



## **Substance Use**

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**Tobacco Use** \*Critical Health Objective\*

<b>Current Cigarette Smoking in the Past 30 Days</b>	
	<b>WA % (± margin of error)</b>
<b>Grade *</b>	
Grade 6	<b>1%</b> (± 0.3)
Grade 8	<b>7%</b> (± 1)
Grade 10	<b>14%</b> (± 2)
Grade 12	<b>20%</b> (± 3)
<b>Gender (10<sup>th</sup> grade)</b>	
Male	<b>15%</b> (± 2)
Female	<b>14%</b> (± 2)
<b>Race/ Ethnicity (10<sup>th</sup> grade)</b>	
White, Non-Hispanic	<b>15%</b> (± 2)
Black , Non-Hispanic	<b>16%</b> (± 4)
American Indian /AN, Non-Hispanic**	<b>27%</b> (± 6)
Asian, Non-Hispanic**	<b>7%</b> (± 13)
Hawaiian/ Pacific Islander, Non-Hispanic	<b>13%</b> (± 6)
Hispanic	<b>13%</b> (± 5)
<b>Disability Status (10<sup>th</sup> grade)*</b>	
Disability	<b>26%</b> (± 3)
No disability	<b>12%</b> (± 2)
<b>Rural Urban Residence (10<sup>th</sup> grade)</b>	
Urban	<b>14%</b> (± 2)
Rural	<b>15%</b> (± 4)
<b>Socioeconomic Status (10<sup>th</sup> grade)*</b>	
Higher	<b>12%</b> (± 2)
Lower	<b>18%</b> (± 3)

\* Significant difference based on chi-square at  $p < 0.05$  Source: WA Healthy Youth Survey 2008

\*\*Significant difference compared to non-Hispanic Whites based on significance testing at  $p < 0.05$

**Disparities:** Cigarette smoking in the past 30 days increased by grade and was significantly **higher** for 10<sup>th</sup> graders with disabilities and those with lower socioeconomic status. Rates were **higher** among Non-Hispanic American Indian and **lower** among Non-Hispanic Asians compared to Non-Hispanic Whites.

### Additional Data:

- Tobacco use, particularly smoking, remains the number one cause of preventable diseases and death in the United States.<sup>1</sup> Tobacco use is one of the **21 National Critical Health Objectives** for Adolescents and Young Adults. The Healthy People 2010 goal is to reduce current smoking by 9<sup>th</sup>-12<sup>th</sup> graders to no more than 16 percent.
- About 45 kids still start smoking every day in Washington.
- Among 10<sup>th</sup> graders in 2008, cigars were the most common tobacco product used, followed by cigarettes and bidis.

<b>Tobacco Use in Past 30 Days by 10th Graders, WA HYS 2008</b>	
<b>Type of Tobacco</b>	<b>% (± Margin of error)</b>
Cigars, cigarillos, or little cigars	16% (± 2)
Cigarettes	14% (± 2)
Bidis (flavored cigarettes)	10% ((± 1)
Pipe	7% (± 1)
Clove cigarettes (kreteks)	7% (± 1)
Chew or snuff	7% (± 1)

*Source: WA Healthy Youth Survey 2008.*

Based on 2008 Washington Healthy Youth Survey results among 10<sup>th</sup> graders:

- Youth are still finding places to use tobacco. About 41 percent of current smokers reported that they used tobacco on school property.
- Youth still have access to tobacco. Most youth get them from social sources like friends and family, but about 10 percent got their tobacco from a store.
- Youth are still exposed to tobacco marketing; about 13 percent bought or received an item with a tobacco company logo on it in the past year.
- Youth are exposed to secondhand smoke. In 2008, about 27 percent of 6<sup>th</sup> graders, 40 percent of 8<sup>th</sup> graders, 47 percent of 10<sup>th</sup> graders and 49 percent of 12<sup>th</sup> graders were in a room in the past week with someone who smoked cigarettes.

