



Healthy Youth Survey Fact Sheet

Alcohol Use for Jefferson County, page 1 of 2

Year: 2018

Grade: 10

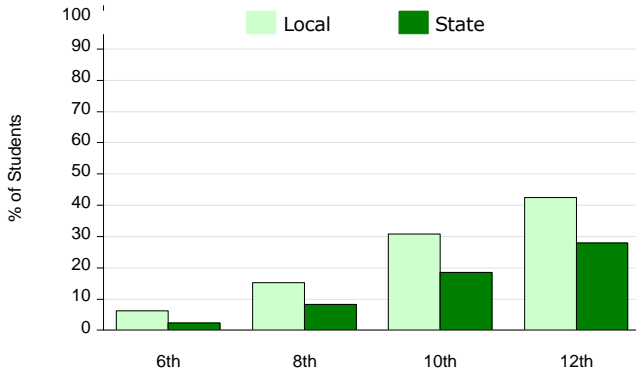
Gender: All

Number of Students Surveyed: 138

Background:

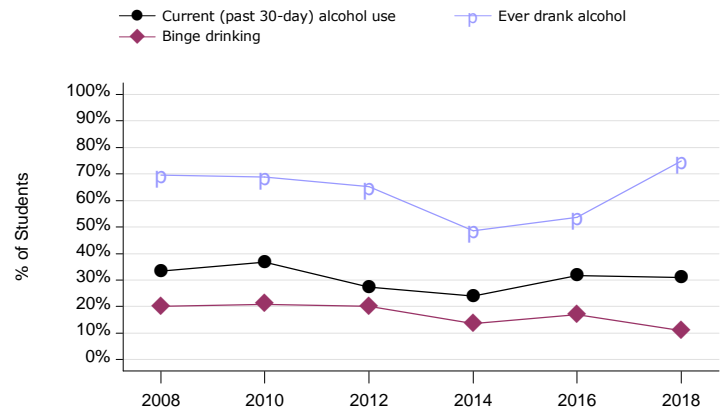
- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Youth alcohol use is associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently damage the still-developing brain.

Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2018



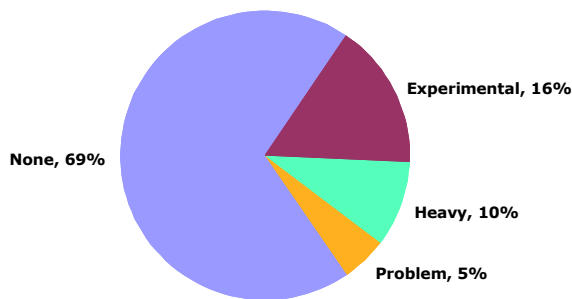
Prevalence	6th	8th	10th	12th
Local	6% ±4	15% ±6*	31% ±8*	43% ±10*
State	2% ±0	8% ±1	18% ±2	28% ±2

Alcohol Use Trends, Grade 10



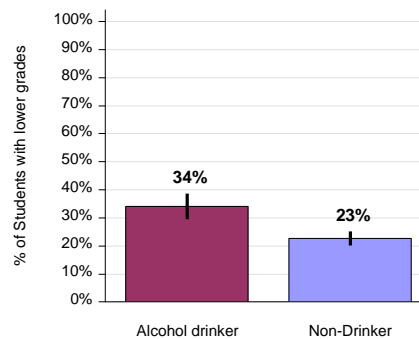
Prevalence	2008	2010	2012	2014	2016	2018
Current (past 30-day) alcohol use	33% ±8	37% ±8	27% ±8	24% ±7	32% ±8	31% ±8
Ever drank alcohol	70% ±8	69% ±8	65% ±9	49% ±8*	54% ±8	75% ±7*
Binge drinking	20% ±7	21% ±7	20% ±8	13% ±6	17% ±6	11% ±5

Level of Alcohol Use Grade 10, 2018



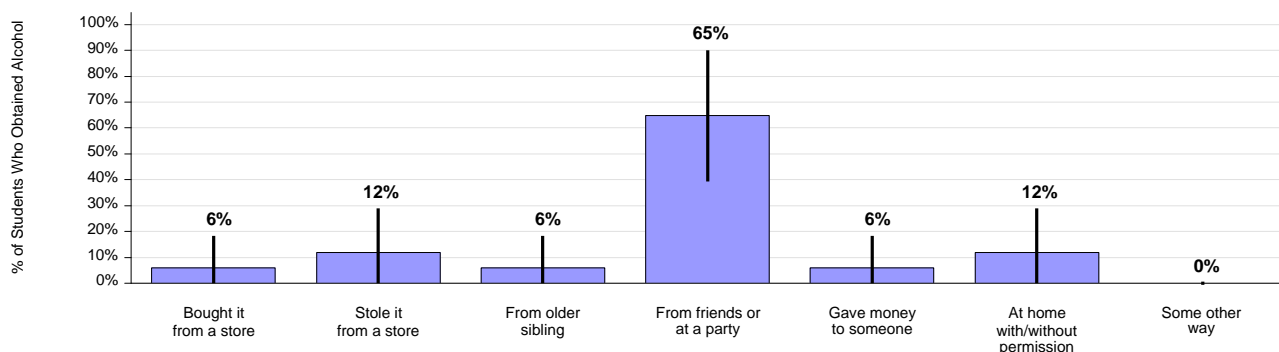
- None: no drinking in the past 30 days (69%)
- Experimental: 1-2 days drinking, and no binge drinking (16%)
- Heavy: 3-5 days drinking, and/or one binge (10%)
- Problem: 6+ days drinking, and/or 2+ binges (5%)

Statewide Relationship between Lower Grades and Current (past 30-day) Alcohol Use Grade 10, 2018



Statewide, more 10th graders who drink alcohol report lower grades in school (C's, D's or F's) compared to those who don't drink.

Where Do Youth Get Alcohol? Grade 10, 2018



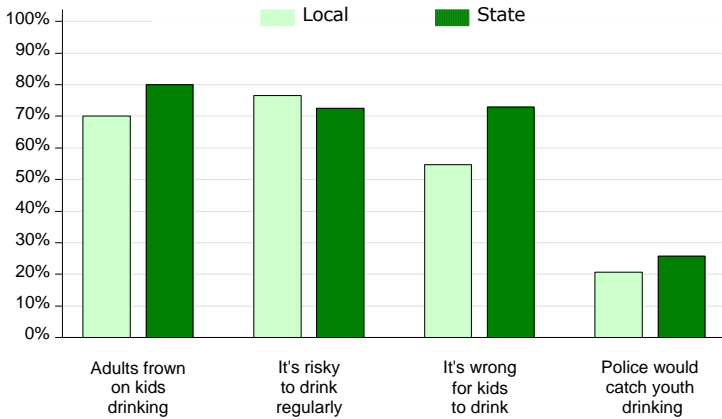
The percentages in this chart are based on all students who reported getting alcohol in the past 30 days, regardless whether they reported drinking in the past 30 days. Students could select multiple sources.



Healthy Youth Survey Fact Sheet

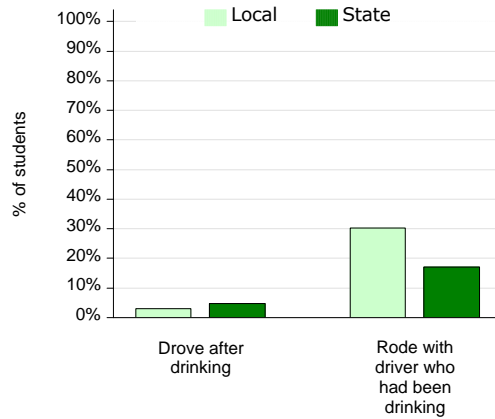
Alcohol Use for Jefferson County, page 2 of 2

Youth Perceptions about Alcohol Compared to the State, Grade 10, 2018



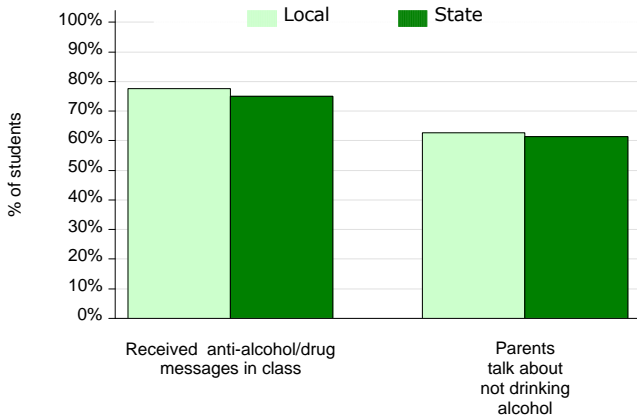
Prevalence	Adults frowned on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	70% ±11	76% ±10	55% ±13	21% ±10
State	80% ±2	73% ±2	73% ±3	26% ±2

