

Healthy Youth Survey & Monitoring the Future 2016 Results

Washington Healthy Youth Coalition
March 17, 2017

Organization of Presentation

- Data Sources
- **SECTION 1**
Substance Use – Alcohol & Marijuana
- **SECTION 2**
Access, Norms, Perceptions, Enforcement



Healthy Youth Survey - 2016

The Healthy Youth Survey is a statewide school survey administered every 2 years since 1988. The current version has been implemented since 2002.

The HYS collects data on health risk behaviors that contribute to morbidity, mortality, and social problems among youth.

Respondents: 6th, 8th, 10th, and 12th grade students.

Schools: 1,000 public schools

Participants: 230,000 students

State Sample: 38,000 students

State Sample 10th Grade: 11,000 students



Monitoring the Future - 2016

Annual national survey since 1975 (42 years)

POPULATION: 45,000 students

SCHOOLS: 380 public/private secondary

GRADES: 8, 10 and 12

PARTICIPATION: 3-stage random sample

1. Geographic selection
2. School Selection
3. Student Selection

Selected schools participate for 2 years

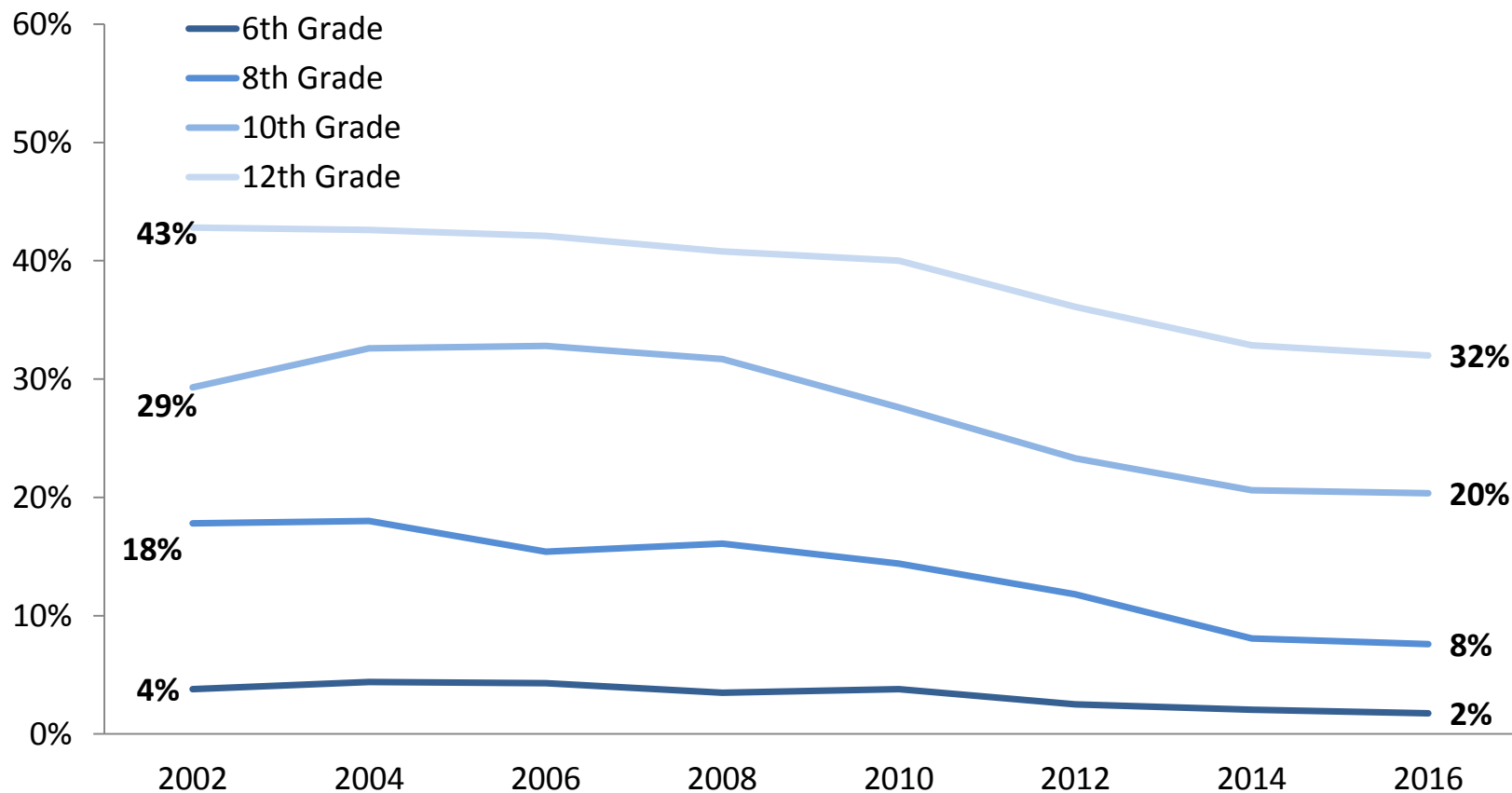


Section 1

- **Alcohol & Marijuana Substance Use**
- **Substance Use-Related Behaviors**
- **National vs. State Trends**



Alcohol Use: Youth, Past 30 Days 2002-2016

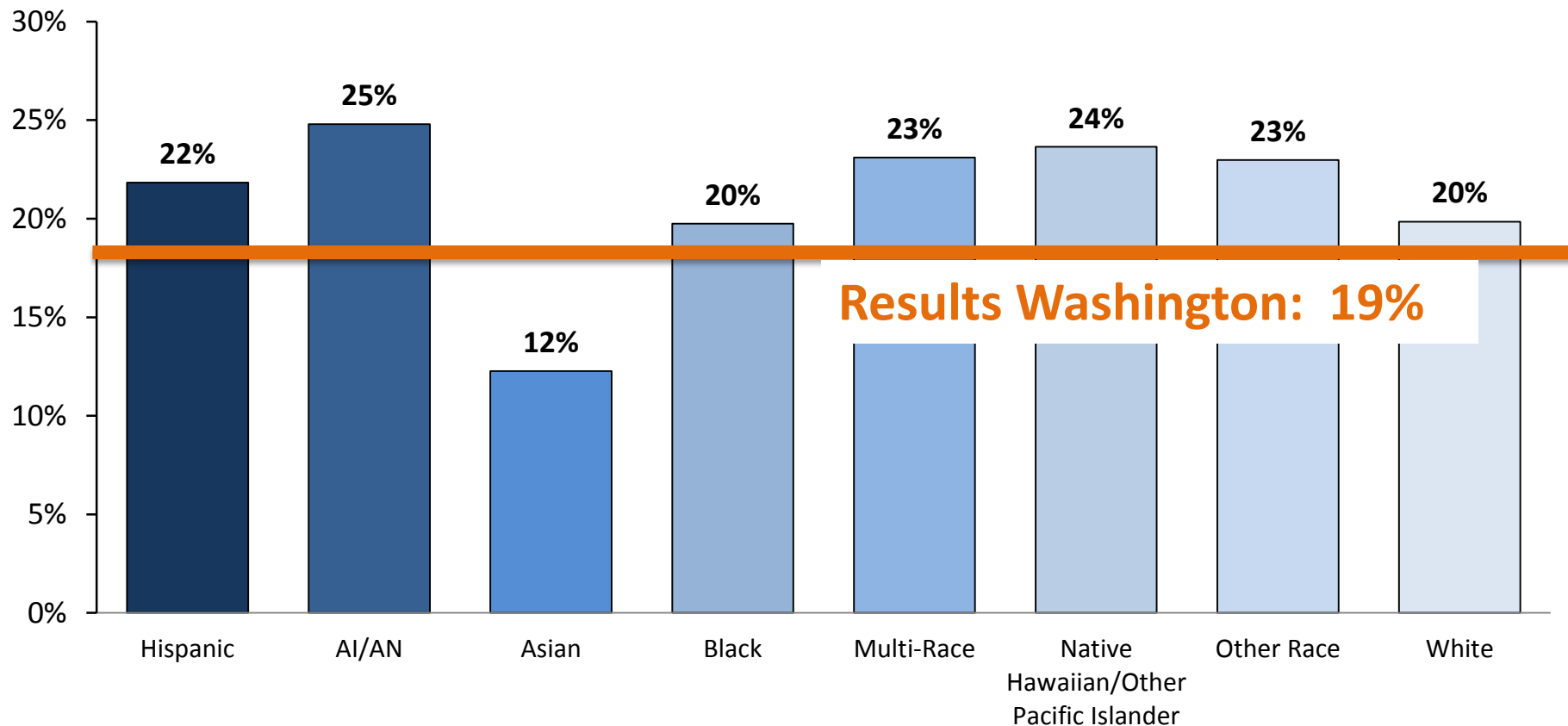


Source: Washington Healthy Youth Survey - 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016.

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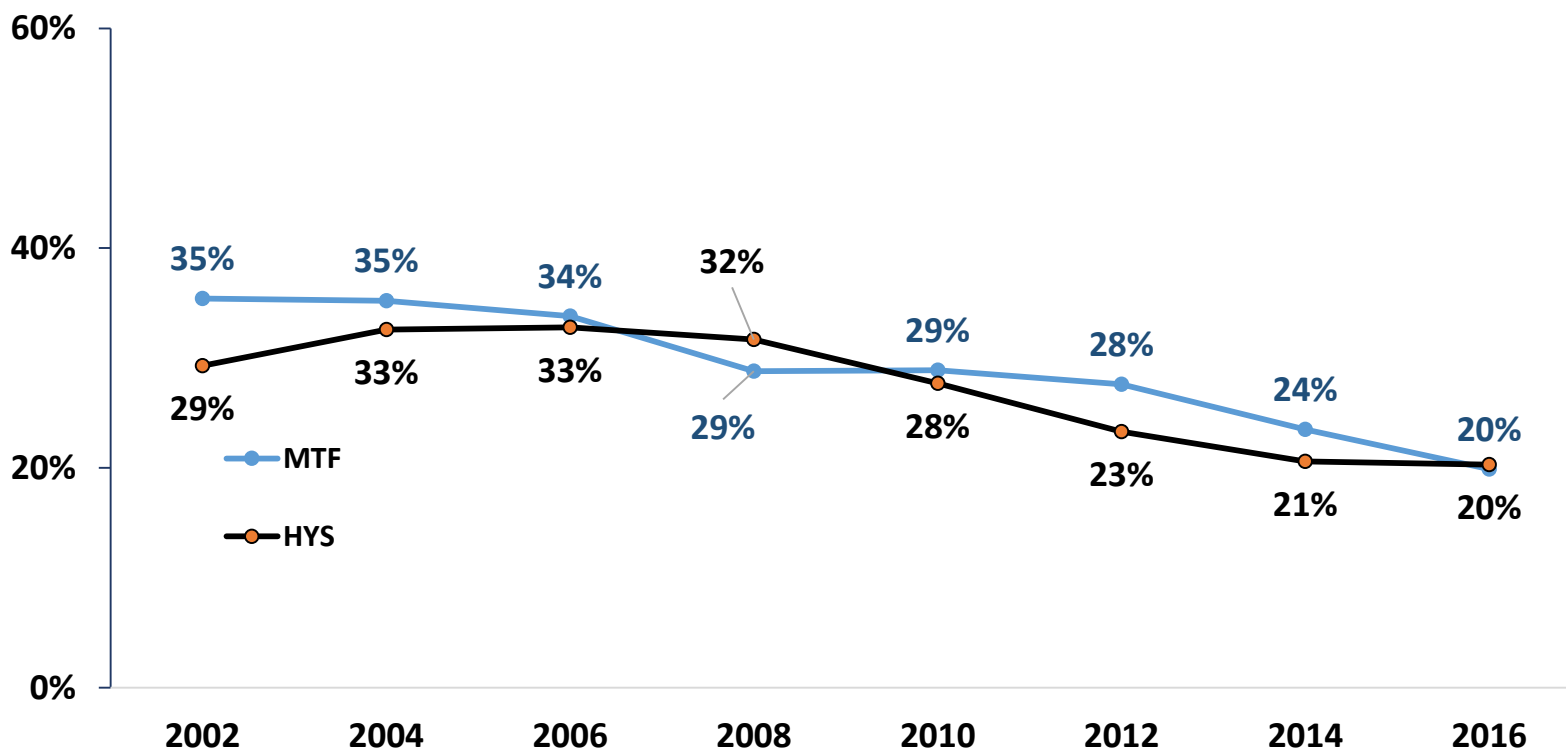


Alcohol Use, Past 30 Days 10th Graders by Race and Ethnicity



Source: Washington State Healthy Youth Survey – 2016.

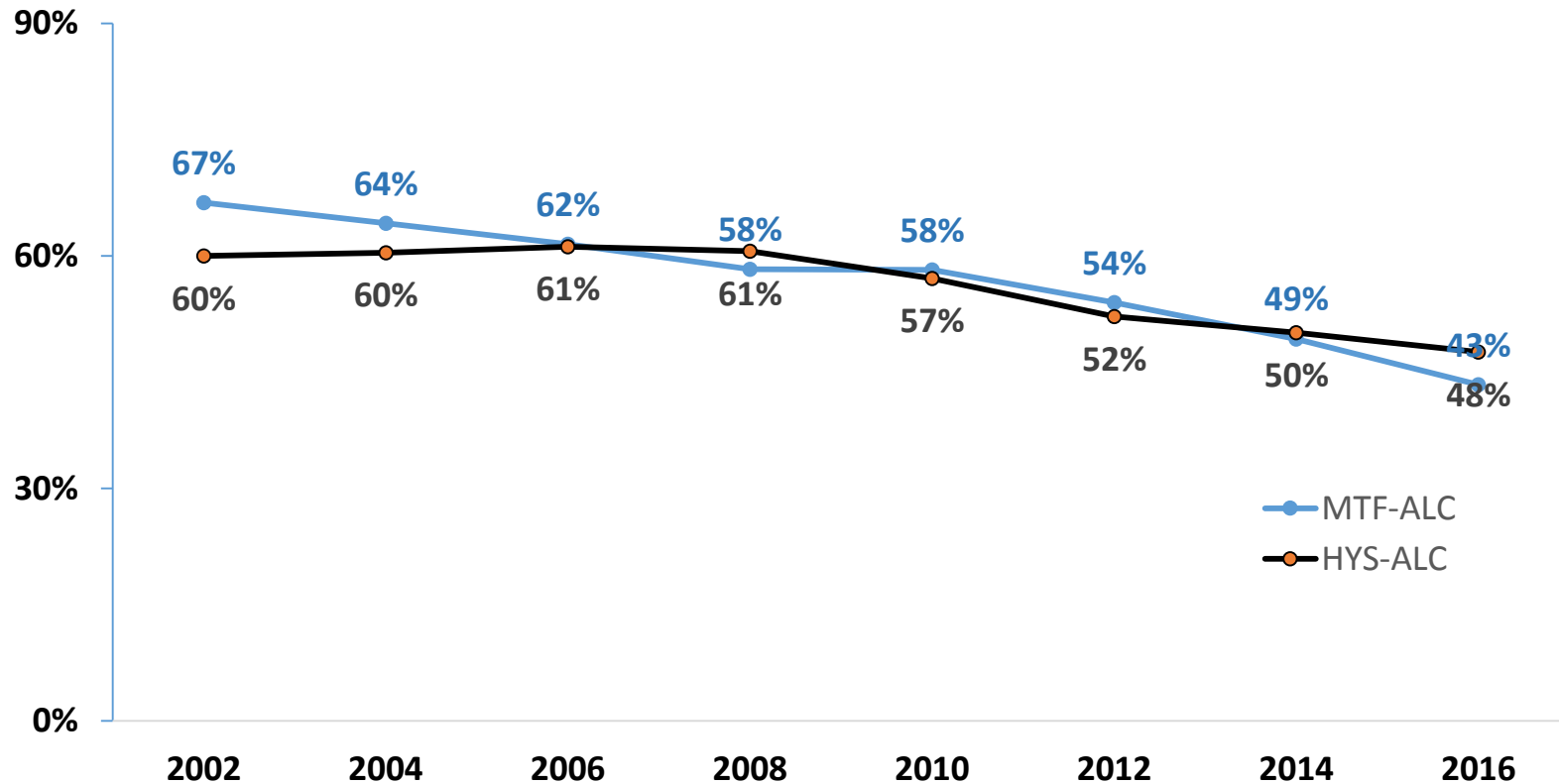
Monitoring the Future & Healthy Youth Survey Alcohol Use: Youth, 10th Grade Past 30 Days, 2002-2016



Source: Washington Healthy Youth Survey - 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016
2016 MTF FIGURE 2 <http://www.monitoringthefuture.org/data/16data/16drfig3.pdf>

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Monitoring the Future & Healthy Youth Survey Alcohol Use: Lifetime Use Grade 10, 2002-2016

