2018
FLORIDA YOUTH SUBSTANCE ABUSE SURVEY
September 20, 2018
Presentation Outline

A. FYSAS background and methodology

B. Improvements in health behavior among Florida youth

C. Ongoing and emerging challenges

D. Student attitudes about school
Background and Methods

- Since 2002, FYSAS is administered each spring to public middle school and high school students across Florida.

- Students were surveyed in 66 out of 67 Florida counties.

- Final sample size was 54,611 across grades 6 through 12.

- The margin of error is less than 1.0 percentage points for state-level M.S. and H.S. prevalence rates.
Major Improvements In Student Health Behavior

1. Reductions in alcohol use
2. Reductions in cigarette use
3. Low prevalence rates for illicit drugs other than marijuana
4. Reductions in the early initiation of drug use
5. Reductions in other antisocial behaviors
Alcohol Use Among Florida Students

- Long-term reductions in alcohol use
- Short-term reductions, so trend is continuing
- Higher-risk alcohol use also down
Alcohol
Past-30-Day Prevalence by Grade Cohort

Middle School
High School


0% 10% 20% 30% 40% 50%
Alcohol
Past-30-Day Prevalence for 8th, 10th and 12th Graders

<table>
<thead>
<tr>
<th>Year</th>
<th>MTF</th>
<th>FYSAS</th>
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<tbody>
<tr>
<td>2002</td>
<td>34.5</td>
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<td>2003</td>
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<td>2006</td>
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<td>2017</td>
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<tr>
<td>2018</td>
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</tbody>
</table>
Binge Drinking
Prevalence by Grade Cohort

Middle School  | High School
---|---
2002: 8.6%  | 22.3%
2004: 8.6%  | 23.0%
2006: 10.9% |...
2018: 3.1%  | 9.6%
Binge Drinking
Prevalence for 8th, 10th and 12th Graders

MTF
FYSAS
Blacking Out from Drinking
Lifetime Prevalence Among High School Students

On how many occasions (if any) in your lifetime have you woken up after a night of drinking alcoholic beverages and not been able to remember the things that you did or places that you went?
Cigarette Use
Among Florida Students

- Long-term reductions in cigarette use
- Short-term reductions among H.S. students continue
- Rates so low among M.S. students there isn’t much room for further reductions
Cigarettes
Past-30-Day Prevalence by Grade Cohort

Middle School
High School


0% 5% 10% 15% 20% 25%

1.4 1.2 4.8 3.5 7.1 14.9
Cigarettes
Past-30-Day Prevalence for 8th, 10th and 12th Graders
Other Illicit Drug Use Among Florida Students

- Compared to alcohol, cigarettes, vaping, and marijuana, other illicit drug use is very low.

- Rates for other illicit drug use have declined over time.

- Reductions are not as large as for alcohol and cigarettes.
Past-30-Day Prevalence
Middle School

Alcohol: 7.3%
Electronic Vaporizer: 6.4%
Marijuana or Hashish: 3.7%
Binge Drinking: 3.1%
Inhalants: 2.8%
Over-The-Counter Drugs: 1.4%
Cigarettes: 1.2%
Rx Pain Relievers: 1.0%
Rx Depressants: 0.9%
Methamphetamine: 0.5%
LSD, PCP, and Mushrooms: 0.4%
Cocaine or Crack: 0.4%
Club Drugs: 0.3%
Steroids: 0.2%
Heroin: 0.1%
Past-30-Day Prevalence
High School

Alcohol: 21.2%
Electronic Vaporizer: 19.2%
Marijuana or Hashish: 16.3%
Binge Drinking: 9.6%
Over-The-Counter Drugs: 3.5%
Rx Depressants: 1.8%
Rx Pain Relievers: 1.6%
LSD, PCP, and Mushrooms: 1.4%
Inhalants: 1.1%
Synthetic Marijuana: 1.1%
Rx Amphetamines: 1.0%
Club Drugs: 0.5%
Cocaine or Crack: 0.5%
Methamphetamine: 0.4%
Flakka: 0.4%
Heroin: 0.1%
Steroids: 0.1%
Past-30-Day Prevalence
High School

- Rx Pain Relievers
- Rx Depressants
- Synthetic Marijuana
- Over-The-Counter Drugs
- Inhalants
- Rx Amphetamines
- Club Drugs
- LSD, PCP, and Mushrooms
- Cocaine or Crack
- Methamphetamine
- Steroids
- Heroin

2002 vs 2018
Reductions in Early Initiation of Drug Use

- Early initiation is linked to:
  - Higher rates of substance use
  - Riskier forms of substance use
  - Lower academic achievement
  - Mental health problems, including depression and suicidal ideation
  - Riskier sexual behavior
Early Drug Use
Initiation by Age 13 among High School Students

- Try Alcohol
- Cigarettes
- Regular Alcohol Use
- Marijuana
Reductions in Other Antisocial Behaviors

- Florida trends are similar to national trends:
  - Nationally, youth arrest rates declined 70% between their peak in 1994 and 2016.
  - School suspension rates have dropped in many parts of the country, including the 50% reductions for California and New York City this decade.
Health Behavior Challenges

1. Vaping has emerged as one of the most prevalent forms of youth substance use.

2. Unlike alcohol and cigarettes and other drugs, the long-term trend for marijuana use is mixed.

3. Substance use and automobile safety remain a major risk area for Florida students.
Electronic Vaporizer Use
Past-30-Day Prevalence