Drinking and Driving/Riding Compared to the State, Grade 10, 2018



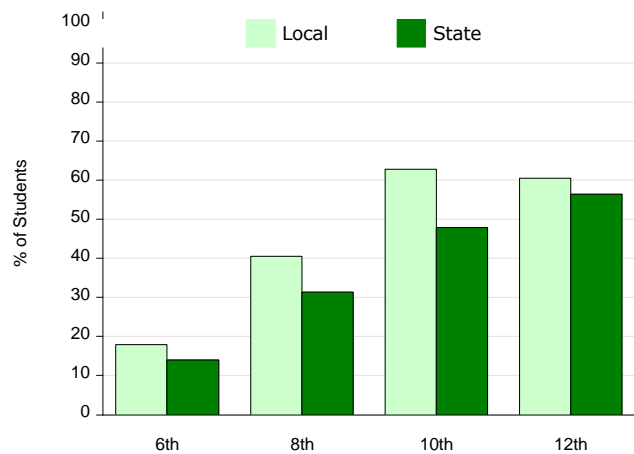
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	3% ±4	30% ±11
State	5% ±1	17% ±2

Received Anti-Alcohol Messages Compared to the State, Grade 10, 2018



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	78% ±10	63% ±12
State	75% ±3	61% ±2

Youth Perception that Alcohol is Easy to Get Compared to the State, All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	18% ±7	41% ±11	63% ±12*	60% ±15
State	14% ±1	31% ±2	48% ±2	56% ±3

For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit www.StartTalkingNow.org.
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse www.adaiclearinghouse.org or call (206) 221-8325.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)
 *indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Community Protective Factors for Jefferson County

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 138

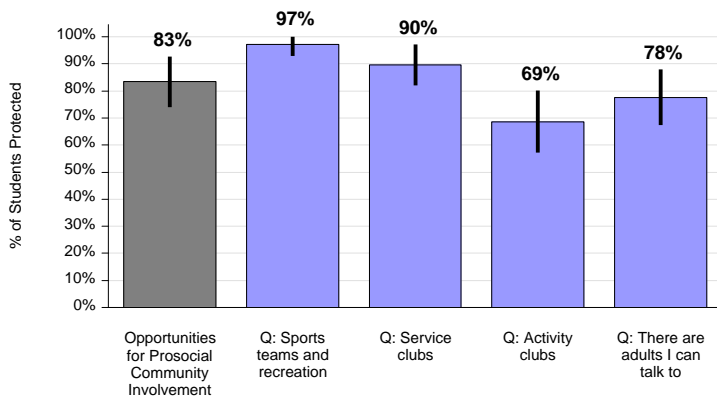
Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students protected," which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- *Protective factors in the community environment are those that offer the youth opportunities and rewards for participating in positive and healthy activities.*

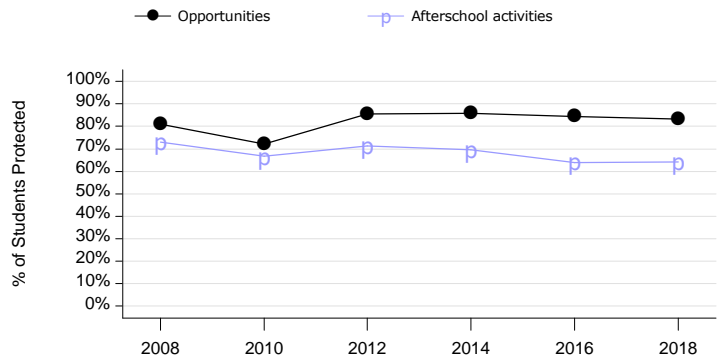
For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more go to the Start Talking Now website: www.StartTalkingNow.org. To find out about prevention coalitions in your area and how to get involved, go to https://www.theathenaforum.org/cpwi_coalitions.
- For free guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse www.ADAIClearingHouse.org or call (206) 221-8325.
- For prevention tips and other online resources visit www.StartTalkingNow.org and www.DrugFree.org.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

Protective Factor: Opportunities for Prosocial Community Involvement with Component Questions (Q)
Grade 10, 2018

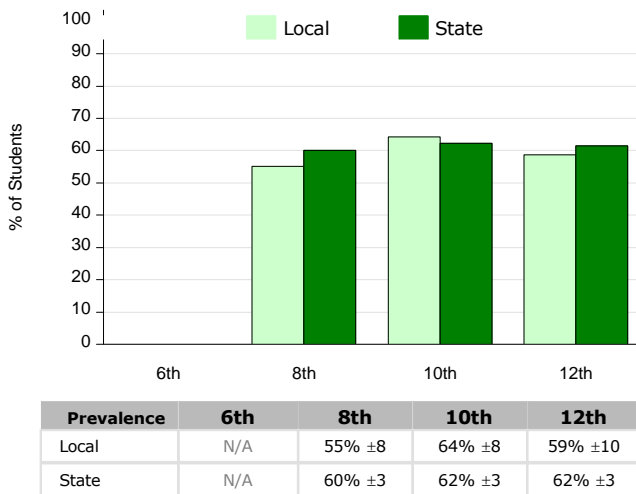


Community Protective Factor and Afterschool Activity Trends
Grade 10, 2018

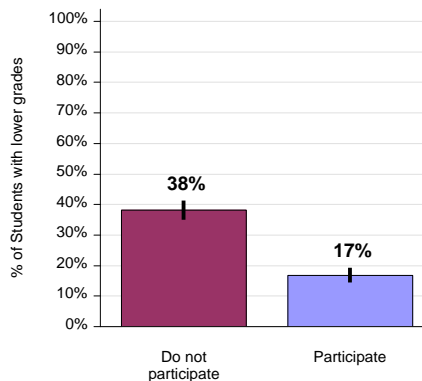


Prevalence	2008	2010	2012	2014	2016	2018
Opportunities	81% ± 9	72% ± 10	85% ± 10	86% ± 8	85% ± 9	83% ± 9
Participation in afterschool activities	73% ± 7	67% ± 8	71% ± 9	69% ± 8	64% ± 8	64% ± 8

Participate in Afterschool Activities
All Grades, 2018



Statewide Relationship between Lower Grades and Participation in Afterschool Activities
Grade 10, 2018



Statewide, more 10th graders who do not participate in after-school activities report lower grades in school (C's, D's or F's) compared to those who do participate.

Prevalence is displayed with 95% confidence intervals (as ± or black bar)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Community Risk Factors for Jefferson County

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 138

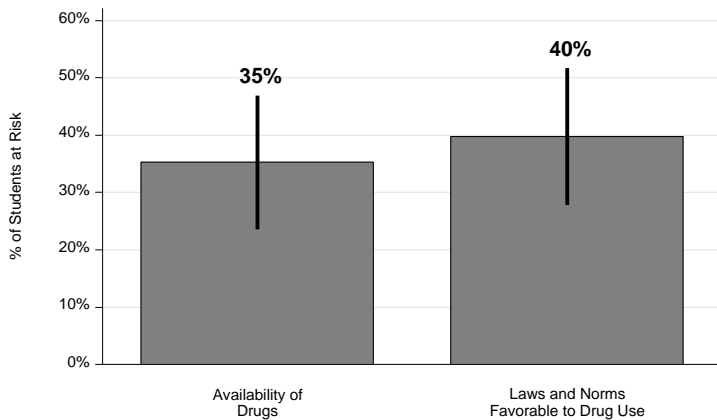
Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students at risk," which is defined as the percent of students whose scores were above a risk cutpoint determined by UW researchers. We also report some of the individual questions.
- Risk factors in the **community environment** point to youth perceptions of local attitudes, beliefs, and standards: if youth *perceive* people in the community look the other way when kids are using substances, the youth have a higher likelihood of being substance users – that is, they are "at risk."

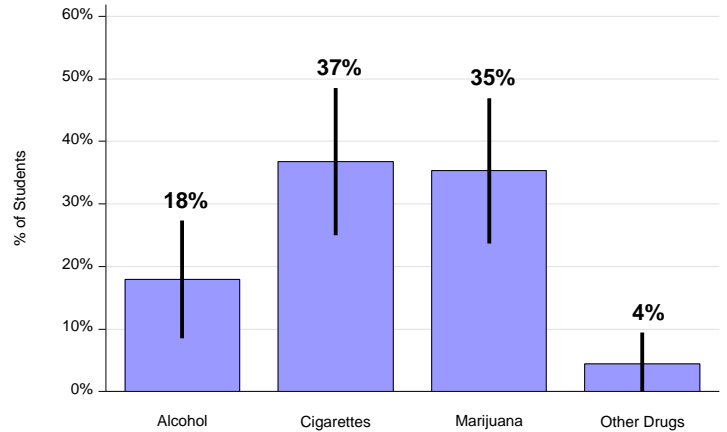
For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more go to the Start Talking Now website: www.StartTalkingNow.org. To find out about prevention coalitions in your area and how to get involved, go to https://www.theathenaforum.org/cpwi_coalitions.
- For free guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse www.adaiclearinghouse.org or call (206) 221-8325.
- For prevention tips and other online resources visit www.StartTalkingNow.org and www.drugfree.org.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

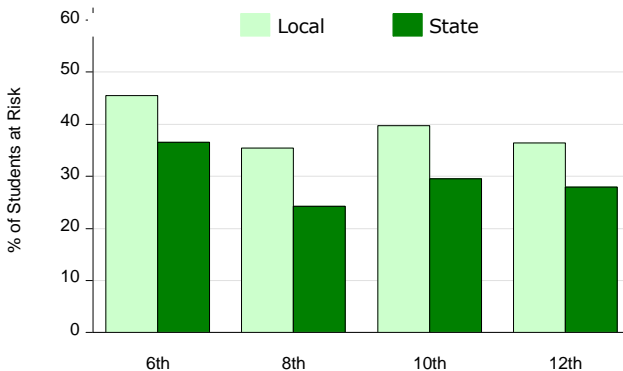
Risk Factors: Availability of Drugs and Laws and Norms Favorable to Drug Use
Grade 10, 2018