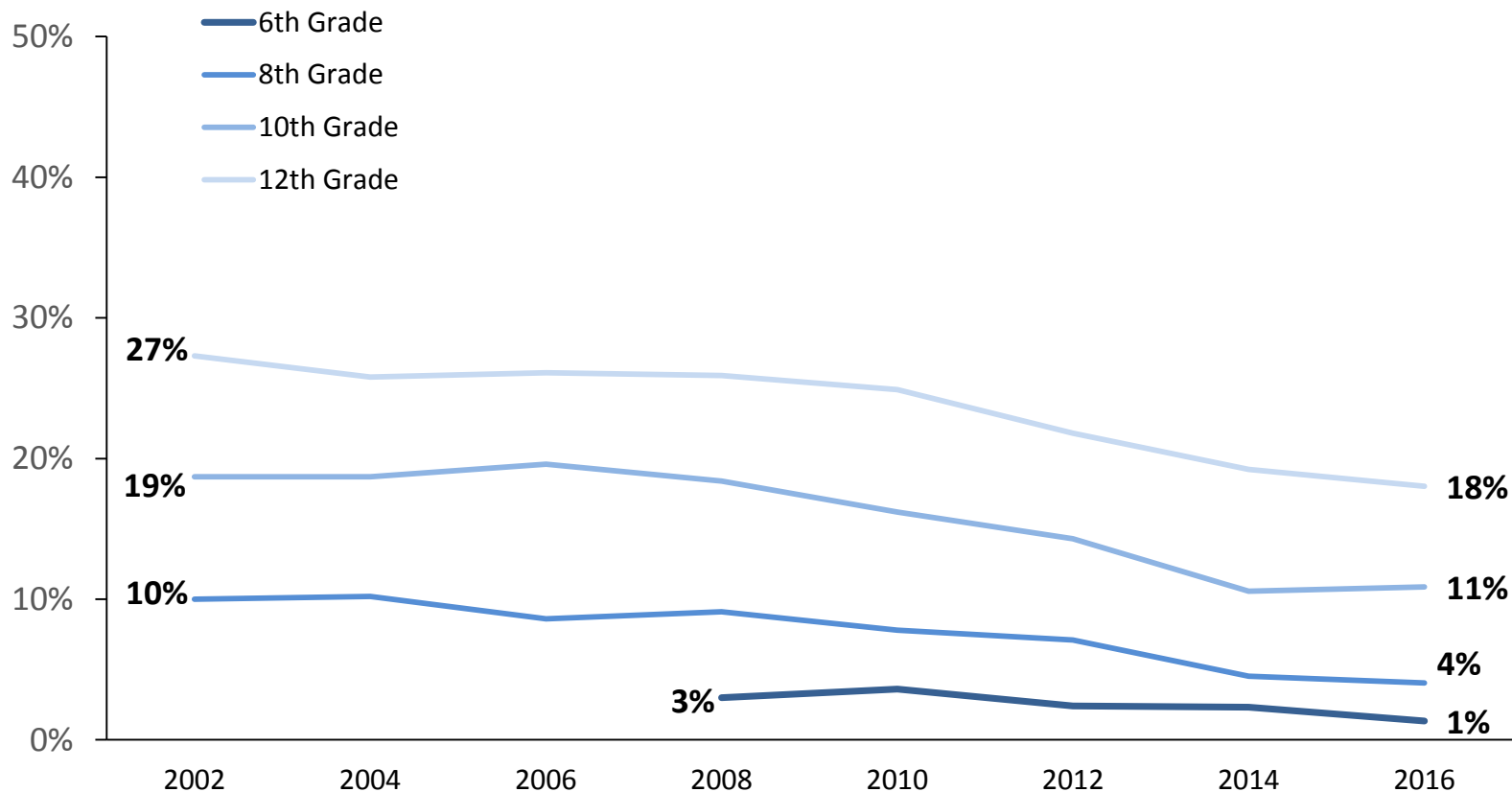


Source: Washington Healthy Youth Survey -1998 = 2016
2016 MTF FIGURE 2 <http://www.monitoringthefuture.org/data/16data/16drfig3.pdf>
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Binge Drinking, Past 2 Weeks: 6th, 8th, 10th, 12th Grades

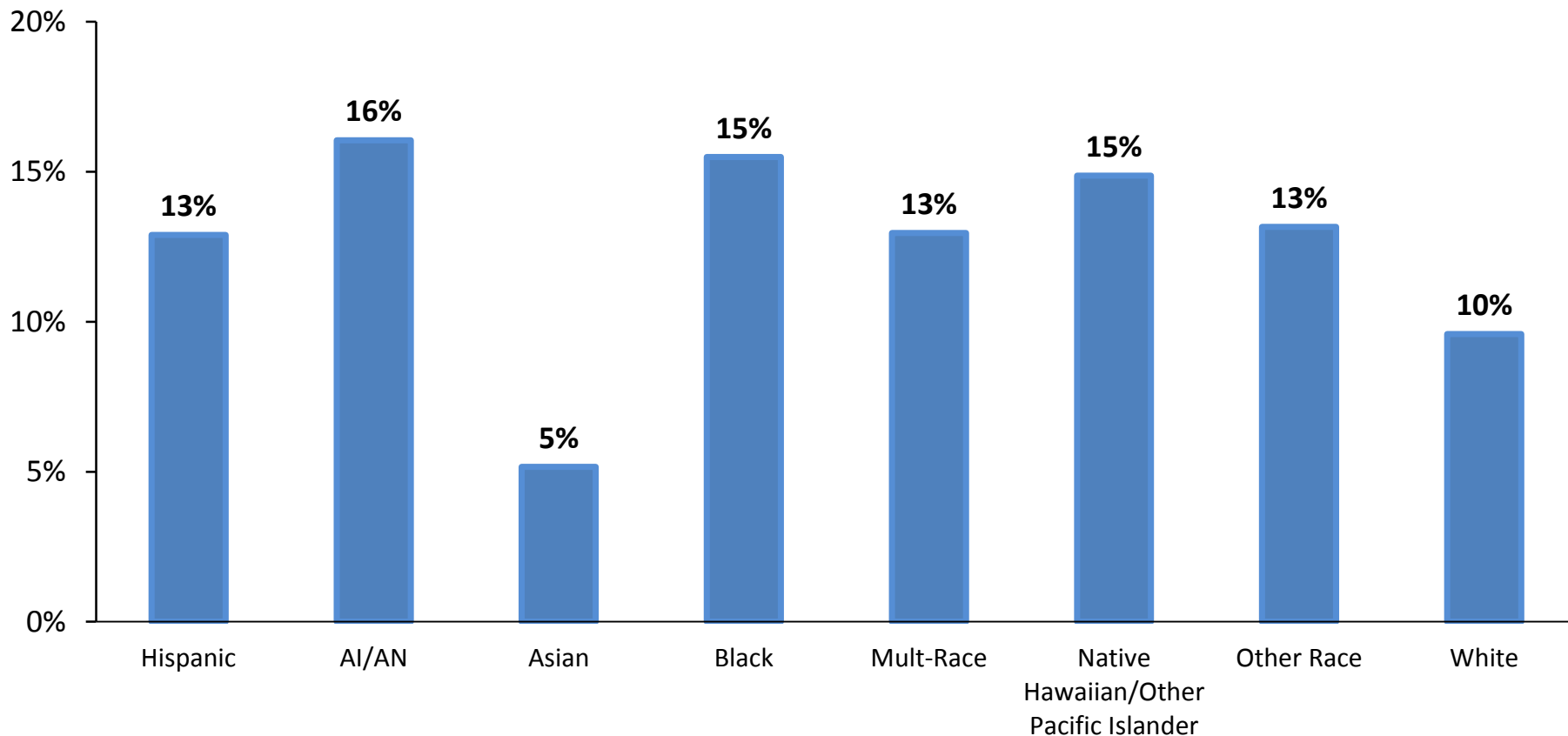
Had 5 or more drinks in a row during the past 2 weeks?



Source: Washington Healthy Youth Survey - 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016.



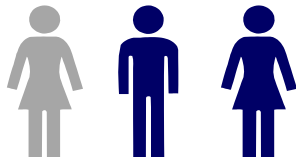
Binge Drinking , Past 2 Weeks 10th Graders by Race and Ethnicity



Source: Washington State Healthy Youth Survey – 2016.



Level of Alcohol Use: 10th Graders - 2016



Among 10th graders who drank alcohol in the past 30 days, nearly 1 in 3 are problem drinkers

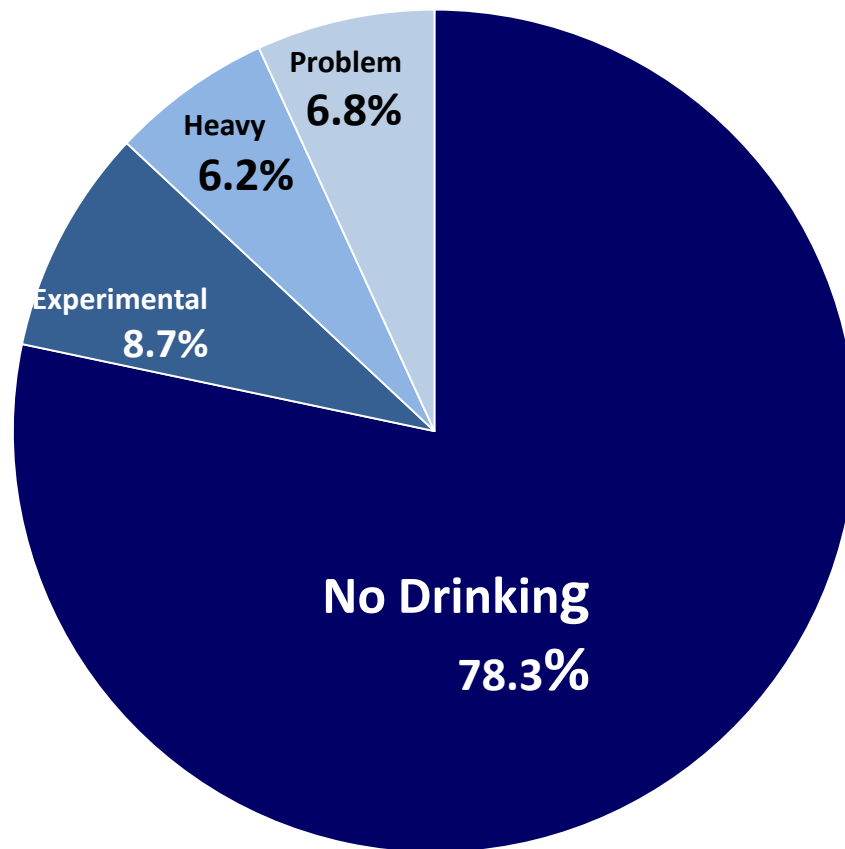
*LEVEL OF ALCOHOL USE

None: no drinking in the past 30 days and no binge drinking in the past 2 weeks

Experimental: 1-2 days drinking, and no binge drinking

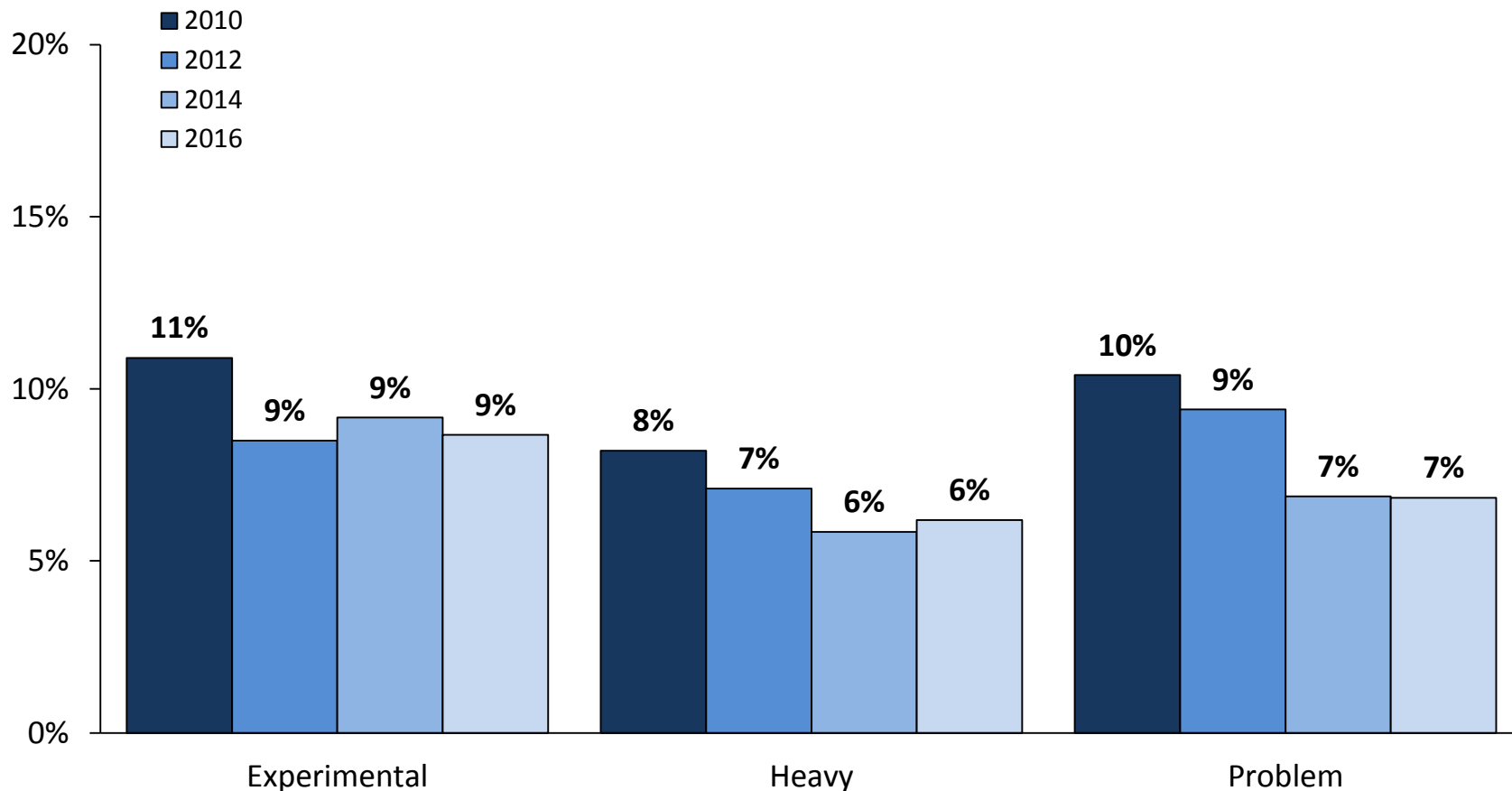
Heavy: 3-5 days of drinking, and/or one binge

Problem: 6+ days drinking, and/or 2+ binges





Level of Alcohol Use, Past 30 Days 10th Graders



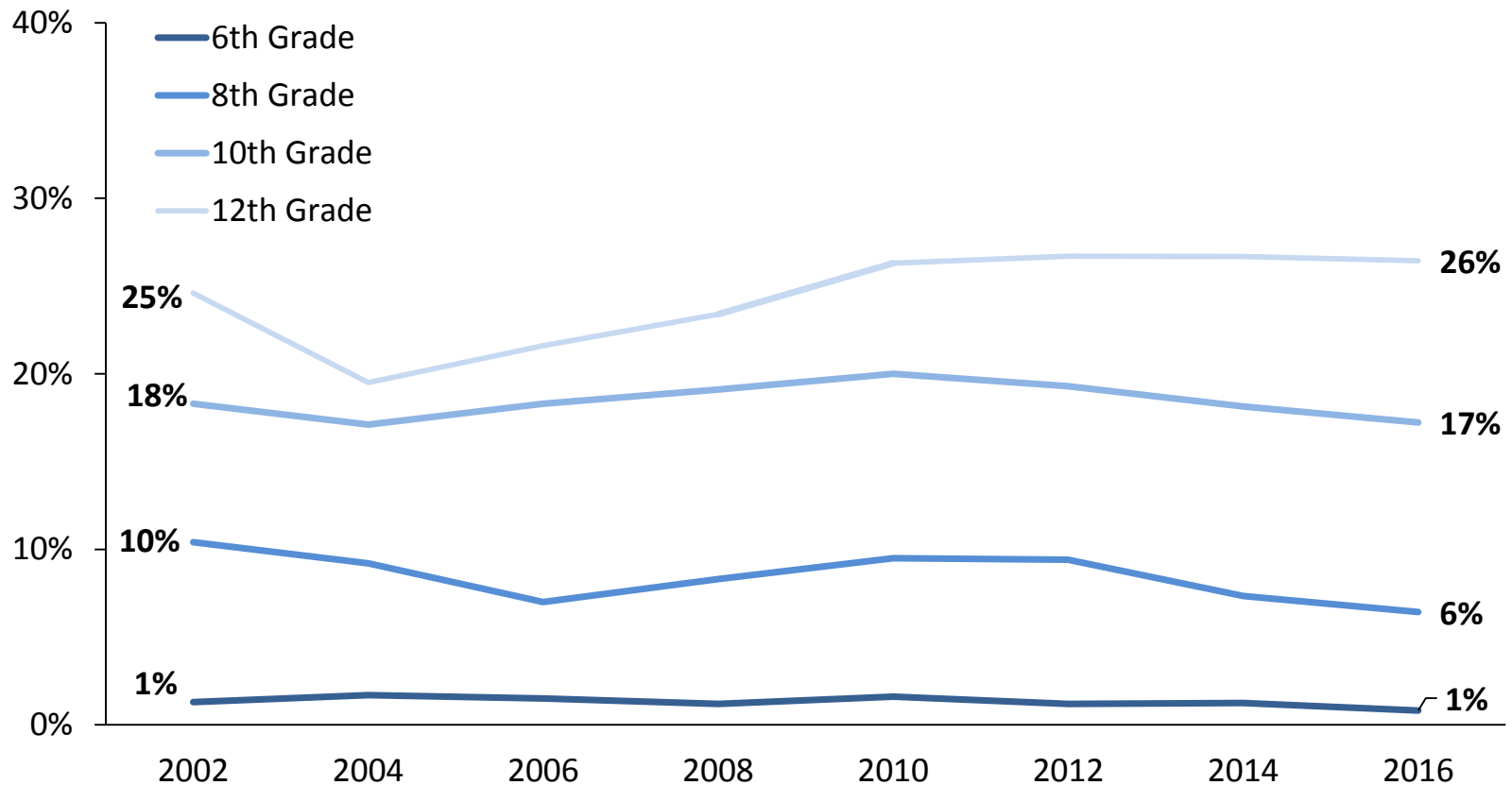
Source: Washington Healthy Youth Survey - 2010, 2012, 2014, 2016.

