

# Substance Use in Adolescents

## Key Findings

### Tobacco Use

- In 2016, less than 1 percent of Washington 6<sup>th</sup> graders, about 3 percent of 8<sup>th</sup> graders, 6 percent of 10<sup>th</sup> graders, and 11 percent of 12<sup>th</sup> graders reported smoking cigarettes in the past 30 days. Males in 6<sup>th</sup>, 8<sup>th</sup> and 12<sup>th</sup> grades were significantly more likely to be current smokers than were females<sup>1,a,b</sup>
- Nationally, in 2015 about 11 percent of 9<sup>th</sup> to 12<sup>th</sup> graders were current smokers.<sup>2,b</sup>
- In 2016, about 0.5 percent of 6<sup>th</sup> graders, 2 percent of 8<sup>th</sup> graders, 3 percent of 10<sup>th</sup> graders, and 6 percent of 12<sup>th</sup> graders reported using smokeless tobacco (“chew”) in the past 30 days.
- Males were more likely to use smokeless tobacco than females in grades 8, 10 and 12.<sup>1,a,c</sup>
- Nationally, in 2015 9<sup>th</sup> to 12<sup>th</sup> grade males were more likely to use smokeless tobacco than females. (12% of males compared to 2% of females)<sup>2,c</sup>
- Washington appears to be meeting the Healthy People 2020 goal of reducing to 16 percent or less the proportion of 9<sup>th</sup> to 12<sup>th</sup> graders who are current smokers.<sup>3</sup>

### Alcohol Use

- In 2016, an estimated 2 percent of 6<sup>th</sup> graders, 8 percent of 8<sup>th</sup> graders, 20 percent of 10<sup>th</sup> graders, and 32 percent of 12<sup>th</sup> graders used alcohol in the past 30 days.
- Males and females in 12<sup>th</sup> grade were equally likely to be current alcohol users (about 31 percent). The average age of first alcohol use among 10<sup>th</sup> grade students who used alcohol regularly was 13.8 years.<sup>1,a,d,e</sup>

**Definition:** Current substance use refers to use of alcohol, tobacco, or other illicit substances on one or more of the past 30 days. Binge drinking is defined as drinking 5 or more drinks in a row in the past two weeks.

- Nationally, in 2015 about 33 percent of 9<sup>th</sup> to 12<sup>th</sup> graders were current alcohol users.<sup>2,d</sup>
- In 2016, about 1 percent of 6<sup>th</sup> graders, 4 percent of 8<sup>th</sup> graders, 11 percent of 10<sup>th</sup> graders, and 18 percent of 12<sup>th</sup> graders reported binge drinking in the past two weeks. Males in 12<sup>th</sup> grade were more likely to binge drink than females.<sup>1,a,f</sup>
- Washington is not yet meeting the Healthy People 2020 objective of reducing to 16.5 percent the proportion of adolescents reporting use of alcohol or any illicit drugs.

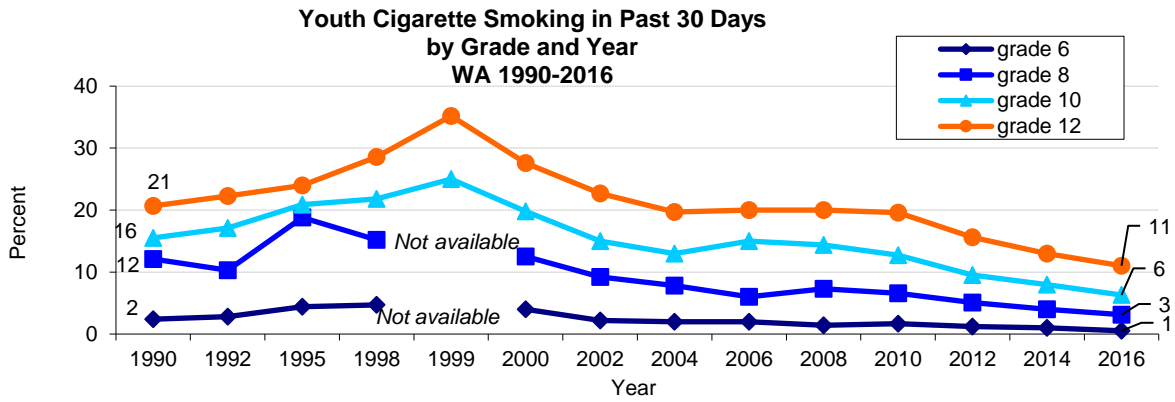
### Marijuana Use

- In 2016, about 1 percent of 6<sup>th</sup> graders, 6 percent of 8<sup>th</sup> graders, 17 percent of 10<sup>th</sup> graders, and 26 percent of 12<sup>th</sup> graders reported using marijuana in the past 30 days. Males in grades 6, and 12 were more likely to report current marijuana use compared to females. There were no differences in 8<sup>th</sup> and 10<sup>th</sup> grades.<sup>1,a,g</sup>
- Nationally, in 2015 about 22 percent of 9<sup>th</sup> to 12<sup>th</sup> graders reported current marijuana use.<sup>2</sup>