Substances Perceived as "Very Easy" to Get
Grade 10, 2018

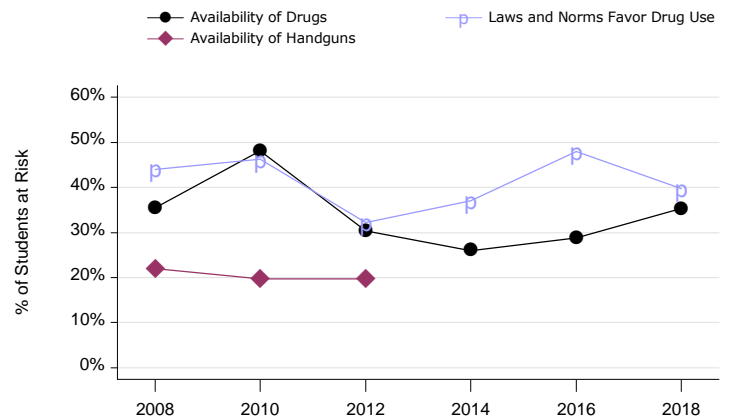


Risk Factor: Laws and Norms Favorable to Drug Use
All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	46% ±9*	35% ±11*	40% ±12	36% ±15
State	37% ±2	24% ±2	30% ±2	28% ±2

Community Risk Factor Trends, Grade 10



Prevalence	2008	2010	2012	2014	2016	2018
Availability of Drugs	36% ±11	48% ±11	30% ±12*	26% ±10	29% ±11	35% ±12
Laws and Norms Favor Drug Use	44% ±11	46% ±11	32% ±13	37% ±11	48% ±12	40% ±12
Availability of Handguns	22% ±10	20% ±9	20% ±11	N/S	N/S	N/S

Prevalence is displayed with 95% confidence intervals (as ± or black bar)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Substance Use for Jefferson County

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 138

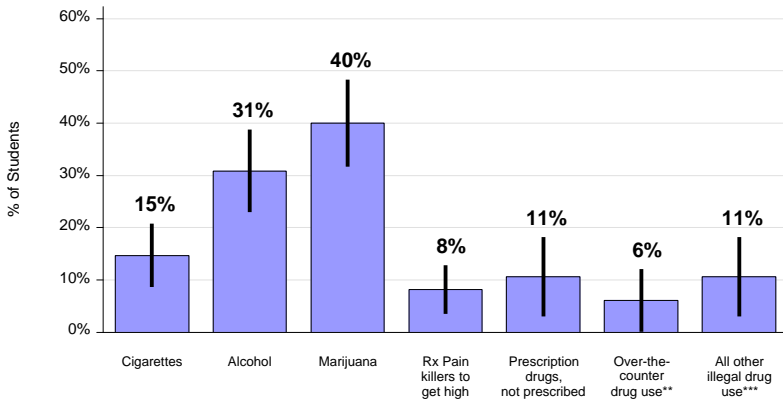
Background:

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- The developing brain is more vulnerable to the effects of alcohol and other drugs. Brain development continues into the mid-20s.

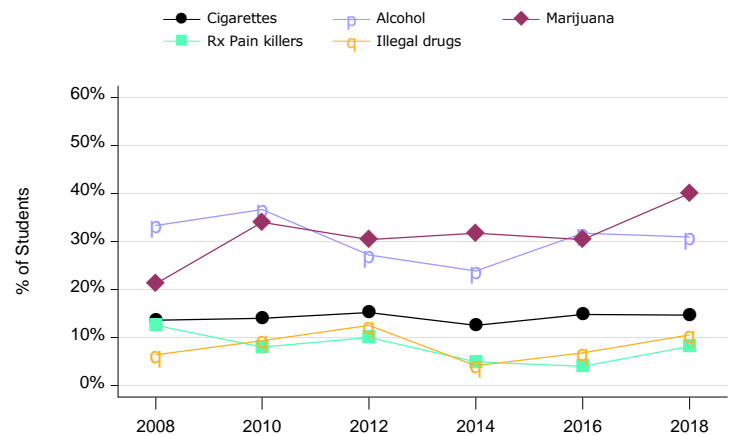
For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit www.StartTalkingNow.org.
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse www.adaiclearinghouse.org or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

Current (past 30-day) Substance Use Grade 10, 2018



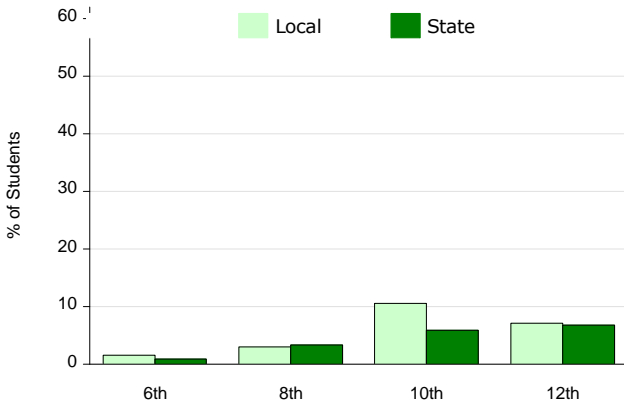
Current (past 30-day) Substance Use Trends, Grade 10



Most youth don't use alcohol or other substances.

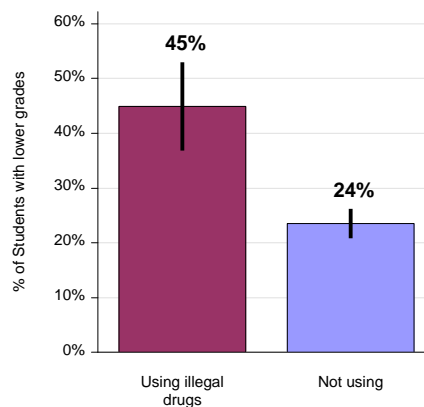
Prevalence	2008	2010	2012	2014	2016	2018
Cigarettes	14% ±6	14% ±6	15% ±7	13% ±6	15% ±6	15% ±6
Alcohol	33% ±8	37% ±8	27% ±8	24% ±7	32% ±8	31% ±8
Marijuana	21% ±7	34% ±8*	30% ±9	32% ±8	30% ±7	40% ±8
Rx Pain killers to get high	13% ±8	8% ±4	10% ±6	5% ±4	4% ±3	8% ±5
All other illegal drug use***	6% ±4	9% ±5	13% ±6	4% ±3*	7% ±6	11% ±8

Current (past 30-day) All Other Illegal Drug Use Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	2% ±2	3% ±4	11% ±8	7% ±8
State	1% ±0	3% ±1	6% ±1	7% ±1

Statewide Relationship between Lower Grades and Current (past 30-day) All Other Illegal Drug Use* Grade 10, 2018**



Statewide, more 10th graders who use illegal drugs (not including alcohol, tobacco or marijuana) report lower grades in school (C's, D's or F's) compared to those who don't use.

**Over-the-counter drug use is the use of drugs like cough syrup or cold medical purposes.

***All other illegal drug use includes prescription drugs not prescribed, Rx pain killers to get high, and all other illegal drugs; but does not include alcohol, tobacco or marijuana.

Prevalence is displayed with 95% confidence intervals (as ± or black bar)

*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Family Protective Influences for Jefferson County

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 138

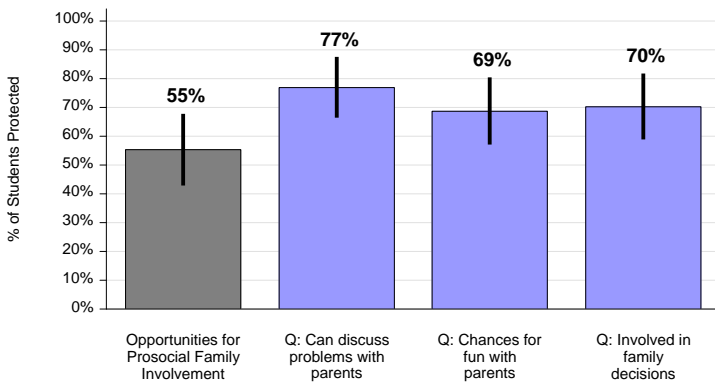
Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each “factor” in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the “percent of students protected,” which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- *Protective factors in the family environment are those that encourage positive participation in the family setting, and reward youth for that involvement.*

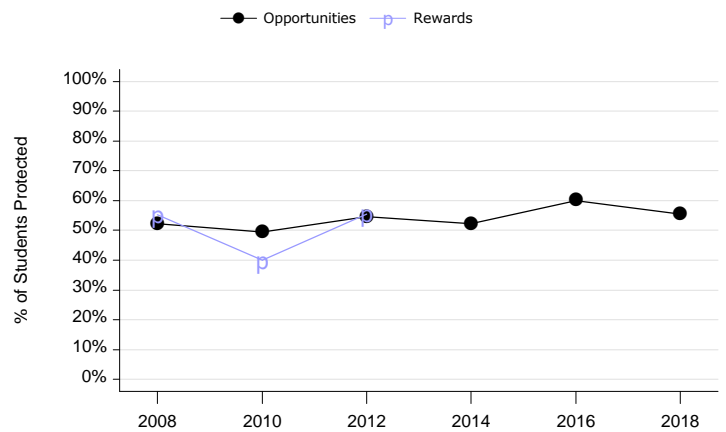
For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more about prevention coalitions in your area and how to get involved, go to the Start Talking Now website: www.StartTalkingNow.org.
- For free guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse at www.adaiclearinghouse.org or call (206) 221-8325.
- For prevention tips and other online resources visit www.StartTalkingNow.org and www.drugfree.org.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

