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
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

2015 MTF REPORT http://www.monitoringthefuture.org
Section 1

- Alcohol & Marijuana Substance Use
- Substance Use-Related Behaviors
- National vs. State Trends
Alcohol Use: Youth, Past 30 Days 2002-2016

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

Results Washington: 19%

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

2016 MTF FIGURE 2 http://www.monitoringthefuture.org/data/16data/16drfig3.pdf
Monitoring the Future & Healthy Youth Survey
Alcohol Use: Lifetime Use Grade 10, 2002-2016

2016 MTF FIGURE 2 http://www.monitoringthefuture.org/data/16data/16drfig3.pdf
Binge Drinking, Past 2 Weeks: 6th, 8th, 10th, 12th Grades

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

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

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

Marijuana Use: Youth, Past 30 Days

**Used marijuana/hashish during the past 30 days?**

- **6th Grade**
  - 2002: 1%
  - 2004: 1%
  - 2006: 1%
  - 2008: 1%
  - 2010: 1%
  - 2012: 1%
  - 2014: 1%
  - 2016: 1%

- **8th Grade**
  - 2002: 10%
  - 2004: 18%
  - 2006: 25%
  - 2008: 26%
  - 2010: 26%
  - 2012: 26%
  - 2014: 17%
  - 2016: 6%

- **10th Grade**
  - 2002: 10%
  - 2004: 18%
  - 2006: 25%
  - 2008: 26%
  - 2010: 26%
  - 2012: 26%
  - 2014: 17%
  - 2016: 6%

- **12th Grade**
  - 2002: 10%
  - 2004: 18%
  - 2006: 25%
  - 2008: 26%
  - 2010: 26%
  - 2012: 26%
  - 2014: 17%
  - 2016: 6%

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


Results Washington: 18%
Monitoring the Future & Healthy Youth Survey
Marijuana Use: Past 30 Days Grade 10, 2002-2016

2016 MTF FIGURE 2 http://www.monitoringthefuture.org/data/16data/16drfig3.pdf
Monitoring the Future & Healthy Youth Survey
Marijuana Use: Lifetime Use Grade 10, 2002-2016

2016 MTF Figure 2 http://www.monitoringthefuture.org/data/16data/16drfig3.pdf
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%

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)

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


10th Grade Alcohol: 94.6% No, 5.4% Yes

12th Grade Alcohol: 90.5% No, 9.5% Yes
Frequency of Drinking and Driving in the Past 30 Days among 10th and 12th Graders Who Responded “Yes”

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

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

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

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


6th Grade: 15% (2010), 13% (2016)
8th Grade: 34% (2010), 26% (2016)
10th Grade: 56% (2010), 47% (2016)
12th Grade: 67% (2010), 61% (2016)
Monitoring the Future & Healthy Youth Survey
Alcohol Perceptions of Access Grade 10, 2002-2016

Easy or Sort of Easy to Get

2016 MTF FIGURE 2 http://www.monitoringthefuture.org/data/16data/16drfig3.pdf
Youth Attitudes about Marijuana Use: Access – Very or Sort of Easy

Monitoring the Future & Healthy Youth Survey
Marijuana Perceptions of Access Grade 10, 2002-2016

Easy or Sort of Easy

2016 MTF FIGURE 2 http://www.monitoringthefuture.org/data/16data/16drfig3.pdf
Youth Alcohol and Marijuana Access Source, 2016
Among 10th Graders Who Reported using in the past 30 days.

Youth Alcohol and Marijuana Access Source
Among 10th Graders Who Reported using in the past 30 days.

“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

“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

Short-term Outcomes: Intervening Variables – Norms
Community Protection and Prevention


Adults Think It's Wrong to Drink Alcohol
- 2010: 76%
- 2012: 79%
- 2014: 80%
- 2016: 80%

Adults Think It's Wrong to Use Marijuana
- 2010: 82%
- 2012: 83%
- 2014: 80%
- 2016: 81%

Parents Talked About Not Using Alcohol
- 2010: 55%
- 2012: 54%
- 2014: 60%
- 2016: 61%

Parents Talked About Not Using Marijuana
- 2010: 61%
- 2012: 62%

2016 Parent Perceptions on Drug Use

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


3/27/2017
Short-term Outcomes: Intervening Variables – Enforcement
Youth Attitudes about Substance Use and Enforcement: 10th Graders

Note: Percentages account for responses of ‘yes’ and ‘YES!’
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.
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.
Perceived “Great Risk of Harm” from Alcohol, and Marijuana Use: 10th Graders, 2002-2016

1-2 Alcoholic Drinks Nearly Everyday
Using Marijuana Regularly

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

1-2 Alcoholic Drinks Everyday

2016 MTF FIGURE 2 http://www.monitoringthefuture.org/data/16data/16drfig3.pdf
Monitoring the Future & Healthy Youth Survey
Marijuana Great Risk of Harm Grade 10, 1998-2016

Using Marijuana Regularly

2016 MTF FIGURE 2 http://www.monitoringthefuture.org/data/16data/16drfig3.pdf

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

Trying Marijuana Once or Twice

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
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- OSPI Office of Superintendent of Public Instruction
- WSTC Washington State Transportation Commission