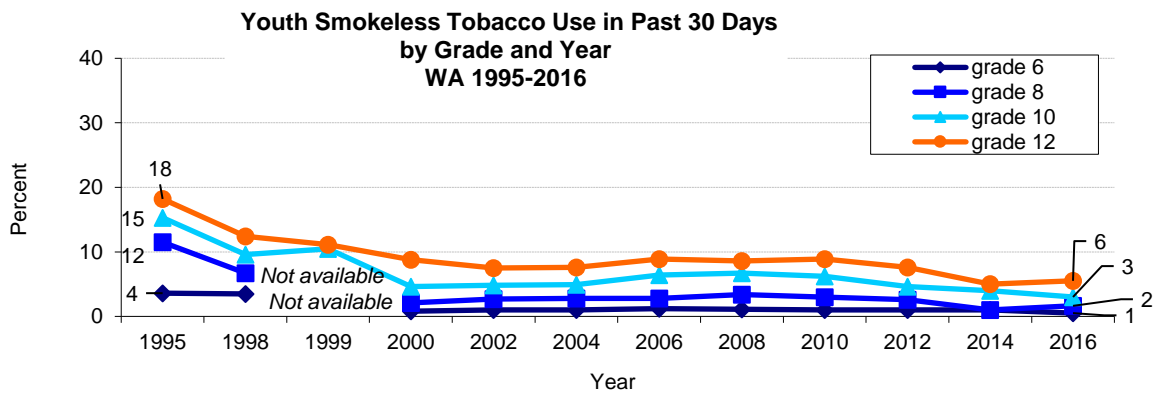
### Other Illicit Substance Use

- In 2016, about 3 percent of Washington 8<sup>th</sup> graders, 6 percent of 10<sup>th</sup> graders, and 9 percent of 12<sup>th</sup> graders reported any other illegal drug use (not alcohol, tobacco, or marijuana).<sup>1,h</sup>
- In 2016, about 2 percent of Washington 8<sup>th</sup> graders, and 4 percent of 10<sup>th</sup> graders and, 5 percent of 12<sup>th</sup> graders, used a pain killer to get high. 10<sup>th</sup> and 12<sup>th</sup> grade males were significantly more likely than females to use a pain killer to get high.<sup>1,i</sup>