Protective Factor: Opportunities for Prosocial Family Involvement with Component Questions (Q:) Grade 10, 2018

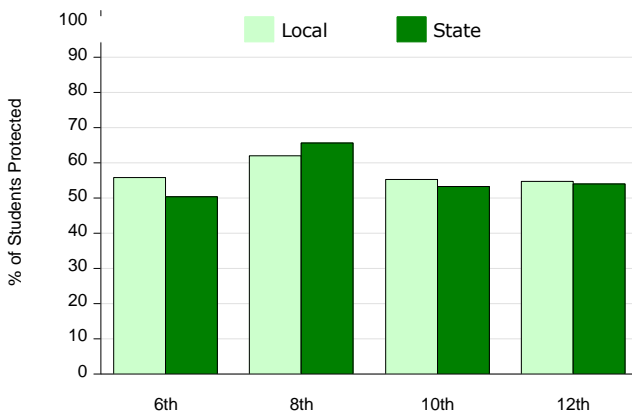


Family Protective Factor Trends, Grade 10



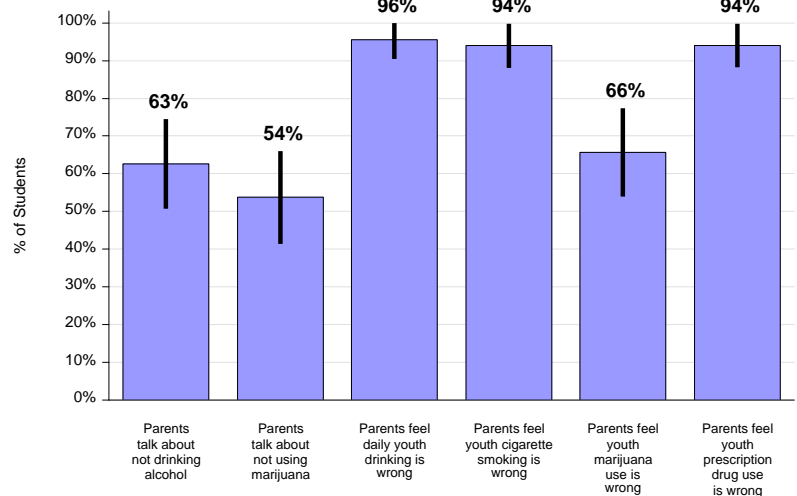
Prevalence	2008	2010	2012	2014	2016	2018
Opportunities	52% ±12	49% ±11	55% ±14	52% ±12	60% ±12	55% ±12
Rewards	55% ±12	40% ±11	56% ±14	N/A	N/A	N/A

Protective Factor: Opportunities for Prosocial Family Involvement All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	56% ±10	62% ±13	55% ±12	55% ±16
State	50% ±2	66% ±2	53% ±2	54% ±2

Parental Protective Influences, Grade 10, 2018



Prevalence is displayed with 95% confidence intervals (as ± or black bar)
 *indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Marijuana Use for Jefferson County, page 1 of 2

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 138

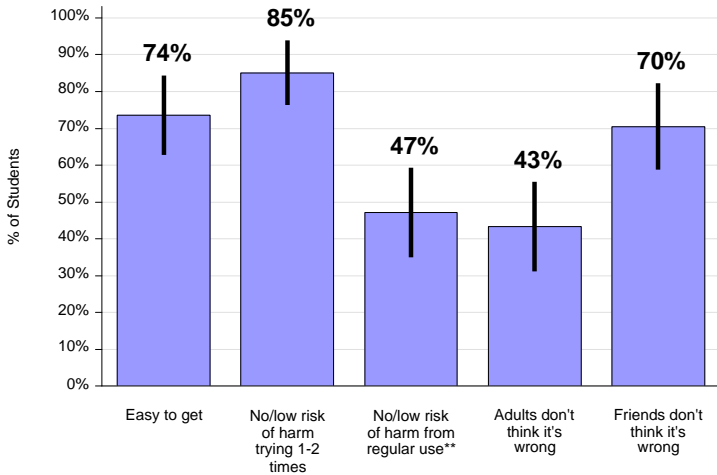
Background:

- Marijuana is addictive. Most teens who enter drug treatment programs report marijuana is the primary drug they use.
- If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

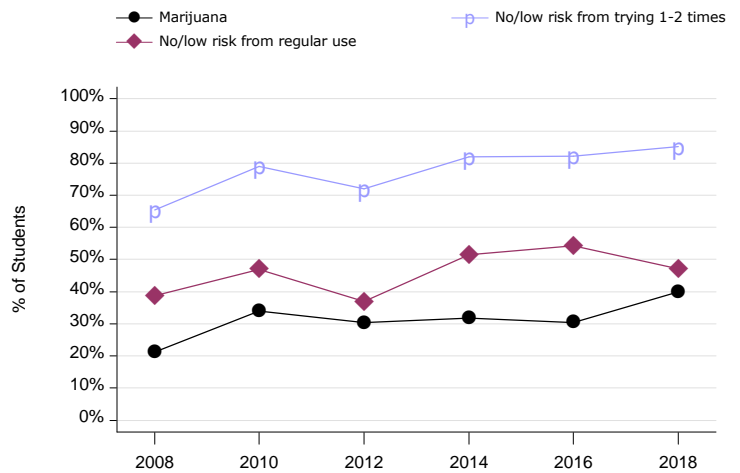
For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit www.StartTalkingNow.org.
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse www.adaiclearinghouse.org or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

**Attitudes about Marijuana Use
Grade 10, 2018**



**Marijuana Use and Perception of Harm Trends
Grade 10**

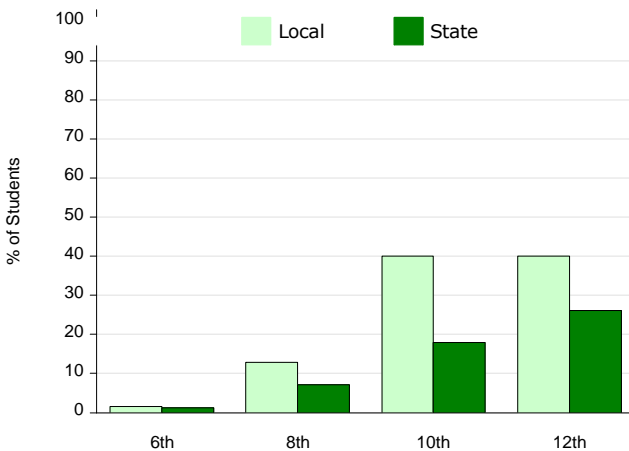


In 2018, 47% of 10th graders in our county thought there was little or no risk of using marijuana regularly.

Prevalence	2008	2010	2012	2014	2016	2018
Marijuana	21% ±7	34% ±8*	30% ±9	32% ±8	30% ±7	40% ±8
No/low risk from trying 1-2 times	65% ±11	79% ±9	72% ±12	82% ±9	82% ±9	85% ±9
No/low risk from regular use**	39% ±11	47% ±11	37% ±13	51% ±12	54% ±12	47% ±12

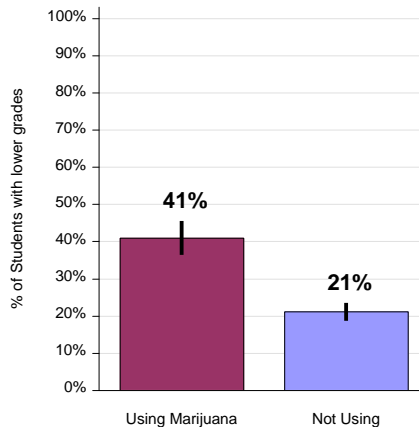
**"Smoke" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.

**Current (past 30-day) Marijuana Use
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	2% ±2	13% ±6	40% ±8*	40% ±10*
State	1% ±0	7% ±1	18% ±2	26% ±2

**Statewide Relationship between
Lower Grades and Current (past 30-day) Marijuana Use
Grade 10, 2018**



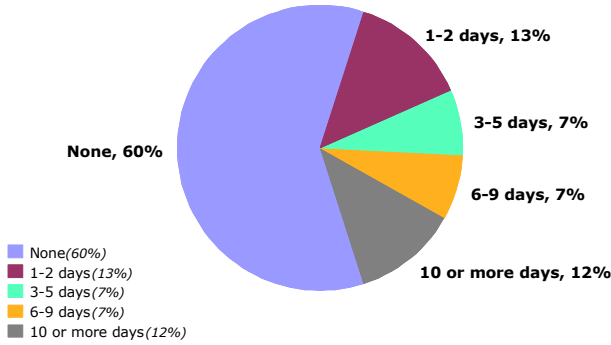
Statewide, more 10th graders who use marijuana report lower grades in school (C's, D's or F's) compared to those who don't use.