Based on a 2008 survey of Washington state principals of middle and high schools about 62 percent of schools prohibit all types of tobacco use, by all people, at all times, and in all locations on school property. About 96 percent of schools post signs marking a tobacco-free school zone. Forty-three percent taught 15 tobacco-use prevention topics in a required course.<sup>2</sup>

**United States Prevalence:** In 2007, an estimated 20 percent of high school students nationally reported cigarette use in the past 30 days.<sup>3</sup>

**Washington Prevalence:** In 2008, an estimated 15 percent of Washington high school students reported cigarette use in the past 30 days.<sup>4</sup>

<sup>1</sup> U.S. Department of Health and Human Services. Reducing tobacco use: a report of the Surgeon General. Atlanta, GA: Centers for Disease Control and Prevention; 2000

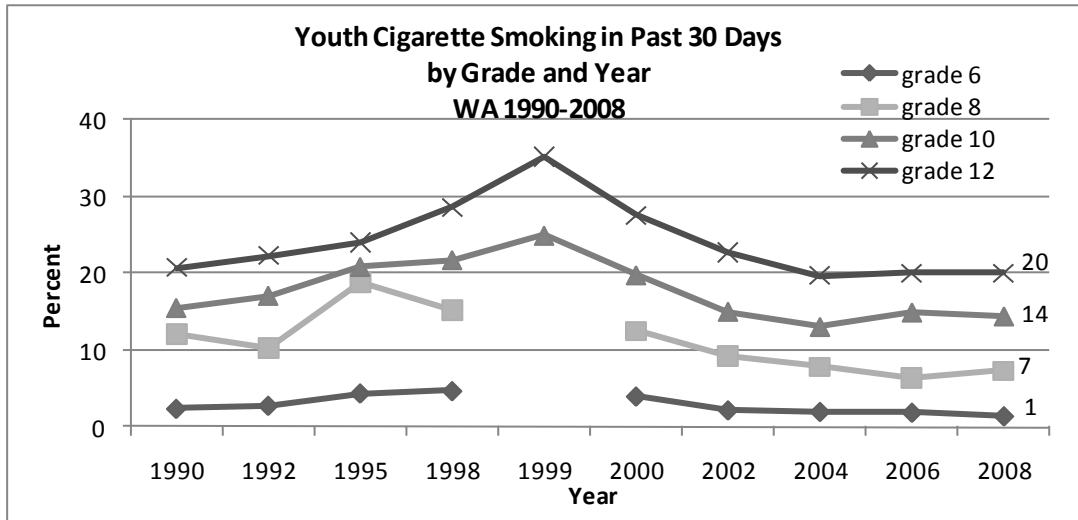
<sup>2</sup> Source: 2008 Washington State School Health Education Profile (SHEP). [Survey of school principals administered by the Centers for Disease Control and Prevention. [Note: Percentages are of schools, not students.]

<sup>3</sup> Youth Risk Behavioral Survey 2007. Centers for Disease Control and Prevention. Accessed September 2009: [http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07\\_mmwr.pdf](http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf)

<sup>4</sup> Based on synthetic high school estimate from Healthy Youth Survey 2008 data from grades 8,10,12.

**Comparing Results from 2006 to 2008:** There was no significant change in 30 day cigarette smoking in any grade from 2006 to 2008.

**Trend Data:** Among Grade 6 students, there was a significant decrease in 30-day cigarette smoking from 1995 to 2008. Among Grade 12 students, was a significant increase in 30-day cigarette smoking from 1990 to 1999, then a significant decrease from 1999 to 2008.