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Marijuana Use: Youth, Past 30 Days

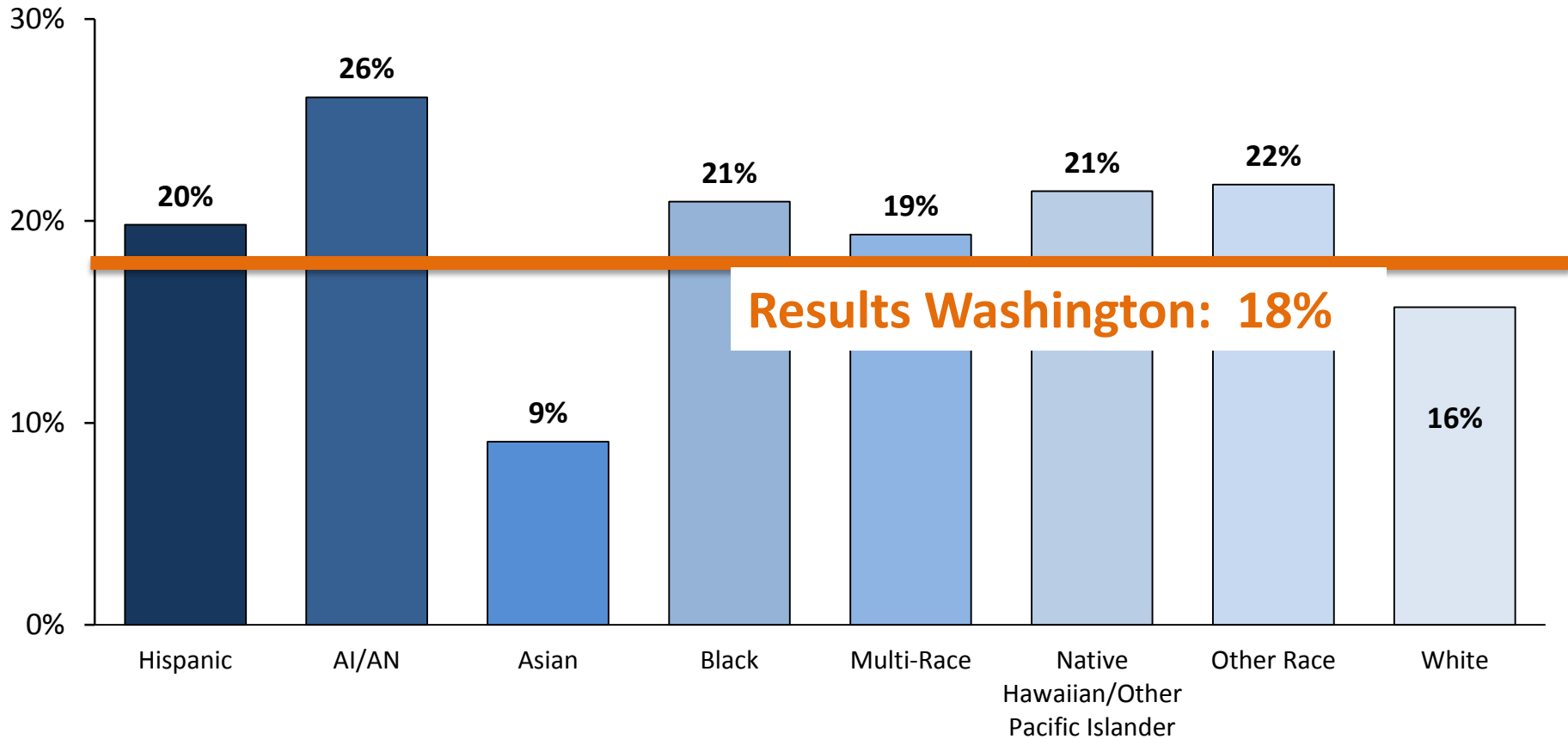
Used marijuana/hashish during the past 30 days?



Source: Washington Healthy Youth Survey - 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016.



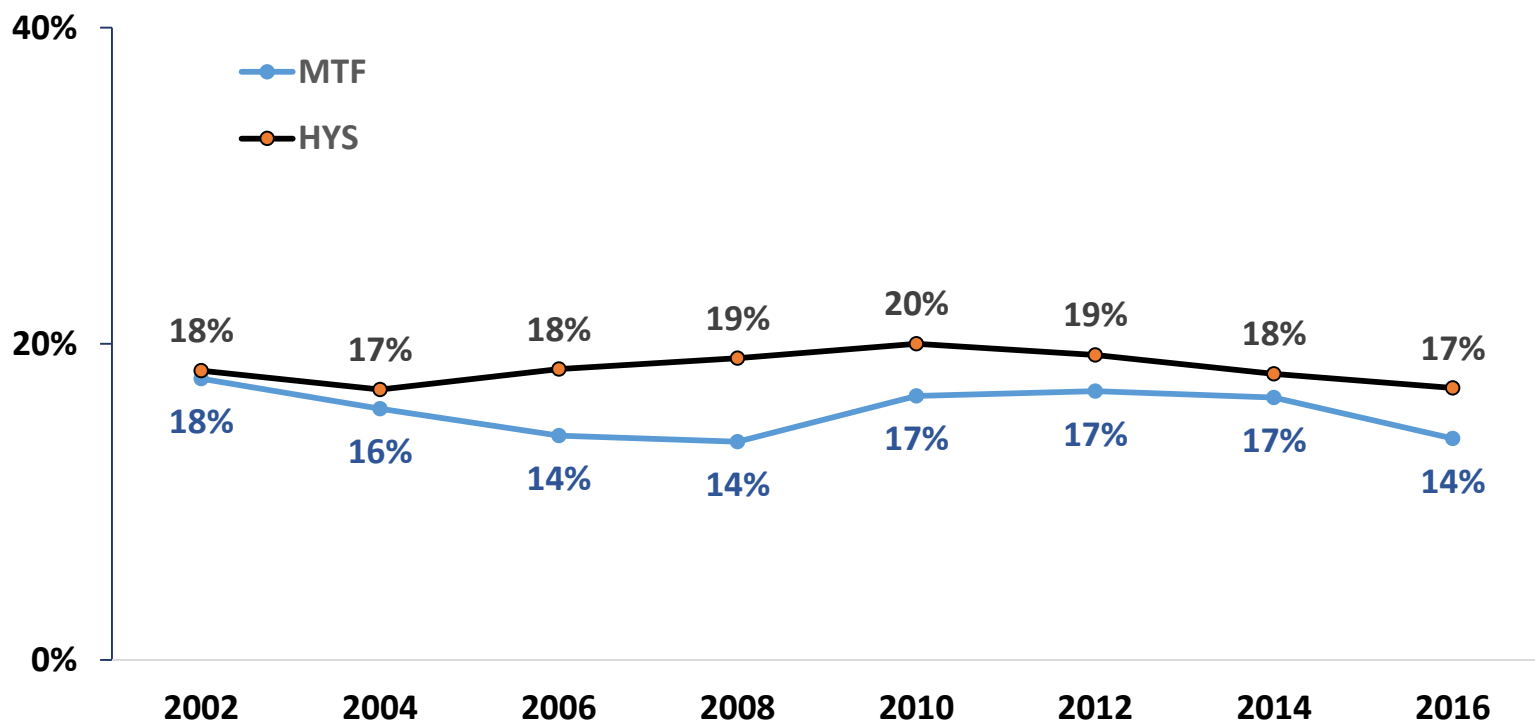
Marijuana Use, Past 30 Days 10th Graders by Race and Ethnicity



Source: Washington State Healthy Youth Survey – 2016.



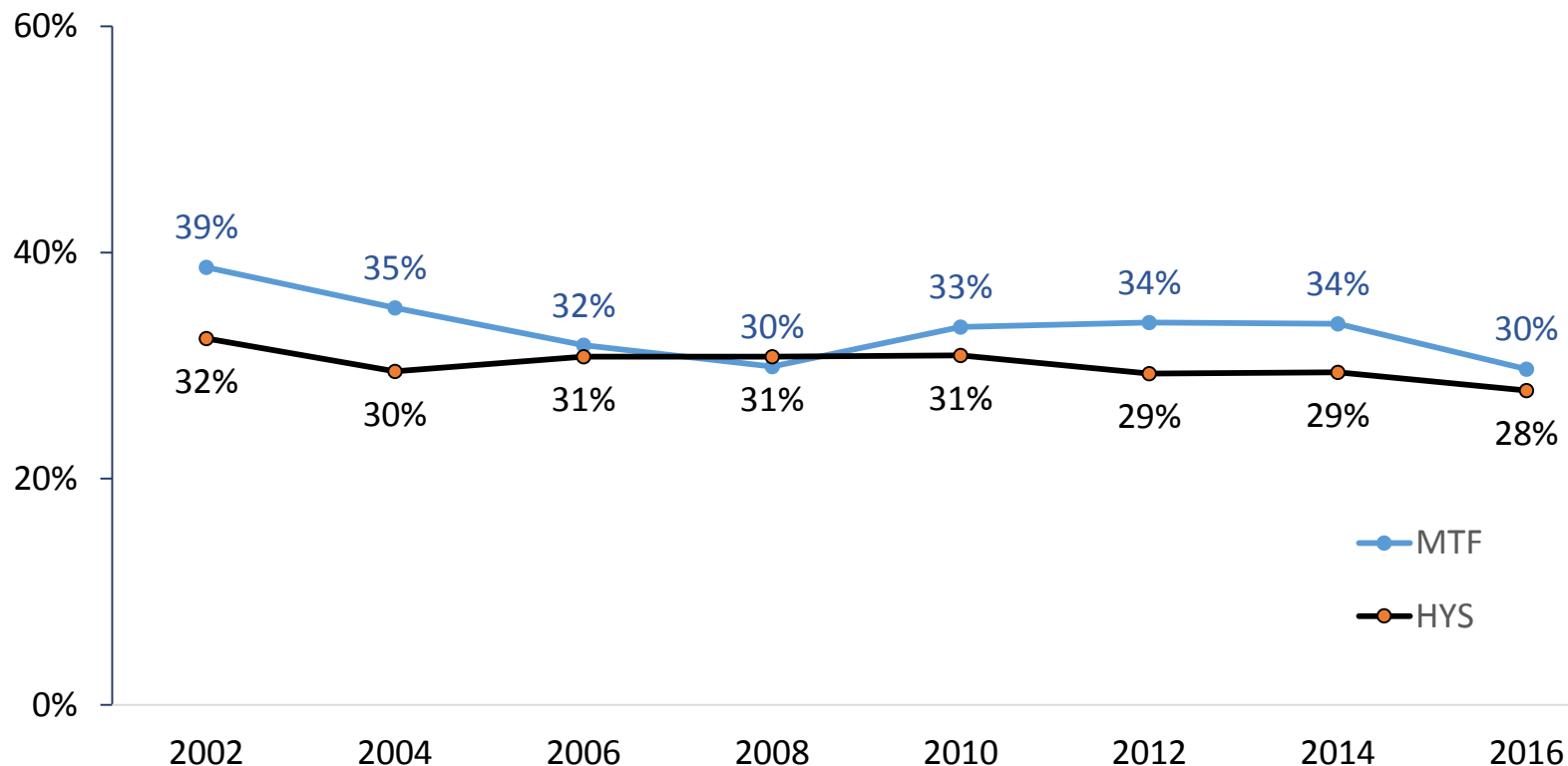
Monitoring the Future & Healthy Youth Survey Marijuana Use: Past 30 Days Grade 10, 2002-2016



Source: Washington Healthy Youth Survey - 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016
2016 MTF FIGURE 2 <http://www.monitoringthefuture.org/data/16data/16drfig3.pdf>

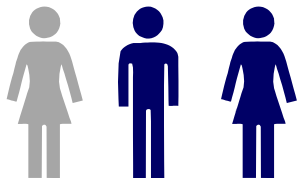
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Monitoring the Future & Healthy Youth Survey Marijuana Use: Lifetime Use Grade 10, 2002-2016



Source: Washington Healthy Youth Survey -1998 = 2016
2016 MTF FIGURE 2 <http://www.monitoringthefuture.org/data/16data/16drfig3.pdf>
3/27/2017

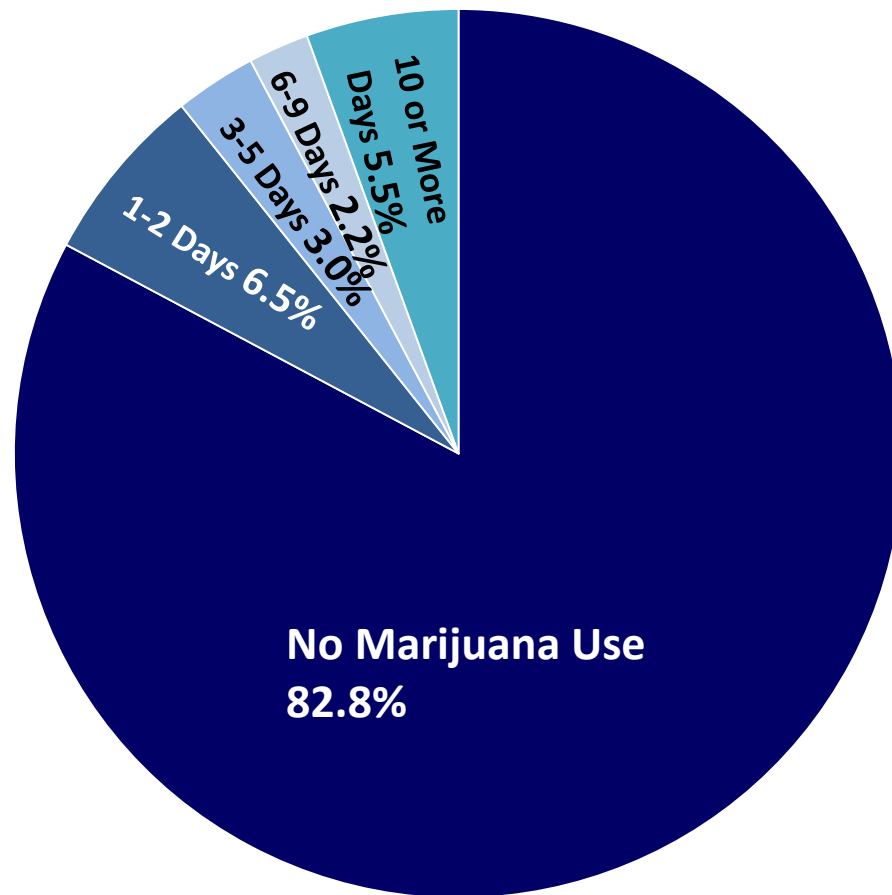
Level of Marijuana Use: 10th Graders - 2016



Among 10th graders who used marijuana in the past 30 days, nearly 1 in 3 used for 10 or more days

- 1-2 Days – 6.5%
- 3-5 Days – 3.0%
- 6-9 Days – 5.5%
- 10+ Days – 5.5%

Source: Washington State Healthy Youth Survey – 2016.