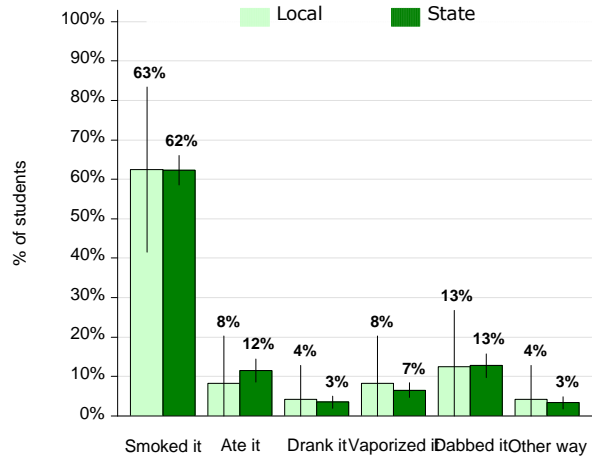
Healthy Youth Survey Fact Sheet

Marijuana Use for Jefferson County, page 2 of 2

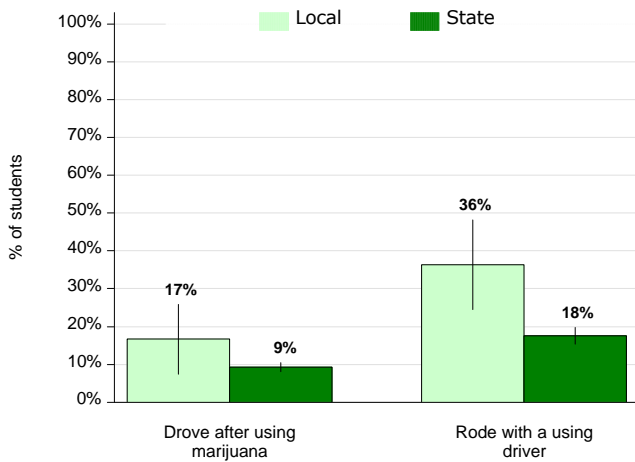
Level of Current (past 30-day) Marijuana Use
Grade 10, 2018



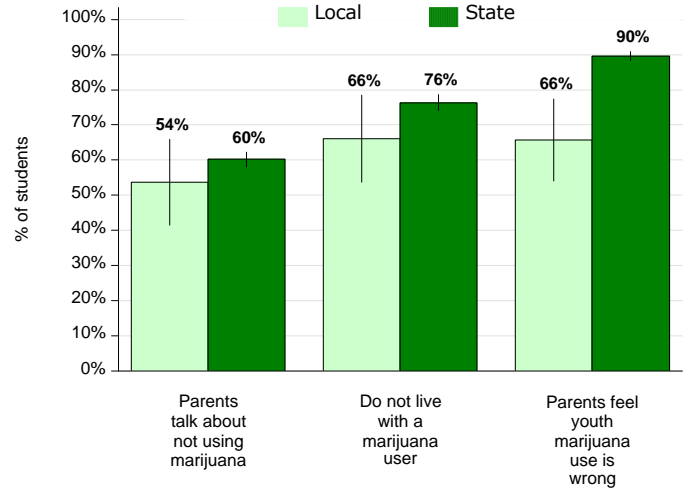
Type of Marijuana Use among Those Who Used It
Grade 10, 2018



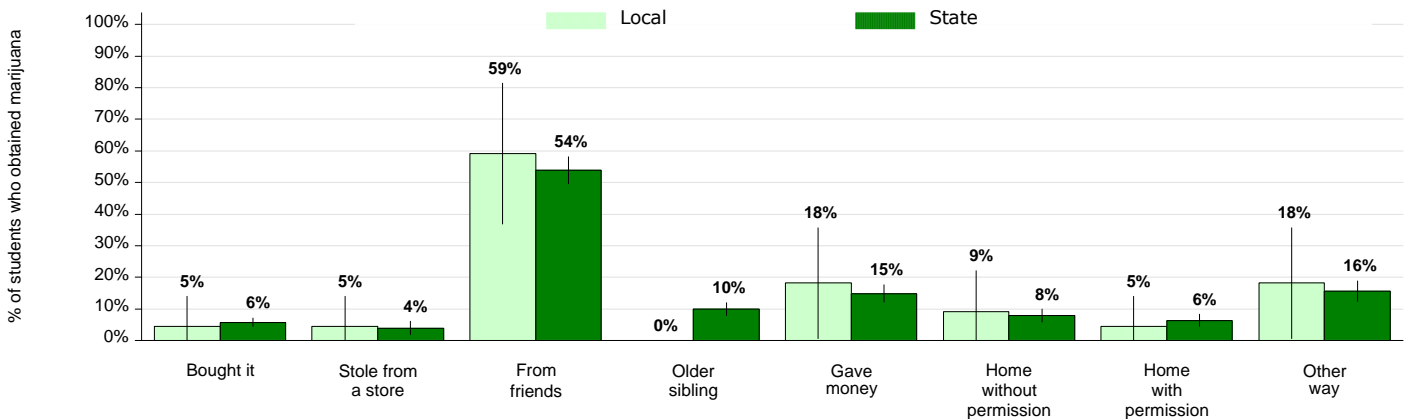
Marijuana Use and Driving/Riding
Grade 10, 2018



Family Environment, Grade 10, 2018



Where Do Youth Get Marijuana? Grade 10, 2018



The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

Prevalence is displayed with 95% confidence intervals (as ± or black bar)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

Peer-Individual Risk Factors

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 138

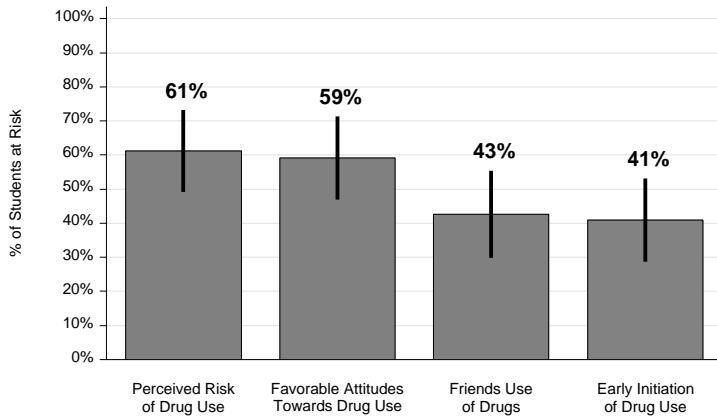
Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each “factor” in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the “percent of students at risk,” which is defined as the percent of students whose scores were above a risk cutpoint determined by UW researchers. We also report some of the individual questions.
- *Risk factors in the peer and individual domain include attitudes youth have about substance use as well as the behaviors of their friends.*

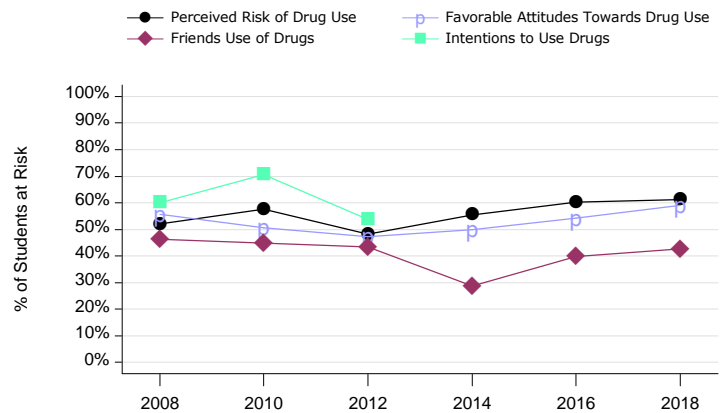
For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more about prevention coalitions in your area and how to get involved, go to the Start Talking Now website: www.StartTalkingNow.org.
- For free guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse www.adaiclearinghouse.org or call (206) 221-8325.
- For prevention tips and other online resources, visit www.StartTalkingNow.org and www.drugfree.org.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

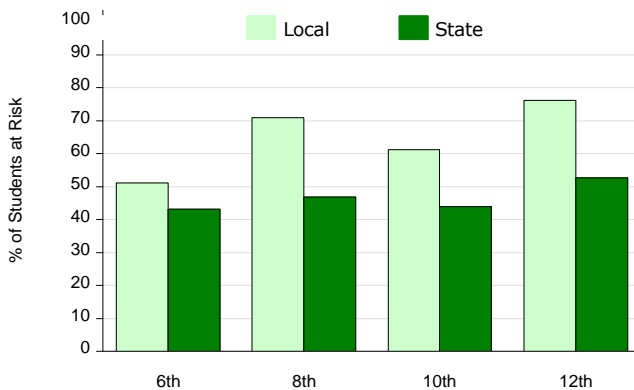
**Peer-Individual Risk Factors
Grade 10, 2018**



**Peer-Individual Risk Factor Trends
Grade 10**



**Risk Factor: Perceived Risk of Drug Use
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	51% ±10	71% ±11*	61% ±12*	76% ±13*
State	43% ±2	47% ±3	44% ±3	53% ±3

Prevalence	2008	2010	2012	2014	2016	2018
Perceived Risk of Drug Use	52% ±12	58% ±11	48% ±14	56% ±12	60% ±11	61% ±12
Favorable Attitudes Towards Drug Use	56% ±12	51% ±11	47% ±14	50% ±12	54% ±12	59% ±12
Friends Use of Drugs	46% ±12	45% ±11	43% ±14	29% ±11	40% ±12	43% ±13
Intentions to Use Drugs	60% ±12	71% ±10	54% ±14	N/S	N/S	N/S

In 2018, 59% of 10th graders in our county were at risk for favorable attitudes towards drugs.