**Illicit Drugs****Marijuana Use** \*Critical Health Objective\*

Marijuana Use in Past 30 Days	
	WA % (± margin of error)
<b>Grade *</b>	
Grade 6	1% (± 0.3)
Grade 8	8% (± 1)
Grade 10	19% (± 1)
Grade 12	23% (± 2)
<b>Gender (10<sup>th</sup> grade)*</b>	
Male	20% (± 2)
Female	18% (± 2)
<b>Race/ Ethnicity (10<sup>th</sup> grade)</b>	
White, Non-Hispanic	18% (± 2)
Black , Non-Hispanic**	29% (± 7)
American Indian /AN, Non-Hispanic	25% (± 8)
Asian, Non-Hispanic**	11% (± 3)
Hawaiian/ Pacific Islander, Non-Hispanic	15% (± 6)
Hispanic	20% (± 3)
<b>Disability Status (10<sup>th</sup> grade)*</b>	
Disability	28% (± 3)
No disability	16% (± 1)
<b>Rural- Urban Residence (10<sup>th</sup> grade)</b>	
Urban	19% (± 1)
Rural	19% (± 3)
<b>Socioeconomic Status (10<sup>th</sup> grade)*</b>	
Higher	16% (± 1)
Lower	24% (± 2)

\* Significant difference based on chi-square at  $p < 0.05$

Source: WA Healthy Youth Survey 2008

\*\*Significant difference compared to non-Hispanic Whites based on significance testing at  $p < 0.05$

**Disparities:** In 2008, among 10<sup>th</sup> graders, marijuana use was significantly **higher** for males, youth with disabilities and those with lower socioeconomic status. Rates were **higher** among Non-Hispanic Blacks and **lower** among Non-Hispanic Asians compared to Non-Hispanic Whites.

**Additional Data:**

- Illicit substance use, specifically marijuana, is one of the **21 National Critical Health Objectives** for Adolescents and Young Adults. The Healthy People 2010 target is to reduce the proportion of adolescents using marijuana in the past 30 days to no more than 0.7 percent and reduce the use of any illicit drug use in the past 30 days to no more than 2.0 percent.

- Lifetime marijuana use by grade: In 2008, the percentage of students who have ever used marijuana significantly increased by grade: about 3 percent of 6<sup>th</sup> graders, 12 percent of 8<sup>th</sup> graders, 31 percent of 10<sup>th</sup> graders, and 45 percent of 12<sup>th</sup> graders.
- Perceived harm from marijuana: In 2008, 67 percent of Grade 6 students, 63 percent of Grade 8 students, 52 percent of Grade 10 students, and 45 percent of Grade 12 students reported there was great risk in using marijuana regularly.
- How easy to get marijuana: In 2008, 86 percent of Grade 6 students, 63 percent of Grade 8 students, 31 percent of Grade 10 students, and 20 percent of Grade 12 students reported that it would be very hard to get marijuana.
- Average age first smoked marijuana: Grade 10 students in 2008 reported that on average they first smoked marijuana at 13.2 years of age.
- Among Washington 10<sup>th</sup> graders, marijuana was the most commonly used illicit drug, for both lifetime (31 percent) and past 30 day use (19 percent). Other drugs with high use rates include using painkillers to get high (9 percent) inhalants (9 percent lifetime), cocaine/crack (7 percent lifetime), and methamphetamine (5 percent lifetime, 4 percent 30 day).

<b>Illicit Drug Use by 10th Graders, WA HYS 2008</b>		
<b>Type of Drug</b>	<b>Lifetime (ever used) WA % (± margin of error)</b>	<b>Past 30 Days WA % (± margin of error)</b>
Marijuana	<b>31%</b> (± 2)	<b>19%</b> (± 1)
Methamphetamine	<b>5%</b> (± 1)	<b>4%</b> (± 1)
Inhalants	<b>9%</b> (± 1)	<b>6%</b> (± 1)
Cocaine/Crack	<b>7%</b> (± 1)	*
Pain killers to get high	*	<b>9%</b> (± 1)
Ritalin	*	<b>5%</b> (± 1)

\* Data not available

Source: WA Healthy Youth Survey 2008

**WA Prevalence:** In 2008 an estimated 18 percent of Washington high school students reported using marijuana within the past 30 days.<sup>5</sup>