Middle School

High School
Electronic Vaporizer use
Past-30-Day Prevalence—National Trends

8th Grade

2015: 8.0%
2016: 6.2%
2017: 6.6%

10th Grade

2015: 14.2%
2016: 11.0%
2017: 13.1%

12th Grade

2015: 16.3%
2016: 12.6%
2017: 16.6%
Electronic Vaporizers
Past-30-Day Prevalence among High School Students

<table>
<thead>
<tr>
<th>Level</th>
<th>Percentage Range</th>
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<tbody>
<tr>
<td>Level 1</td>
<td>Less than or equal to 14.9%</td>
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<tr>
<td>Level 2</td>
<td>15.0% – 18.9%</td>
</tr>
<tr>
<td>Level 3</td>
<td>19.0% - 21.9%</td>
</tr>
<tr>
<td>Level 4</td>
<td>22.0% - 24.9%</td>
</tr>
<tr>
<td>Level 5</td>
<td>Greater than or equal to 25.0%</td>
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</table>
FDA News Release: 9/18/18

FDA launches new, comprehensive campaign to warn kids about the dangers of e-cigarette use as part of agency’s Youth Tobacco Prevention Plan, amid evidence of sharply rising use among kids
Marijuana

Past-30-Day Prevalence for 8th, 10th and 12th Graders


MTF  FYSAS

15.9 14.0 14.7 15.7 14.4 14.7
Risk of Harm
Percentage Reporting “Great Risk”

- Alcohol
- Cigarettes
- Try Marijuana

2002: Alcohol 30.0, Cigarettes 38.5, Try Marijuana 30.0
2004: Alcohol 32.5, Cigarettes 42.8, Try Marijuana 24.9
2006: Alcohol 32.5, Cigarettes 45.9, Try Marijuana 23.2
2008: Alcohol 42.8, Cigarettes 45.9, Try Marijuana 23.2
2010: Alcohol 42.8, Cigarettes 45.9, Try Marijuana 23.2
2012: Alcohol 42.8, Cigarettes 45.9, Try Marijuana 23.2
2014: Alcohol 42.8, Cigarettes 45.9, Try Marijuana 23.2
2016: Alcohol 42.8, Cigarettes 45.9, Try Marijuana 23.2
2018: Alcohol 42.8, Cigarettes 45.9, Try Marijuana 23.2
Disapproval of Substance Use
“Wrong” or “Very Wrong”

- **Cigarettes**
- **Alcohol**
- **Marijuana**

Disapproval percentages over time:
- Cigarettes: 2002: 66.4%, 2018: 92.3%
- Alcohol: 2002: 62.8%, 2018: 76.3%
- Marijuana: 2002: 77.9%, 2018: 80%
Substance Use and Driving
Past-30-Day Prevalence Among High School Students

- Riding with a DUI Driver
  - Alcohol: 14.3%
  - Marijuana: 22.9%

- Driving Under the Influence
  - Alcohol: 4.4%
  - Marijuana: 9.5%
Alcohol and Driving Trends
Past-30-Day Prevalence Among High School Students

Riding with a Drinking Driver
Driving after Drinking
Marijuana and Driving Trends

Past-30-Day Prevalence Among High School Students

Riding with a Marijuana Using Driver

Driving after Using Marijuana

<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
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<table>
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<th>2012</th>
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<td>Use</td>
<td>11.2</td>
<td>10.9</td>
<td>10.3</td>
<td>9.5</td>
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</table>
Student Attitudes About School

- Youth attitudes about school and community vary across demographic and geographic groups.

- Rates typically show only small changes over time.

- Since 2012, there has been a notable decline in student attitudes toward or commitment to school.

- Attitudes about school are correlated with youth health behavior.
Lack of Commitment to School
Percentage of Students at High Risk by Grade Cohort

- **Middle School**:
  - 2012: 48.0%
  - 2014: 52.0%
  - 2016: 53.0%
  - 2018: 60.0%

- **High School**:
  - 2012: 46.0%
  - 2014: 52.0%
  - 2016: 54.0%
  - 2018: 57.0%
Lack of Commitment to School

Responses to Individual Scale Items—2012 to 2018

- School Work is Meaningful: 40, 37, 37, 34
- Courses are Interesting: 33, 31, 31, 29
- School Learning Important Later in Life: 57, 50, 46, 42
- Enjoy Being in School: 42, 38, 37, 34
Attitudes Toward School
Responses to Individual Items—2012 to 2018

- I Feel Safe at My School: 80%, 78%, 76%, 71%
- Skipped School in Past Month: 27%, 28%, 30%, 33%
- Teachers Praise Me When I Work Hard: 51%, 49%, 48%, 46%
Relationship Between “School Work is Important” and Substance Use

Past-30-Day Prevalence Among High School Students

<table>
<thead>
<tr>
<th></th>
<th>Binge Drinking</th>
<th>Vaporizer Use</th>
<th>Marijuana Use</th>
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<tbody>
<tr>
<td>Very</td>
<td>7</td>
<td>11</td>
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</tr>
<tr>
<td>Quite</td>
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<td>18</td>
<td>16</td>
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<tr>
<td>Slightly</td>
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<td>23</td>
<td>20</td>
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<tr>
<td>Not at All</td>
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