From 2016 to 2018, there has been no change in the perceived risk of drug use among 10th graders in our county.

Prevalence is displayed with 95% confidence intervals (as ± or black bar)
*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

School Protective Factors for Jefferson County

Year: 2018 Grade: 10 Gender: All Number of Students Surveyed: 138

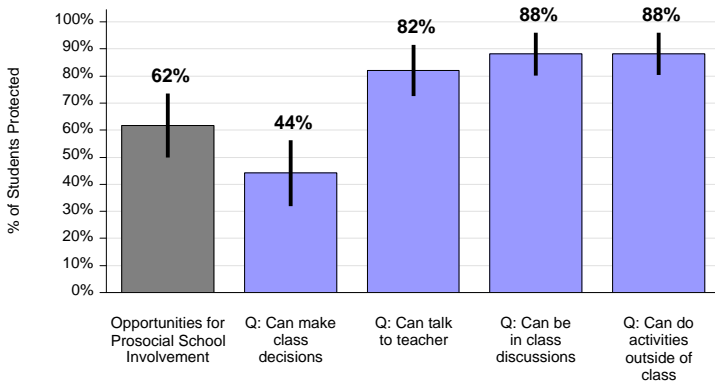
Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each “factor” in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the “percent of students protected,” which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- *Protective factors in the school environment are those that provide youth the opportunities to participate in meaningful ways, and to experience the rewards of doing so.*

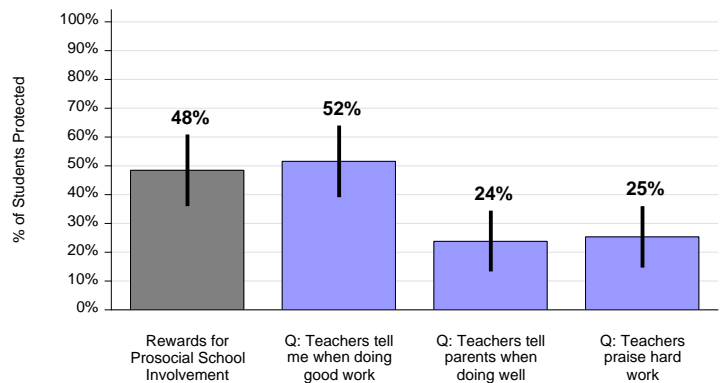
For More Information:

- Information about supportive learning environments, sponsored by the Office of Superintendent of Public Instruction visit www.k12.wa.us/compassionateschools.
- For information about the associations between Risk and Protective Factors and problem behaviors visit www.oasas.ny.gov/prevention/documents/RiskProtFactors2011.pdf.
- Parents can find definitions for Risk and Protective Factors at www.oasas.ny.gov/prevention/documents/RPFactorDictionary07.pdf.
- For local Risk Factor profiles go to www.dshs.wa.gov/rda/research/Risk.shtm.

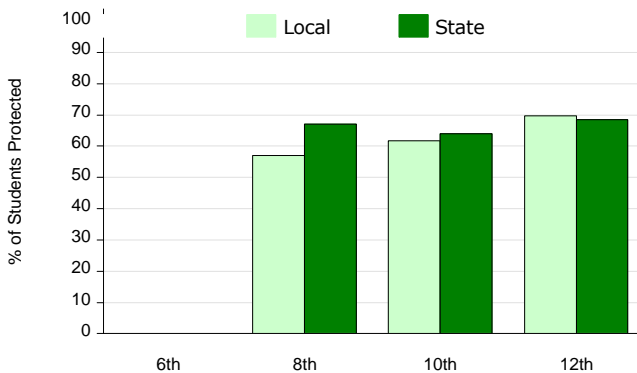
Protective Factor: Opportunities for Prosocial School Involvement with Component Questions (Q:) Grade 10, 2018



Protective Factor: Rewards for Prosocial School Involvement with Component Questions (Q:) Grade 10, 2018

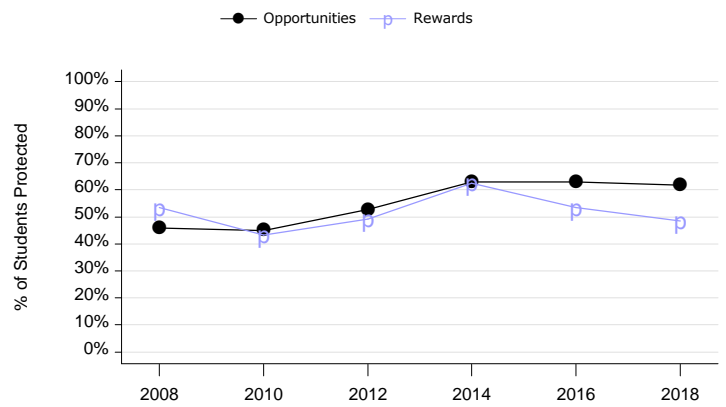


Protective Factor: Opportunities for Prosocial Involvement Compared to the State, All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	N/A	57% ±11	62% ±12	70% ±14
State	N/A	67% ±3	64% ±3	68% ±3

School Protective Factor Trends, Grade 10



Prevalence	2008	2010	2012	2014	2016	2018
Opportunities	46% ±12	45% ±11	53% ±13	63% ±11	63% ±11	62% ±12
Rewards	53% ±12	43% ±11	49% ±13	63% ±11	53% ±12	48% ±12

Prevalence is displayed with 95% confidence intervals (as ± or black bar)
 *indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



Healthy Youth Survey Fact Sheet

School Risk Factors for Jefferson County

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 138

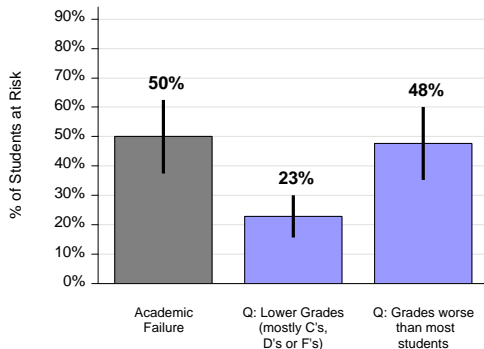
Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each “factor” in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the “percent of students at risk,” which is defined as the percent of students whose scores were above a risk cutpoint determined by UW researchers. We also report some of the individual questions.
- *Risk factors in the school environment are those perceptions related to connection and commitment to school. Kids who are not doing well academically, or who don’t believe that school is important, are likely to feel less connected and less committed to school and likely to be those same kids who are experimenting with drugs, or having trouble with depression.*
- Researchers have identified best practice programs that can decrease risk factors and build supportive school culture.

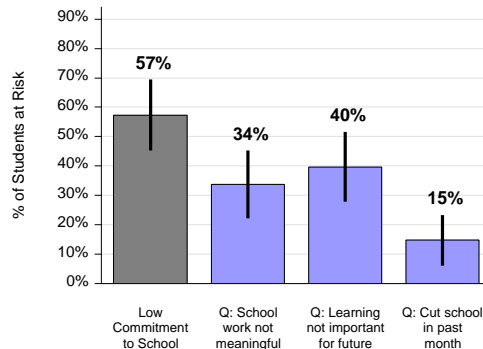
For More Information:

- Information about supportive learning environments, sponsored by the Office of Superintendent of Public Instruction visit www.k12.wa.us/compassionateschools.
- For information about the associations between Risk and Protective Factors and problem behaviors visit www.oasas.ny.gov/prevention/documents/RiskProtFactors2011.pdf.
- Parents can find definitions for Risk and Protective Factors at www.oasas.ny.gov/prevention/documents/RPFactorDictionary07.pdf.
- For local Risk Factor profiles go to www.dshs.wa.gov/rda/research/Risk.shtm.

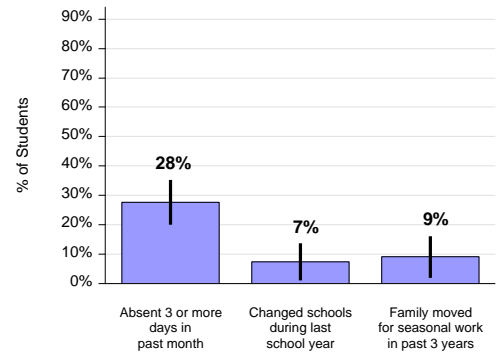
Risk Factor: Academic Failure with Component Questions (Q:) Grade 10, 2018



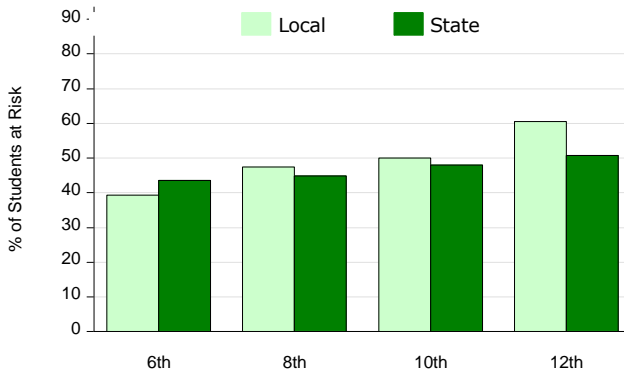
Risk Factor: Low Commitment to School with Component Questions (Q:) Grade 10, 2018