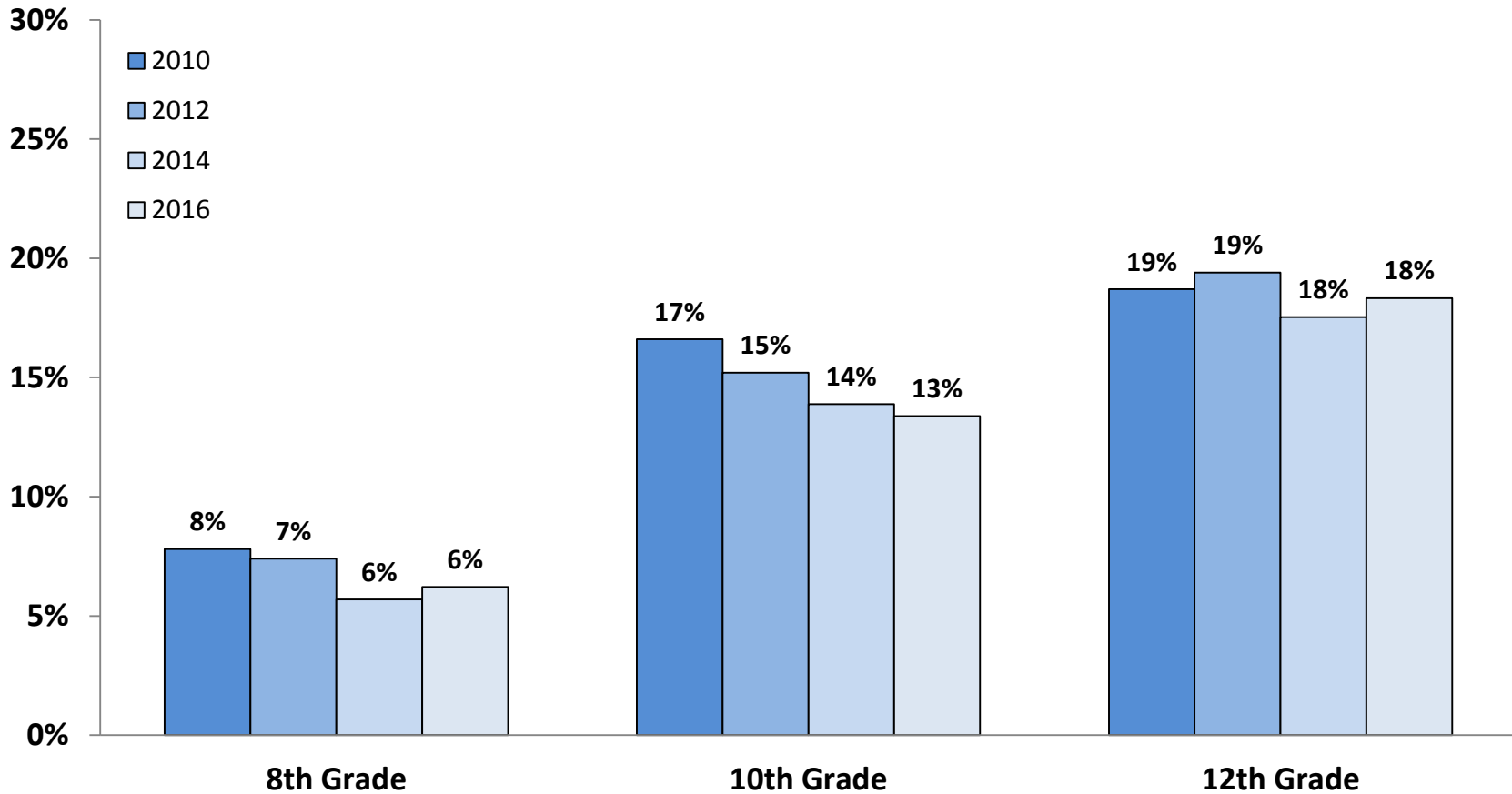
Summary – Substance Use

- Alcohol and binge drinking 10 Year downward trend
- Similar national and state downward trends in 30-day alcohol use and lifetime use
- No change in marijuana 30-day use in 2016 compared to 2014
- Similar national and state downward trends in 30-day marijuana use and lifetime use

Substance Use Behaviors



Behavior Associated with Youth Substance Use (Drunk or High at School in Past 12 Months)

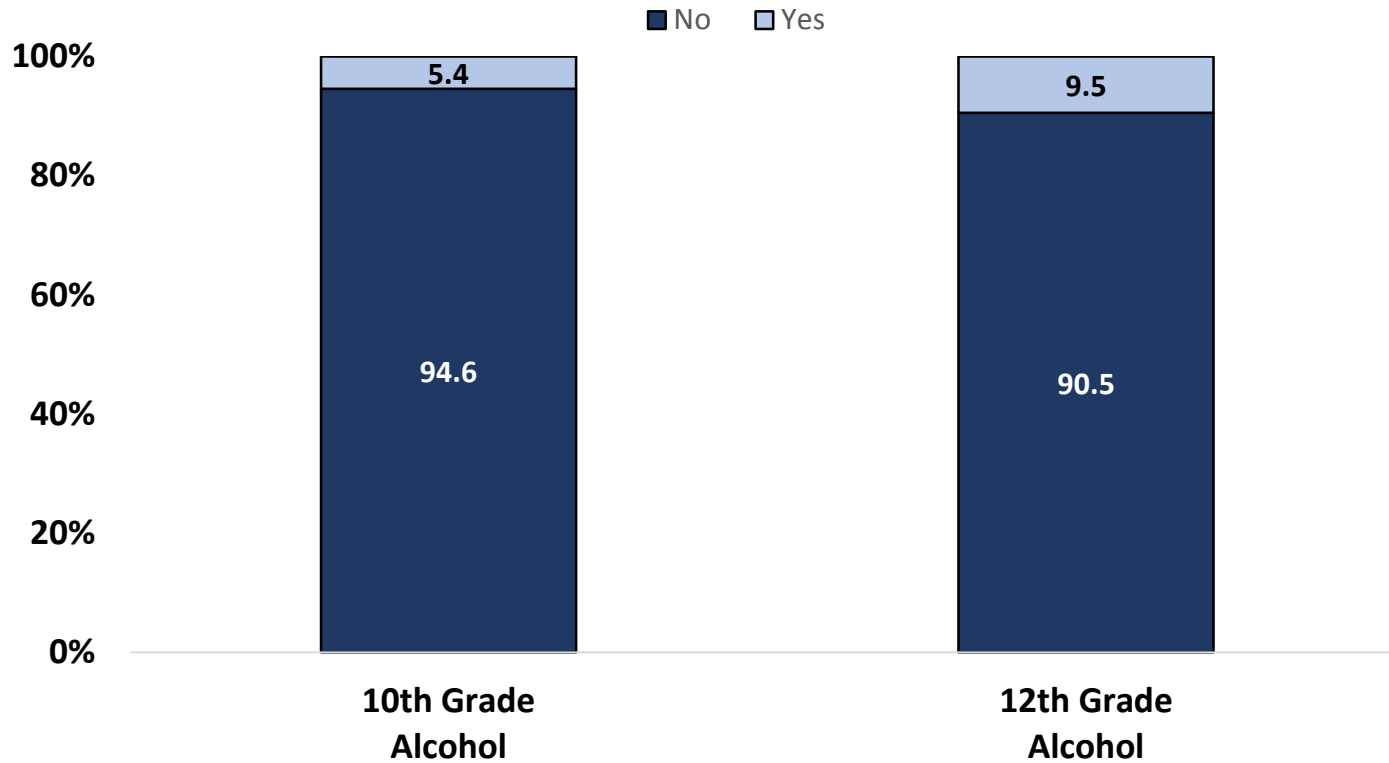


Source: Washington Healthy Youth Survey - 2010, 2012, 2014, 2016.

3/27/2017

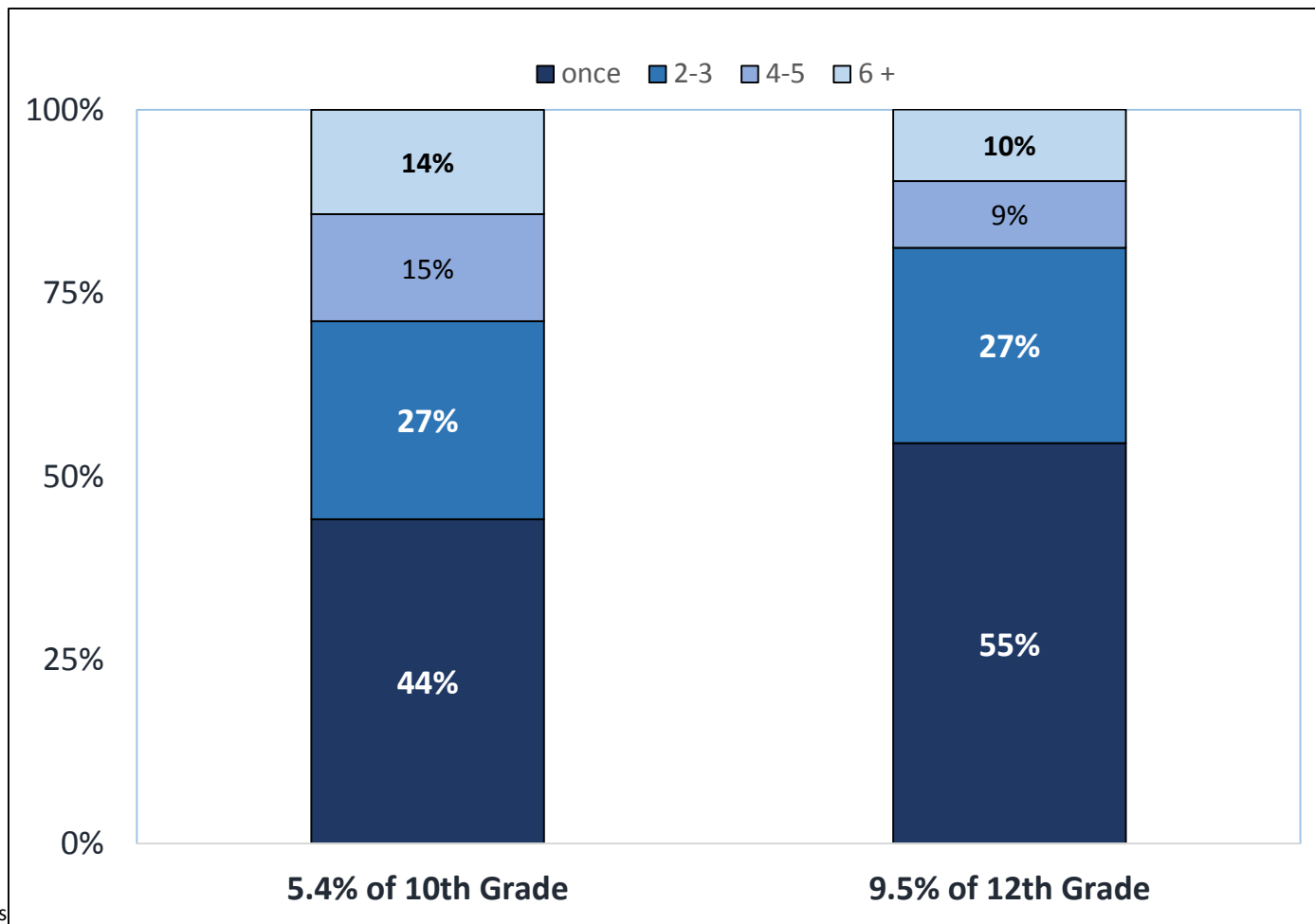


Drinking and Driving in the Past 30 Days among 10th and 12th graders





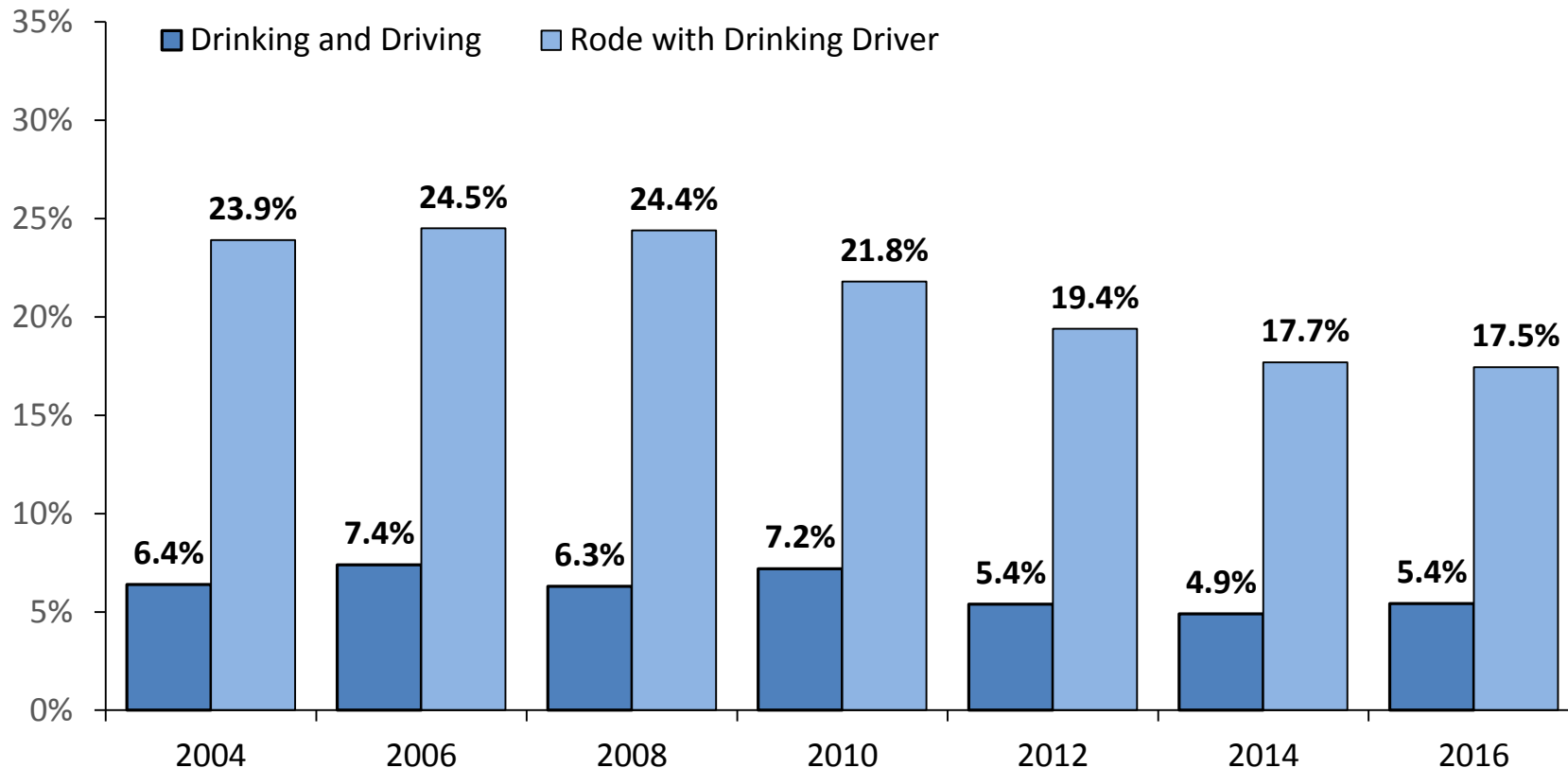
Frequency of Drinking and Driving in the Past 30 Days among 10th and 12th Graders Who Responded "Yes"



Source: Was
3/27/2017



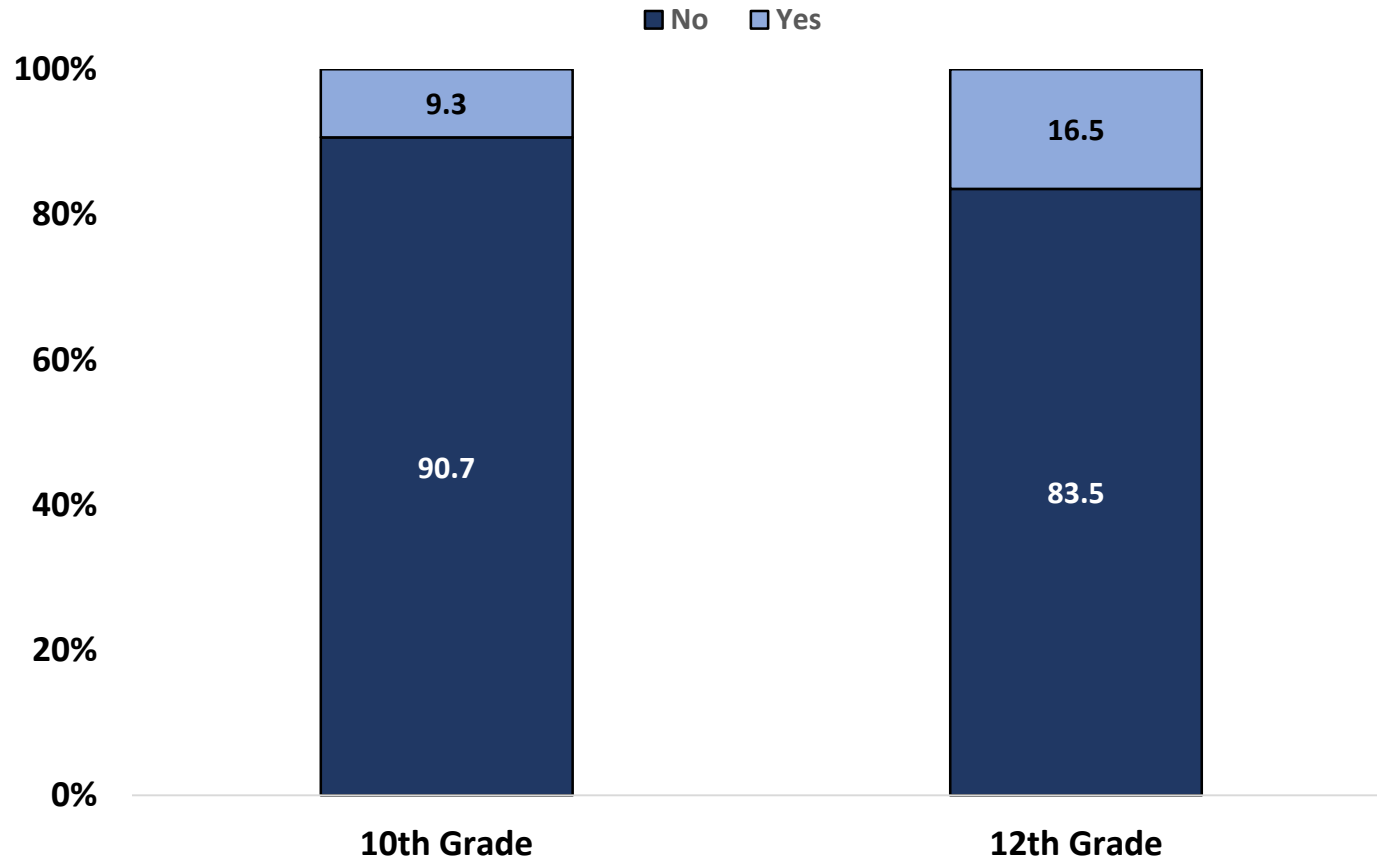
10th Grade Trends: Drinking and Driving, and Riding with a Driver who had been Drinking



Source: Washington State Healthy Youth Survey – 2004, 2006, 2008, 2010, 2012, 2014, 2016.



