



Healthy Youth Survey Fact Sheet

Alcohol Use for Jefferson County, page 1 of 2

Year: 2014

Grade: 10

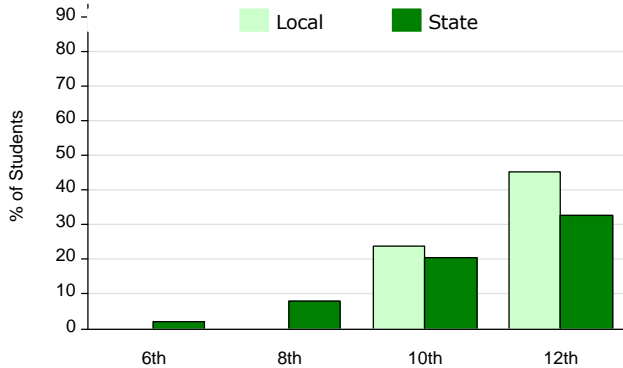
Gender: Both

Number of Students Surveyed: 145

Background:

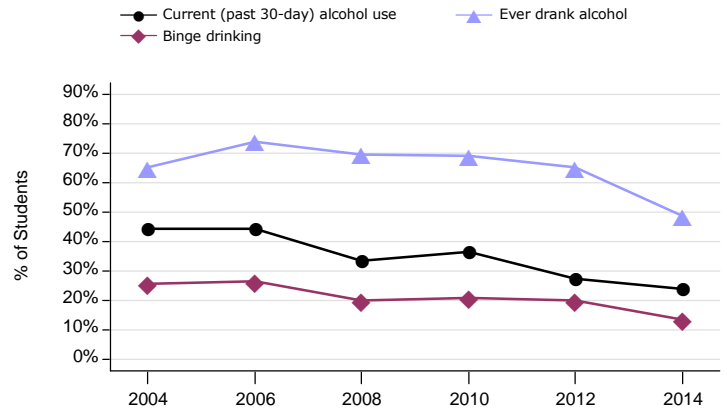
- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Alcohol is also associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently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

Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2014



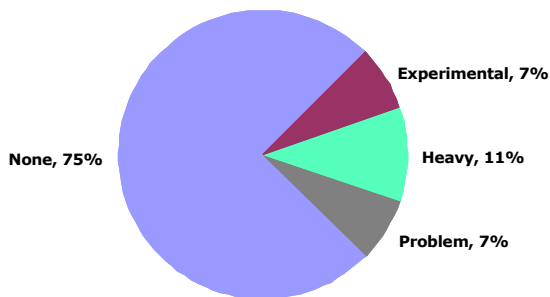
Prevalence	6th	8th	10th	12th
Local	S	S	24% ± 7	45% ± 10*
State	2% ± 0	8% ± 1	21% ± 2	33% ± 3

Alcohol Use Trends, Grade 10



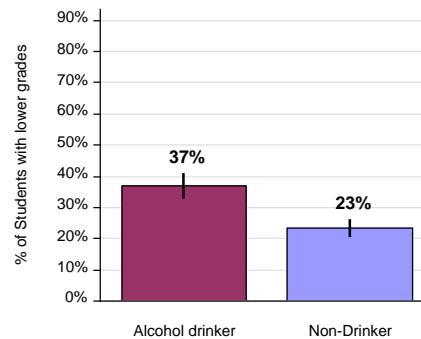
Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) alcohol use	44% ± 7	44% ± 8	33% ± 8	37% ± 8	27% ± 8	24% ± 7
Ever drank alcohol	65% ± 7	74% ± 7	70% ± 8	69% ± 8	65% ± 9	49% ± 8*
Binge drinking	26% ± 6	27% ± 11	20% ± 7	21% ± 7	20% ± 8	13% ± 6

Level of Alcohol Use Grade 10, 2014



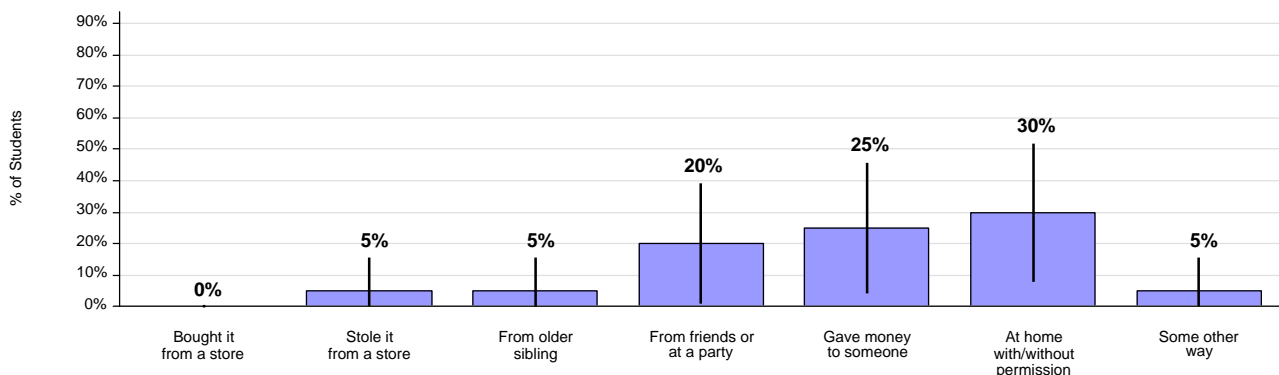
- None: no drinking in the past 30 days
- Experimental: 1-2 days drinking, and no binge drinking
- Heavy: 3-5 days drinking, and/or one binge
- Problem: 6+ days drinking, and/or 2+ binges

Statewide Relationship between Lower Grades and Current (past 30-day) Alcohol Use Grade 10, 2014



Statewide, 10th graders who drink alcohol are more likely to 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, 2014

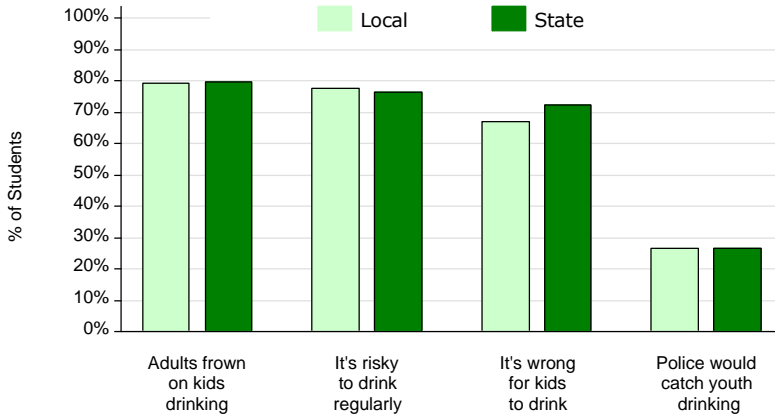




Healthy Youth Survey Fact Sheet

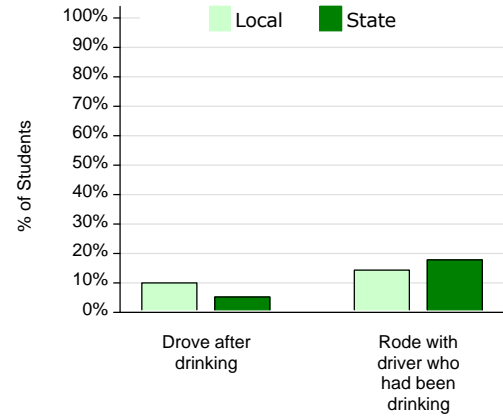
Alcohol Use for Jefferson County, page 2 of 2