School Attendance and Transition Grade 10, 2018

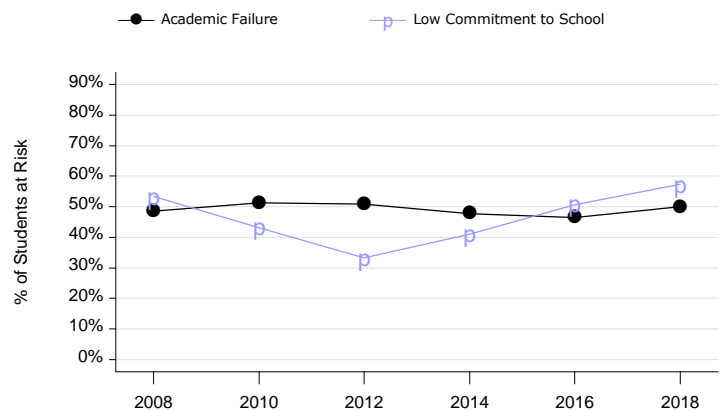


Academic Failure (RF) All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	39% ±8	47% ±11	50% ±13	60% ±15
State	44% ±2	45% ±3	48% ±2	51% ±3

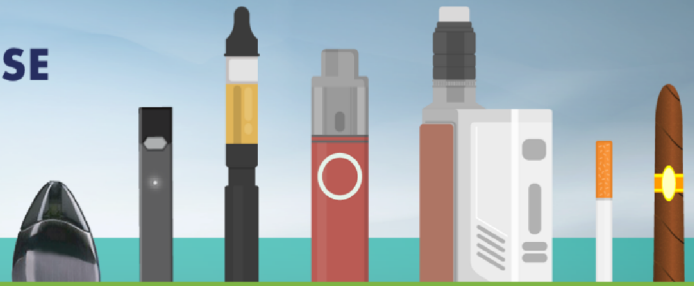
School Risk Factor Trends, Grade 10



Prevalence	2008	2010	2012	2014	2016	2018
Academic Failure	49% ±12	51% ±12	51% ±13	48% ±12	46% ±12	50% ±13
Low Commitment to School	53% ±12	43% ±11	33% ±13	41% ±12	51% ±12	57% ±12

Prevalence is displayed with 95% confidence intervals (as ± or black bar)
 *indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Jefferson County Healthy Youth Survey TOBACCO & VAPOR PRODUCT USE Fact Sheet

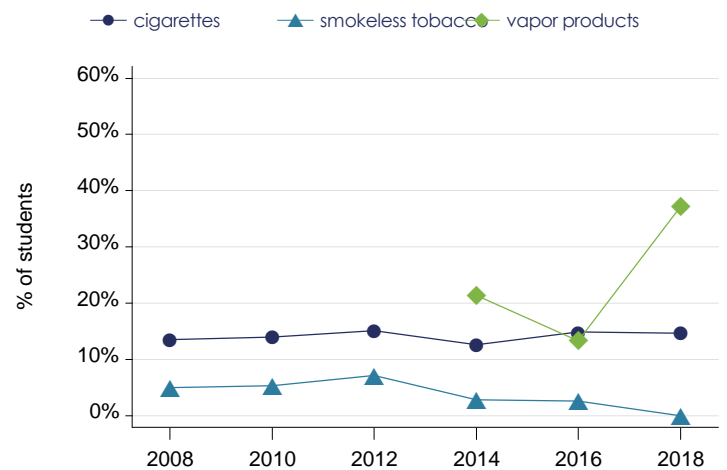


Year: 2018 Grade: 10 Gender: All Number of Students Surveyed: 138

BACKGROUND

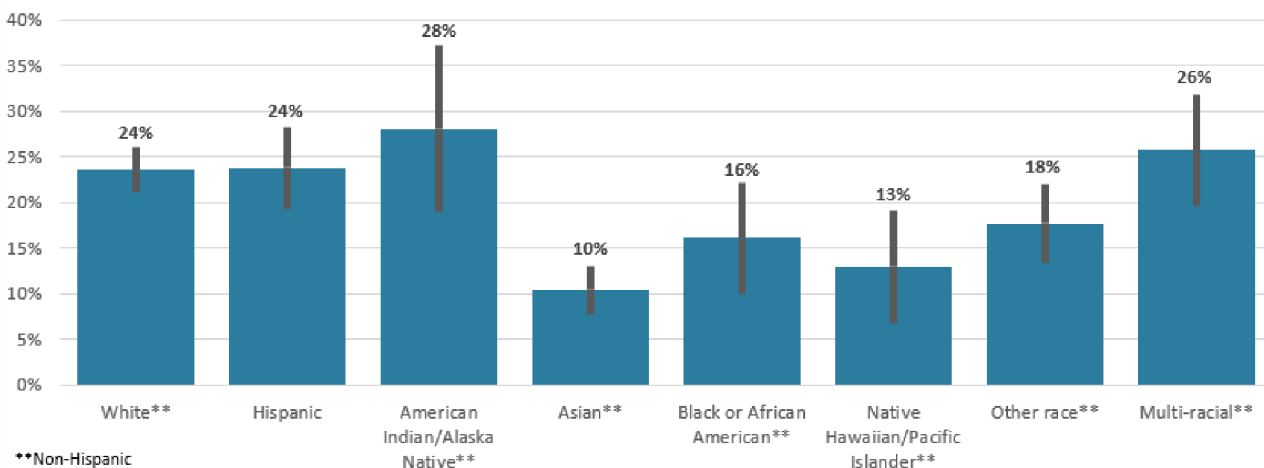
- Tobacco use remains the leading cause of preventable death and disease in Washington.
- Preventing youth initiation of tobacco and other nicotine use is critical to stem the tide of tobacco-related mortality, morbidity, and economic costs.
- Youth and young adults under age 18 are far more likely to start using tobacco than adults; nearly 9 out of 10 adults who smoke started by age 18.
- 104,000 Washington youth alive today will ultimately die prematurely from smoking.
- The emergence of vapor products (also called electronic cigarettes) has raised serious concern. Nicotine use can adversely affect brain development.
- The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders. The nicotine in vapor products can prime young brains for tobacco use and addiction to other drugs.

Current (past 30-day) use trends, grade 10



Prevalence	2008	2010	2012	2014	2016	2018
cigarettes	14% ±6	14% ±6	15% ±7	13% ±6	15% ±6	15% ±6
smokeless tobacco	5% ±4	5% ±4	7% ±5	3% ±4	3% ±4	0% ±0
vapor products	N/S	N/S	N/S	21% ±10	13% ±8	37% ±12*

Statewide current [past 30-day] vapor product use and race/ethnicity, grade 10



Among 10th grade students, vaping varies by race and ethnicity. The highest rate of vaping is reported among Non-Hispanic American Indian/Alaska Native and the lowest is among Non-Hispanic Asian students. However, rates for some of these race/ethnicity sub-groups can vary widely.

missing codes

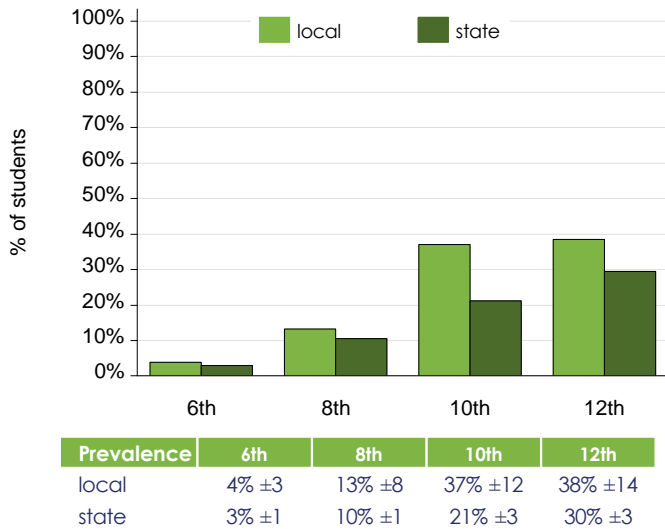
S = result suppressed due to insufficient reporting from students of schools;
N/G = grade not available; N/S = question was not surveyed this year;
N/A = question was not asked of this grade;

prevalence is displayed with 95% confidence intervals (ast± or black bar |)
*indicates a significant change from the previous year, <0.05

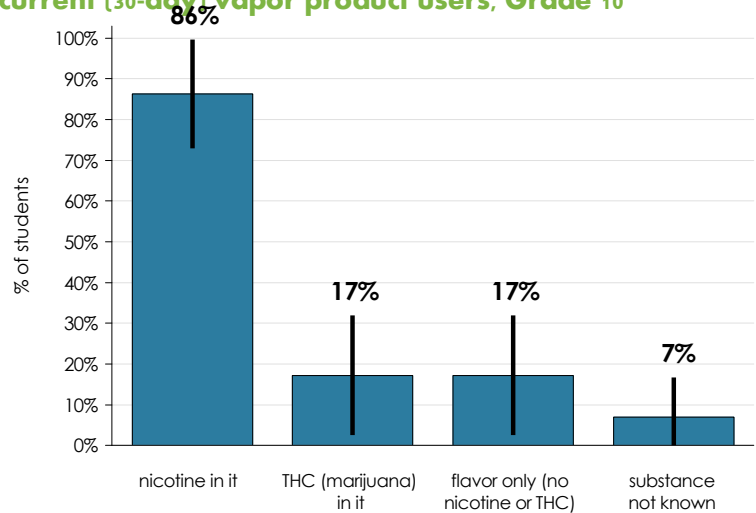
results generated at askhys.net on 04/03/2019

- Vapor products are the most common nicotine product used by youth.
- Youth and young adults under age 18 are far more likely to start tobacco use than adults: 4 out of 5 smokers started during adolescence. According to the U.S. Surgeon General, there is a strong association between the use of e-cigarettes, cigarettes, and the use of other burned tobacco products by young people.
- The minimum age of purchase for tobacco and vapor products is 18, but youth can get these products from their older friends and classmates.
- In 2016, Washington State passed a Vapor Products law, establishing a statewide licensing system and important protections to reduce illegal youth access to vapor products. This law applies to any vapor product, whether or not it contains nicotine.

