

Substance Use in Adolescents

Publicly funded services to address Substance Use in Adolescents are described in Tobacco Prevention and Treatment for Youth, Substance Abuse Prevention and Treatment Services for Youth, and School-Based Health Centers.

Key Findings:^a

Tobacco Use

- In 2006, 2 percent of Washington 6th graders, 6 percent of 8th graders, 15 percent of 10th graders, and 20 percent of 12th graders reported current cigarette smoking. There were no significant differences by gender for current cigarette smoking. Cigarette smoking in adolescents peaked in 1998-1999 and has been dropping in recent years.^{1,2}
- The prevalence of smokeless tobacco use in 2006 was 1 percent of 6th graders, 3 percent of 8th graders, 6 percent of 10th graders, and 9 percent of 12th graders. Males were more likely to use smokeless tobacco than females. Among Grade 8, 10, and 12 students, smokeless tobacco use decreased significantly from 1995-2006.^{1,2}
- Washington appears to be meeting the Healthy People 2010 goal to reduce current cigarette use in students grades 9-12 to 16 percent or less, but is not meeting the goal to reduce current smokeless tobacco use to no more than 1 percent.³

Alcohol Use

- In 2006, an estimated 4 percent of 6th graders, 15 percent of 8th graders, 33 percent of 10th graders, and 42 percent of 12th graders used alcohol in the past 30 days. Males in the 6th and 12th grades were more likely to be current alcohol users while females in the 8th grade were

Definition: Current substance use refers to use of alcohol, tobacco, or other illicit substances on one or more of the past 30 days.

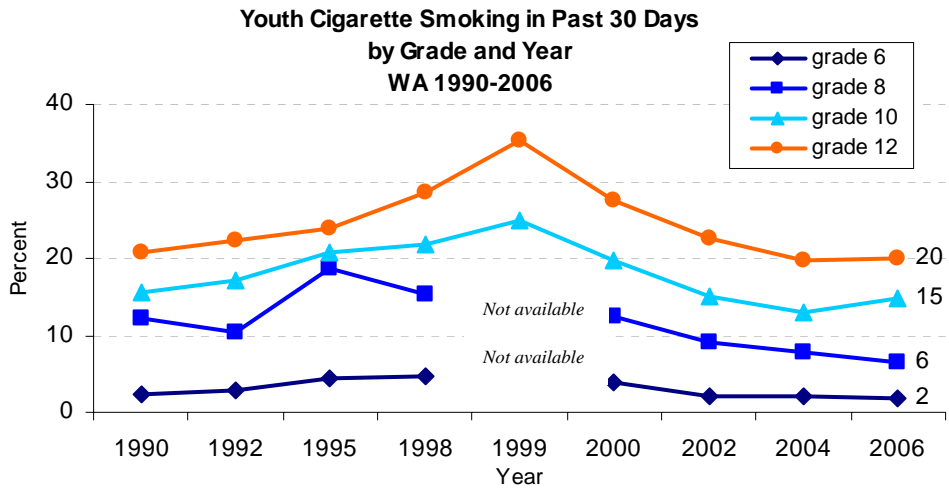
more likely to currently drink. The average age of first alcohol use among 10th grade students who used alcohol was 12.7 years.²

- In 2006, about 9 percent of 8th graders, 20 percent of 10th graders, and 26 percent of 12th graders reported binge drinking (drinking 5 or more alcoholic beverages in a row) in the past two weeks.²
- Washington is not yet meeting the Healthy People 2010 objectives to reduce binge drinking during the past two weeks among high school seniors to no more than 11 percent and to increase the average age of first use of alcohol to 16.1 years.³