Youth Perceptions about Alcohol Compared to the State, Grade 10, 2014



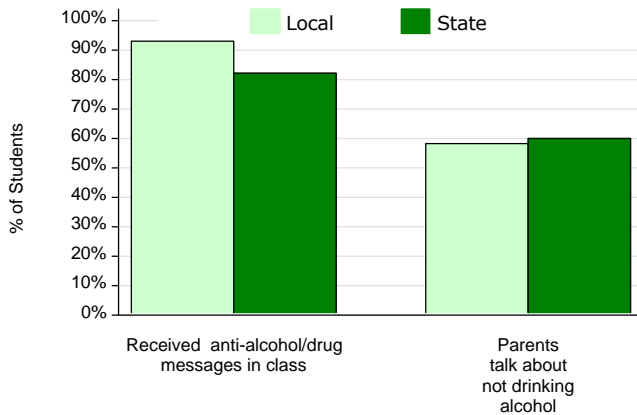
Prevalence	Adults frowned on kids drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	79% ±9	78% ±10	67% ±11	27% ±11
State	80% ±2	77% ±2	72% ±2	27% ±2

Drinking and Driving/Riding Compared to the State, Grade 10, 2014



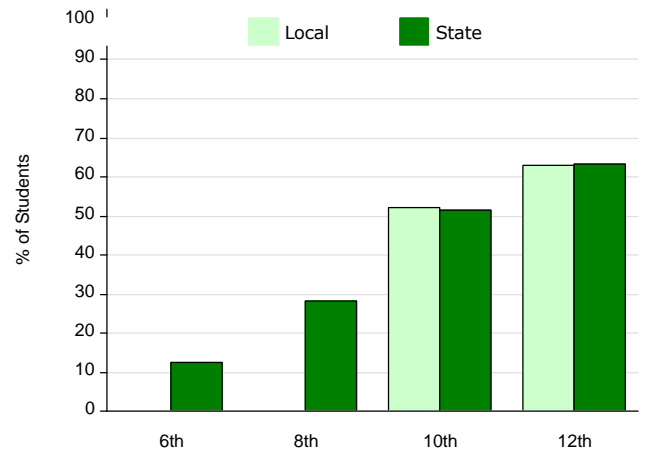
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	10% ±7	14% ±8
State	5% ±1	18% ±1

Received Anti-Alcohol Messages Compared to the State, Grade 10, 2014



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	93% ±6	58% ±12
State	82% ±3	60% ±2

Youth Perception that Alcohol is Easy to Get Compared to the State, All Grades, 2014



Prevalence	6th	8th	10th	12th
Local	S	S	52% ±12	63% ±14
State	13% ±1	28% ±2	51% ±2	63% ±2

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 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



Healthy Youth Survey Fact Sheet

Substance Use for Jefferson County

Year: 2014

Grade: 10

Gender: Both

Number of Students Surveyed: 145

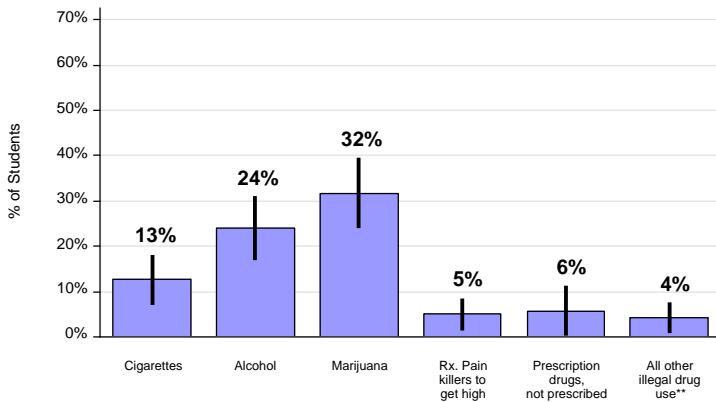
Background:

- 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.

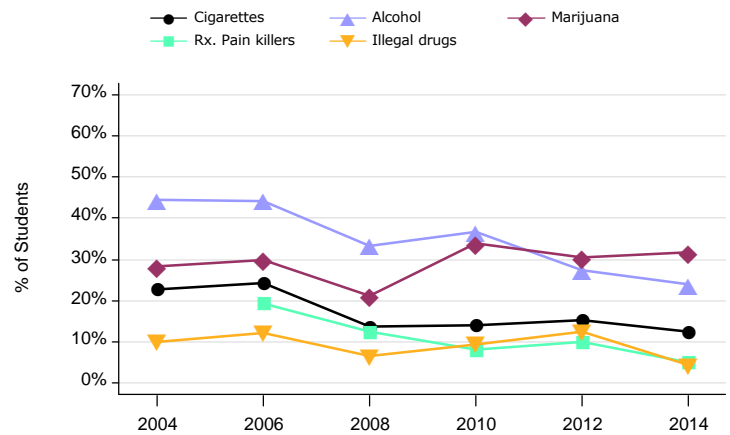
For More Information:

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Current (past 30-day) Substance Use Grade 10, 2014

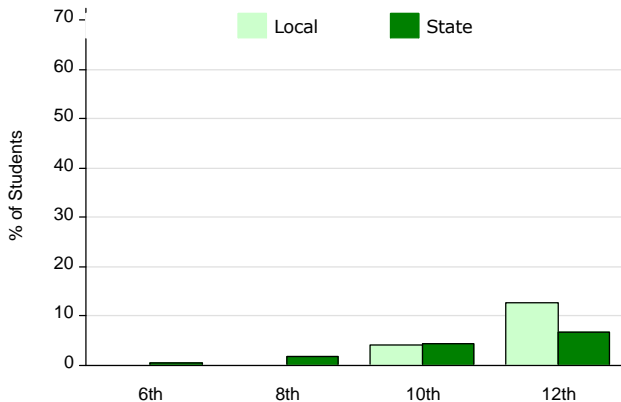


Current (past 30-day) Substance Use Trends, Grade 10



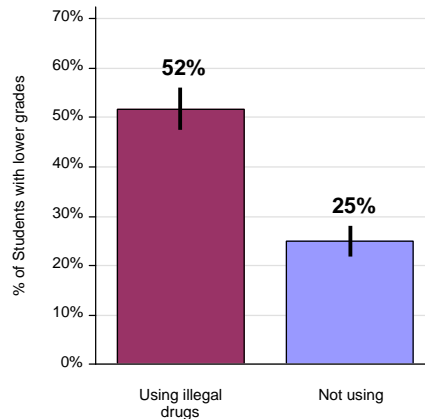
Most youth don't use alcohol or other substances.