Driving within 3 Hours of Marijuana Use in the Past 30 Days: 10th and 12th Grades

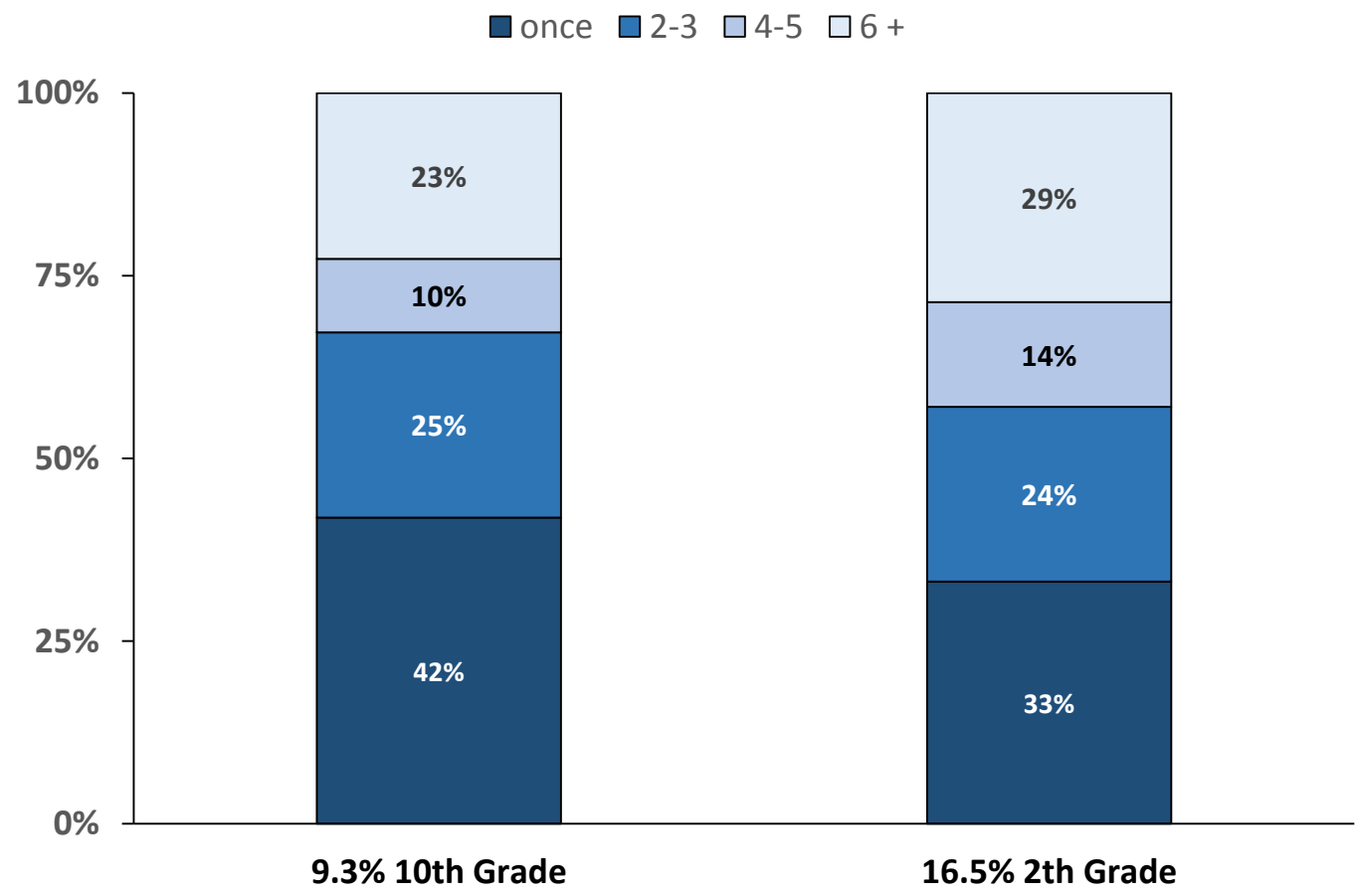


Source: Washington Healthy Youth Survey - 2016.

3/27/2017



Frequency of Driving within 3 Hours of Marijuana Use in the Past 30 Days among 10th and 12th Graders who responded "Yes."



Source: Washington Healthy Youth Survey - 2016.

3/27/2017

Section 1 - Related Behaviors

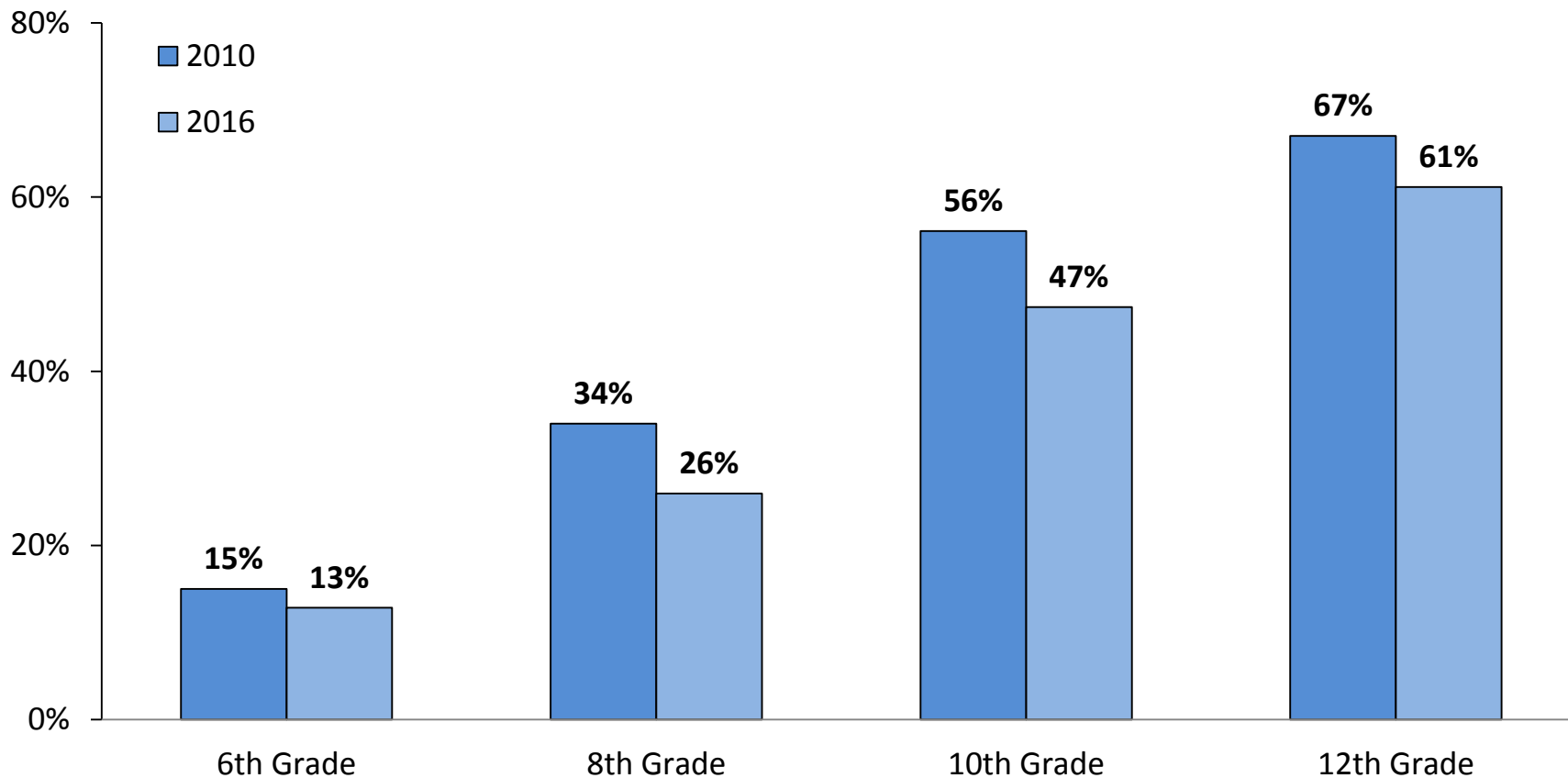
- Decreasing 6 year trend of being drunk or high at school among 10th graders
- More youth report driving under the influence of marijuana than alcohol
- More youth report frequently driving under the influence of marijuana than alcohol

Section 3

- Access
- Types of Use
- Community and Parental Norms
- Enforcement
- Perceptions of Harm



Youth Attitudes about Alcohol Use: Access – Very or Sort of Easy



Source: Washington Healthy Youth Survey - 2010, 2016.

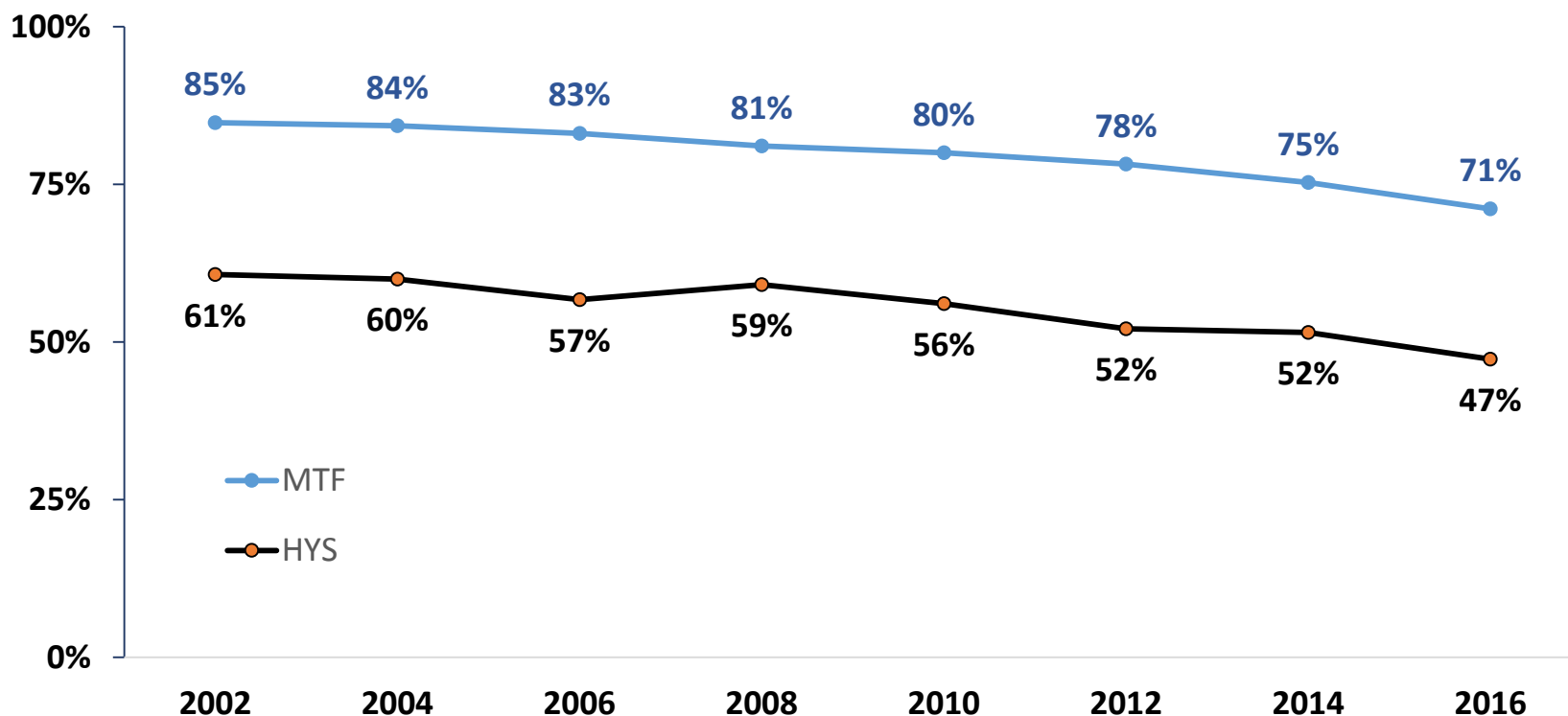
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Monitoring the Future & Healthy Youth Survey

Alcohol Perceptions of Access Grade 10, 2002-2016

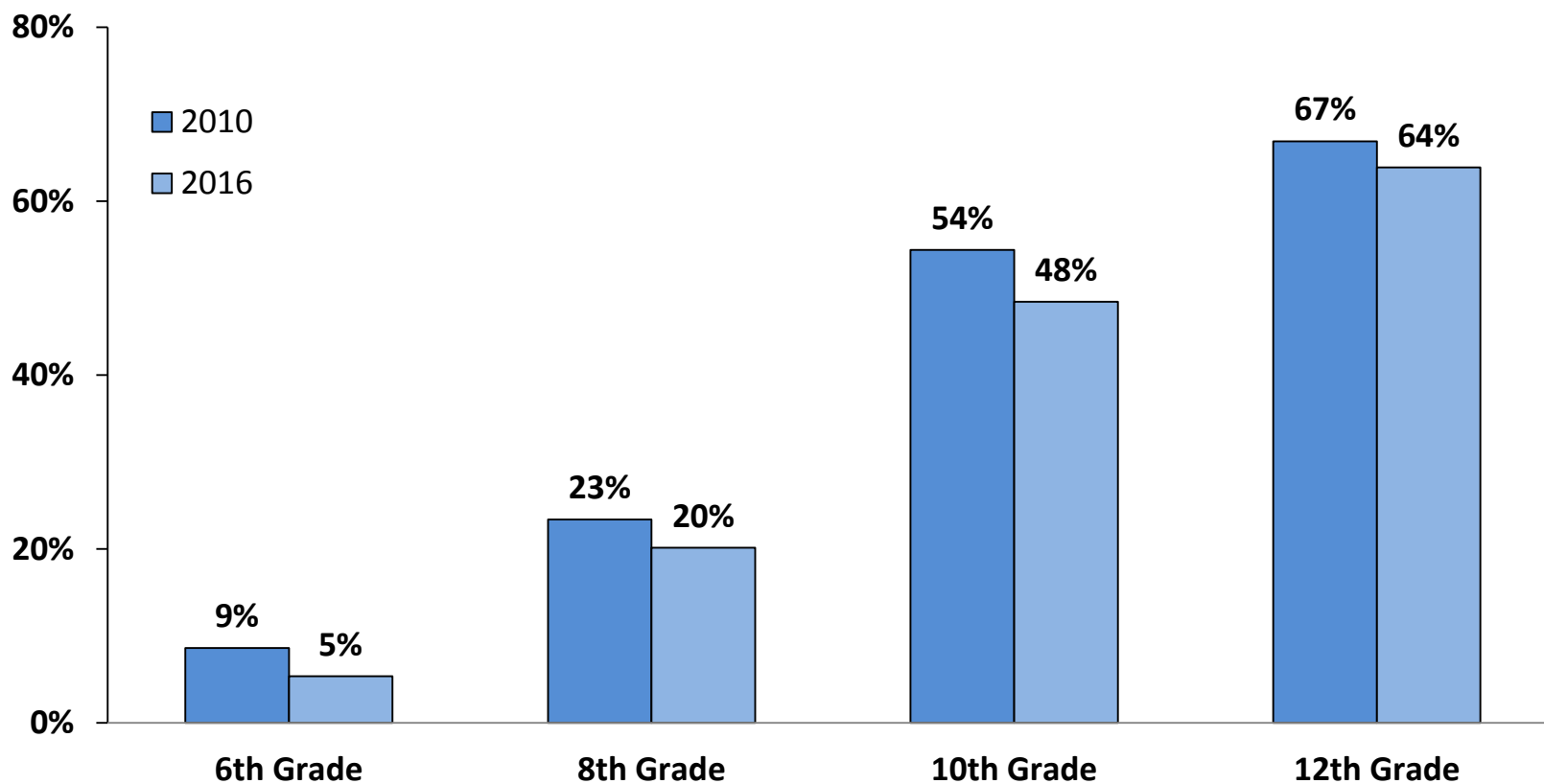
Easy or Sort of Easy to Get



Source: Washington Healthy Youth Survey -2002 - 2016
2016 MTF FIGURE 2 <http://www.monitoringthefuture.org/data/16data/16drfig3.pdf>
3/27/2017