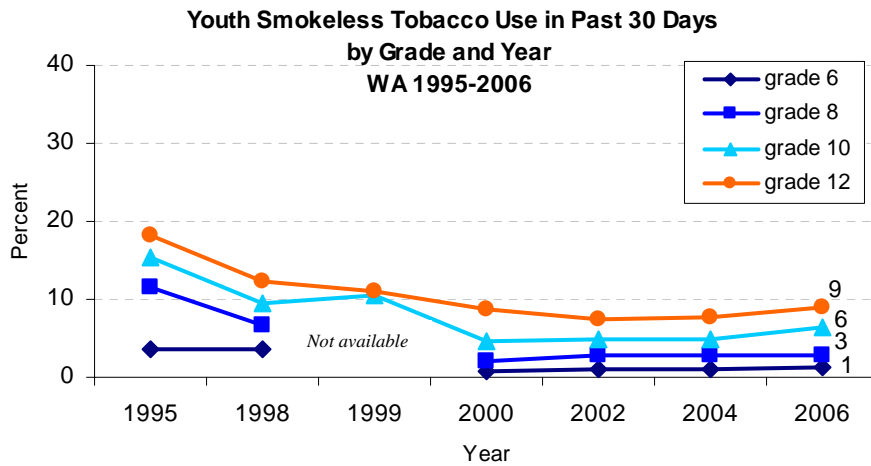
Illicit Substance Use

- In 2006, about 2 percent of 6th graders, 7 percent of 8th graders, 18 percent of 10th graders, and 22 percent of 12th graders reported using marijuana in the past 30 days. Males in Grades 10 and 12 were more likely to report current marijuana use. Marijuana use did not change significantly from 1990-2006. The average age of first use of marijuana among 10th graders who smoked was 13.2 years.
- In 2006, about 8 percent of 10th graders reported any other illegal drug use (not alcohol, tobacco, or marijuana). About 6 percent of 10th graders reported using inhalants, 3 percent methamphetamines, and 10 percent prescription narcotics in the past 30 days. (Data not shown)²
- Washington has not met the Healthy People 2010 objectives to increase the proportion of adolescents not using alcohol or illicit drugs during the past 30 days to 89 percent; and to reduce the proportion using marijuana or inhalants to 0.7 percent.³