Current (past 30-day) All Other Illegal Drug Use Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	S	S	4% ±3	13% ±7
State	1% ±0	2% ±0	4% ±1	7% ±1

Statewide Relationship between Lower Grades and Current (past 30-day) All Other Illegal Drug Use Grade 10, 2014**



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

**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

Washington HYS results generated at AskHYS.net on 03-19-2015

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;



Healthy Youth Survey Fact Sheet

Marijuana Use for Jefferson County

Year: 2014

Grade: 10

Gender: Both

Number of Students Surveyed: 145

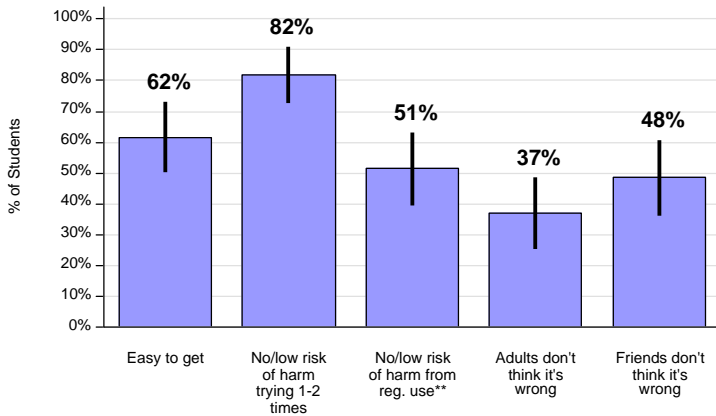
Background:

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

For More Information:

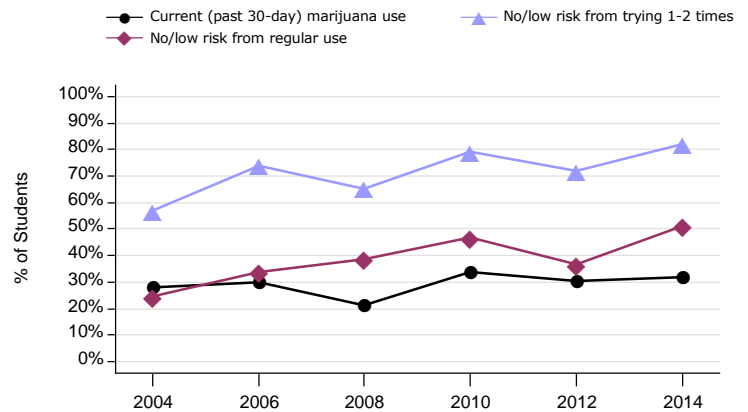
- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit www.StartTalkingNow.org.
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse adaiclearinghouse.org 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, 2014**



In 2014, 51% of 10th graders in our county thought there was little or no risk of using marijuana regularly.

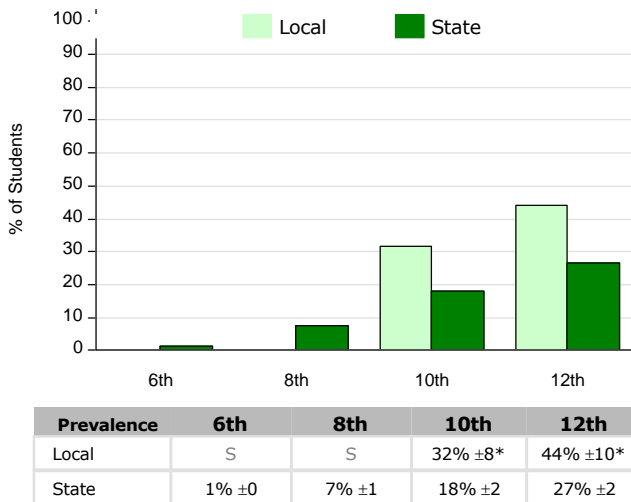
**Marijuana Use and Perception of Harm Trends
Grade 10**



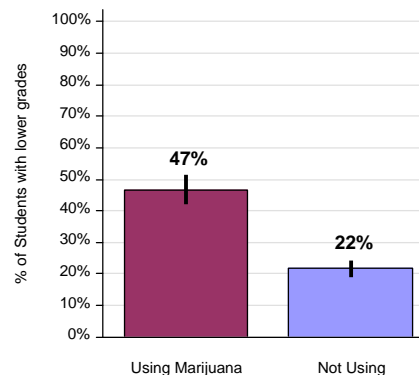
Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) marijuana use	28% ±7	30% ±7	21% ±7	34% ±8*	30% ±9	32% ±8
No/low risk from trying 1-2 times	57% ±11	74% ±11*	65% ±11	79% ±9	72% ±12	82% ±9
No/low risk from regular use**	25% ±9	34% ±12	39% ±11	47% ±11	37% ±13	51% ±12

**"Smoked" 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, 2014**



**Statewide Relationship between
Lower Grades and Current (past 30-day) Marijuana Use
Grade 10, 2014**



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

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

Tobacco Use for Jefferson County

Year: 2014

Grade: 10

Gender: Both

Number of Students Surveyed: 145

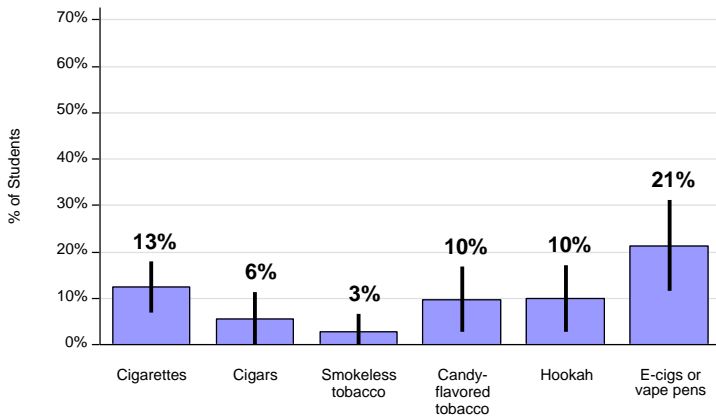
Background:

- In Washington State, about 40 youth start smoking cigarettes each day.
- One in three of all youth smokers will die prematurely from a smoking-caused disease.
- Smoking is associated with the increased risk of drug use and low academic performance.

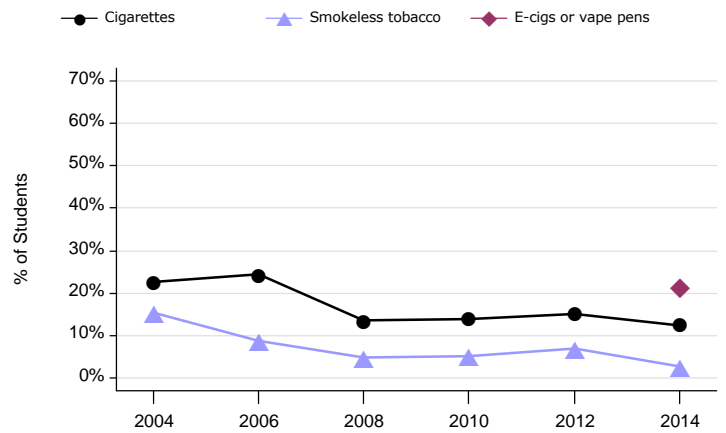
For More Information:

- The Washington State Department of Health funds a statewide 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, 2014**