Youth Attitudes about Marijuana Use: Access – Very or Sort of Easy

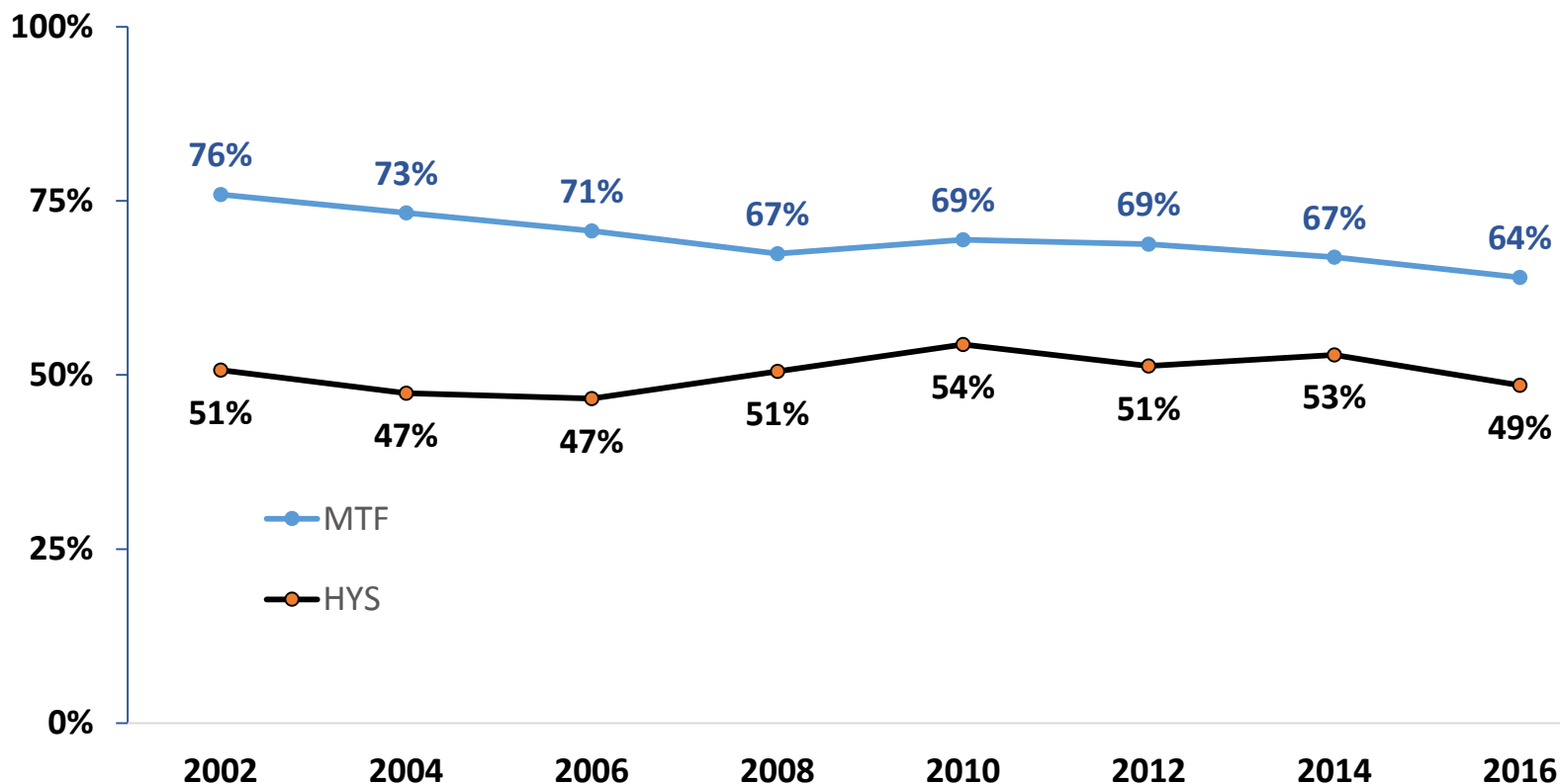


Source: Washington Healthy Youth Survey - 2010, 2016.
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Monitoring the Future & Healthy Youth Survey Marijuana Perceptions of Access Grade 10, 2002-2016

Easy or Sort of Easy



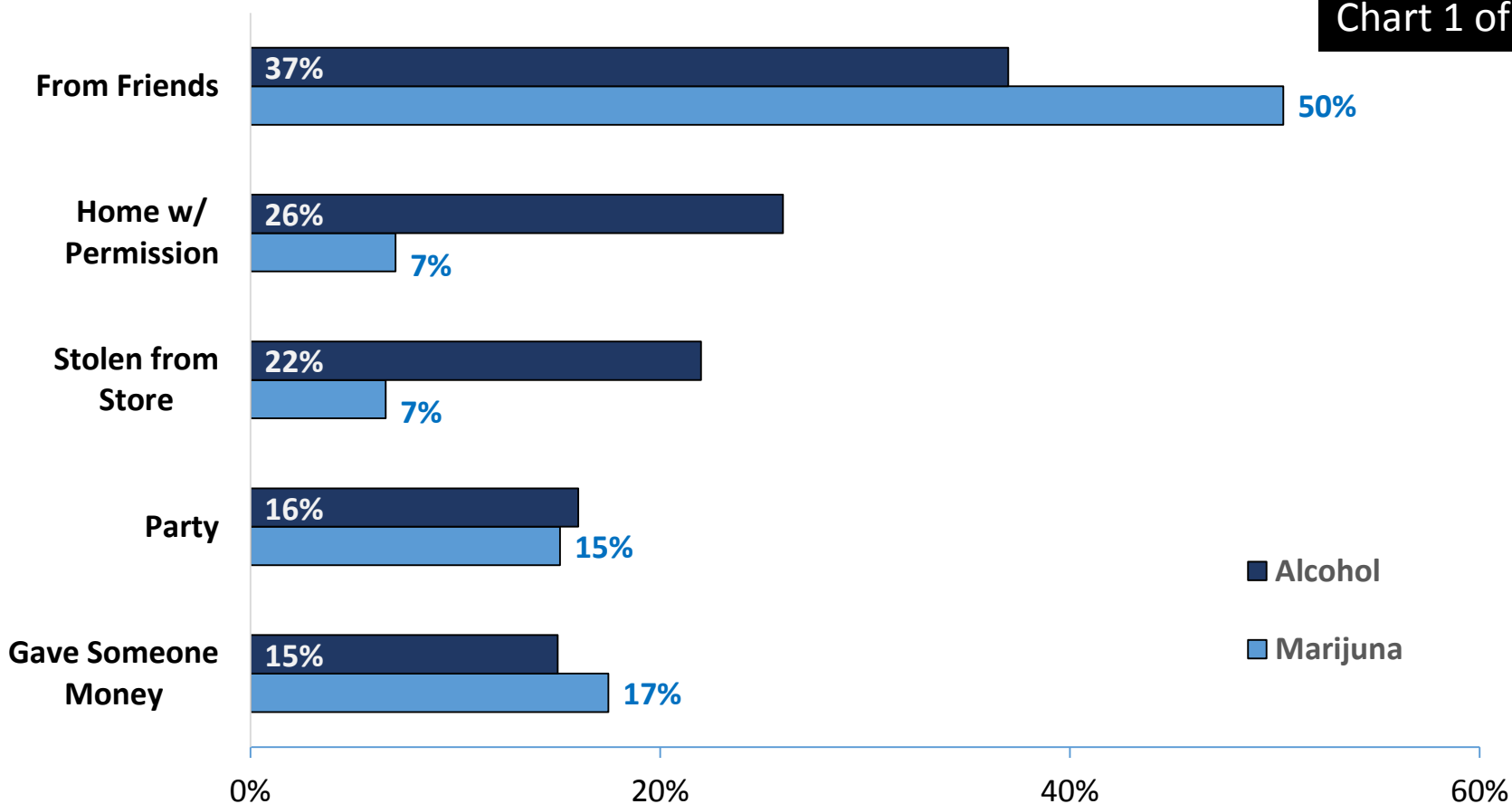
Source: Washington Healthy Youth Survey -2002 - 2016
2016 MTF FIGURE 2 <http://www.monitoringthefuture.org/data/16data/16drfig3.pdf>
3/27/2017



Youth Alcohol and Marijuana Access Source, 2016

Among 10th Graders Who Reported using in the past 30 days.

Chart 1 of 2



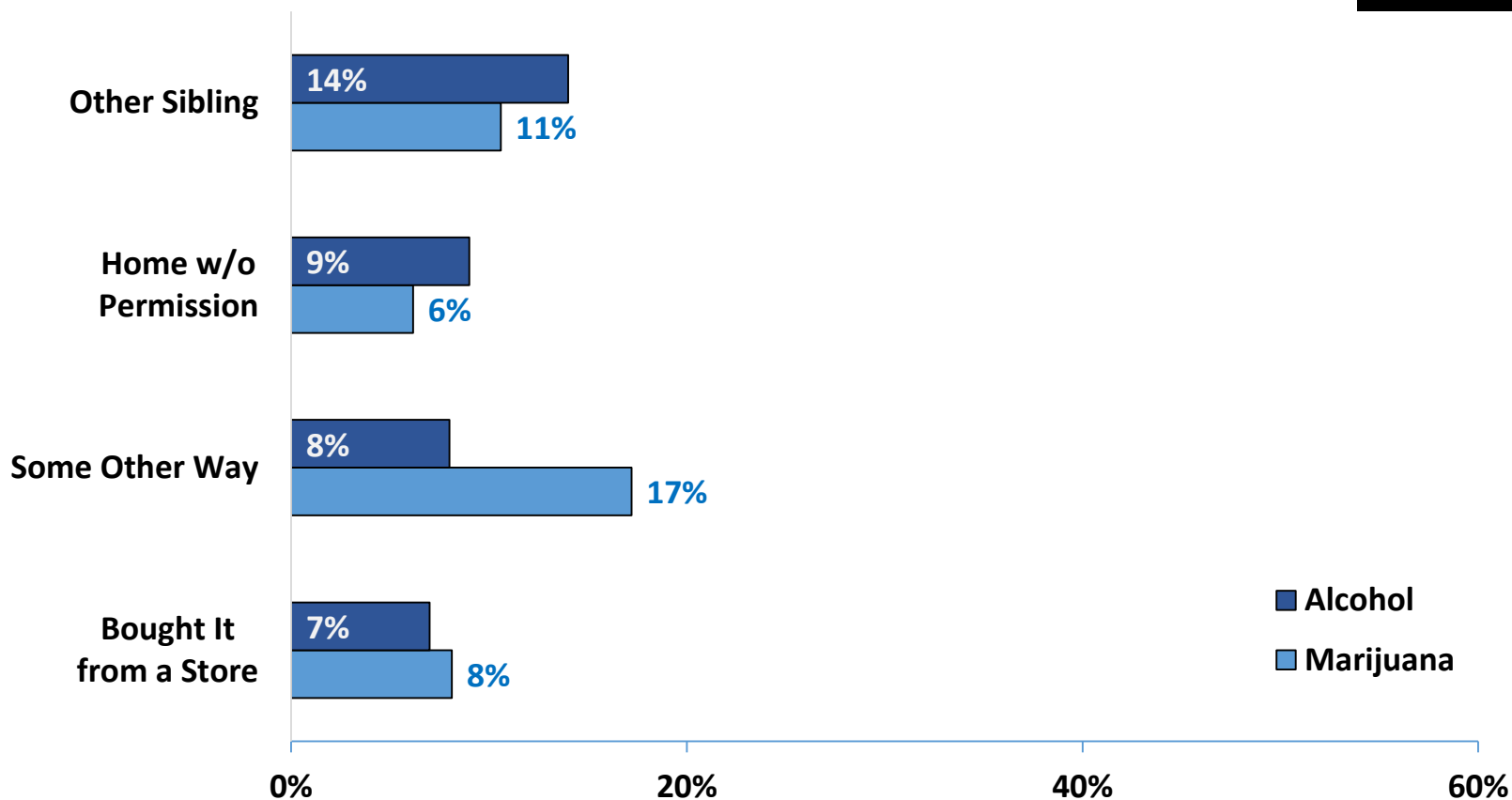
Source: Washington Healthy Youth Survey - 2016.



Youth Alcohol and Marijuana Access Source

Among 10th Graders Who Reported using in the past 30 days.

Chart 2 of 2



Source: Washington Healthy Youth Survey - 2016.

“During the past 30 days, what type of alcohol did you usually drink?”

10th Grade

41.2% - Liquor

18.4% - Beer

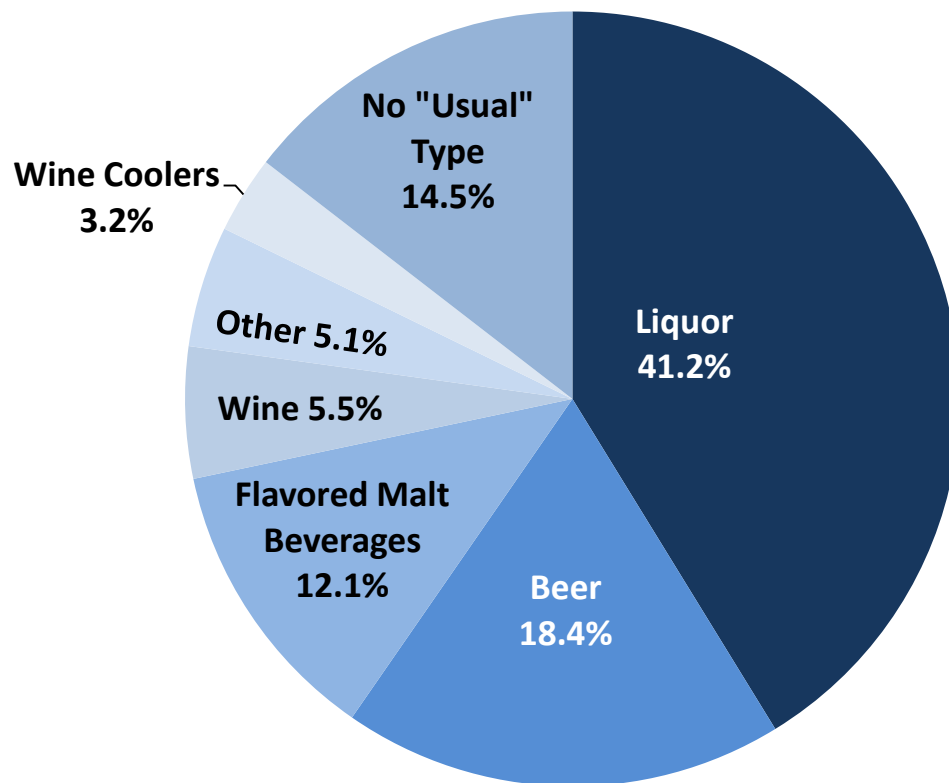
14.5% - No Usual type

12.1% - Flavored Malt
Beverages

5.5% - Wine

5.1% - Other

3.2% - Wine Coolers



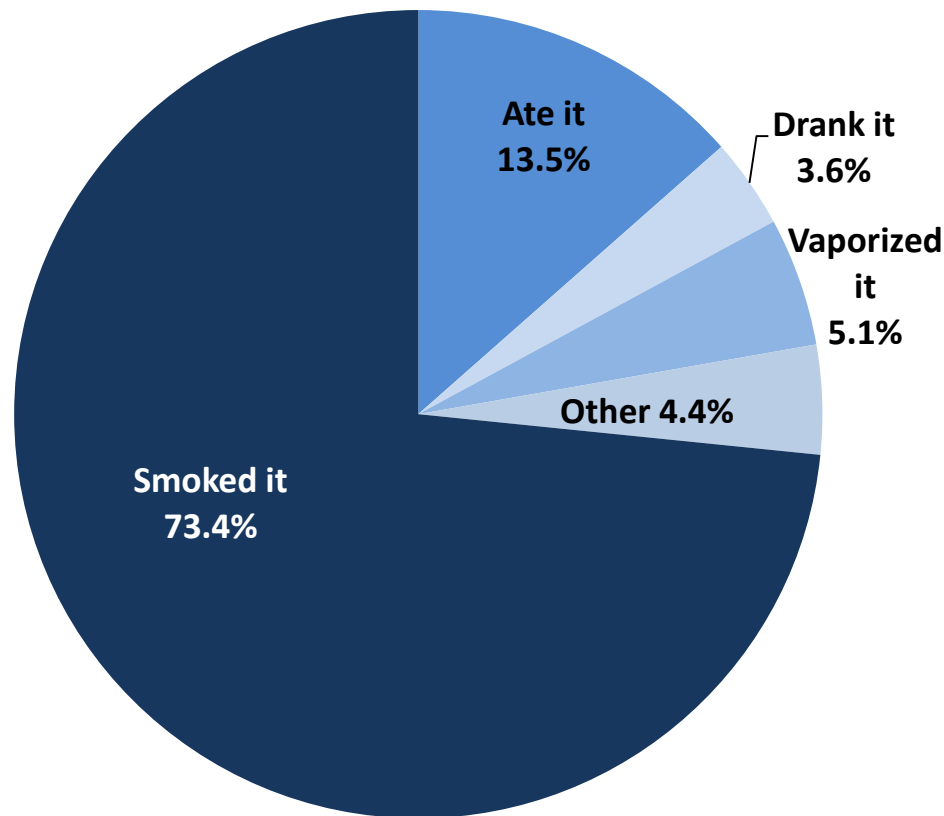
Source: Washington Healthy Youth Survey - 2016.

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“During the past 30 days, if you used marijuana, how did you usually use it?”