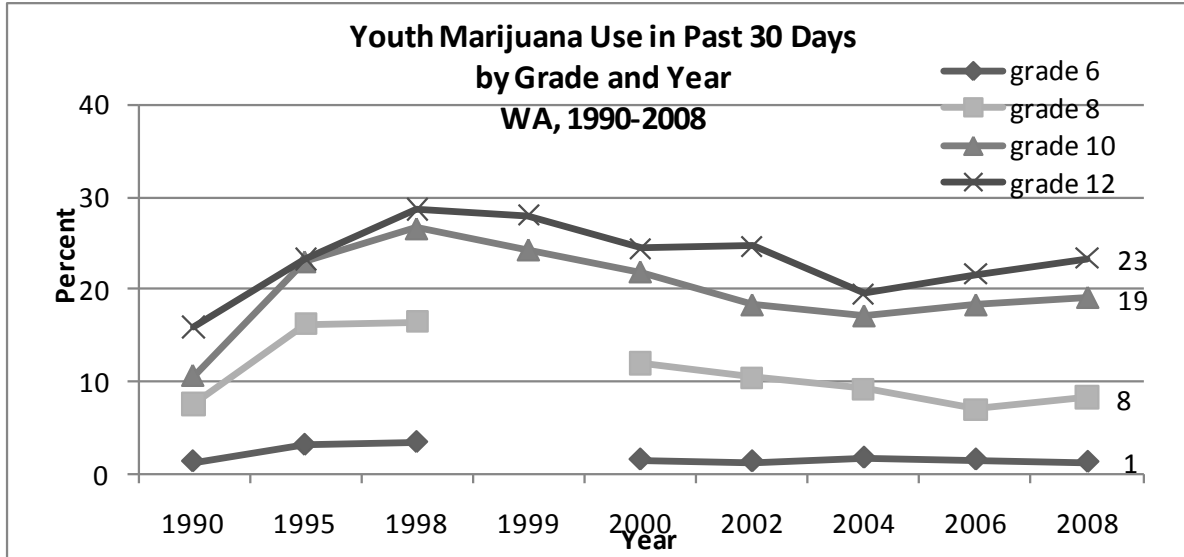
**U.S. Prevalence:** In 2007, an estimated 20 percent of high school students nationally reported using marijuana within the past 30 days.<sup>6</sup>

<sup>5</sup> Synthetic high school estimate generated using healthy Youth Survey 2008 data.

<sup>6</sup> Youth Risk Behavioral Survey 2007. Centers for Disease Control and Prevention. Accessed September 2009: [http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07\\_mmwr.pdf](http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf)

**Comparing results from 2006 to 2008:** There were no significant changes in marijuana use from 2006 to 2008.

**Trend Data:** Among Grade 8 students there was a significant decrease in 30 day marijuana use from 1995 to 2008.



## Alcohol Use

### Binge Drinking **\*Critical Health Objective\***

Binge Drinking in Past Two Weeks	
	WA % ( $\pm$ margin of error)
<b>Grade*</b>	
Grade 6	3% ( $\pm$ 0.5)
Grade 8	9% ( $\pm$ 1)
Grade 10	18% ( $\pm$ 1)
Grade 12	26% ( $\pm$ 2)
<b>Gender (10<sup>th</sup> grade)</b>	
Male	19% ( $\pm$ 2)
Female	17% ( $\pm$ 2)
<b>Race/ Ethnicity (10<sup>th</sup> grade)</b>	
White, Non-Hispanic	17% ( $\pm$ 2)
Black, Non-Hispanic	22% ( $\pm$ 4)
American Indian /AN, Non-Hispanic**	32% ( $\pm$ 8)
Asian, Non-Hispanic**	12% ( $\pm$ 3)
Hawaiian/ Pacific Islander, Non-Hispanic	18% ( $\pm$ 6)
Hispanic**	24% ( $\pm$ 3)
<b>Disability Status (10<sup>th</sup> grade)*</b>	
Disability	16% ( $\pm$ 2)
No disability	25% ( $\pm$ 3)
<b>Rural- Urban Residence (10<sup>th</sup> grade)</b>	
Urban	18% ( $\pm$ 2)
Rural	19% ( $\pm$ 4)
<b>Socioeconomic Status (10<sup>th</sup> grade)*</b>	
Higher	15% ( $\pm$ 1)
Lower	23% ( $\pm$ 2)