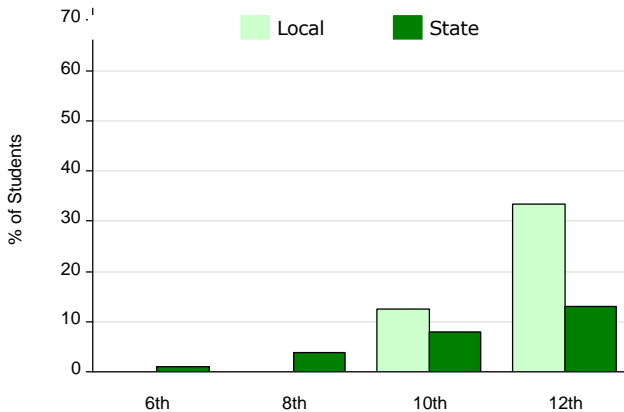


Current (past 30-day) Tobacco Use Trends, Grade 10



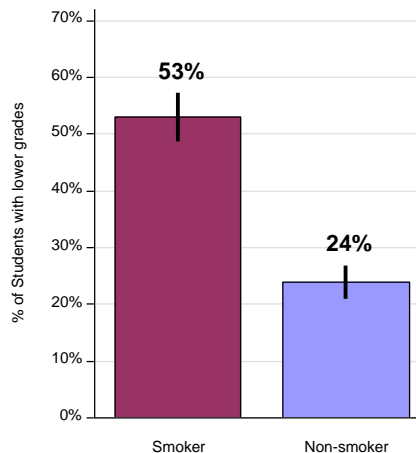
Prevalence	2004	2006	2008	2010	2012	2014
Cigarettes	23% ± 6	24% ± 7	14% ± 6*	14% ± 6	15% ± 7	13% ± 6
Smokeless tobacco	15% ± 5	9% ± 5	5% ± 4	5% ± 4	7% ± 5	3% ± 4
E-cigs or vape pens	N/S	N/S	N/S	N/S	N/S	21% ± 10

**Current (past 30-day) Cigarette Smoking
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	S	S	13% ± 6	33% ± 10*
State	1% ± 0	4% ± 1	8% ± 1	13% ± 2

**Statewide Relationship between
Lower Grades and
Current (past 30-day) Cigarette Smoking
Grade 10, 2014**



Statewide, 10th graders who smoke cigarettes are more likely to 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



Healthy Youth Survey Fact Sheet

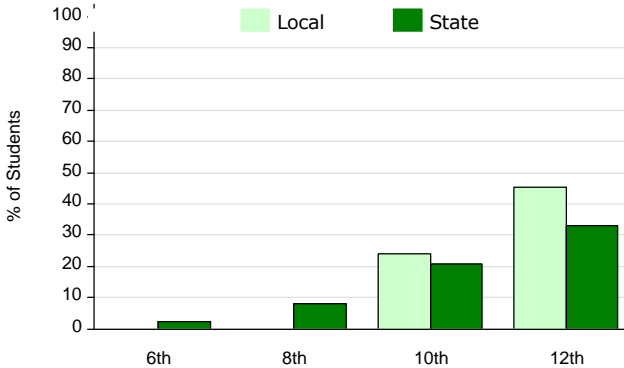
Alcohol Use for Jefferson County, page 1 of 2

Year: 2014 Grade: 12 Gender: Both Number of Students Surveyed: 97

Background:

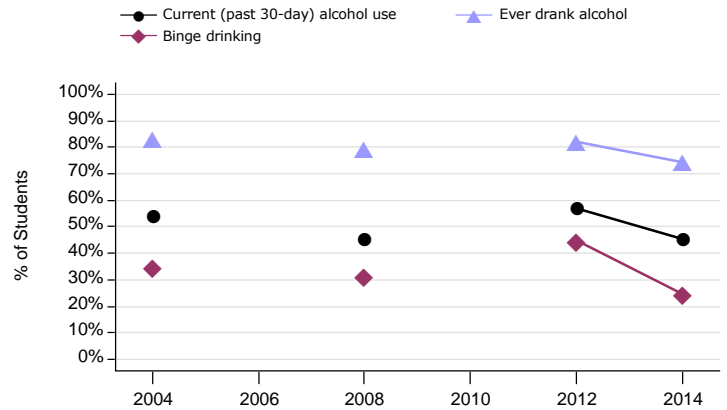
- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Alcohol is also associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently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

Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2014



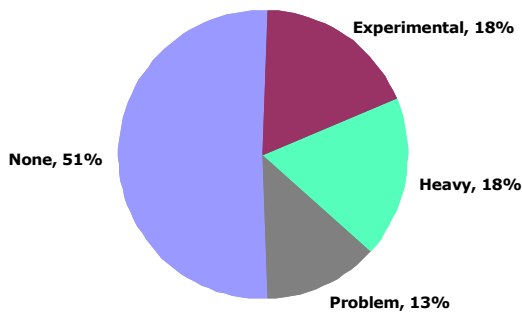
Prevalence	6th	8th	10th	12th
Local	S	S	24% ±7	45% ±10*
State	2% ±0	8% ±1	21% ±2	33% ±3

Alcohol Use Trends, Grade 12



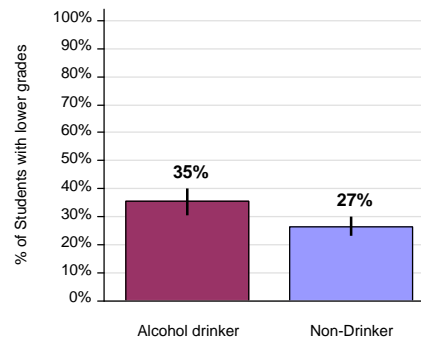
Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) alcohol use	54% ±8	S	45% ±8	S	57% ±10	45% ±10
Ever drank alcohol	83% ±6	S	79% ±7	S	82% ±8	74% ±9
Binge drinking	35% ±8	S	31% ±8	S	45% ±10	24% ±9*

Level of Alcohol Use Grade 12, 2014



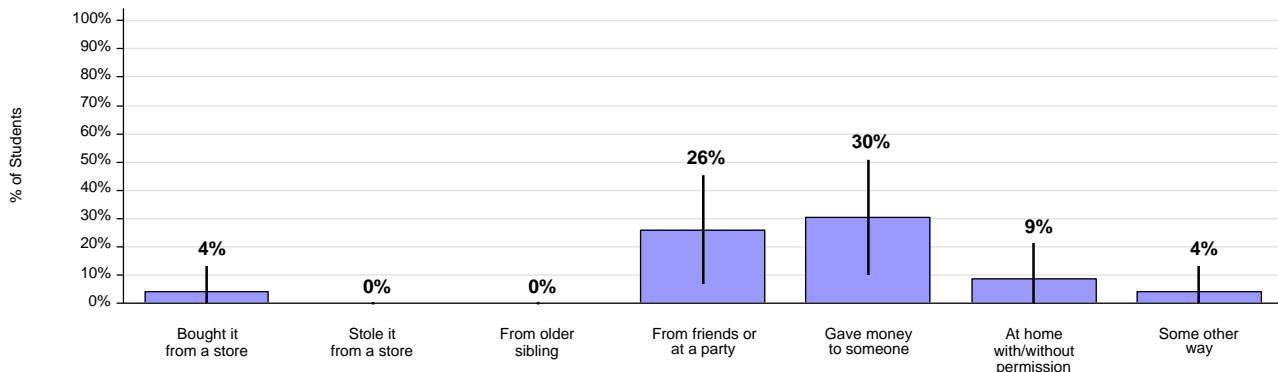
- None: no drinking in the past 30 days
- Experimental: 1-2 days drinking, and no binge drinking
- Heavy: 3-5 days drinking, and/or one binge
- Problem: 6+ days drinking, and/or 2+ binges

