



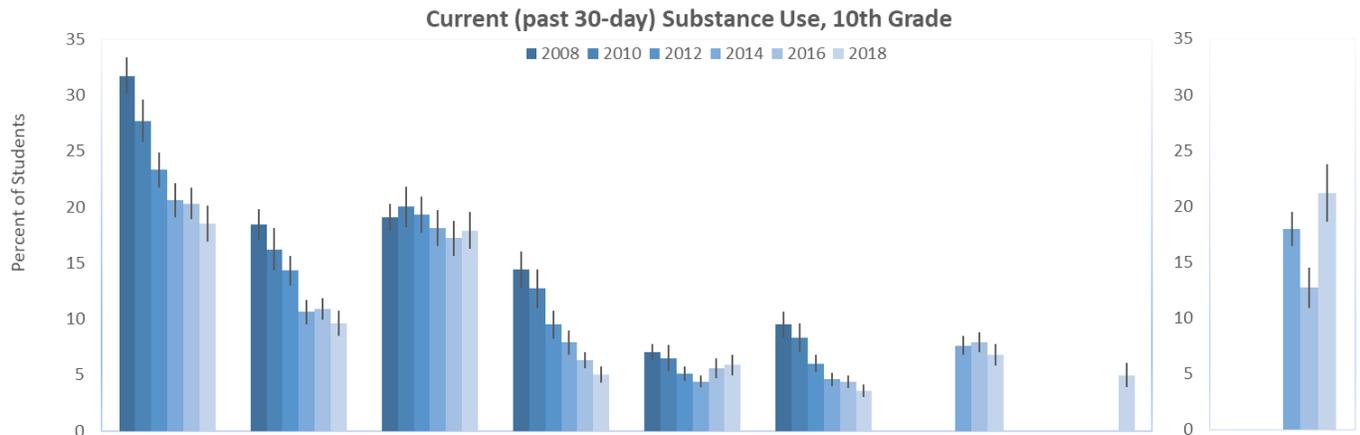
## 2018 Washington State Healthy Youth Survey Data Brief: Substance Use Overview

### 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 2018, over 230,000 students participated in the Healthy Youth Survey. Over 900 schools administered the survey, representing all 39 Washington counties and 228 school districts.

### Teen use of alcohol, cigarettes, and pain killers declined, while marijuana use held steady over the past decade.

- Past 30-day alcohol drinking decreased for 8th, 10th, and 12th graders (down from 16%, 32%, and 41% to 8%, 19%, and 28%)
- Binge drinking decreased for 8th, 10th, and 12th graders (down from 9%, 18%, and 26% to 5%, 10%, and 15%)
- Cigarette smoking decreased for 8th, 10th, and 12th graders (down from 7%, 14%, and 20% to 3%, 5%, and 8%)
- Using pain killers to get high decreased for 8th, 10th, and 12th graders (down from 4%, 10%, and 12% to 2%, 4%, and 4%)



	Alcohol	Binge Drinking (past 2-weeks)	Marijuana	Cigarettes	Pain killers to get high	Prescription drugs, not prescribed	Other illegal drugs	Over-the-counter drugs	E-cigarette/vapor products*
2018%	19%	10%	18%	5%	4%	7%	6%	5%	21%
Differences in % 2016 to 2018?	No	No	No	Decrease	No	No	No	-	Increase
Differences in % 2008 to 2018?	Decrease	Decrease	No	Decrease	Decrease	-	No	-	-

\* Teens reported using vape products that contained nicotine, marijuana (THC), and/or flavors.

- question not asked in 2008

**Alcohol use declined over the past decade but remained stable for 8th and 10th graders since 2016 and is still too high.**

- Alcohol drinking and binge drinking decreased for 12th graders – down from 32% to 28%, and down from 18% to 15%.
- In 2018, one in five 10th graders reported drinking alcohol in the past 30 days.
- In 2018, one in ten 10th graders reported binge drinking in the past 2 weeks.

**Cigarette use decrease from 2016, but e-cigarette/vapor product use has surged among all grades.**

- The percentage of teens reporting cigarette smoking is less than half what it was a decade ago.
- Cigarette smoking decreased for 10th - down from 6% to 5%, and decreased for 12th graders – down from 11% to 8%
- The rate of e-cigarette/ vapor product use increased and is higher than any other type of substance use:
  - 8th grade – up from 6% to 11%.
  - 10th grade – up from 13% to 21%.
  - 12th grade – up from 20% to 30%.
- Four times as many 10th graders reported vaping (21%) as smoking cigarettes (5%) in 2018.

**Marijuana use remained stable over the past decade, despite the changing policy 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 2016 to 2018.
- Declines in perceived risk for marijuana use among 8<sup>th</sup> and 10<sup>th</sup> graders are potentially cause for concern and should be monitored closely.
  - Generally, decreases in perceived harm from using substances are often followed by increased rates of substance use.
  - The percentage of 8th and 10<sup>th</sup> graders perceiving great risk associated with regular marijuana use decreased between 2016 and 2018 (48% to 43% for 8<sup>th</sup> graders and 35% to 31% for 10<sup>th</sup> graders)

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

- Driving under the influence of alcohol has declined since 2008.
- The percentage of 12<sup>th</sup> graders driving under the influence of alcohol decreased between 2016 and 2018 but remained steady for driving within three hours of using marijuana.
  - Driving after drinking alcohol:
    - 10th grade – 5%
    - 12th grade – 7%
  - Driving within 3 hours of using marijuana:
    - 10th grade – 9%
    - 12th grade – 16%

**The percentage of students who reported using other drugs in the past month, has remained mostly steady over the past two years.**

- Using pain killers to get high decreased for 12<sup>th</sup> graders – down from 5% to 4%.
- Taking non-prescribed prescription medication decreased for 12<sup>th</sup> graders – down from 9% to 7%.
- Lifetime use of the other drugs monitored by HYS remained stable between 2016 and 2018. Among 12th graders: 3% have used heroin, 3% methamphetamines, 8% inhalants, 6% cocaine, and 3% have misused steroids.
- The percentage reporting they can easily get other illegal drugs for 12<sup>th</sup> graders – down from 2016 to 2018.

While general stability of substance use between 2016 and 2018 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 e-cigarette use and driving under the influence.

**Where can I learn more?**

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