Substance Use in Adolescents

Key Findings

Tobacco Use
- In 2012, about 1 percent of Washington 6th graders, 5 percent of 8th graders, 10 percent of 10th graders, and 16 percent of 12th graders reported smoking cigarettes in the past 30 days. Males in the 12th grades were significantly more likely to be current smokers than were females; 18 percent males versus 13 percent females.1,a,b
- Nationally, in 2013 about 16 percent of 9th to 12th graders were current smokers.2,b
- In 2012, about 1 percent of 6th graders, 3 percent of 8th graders, 5 percent of 10th graders, and 8 percent of 12th graders reported using smokeless tobacco ("chew") in the past 30 days. Males were more likely to use smokeless tobacco than females in all grades; 6 percent males versus 2 percent females.1,a,c
- Nationally, in 2013 about 3% females and 15% males of 9th to 12th graders reported using smokeless tobacco.2,c
- Washington appears to be meeting the Healthy People 2020 goal of reducing to 16 percent or less the proportion of 9th to 12th graders who are current smokers.3

Alcohol Use
- In 2012, an estimated 3 percent of 6th graders, 12 percent of 8th graders, 23 percent of 10th graders, and 36 percent of 12th graders used alcohol in the past 30 days. Males in the 12th grade were more likely to be current alcohol users than females; 38 percent males versus 34 percent females. The average age of first alcohol use among 10th grade students who used alcohol regularly was 13.8 years.1,a,d,e
- Nationally, in 2013 about 35 percent of 9th to 12th graders were current alcohol users.2,d
- In 2012, about 2 percent of 6th graders, 7 percent of 8th graders, 14 percent of 10th graders, and 22 percent of 12th graders reported binge drinking in the past two weeks. Males in the 6th and 12th grade were more likely to binge drink than females.1,a,f
- 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 2012, about 1 percent of 6th graders, 9 percent of 8th graders, 19 percent of 10th graders, and 27 percent of 12th graders reported using marijuana in the past 30 days. Males in grades 6, 10, and 12 were more likely to report current marijuana use.1,a,g
- Nationally, in 2013 about 23 percent of 9th to 12th graders reported current marijuana use.2

Other Illicit Substance Use
- In 2012, about 3 percent of Washington 8th graders, 5 percent of 10th graders, and 7 percent of 12th graders reported any other illegal drug use (not alcohol, tobacco, or marijuana).1,h
- In 2010, about 3 percent of Washington 8th graders, and 6 percent of 10th graders and, 7 percent of 12th graders, used a pain killer to get high. 12th grade males were significantly more likely than females to use a pain killer to get high.1,i

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.
Cigarette Smoking $^{1,b}$

![Cigarette Smoking Graph](image)

Smokeless Tobacco Use $^{1,c}$

![Smokeless Tobacco Use Graph](image)

Alcohol Drinking $^{1,d}$

![Alcohol Drinking Graph](image)
**Binge Drinking**

Youth Binge Drinking (5 or more drinks in a row in the past two weeks) by Grade and Year

<table>
<thead>
<tr>
<th>Year</th>
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<th>grade 10</th>
<th>grade 12</th>
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<td>19</td>
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**Marijuana Use**

Youth Marijuana Use in Past 30 Days by Grade and Year

<table>
<thead>
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<td>20</td>
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</tbody>
</table>
Data Sources

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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