Statewide Relationship between Lower Grades and Current (past 30-day) Alcohol Use Grade 12, 2014



Statewide, 12th graders who drink alcohol are more likely to 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 12, 2014

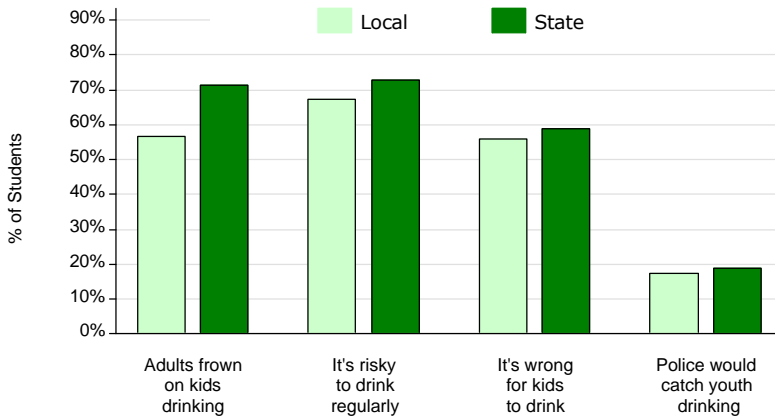




Healthy Youth Survey Fact Sheet

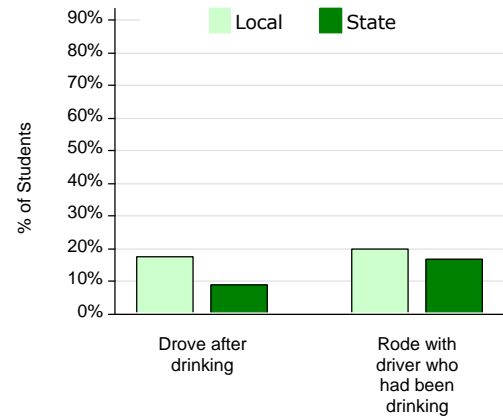
Alcohol Use for Jefferson County, page 2 of 2

Youth Perceptions about Alcohol Compared to the State, Grade 12, 2014



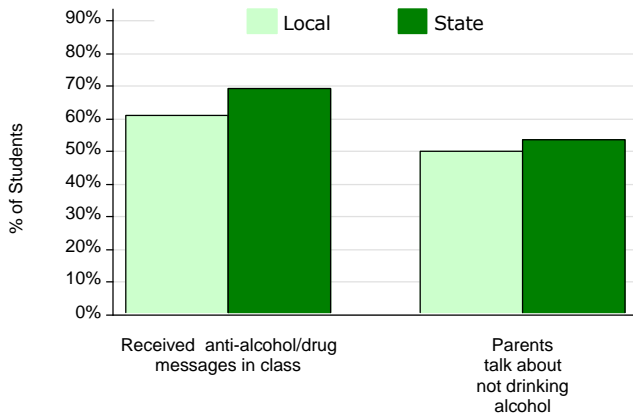
Prevalence	Adults frown on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	57% ±15	67% ±14	56% ±16	17% ±11
State	71% ±2	73% ±2	59% ±3	19% ±2

Drinking and Driving/Riding Compared to the State, Grade 12, 2014



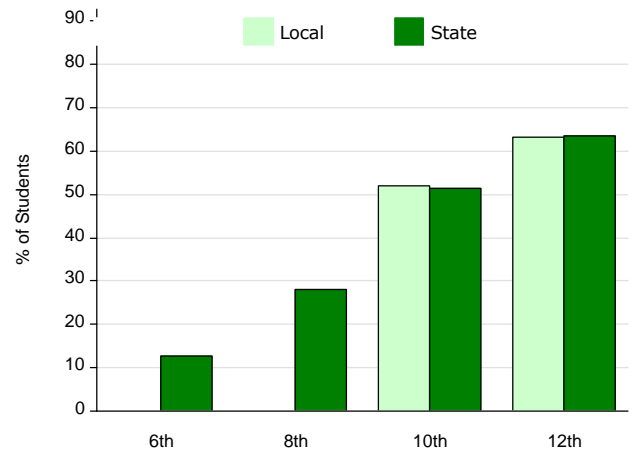
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	18% ±12	20% ±13
State	9% ±1	17% ±2

Received Anti-Alcohol Messages Compared to the State, Grade 12, 2014



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	61% ±15	50% ±15
State	69% ±3	53% ±2

Youth Perception that Alcohol is Easy to Get Compared to the State, All Grades, 2014



Prevalence	6th	8th	10th	12th
Local	S	S	52% ±12	63% ±14
State	13% ±1	28% ±2	51% ±2	63% ±2

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 adaiclearinghouse.org or call (206) 221-8325.
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Healthy Youth Survey Fact Sheet

Substance Use for Jefferson County

Year: 2014

Grade: 12

Gender: Both

Number of Students Surveyed: 97

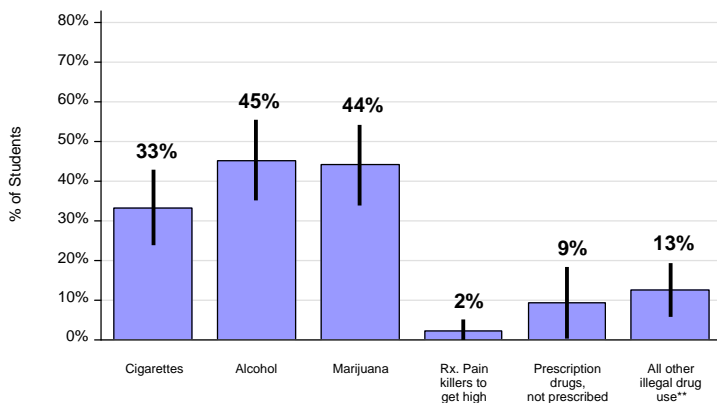
Background:

- 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.

