16)

Binge drinking

Significantly fewer students report drinking five or more drinks in a row since 2006:

- 8th grade - down from nine percent to five percent.
- 10th grade - down from 20 percent to 11 percent
- 12th grade - down from 26 percent to 19 percent



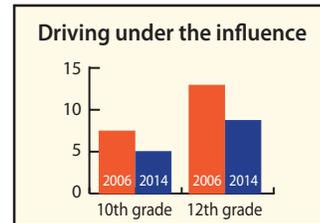
Driving under the influence

Since 2006 fewer students have reported driving after drinking alcohol:

- 10th grade –down from seven percent to five percent
- 12th grade – down from 13 percent to nine percent

The 2014 survey introduced a new question asking students if they drove in the past year within three hours of using marijuana:

- 10th grade – nine percent
- 12th grade - 17 percent



Marijuana use

Compared to 2012, fewer students think it is harmful to use marijuana regularly. Among 10th graders the perception of harm dropped from 46 percent to 36 percent.

While this can lead to an increase in use, so far the percentage of students using marijuana in the past month has remained about the same since 2010:

- 8th grade - from nine percent to seven percent
- 10th grade – from 20 percent to 18 percent
- 12th grade – from 26 percent to 27 percent

Tobacco and electric cigarette/vape pen use

Students in grades 8 and 10 use electronic cigarettes (e-cigs) or vape pens at more than twice the rate that they smoke tobacco.

- Used Tobacco: four percent of 8th graders; eight percent of 10th graders
- Used E-Cigs or vape pens: eight percent of 8th graders; 18 percent of 10th graders

Prescription Drugs/Opiates/Heroin

The percentage of students who abuse prescription pain killers has decreased by half among all grades surveyed since 2008. Among 10th graders:

- Eight percent reported misusing a prescription drug not prescribed to them in the past month.
- Five percent reported abusing painkillers in the past month.
- Three percent of 10th graders reported ever using heroin in their lifetime.

Parent attitudes about teen drug use

Youth are less likely to use drugs when they believe their parents disapprove. The following percentages of 10th grade students said their parents feel it's wrong for them to use:

- Alcohol (88 percent)
- Marijuana (89 percent)
- Prescription Drugs (95%)
- Tobacco (96 percent)

What DSHS is doing to promote healthier youth and communities

DSHS is nationally recognized as a leader in supporting evidence-based prevention practices and collaborating with community-based prevention organizations. DSHS provides funding, training and oversight to communities to prevent, reduce and treat substance use disorders, promote mental health, and increase healthy community norms. DSHS also supports statewide initiatives to increase public knowledge about drug prevention and mental health.

For other Healthy Youth Survey fact sheets, visit www.AskHYS.net

For more information about DSHS-funded prevention services, email Sarah.Mariani@dshs.wa.gov.