

Fact Sheet: 2014 Healthy Youth Survey 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) is one of four state agencies supporting the HYS to provide data for state and local prevention planning.

Youth use of alcohol, marijuana and other drugs

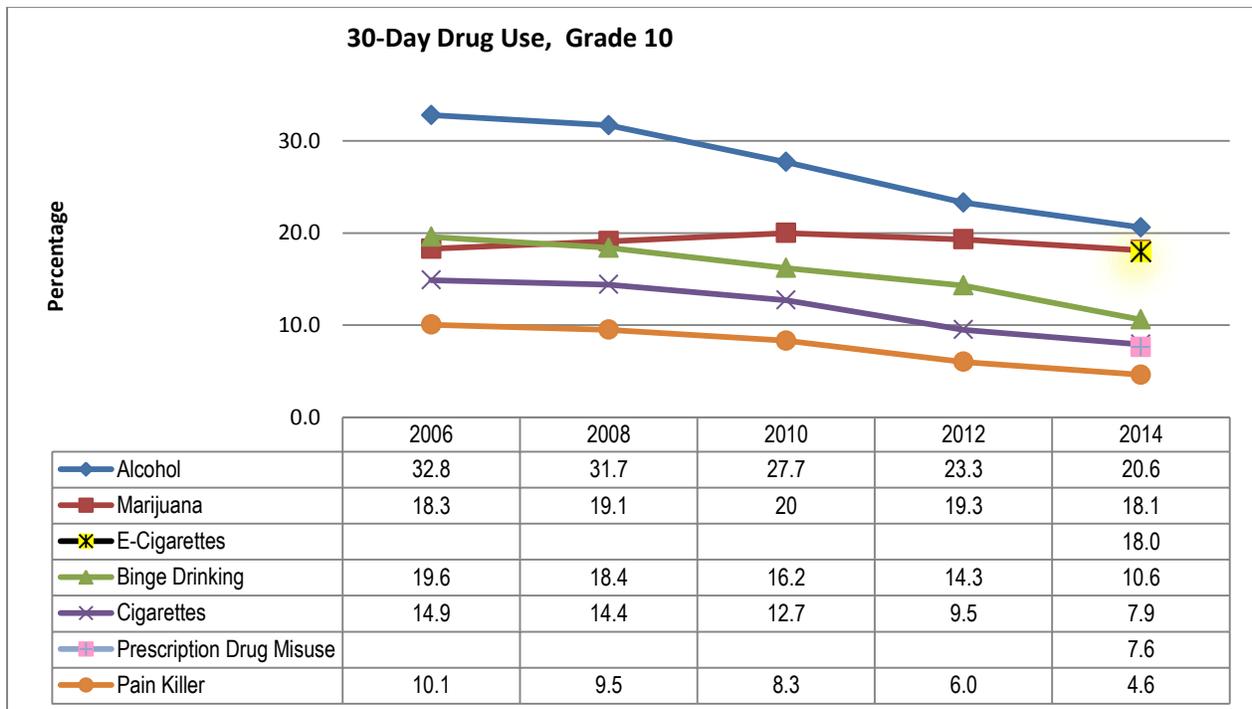
According to the 2014 Healthy Youth Survey, most students (80 percent) do not use alcohol or other drugs. In addition, the percentage of youth who use alcohol, cigarettes, and prescription painkillers has gone down substantially across all grades surveyed since 2008.

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



*E-cigarettes – question introduced in 2014.

+ Prescription Drug Misuse – question introduced in 2014

Binge drinking

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

- 8th grade - down from 9 percent to 5 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

The perception of risk in using marijuana regularly went down significantly among all grades surveyed compared to 2012. Among 10th graders this dropped from 46 percent to 36 percent.

There has been no significant change since 2010 in the number of students who used marijuana in the past month:

- 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/E-Cigarette use

Students in grades 8 and 10 use electronic cigarettes (liquid nicotine) at more than twice the rate that they smoke tobacco.

- Used E-cigarettes: eight percent of 8th graders; 18 percent of 10th graders
- Used Tobacco: four percent of 8th graders; eight 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

Compared to 2010, there is not much change in 10th graders who said their parents would consider it “a little wrong” or “not wrong” if they were to:

- Drink regularly – 12 percent (no change)
- Smoke cigarettes – 4 percent (down from six percent)
- Use marijuana – 11 percent (up from 10 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.