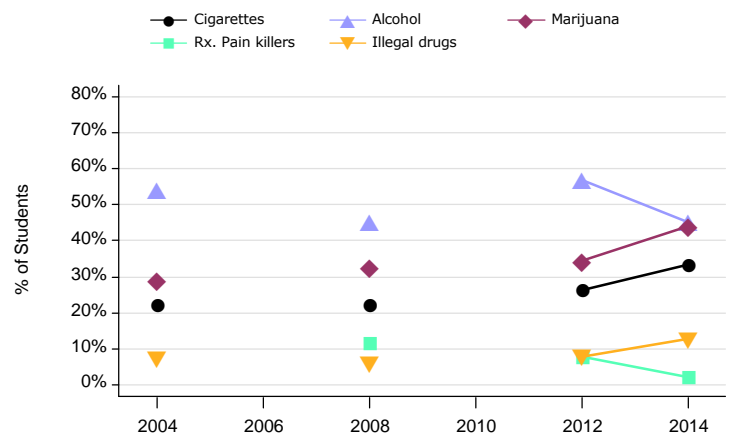
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Current (past 30-day) Substance Use Grade 12, 2014

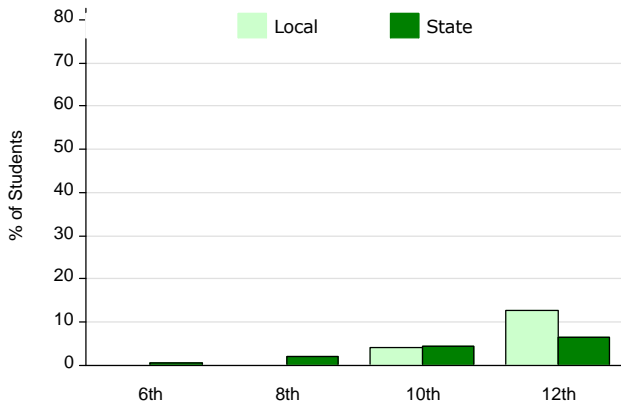


Current (past 30-day) Substance Use Trends, Grade 12



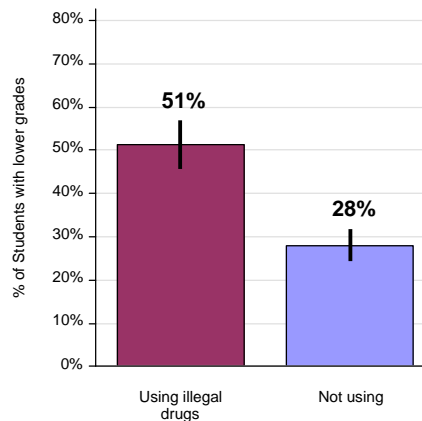
Most youth don't use alcohol or other substances.

Current (past 30-day) All Other Illegal Drug Use Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	S	S	4% ± 3	13% ± 7
State	1% ± 0	2% ± 0	4% ± 1	7% ± 1

Statewide Relationship between Lower Grades and Current (past 30-day) All Other Illegal Drug Use Grade 12, 2014**



Statewide, 12th graders who use illegal drugs (not including alcohol, tobacco or marijuana) are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.

**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

Washington HYS results generated at AskHYS.net on 03-19-2015

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;



Healthy Youth Survey Fact Sheet

Marijuana Use for Jefferson County

Year: 2014

Grade: 12

Gender: Both

Number of Students Surveyed: 97

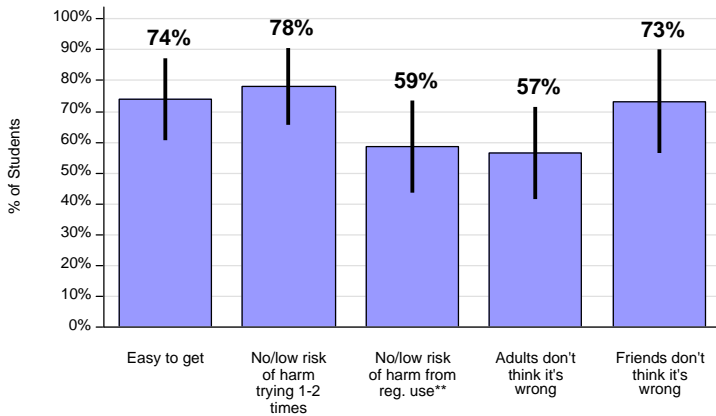
Background:

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

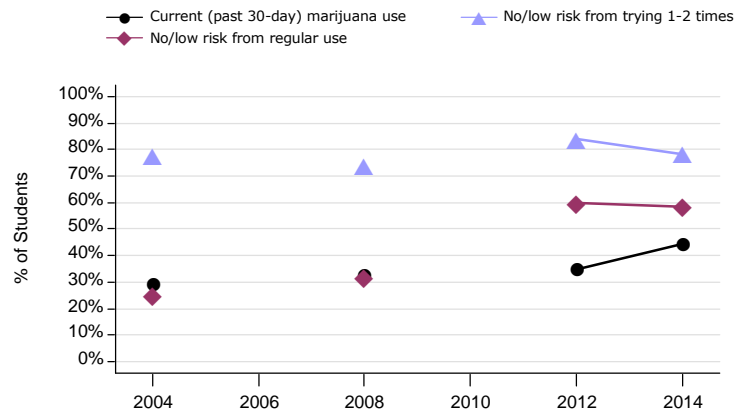
For More Information:

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**Attitudes about Marijuana Use
Grade 12, 2014**

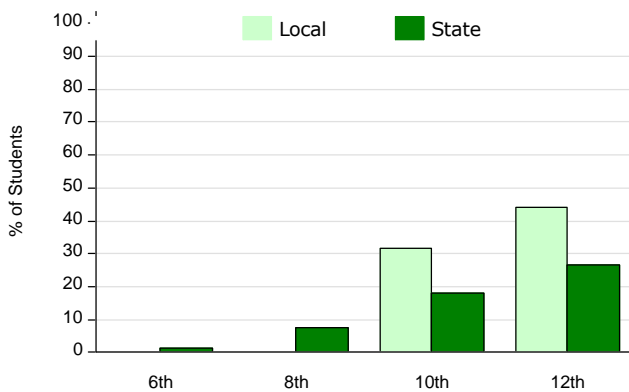


**Marijuana Use and Perception of Harm Trends
Grade 12**



In 2014, 59% of 12th graders in our county thought there was little or no risk of using marijuana regularly.

**Current (past 30-day) Marijuana Use
Compared to the State, All Grades, 2014**

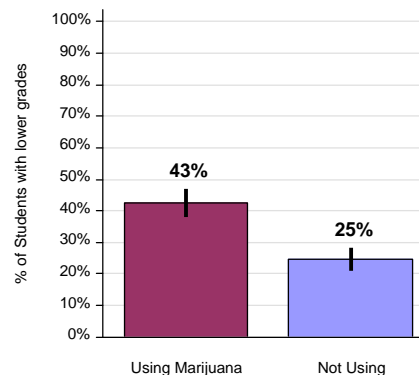


Prevalence	6th	8th	10th	12th
Local	S	S	32% ±8*	44% ±10*
State	1% ±0	7% ±1	18% ±2	27% ±2

Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) marijuana use	29% ±8	S	33% ±8	S	35% ±9	44% ±10
No/low risk from trying 1-2 times	78% ±10	S	74% ±11	S	84% ±11	78% ±12
No/low risk from regular use**	25% ±10	S	32% ±11	S	60% ±14	59% ±15

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

**Statewide Relationship between
Lower Grades and Current (past 30-day) Marijuana Use
Grade 12, 2014**



Statewide, 12th graders who use marijuana are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.