Current (past 30-day) vapor product use compared to the state, all grades

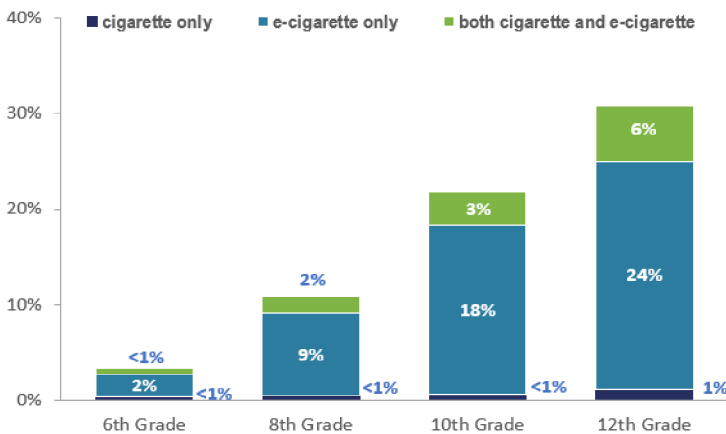


Reported substance "vaped" among current (30-day) vapor product users, Grade 10

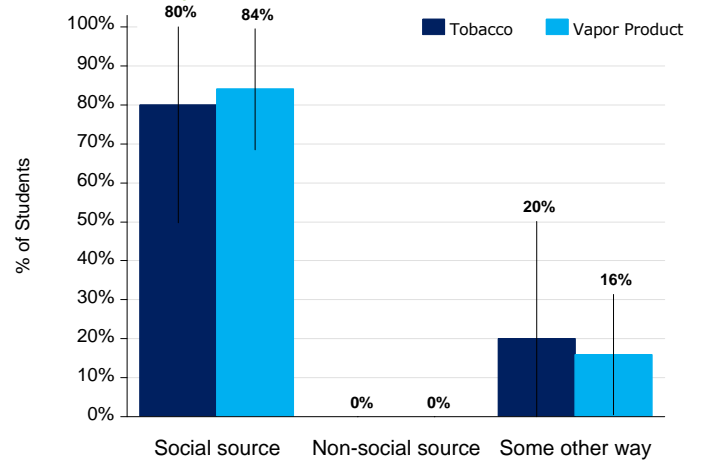


*Students can select more than one type of substance

Statewide prevalence of past 30 day e-cigarette, cigarette and use of both among youth by grade



Source of tobacco and vapor products among those who use them, Grade 10



**Social sources include: giving money to someone, "bumming", from a person 18 or older, and taking from a store or family. Non-social sources include buying from a store, the internet, or a vending machine.

MORE INFORMATION...

- Through key partnerships, the Tobacco and Vapor Product Prevention and Control Program addresses youth access to tobacco and the growth in the use of electronic cigarettes and vapor products in Washington State. Find out more here: www.doh.wa.gov/YouandYourFamily/Tobacco
- For help quitting tobacco and other nicotine use, teens can call 1-800-QUIT-NOW to anonymously enroll in a free youth support program. They can also text "QUIT" to 202-804-9884 to enroll in a text message program for vaping cessation.
- For 24-hour help with mental health, substance abuse, and problem gambling, call 1-866-789-1511 or visit www.warecoveryhelpline.org.
- E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. (2016, December). Retrieved from https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf



Healthy Youth Survey Fact Sheet

Tobacco Use for Jefferson County

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 138

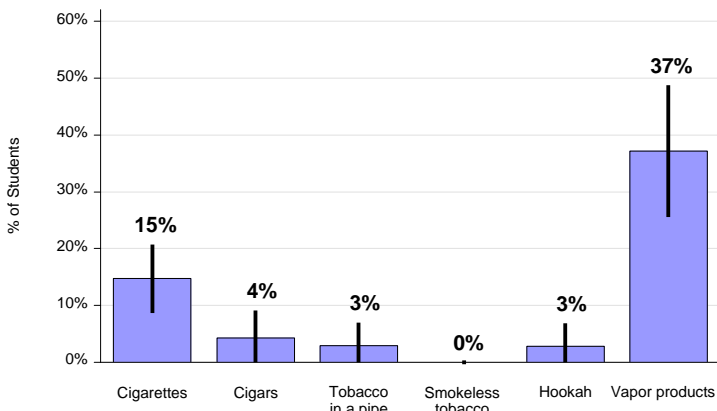
Background:

- In Washington State, about 40 youth start smoking cigarettes each day.
- About 104,000 youth alive in Washington now will ultimately die prematurely from smoking.
- Smoking is associated with drug use and low academic performance.

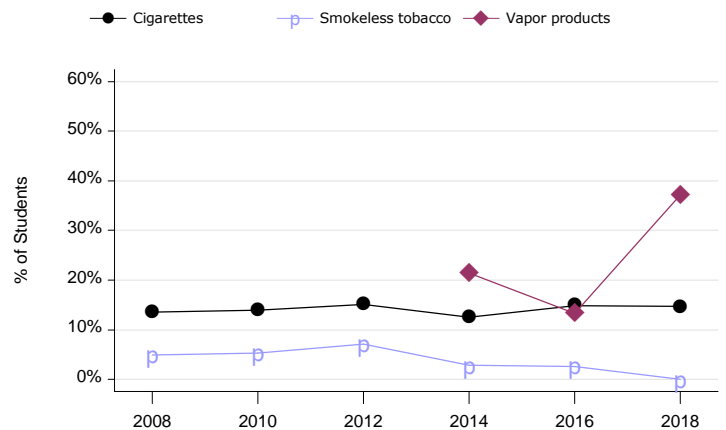
For More Information:

- The Washington State Department of Health funds a tobacco prevention and control program to keep youth from beginning to use tobacco, to help people quit using tobacco, and to reduce exposure to secondhand smoke. Visit www.doh.wa.gov/YouandYourFamily/Tobacco.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

Current (past 30-day) Tobacco Use Grade 10, 2018

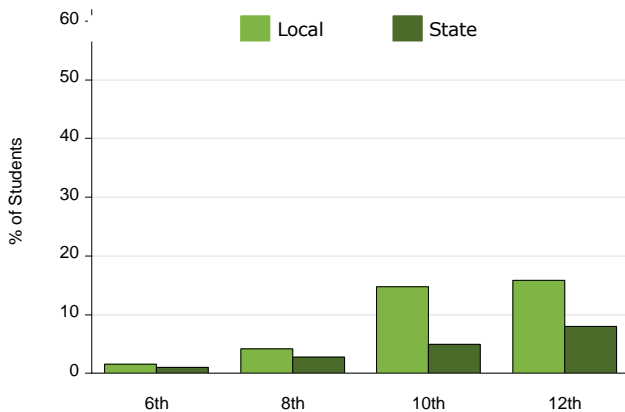


Current (past 30-day) Tobacco Use Trends, Grade 10



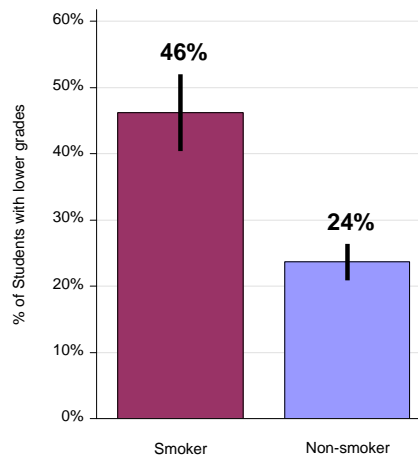
Prevalence	2008	2010	2012	2014	2016	2018
Cigarettes	14% ±6	14% ±6	15% ±7	13% ±6	15% ±6	15% ±6
Smokeless tobacco	5% ±4	5% ±4	7% ±5	3% ±4	3% ±4	0% ±0
Vapor products	N/S	N/S	N/S	21% ±10	13% ±8	37% ±12*

Current (past 30-day) Cigarette Smoking Compared to the State, All Grades, 2018



Prevalence	6th	8th	10th	12th
local	2% ±2	4% ±3	15% ±6*	16% ±7*
state	1% ±0	3% ±1	5% ±1	8% ±1

Statewide Relationship between Lower Grades and Current (past 30-day) Cigarette Smoking Grade 10, 2018



Statewide, more 10th graders who smoke cigarettes report lower grades in school (C's, D's or F's) compared to non-smokers.

Prevalence is displayed with 95% confidence intervals (as ± or black bar)
 *indicates a significant change from the previous year or a significant difference between state and local results, p<0.05