10th Grade those who used

73.4% Smoked it
13.5% - Ate it
5.1% - Vaporized
4.4% - Other
3.6% - Drank it

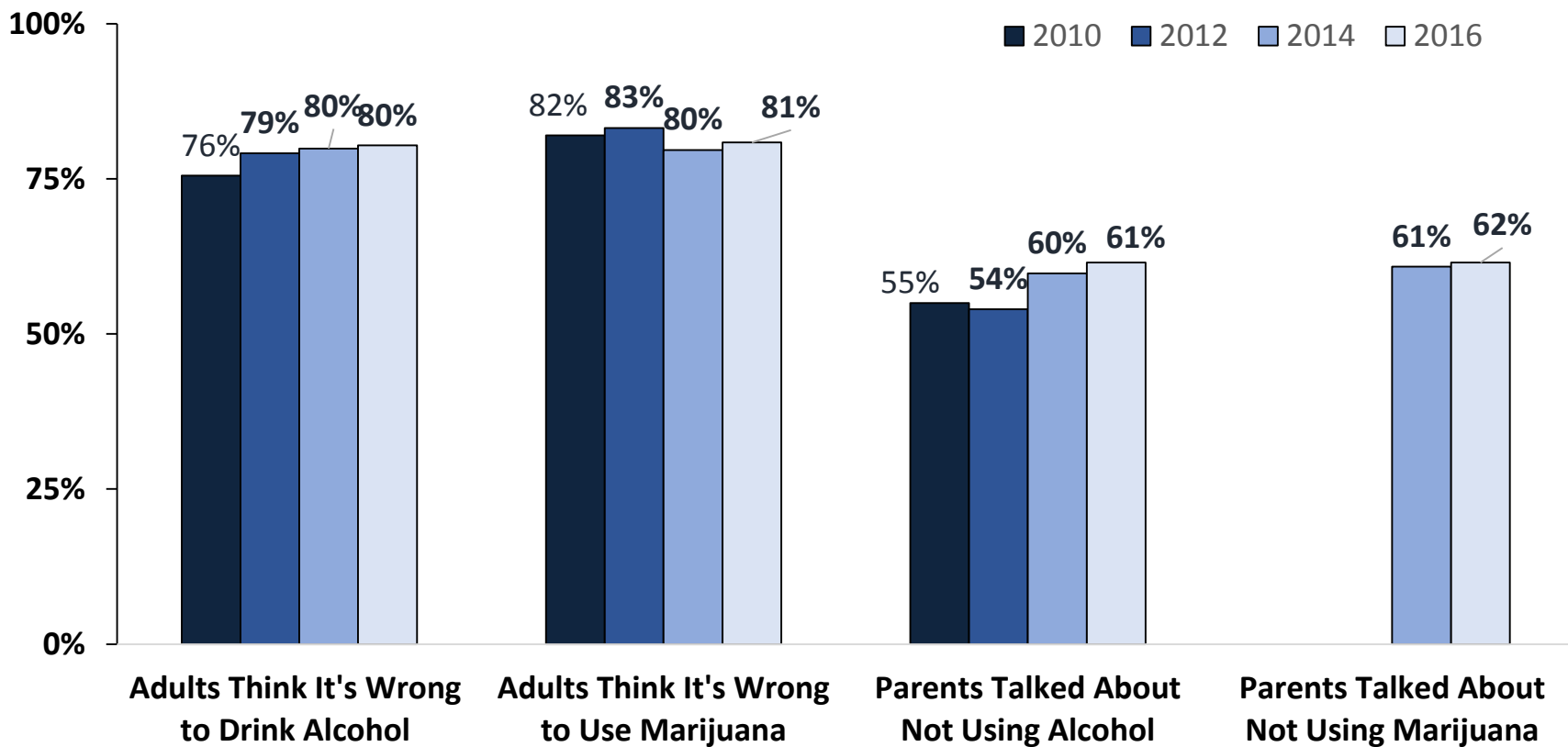


Source: Washington Healthy Youth Survey - 2016.

Short-term Outcomes: Intervening Variables – Norms



Community Protection and Prevention



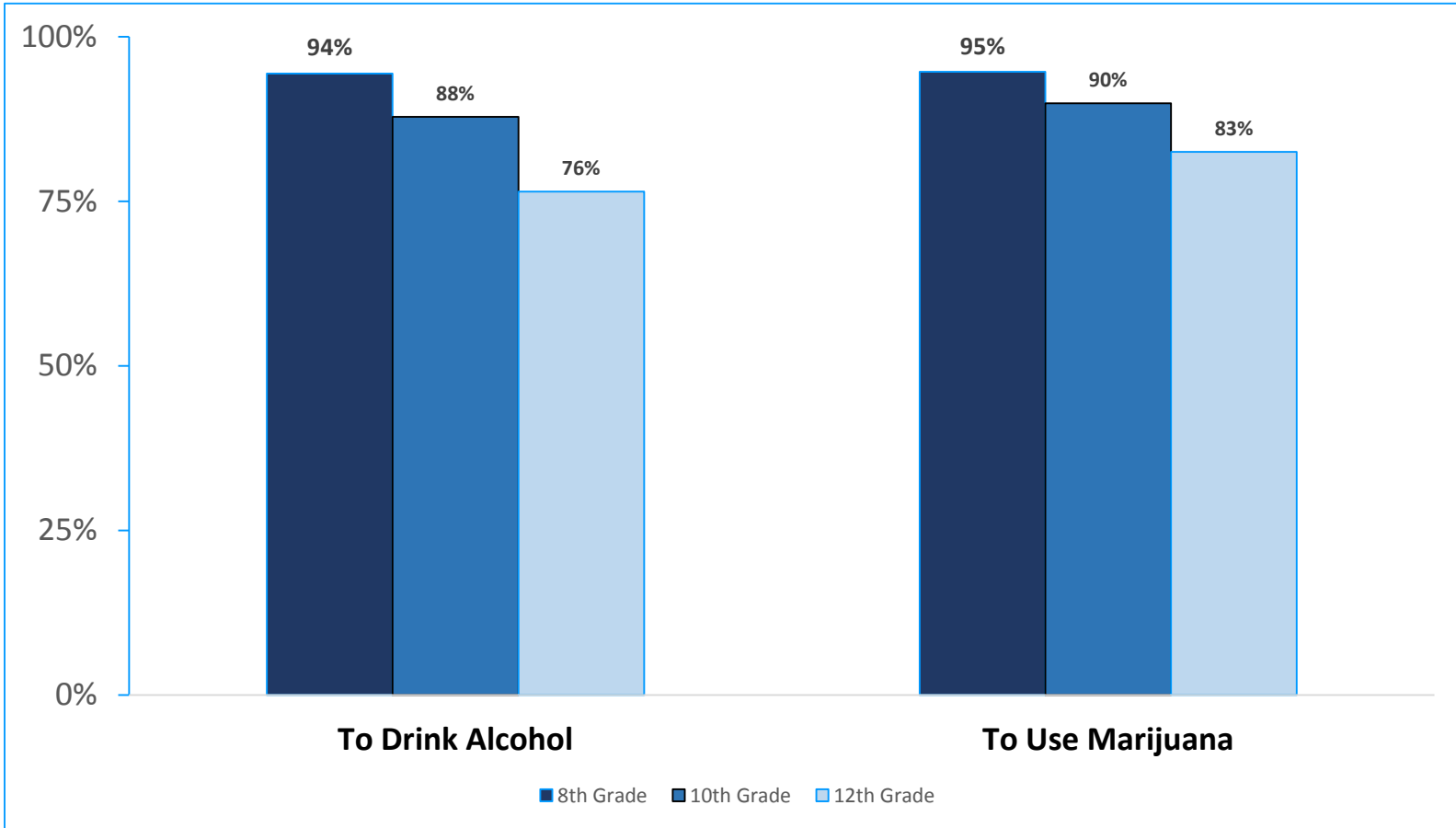
Source: Washington Healthy Youth Survey - 2010, 2012, 2014, 2016.

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2016 Parent Perceptions on Drug Use

Use by youth is “wrong” or “very wrong.”



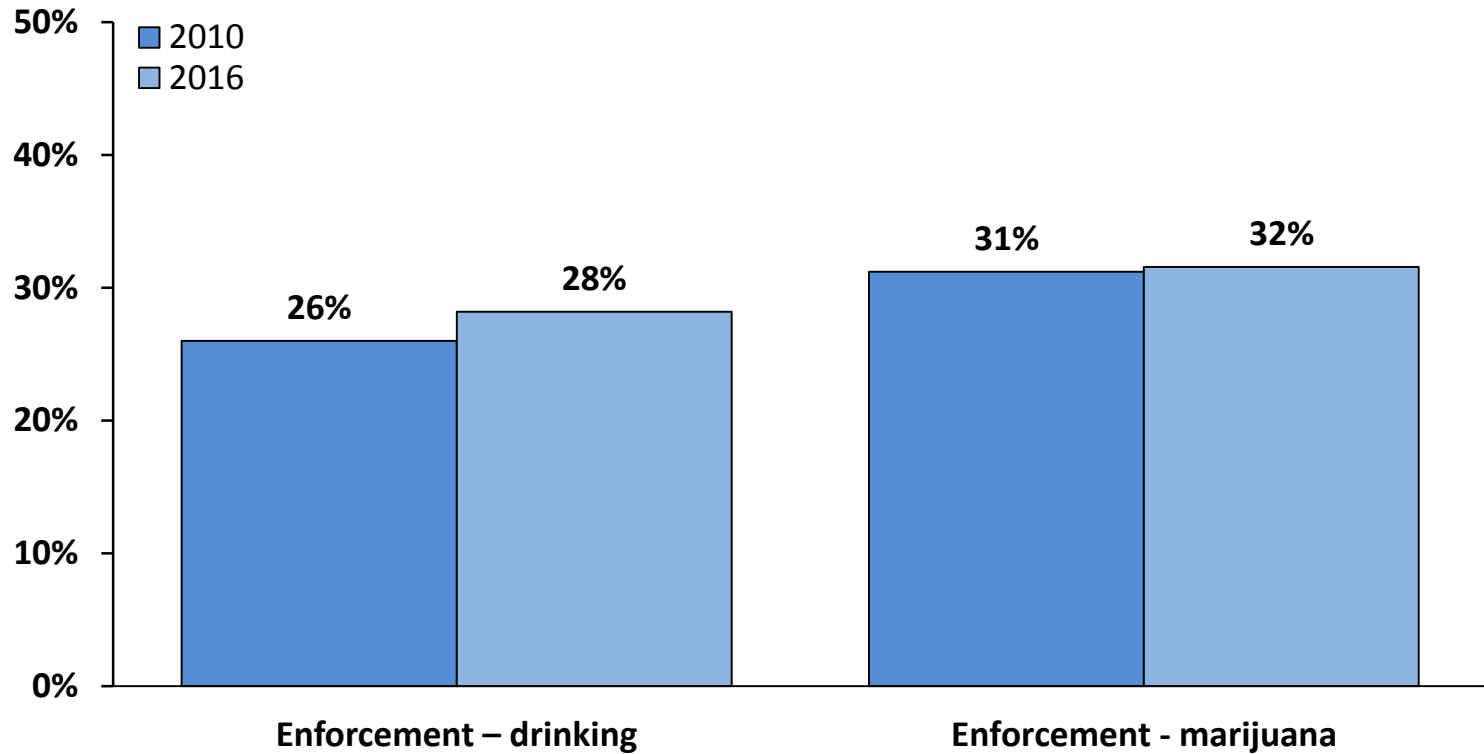
Source: Washington Healthy Youth Survey - 2016.

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Short-term Outcomes: Intervening Variables – Enforcement



Youth Attitudes about Substance Use and Enforcement: 10th Graders



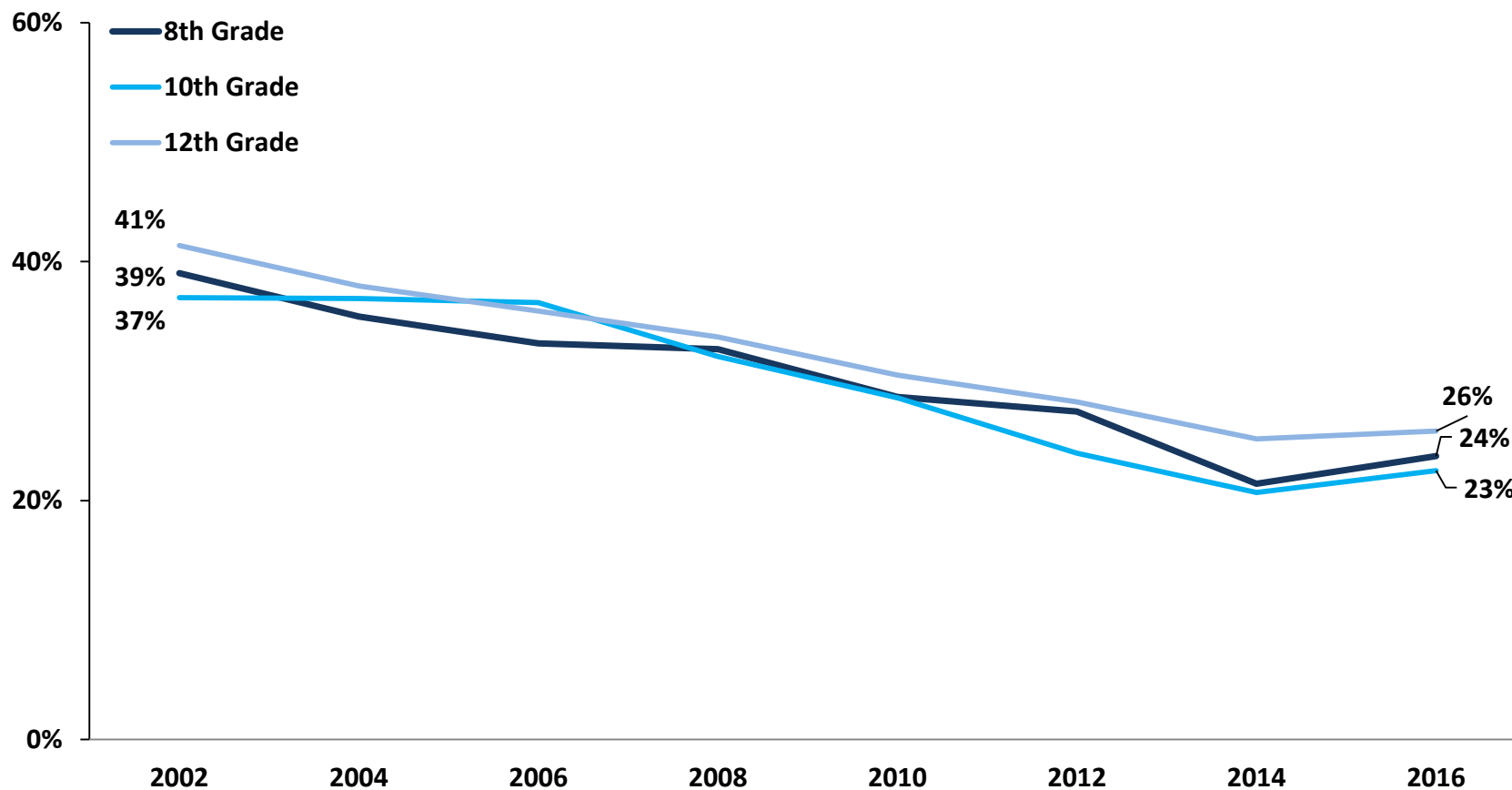
Note: Percentages account for responses of 'yes' and 'YES!'
Source: Washington Healthy Youth Survey - 2010, 2014, 2016.

Short-term Outcomes: Intervening Variables – Perceptions of Harm



Risk of Harm from Alcohol Use

Drinking once or twice a day has “no risk” or “slight risk”.



Note: Includes responses where using alcohol regularly has no risk or only a slight risk.

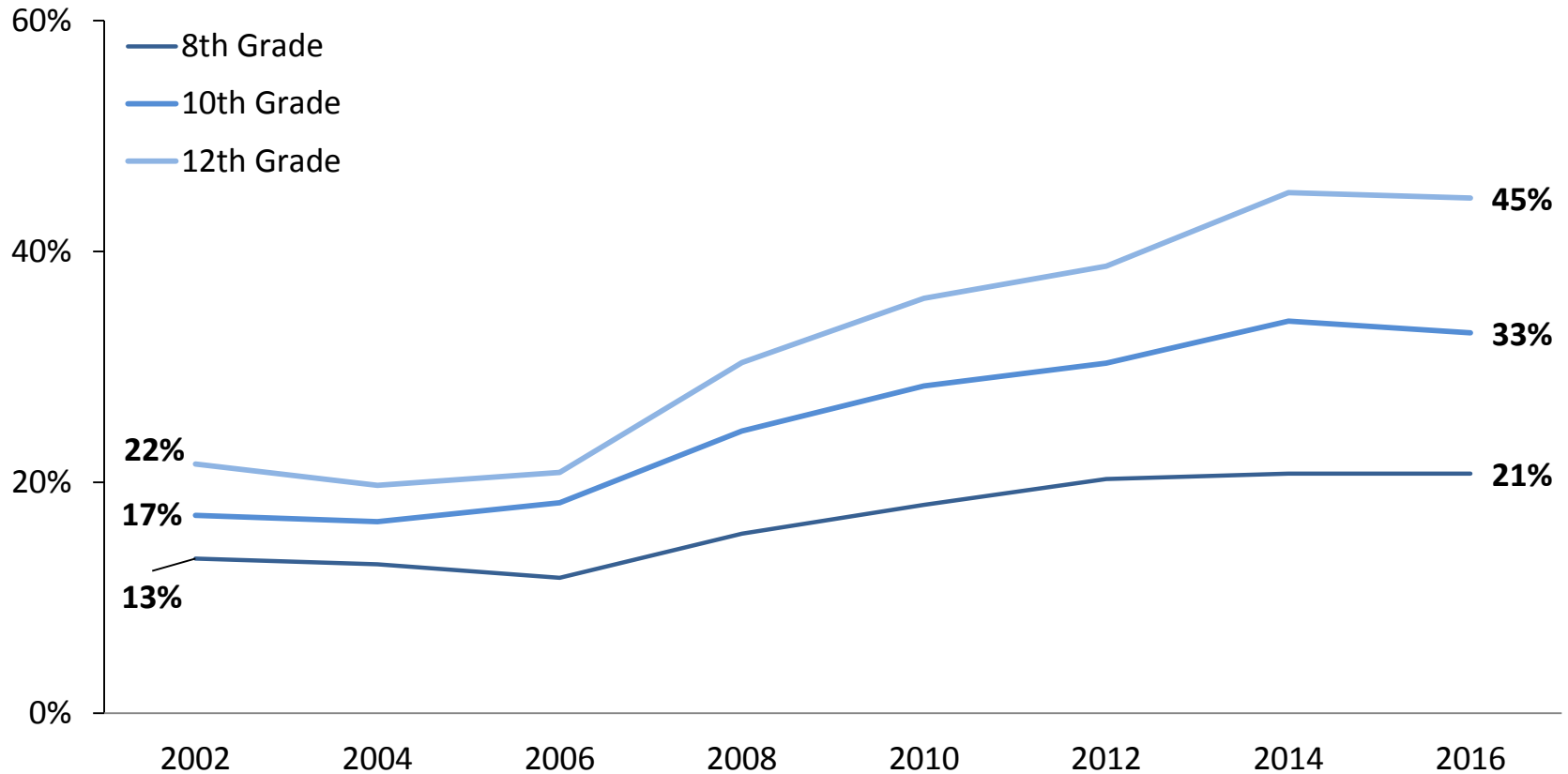
Source: Washington Healthy Youth Survey - 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016.