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

Tobacco Use for Jefferson County

Year: 2014

Grade: 12

Gender: Both

Number of Students Surveyed: 97

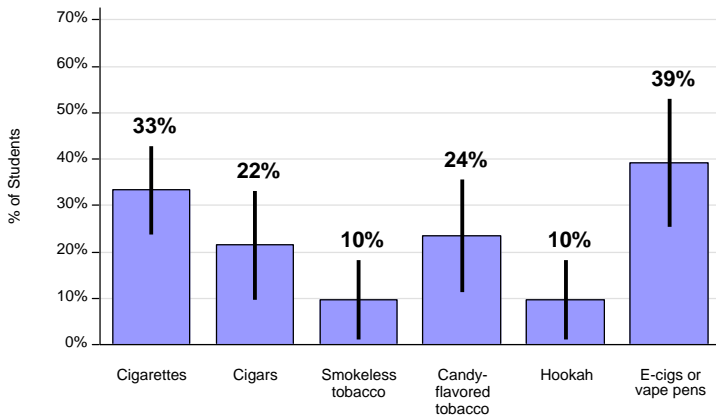
Background:

- In Washington State, about 40 youth start smoking cigarettes each day.
- One in three of all youth smokers will die prematurely from a smoking-caused disease.
- Smoking is associated with the increased risk of drug use and low academic performance.

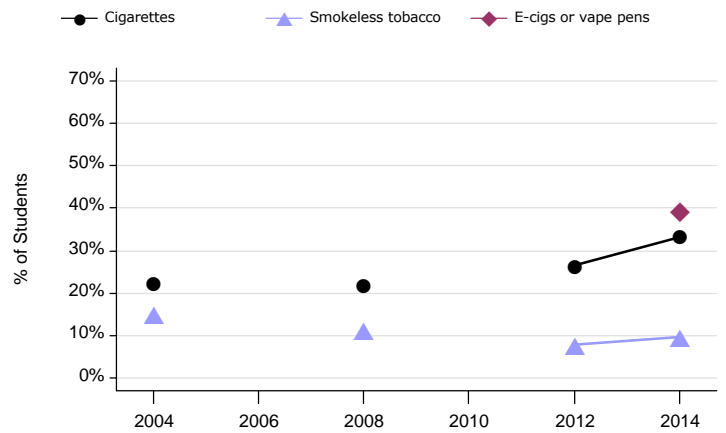
For More Information:

- The Washington State Department of Health funds a statewide 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 12, 2014**

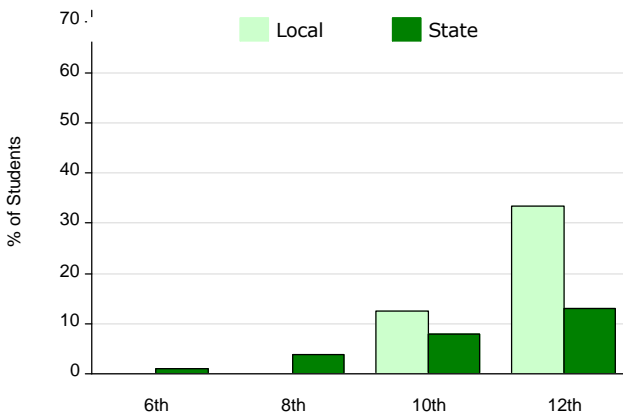


Current (past 30-day) Tobacco Use Trends, Grade 12



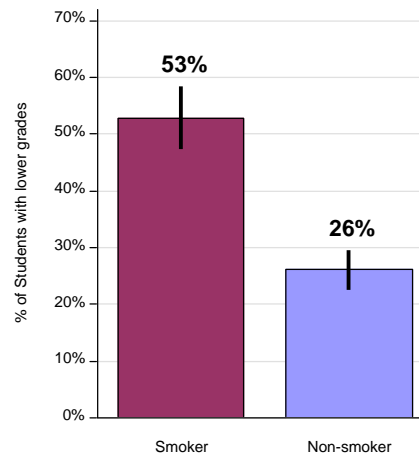
Prevalence	2004	2006	2008	2010	2012	2014
Cigarettes	22% ± 7	S	22% ± 7	S	26% ± 9	33% ± 10
Smokeless tobacco	15% ± 6	S	12% ± 5	S	8% ± 5	10% ± 8
E-cigs or vape pens	N/S	N/S	N/S	N/S	N/S	39% ± 14

**Current (past 30-day) Cigarette Smoking
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	S	S	13% ± 6	33% ± 10*
State	1% ± 0	4% ± 1	8% ± 1	13% ± 2

**Statewide Relationship between
Lower Grades and
Current (past 30-day) Cigarette Smoking
Grade 12, 2014**



Statewide, 12th graders who smoke cigarettes are more likely to 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

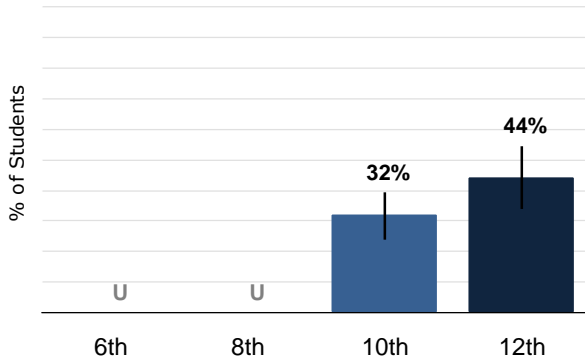


What Do Jefferson County Youth Say about Marijuana in 2014

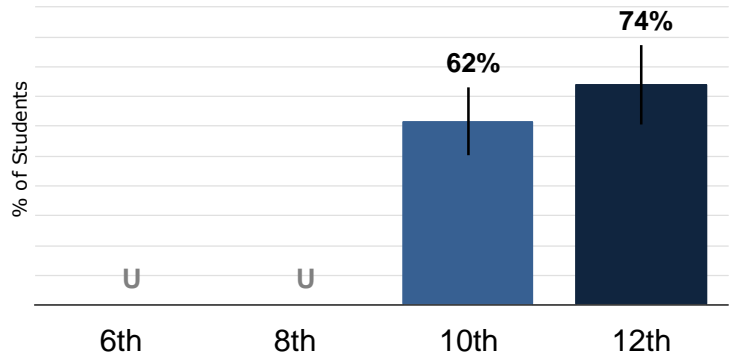
Are OUR youth using marijuana?

Current (past 30-day) Marijuana Use

"I have used marijuana at least once in the past month."

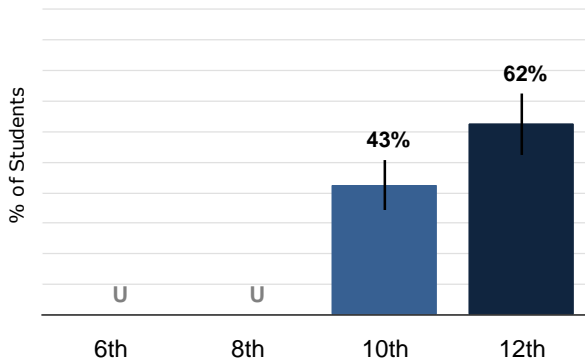


Marijuana is Perceived as Easy or Very Easy to Get

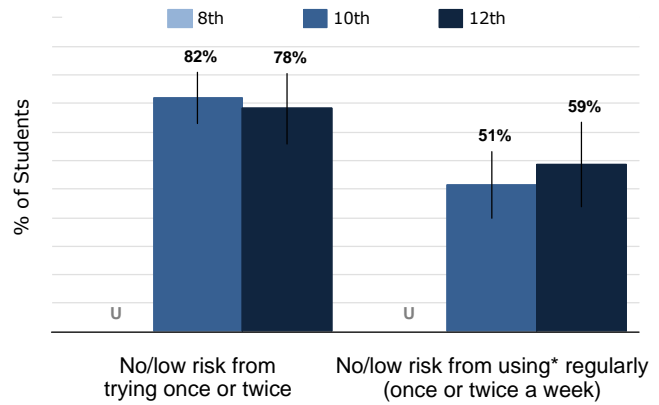


Lifetime Marijuana Use

"I have used marijuana at least once."



