



2016 Washington State Healthy Youth Survey

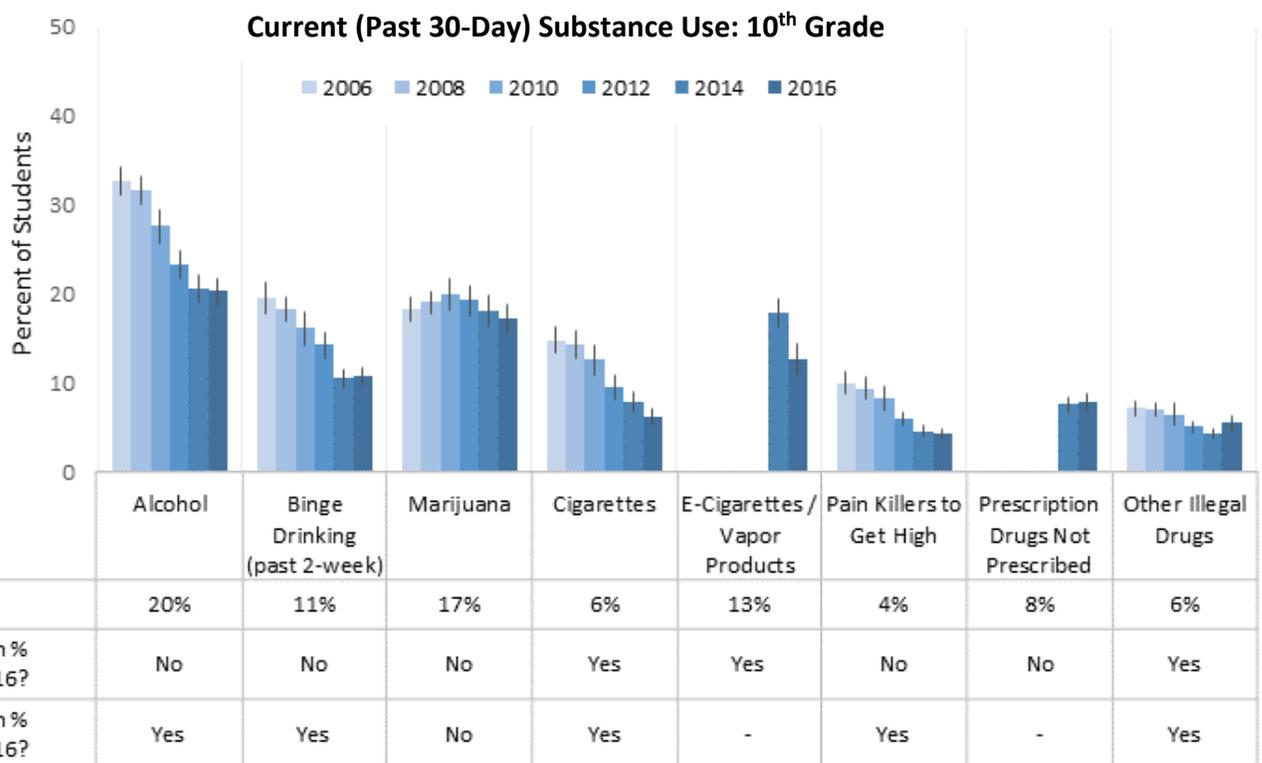
Data Brief: Substance Use Overview

What is the Healthy Youth Survey?

The Washington State Healthy Youth Survey (HYS) is a crucial source of information on adolescent health, behaviors, and perceptions. In fall 2016, over 230,000 students participated in this biennial statewide school-based survey. Over 1,000 schools administered the survey, representing all 39 Washington counties and 236 school districts.

Teen use of alcohol declined and marijuana use held steady over the past decade.

- Substance use rates remained mostly stable from 2014 to 2016. Cigarette and e-cigarette use declined, while “other” drug use slightly rose among 8th-12th graders.
- In 2016, 73 percent of 10th graders reported no recent (past 30-day) use of cigarettes, alcohol, marijuana, or other drugs.
- While general stability between 2014 and 2016 is encouraging, the results also suggest a need to further support prevention efforts to build on past successes and address areas of continued concern, such as driving under the influence and health disparities.



Technical Note: “Difference in %” refers to a significant difference ($p < 0.05$) between the years indicated in the percentage of students reporting use.

Alcohol use declined over the past decade, remained stable since 2014, and is still too high.

- In 2016, one in five 10th graders reported drinking alcohol in the past 30 days.
- Binge drinking declined among 8th, 10th, and 12th graders over the last decade and remained stable between 2014 and 2016.

Marijuana use remained stable over the past decade, despite the changing landscape.

- Though teens cannot legally purchase recreational marijuana, the presence of retail stores changed the landscape. However, use rates for 8th-12th graders held steady from 2014 to 2016.

Declines in perceived risk to binge drinking and regular marijuana use among 8th graders are potentially cause for concern and should be monitored closely.

- Decreases in perceived harm from using substances are often followed by increased rates of substance use.
- The percentage of 8th graders perceiving great risk decreased between 2014 and 2016 for binge drinking (57% to 53%) and regular marijuana use (53% to 48%)
- There was no change in perceived risk between 2014 and 2016 for 10th and 12th grade students.

Too many teens report driving under the influence of alcohol or marijuana.

- Driving under the influence of alcohol has declined since 2006.
- The percentage of teens driving under the influence of alcohol and driving within three hours of using marijuana was steady between 2014 and 2016.

Driving after drinking alcohol in 2016:

- 10th grade – 5%
- 12th grade – 9%

Driving within 3 hours of using marijuana in 2016:

- 10th grade – 9%
- 12th grade – 16%

Cigarette and E-cigarette use is down from 2014.

- The percentage of teens reporting cigarette smoking is about half what it was a decade ago.
- There were declines in current cigarette smoking (except among 12th graders) and using e-cigarettes or vapor products between 2014 and 2016.
- Twice as many 10th graders reported e-cigarette use (13%) than cigarette use (6%) in 2016.

The percentage of students who reported using other drugs in the past month, not including alcohol, tobacco, or marijuana, has risen slightly across grades.

- Similarly, the percentage reporting they can easily get other illegal drugs increased slightly among 8th (2% to 3%) and 12th graders (8% to 10%).
- However, lifetime use of the specific other drugs monitored by HYS remained stable between 2014 and 2016. Among 12th graders: 4% have used heroin, 5% methamphetamines, 7% inhalants, 7% cocaine, and 4% have misused steroids.

Racial/ethnic disparities continue to be evident in rates of teen substance use, especially for binge drinking, marijuana use, and misusing pain relievers.

- Changes between 2014 and 2016 were in mixed directions.

Where can I learn more?

- To learn more about teen substance use in Washington State and what you can do, visit www.StartTalkingNow.org.
- For other Healthy Youth Survey results and fact sheets or to learn more about the survey, visit www.askHYS.net.