\* Significant difference based on chi-square at  $p < 0.05$  Source: WA Healthy Youth Survey 2008

\*\*Significant difference compared to non-Hispanic Whites based on significance testing at  $p < 0.05$

**Disparities:** In 2008, among 10<sup>th</sup> graders, binge drinking in the past two weeks was significantly **higher** for 10<sup>th</sup> graders with disabilities and those with lower socioeconomic status. Rates were **higher** among Non-Hispanic American Indians, and Hispanics compared to Non-Hispanic Whites. The rates were **lower** among Non-Hispanic Asians compared to Non-Hispanic Whites

#### Additional Data:

- Binge drinking is defined here as having five or more drinks in a row in the past two weeks.



- Binge drinking is one of the **21 National Critical Health Objectives** for Adolescents and Young Adults. The Healthy People 2010 goal is to reduce binge drinking by 12-17 year olds in the past 30 days to no more than 2.0 percent.
- Alcohol is the most commonly used substance reported by Washington students and alcohol use increases with age. Based on 2008 Washington Healthy Youth Survey data:
- Lifetime use by grade: In 2008, about 29 percent of 6<sup>th</sup> graders, 39 percent of 8<sup>th</sup> graders, 61 percent of 10<sup>th</sup> graders, and 72 percent of 12<sup>th</sup> graders reported they had ever drunk more than a few sips of alcohol.
- Alcohol use in past 30 days: In 2008, 4 percent of Grade 6 students, 16 percent of Grade 8 students, 32 percent of Grade 10 students, and 41 percent of Grade 12 students reported drinking alcohol in the past month.
- **Average age at first use:** Grade 10 students, on average, first had more than a sip or two of beer, wine, or hard liquor at 12.7 years of age.
- In 2008, based on a composed scale, about 6 percent of 8<sup>th</sup> graders, 19 percent of 10<sup>th</sup> graders, and 18 percent of 12<sup>th</sup> graders engaged in heaving drinking.<sup>7</sup>

**Binge drinking:**

**Washington Prevalence:** In 2008 an estimated 9 percent of 8<sup>th</sup> graders, 18 percent of 10<sup>th</sup> graders, and 26 percent of 12<sup>th</sup> reported binge drinking within the past two weeks.

**United States Prevalence:** In 2008, an estimated 8 percent of 8<sup>th</sup> graders, 16 percent of 10<sup>th</sup> graders, and 25 percent of 12<sup>th</sup> graders reported binge drinking within the past two weeks.<sup>8</sup>

**Alcohol Use in Past 30 days:**

**Washington Prevalence:** An estimated 32 percent of Washington high school students reported drinking any alcohol in the past 30 days.<sup>9</sup>

**United States Prevalence:** In 2007, an estimated 45 percent of high schoolers reported any alcohol use in the past 30 days.<sup>10</sup>

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<sup>7</sup> Heavy drinking is drinking represents drinking 6 or more times in past 30 days and/or binge drinking 2 or more times in the past two weeks.

<sup>8</sup> Monitoring the Future Survey. Institute for Social Research, University of Michigan. Accessed September 2009 at: <http://monitoringthefuture.org/pubs/monographs/overview2008.pdf>

<sup>9</sup> Synthetic high school estimate generated using healthy Youth Survey 2008 data for grades 8,10,12

<sup>10</sup> Youth Risk Behavioral Survey 2007. Centers for Disease Control and Prevention. Accessed September 2009: [http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07\\_mmwr.pdf](http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbs07_mmwr.pdf)

**Comparing 2006 to 2008:** Among Grade 6, 8, 10 and 12 students, there were no changes in binge drinking

**Trends:** Among Grade 6, 8, 10 and 12 students, there were no changes in binge drinking from 1990 to 2008.