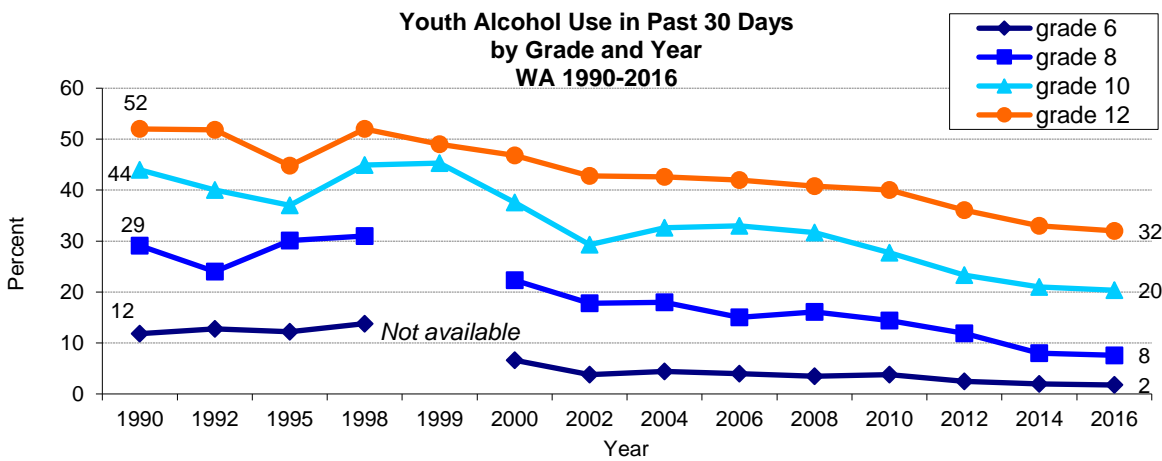
**Cigarette Smoking** <sup>1, b</sup>



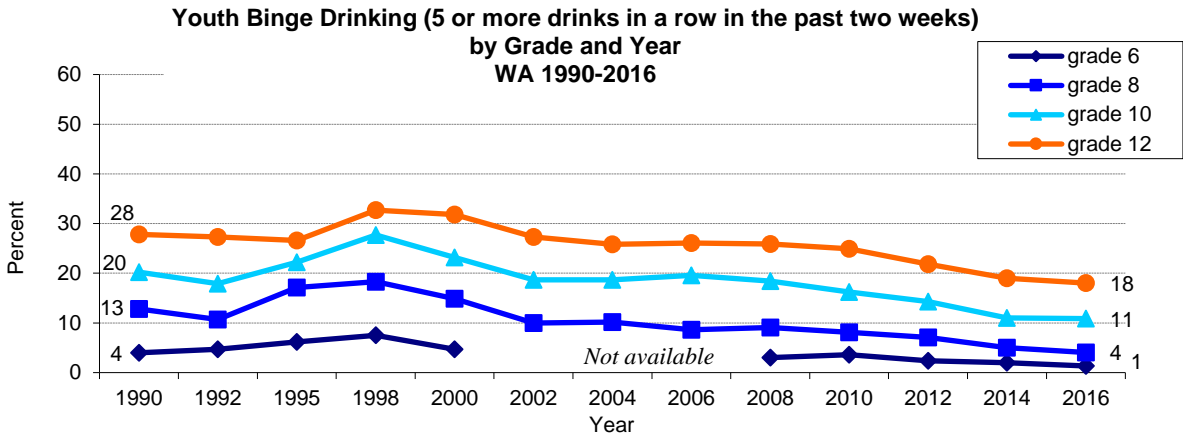
**Smokeless Tobacco Use** <sup>1, c</sup>



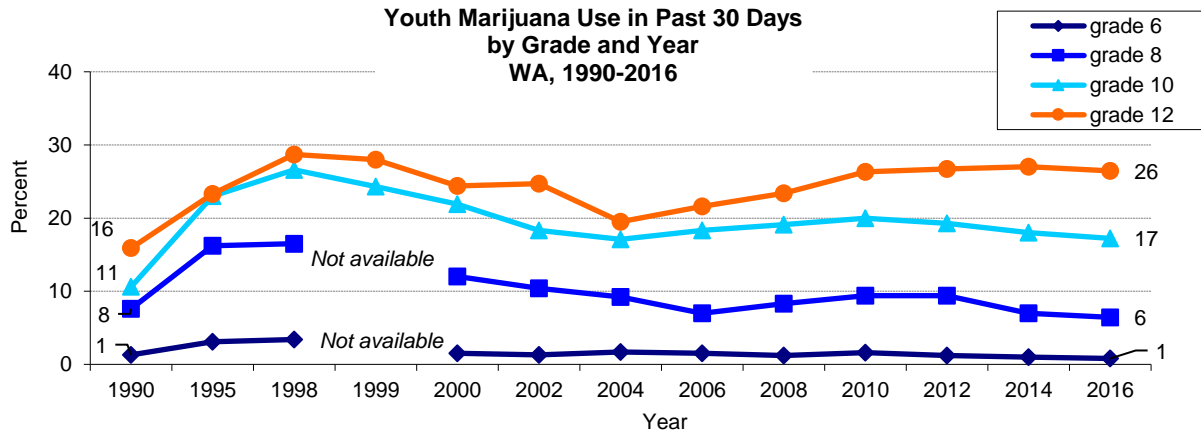
**Alcohol Drinking** <sup>1, d</sup>



**Binge Drinking<sup>1, e</sup>**



**Marijuana Use<sup>1, g</sup>**



### *Data Sources*

1. Washington State Healthy Youth Survey (2016). Washington State Department of Health, Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, Liquor and Control Board, and Looking Glass Analytics Inc. Website: <http://www.askhys.net/Home/About>
2. Centers for Disease Control and Prevention, Youth Risk Behavioral Survey (2015) Online data query accessed at: <http://nccd.cdc.gov/youthonline/App/Default.aspx>
3. Healthy People 2020, US Department of Health and Human Services. Accessed online at: <http://www.healthypeople.gov/2020/default.aspx> Date accessed: December, 2015.

### *Endnotes*

- a. Significance from the Healthy Youth Survey is based on chi-square testing with significance at  $p < 0.05$ .
- b. Based on question "During the past 30 days, on how many days did you smoke cigarettes?"
- c. Based on the question "During the past 30 days, on how many days did you use chewing tobacco, snuff or dip?"
- d. Based on the question "During the past 30 days, on how many days did you drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)?"
- e. Based on the question "Think back over the last 2 weeks. How many times have you had five or more drinks in a row? (A drink is a glass of wine, a bottle of beer, a shot glass of liquor, or a mixed drink)."
- f. Age at first use is based on asking students how old they were the first time they drank alcohol or used a substance. Age of first use is calculated by excluding students who responded "they had not used," and calculating the mean age of use among those who used at any age.
- g. Based on the question "During the past 30 days, on how many days did you use marijuana or hashish (grass, hash, pot)?"
- h. Based on the question "During the past 30 days, on how many days did you use another illegal drug, not counting alcohol, tobacco or marijuana?"
- i. Based on the question "During the past 30 days, on how many days did you use a pain killer TO GET HIGH, like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)?"

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