3/27/2017



Risk of Harm from Marijuana Use

Regular use has “no risk” or “slight risk”.



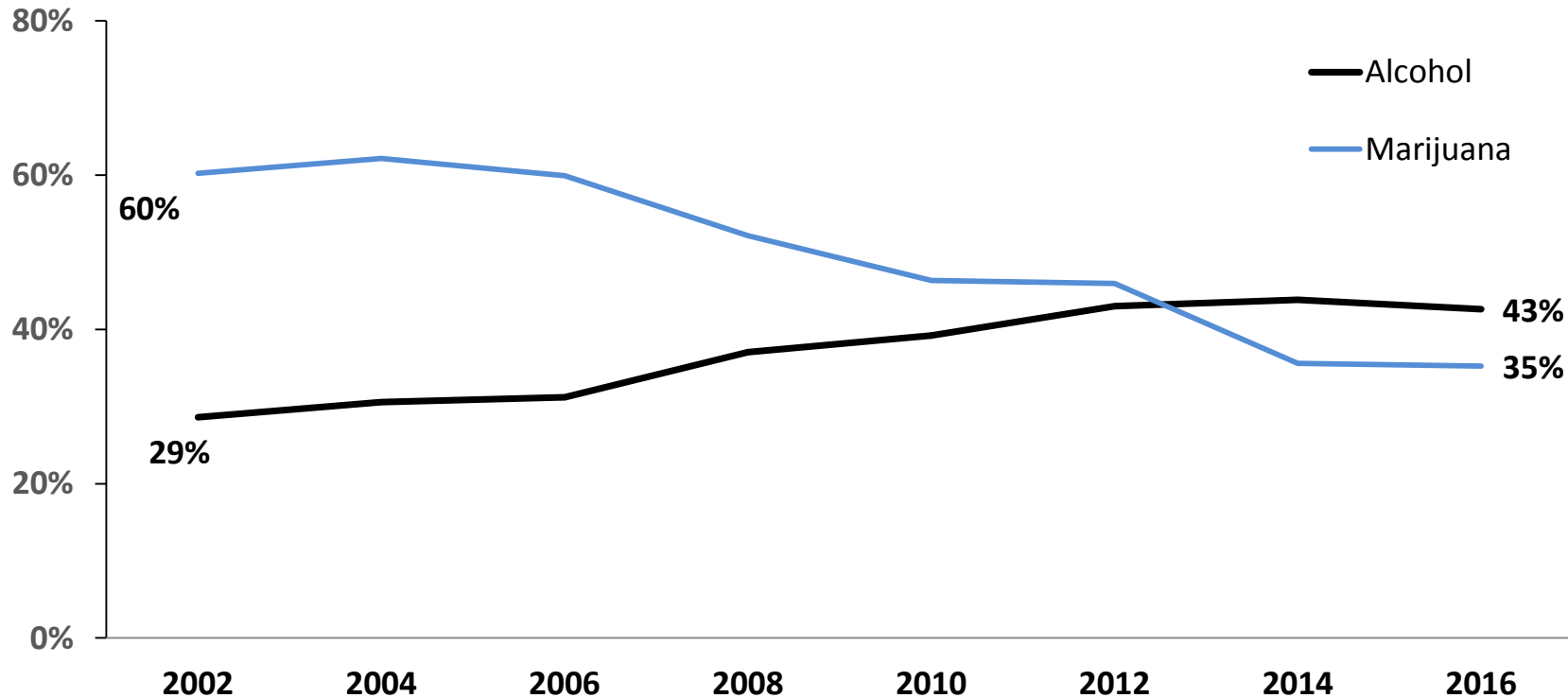
Note: Includes responses where using marijuana regularly has no risk or only a slight risk.

Source: Washington Healthy Youth Survey - 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016.

Perceived “Great Risk of Harm” from Alcohol, and Marijuana Use: 10th Graders, 2002-2016



1-2 Alcoholic Drinks Nearly Everyday Using Marijuana Regularly



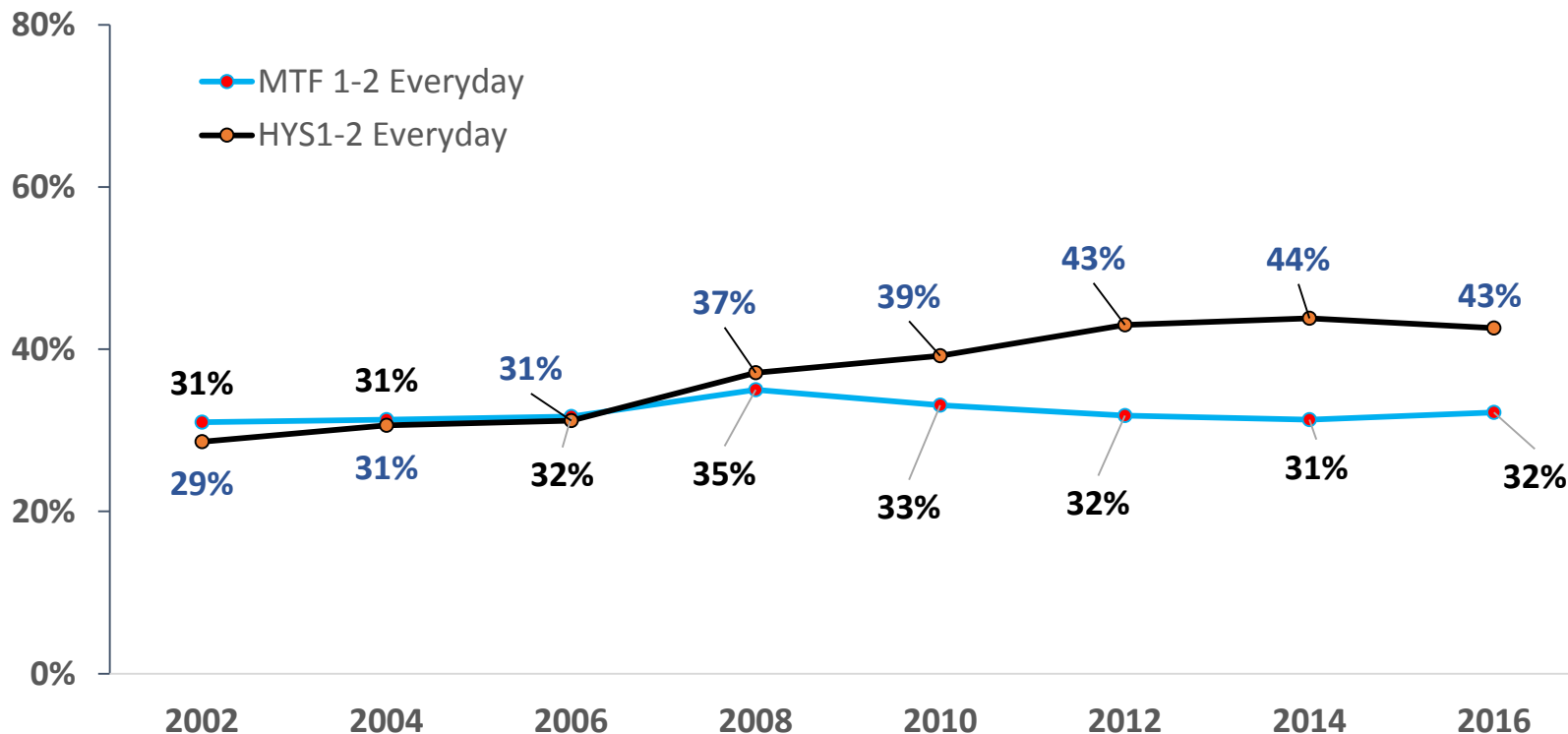
Source: Washington Healthy Youth Survey - 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016.

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Monitoring the Future & Healthy Youth Survey Alcohol Great Risk of Harm Grade 10, 2000-2016

1-2 Alcoholic Drinks Everyday

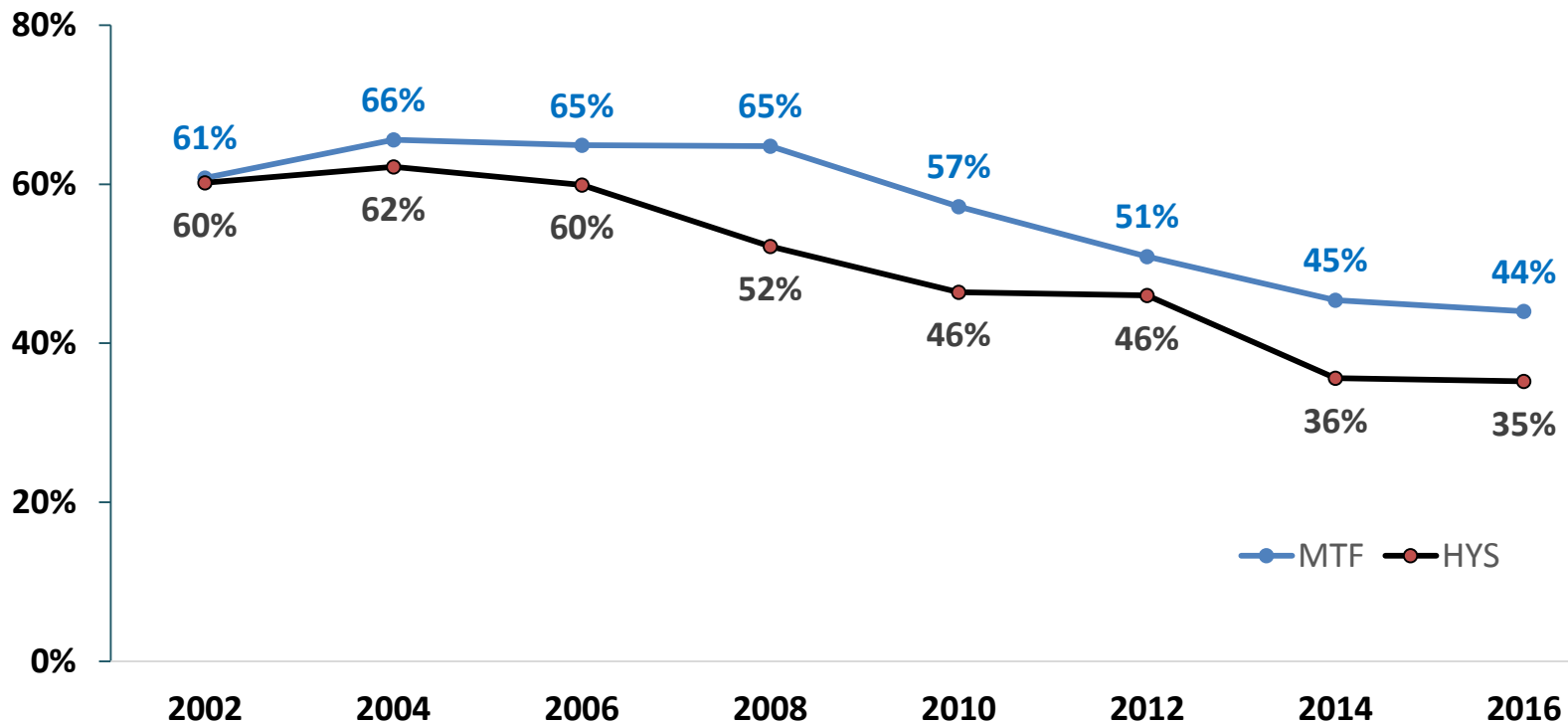


Source: Washington Healthy Youth Survey -2002 - 2016
2016 MTF FIGURE 2 <http://www.monitoringthefuture.org/data/16data/16drfig3.pdf>
3/27/2017



Monitoring the Future & Healthy Youth Survey Marijuana Great Risk of Harm Grade 10, 1998-2016

Using Marijuana Regularly



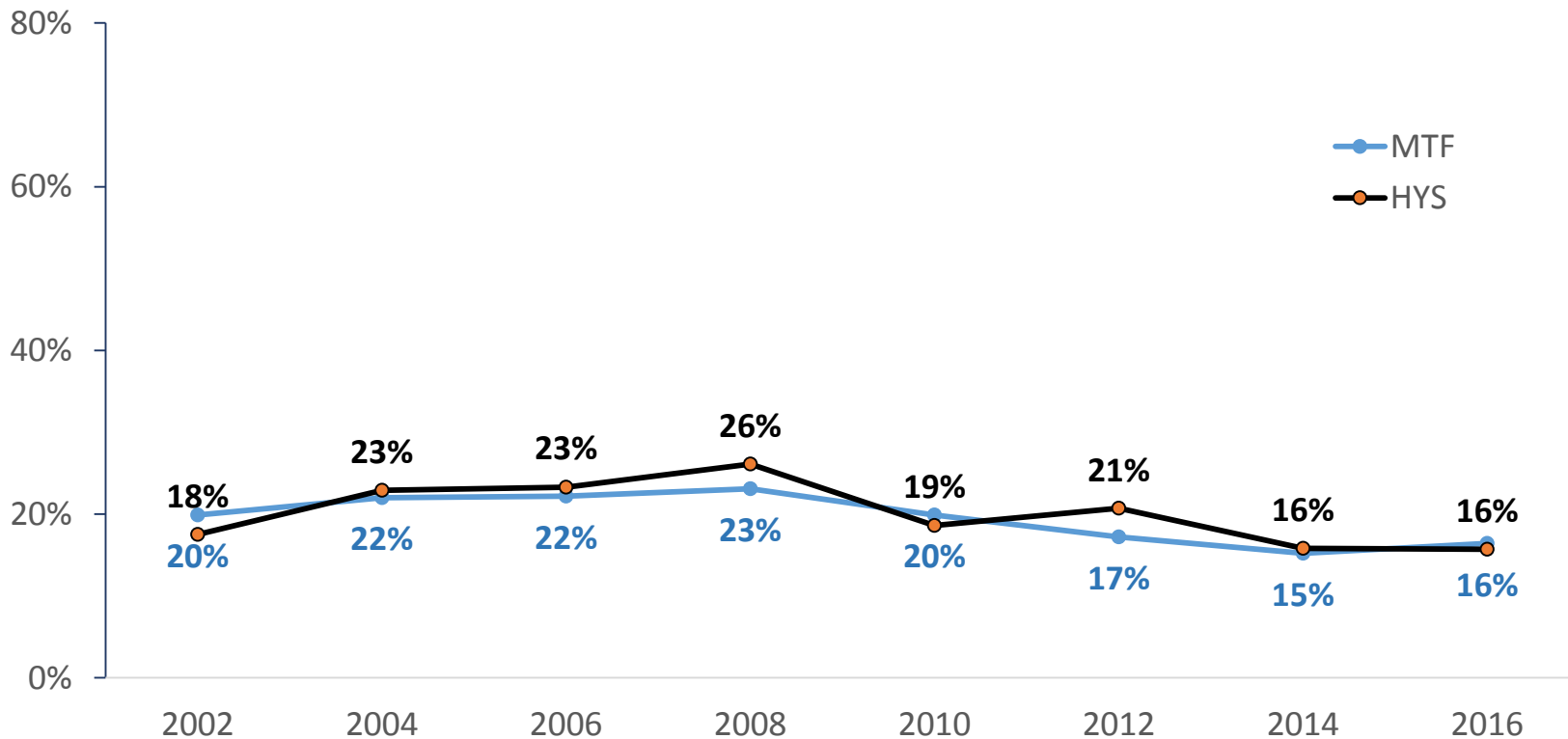
Source: Washington Healthy Youth Survey -2002 - 2016
2016 MTF FIGURE 2 <http://www.monitoringthefuture.org/data/16data/16drfig3.pdf>
3/27/2017



Monitoring the Future & Healthy Youth Survey

Marijuana Great Risk of Harm Grade 10, 1998-2016

Trying Marijuana Once or Twice



Source: Washington Healthy Youth Survey -2002 - 2016
2016 MTF FIGURE 2 <http://www.monitoringthefuture.org/data/16data/16drfig3.pdf>
3/27/2017

Section 3 - Summary

- Decreasing national and state trends on perception of great risk of harm using marijuana regularly
- Increasing perception of great risk drinking alcohol 1-2 drinks per day in Washington State

Data Source Acknowledgement & Thank You

- State Epidemiological Workgroup Members
- DOH Department of Health
- LCB Liquor Cannabis Board
- OSPI Office of Superintendent of Public Instruction
- WSTC Washington State Transportation Commission