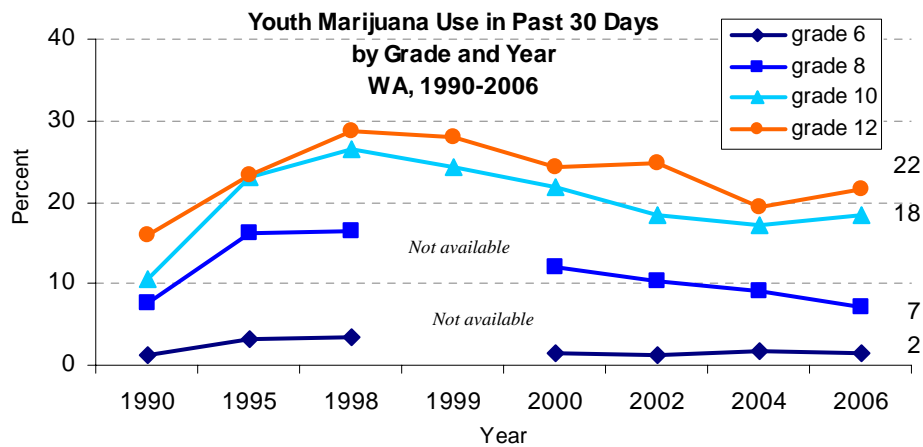
Cigarette Smoking ^{1,2}



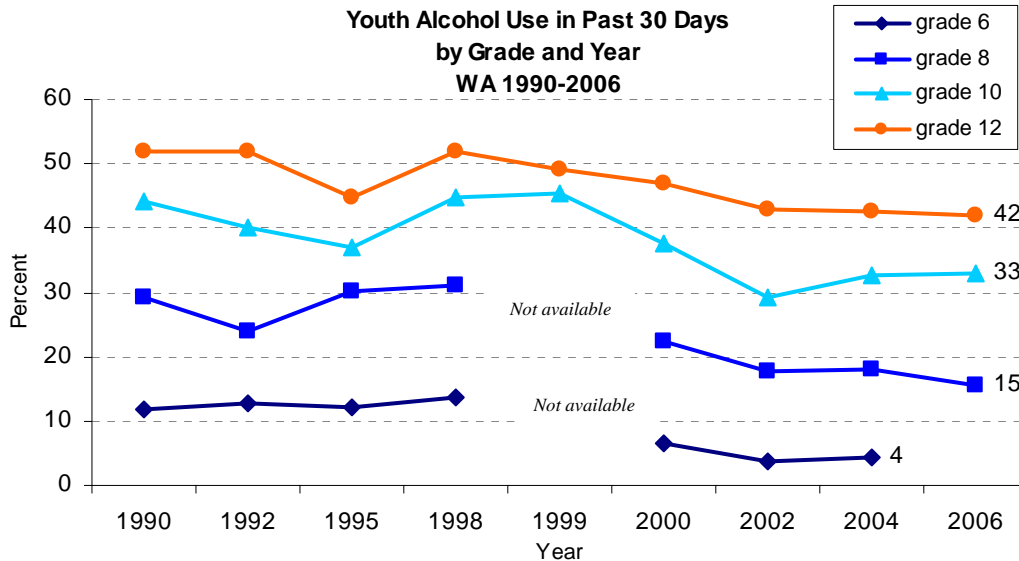
Smokeless Tobacco Use ^{1,2}



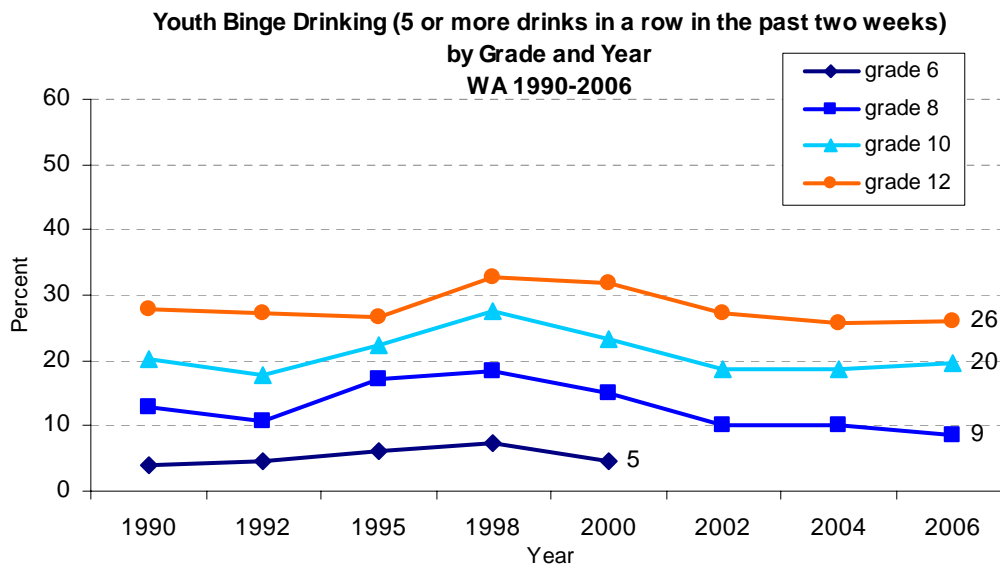
Marijuana Use ^{1,2}



Alcohol Drinking ^{1,2}



Binge Drinking ^{1,2}



Data Sources

1. Washington State Survey of Adolescent Health Behaviors 1992, 1995, 1998, 2000; Washington State Youth Risk Behavior Survey, 1999; Washington State Drug and Alcohol Survey, 1990.
2. Washington State Healthy Youth Survey 2002, 2004, 2006 Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Website: <https://fortress.wa.gov/doh/hys/>
3. Department of Health and Human Services (US). Healthy People 2010: Understanding and Improving Health. 2nd edition. Washington, DC: US Government Printing Office; November 2000.

Endnotes:

- a. Significance from the Healthy Youth Survey is based on chi-square testing with significance at $p < 0.05$.