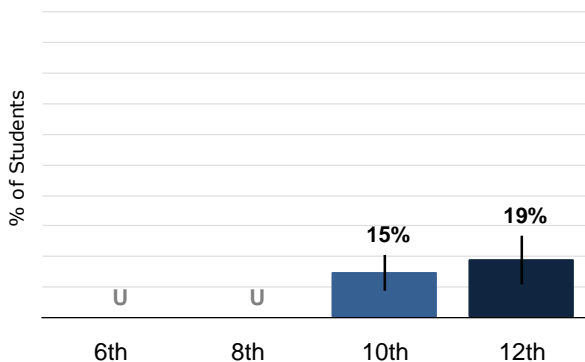
Marijuana is Perceived as Not Harmful



*"Smoked" regularly changed to "Used" regularly in 2014

Heavy Marijuana Use

"I have used marijuana on 10 or more days in the past month."



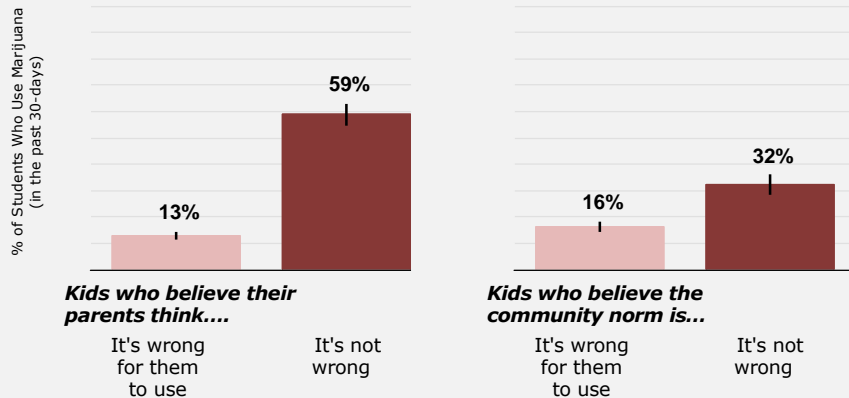
The data in these charts are based on the Healthy Youth Survey conducted in fall 2014. In Jefferson County, 73 6th graders, 75 8th graders, 145 10th graders and 97 12th graders completed the survey.

For more results from the 2014 Healthy Youth Survey, please visit www.AskHYS.net

Parents and communities can have influence.

Kids are less likely to use marijuana if they believe their parents or their communities disapprove of youth using marijuana.

Relationship between Marijuana Use and Perceived Parental and Community Norms, Grade 10, 2014

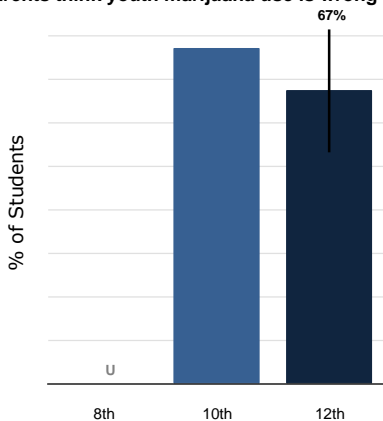


What does this chart say?

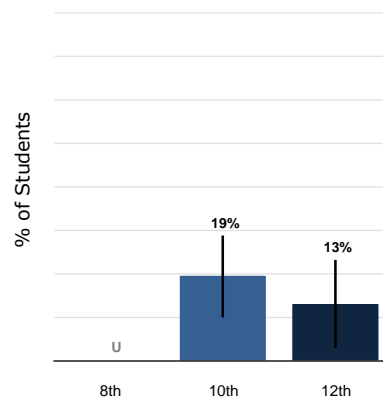
- Statewide, 10th graders are less likely to use marijuana if they believe their parents think it is wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their community thinks it is wrong for them to use.

Kids in Jefferson County reported that they believe...

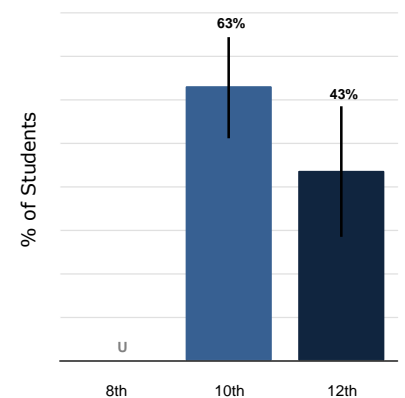
Parents think youth marijuana use is wrong



Police would catch me if I used marijuana



Community norm is marijuana use is wrong



What can parents do to help teens avoid alcohol, marijuana and other drugs?

- You are the most powerful influence on whether your child or teen chooses to use drugs.
- Talk early and often about the risks. Get tips for how to talk with your child and stay better connected at www.Start.TalkingNow.org.
- Model healthy choices for your child.
- Set clear rules against alcohol and drug use, and enforce reasonable consequences.
- Reward positive and healthy choices.
- Stay involved in your child's life: eat dinner together, know who their friends are, keep track of what they are doing.
- Be aware of the signs and take action if you think your teen is using. Talk to your school's counselor, or get information about other resources in your area by calling the Washington Recovery Help Line at 1-866-789-1511.



Teen Prescription Misuse and Abuse for Jefferson County in 2014

Background:

- Prescription drug abuse is when someone takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor---like to stay awake, or "to get high".
- Prescription drugs that affect the brain, including opioid pain killers, stimulants, and depressants, may cause physical dependence that can turn into addiction.
- Most teens get prescription drugs they abuse from friends and relatives, sometimes without the person knowing.
- Prescription drug abuse has become an important health issue, particularly the danger of abusing prescription pain medications.

What can parents of caregivers do to prevent teen prescription misuse and abuse?

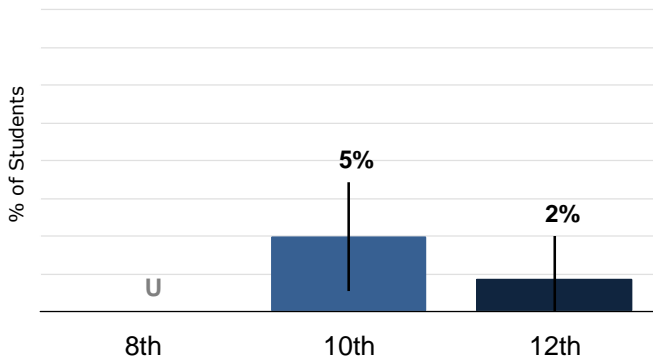
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at www.stopoverdose.org.
- Keep the most commonly abused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Properly dispose of unused or expired medications.

For More Information:

- Learn more at www.drugfree.org
- Call the Washington Recovery Help Line for 24-hour confidential crisis counseling and referrals: 1-866-789-1511
- For disposal locations, see www.takebackyourmeds.org

Student Abuse of Painkillers (in last 30 days)

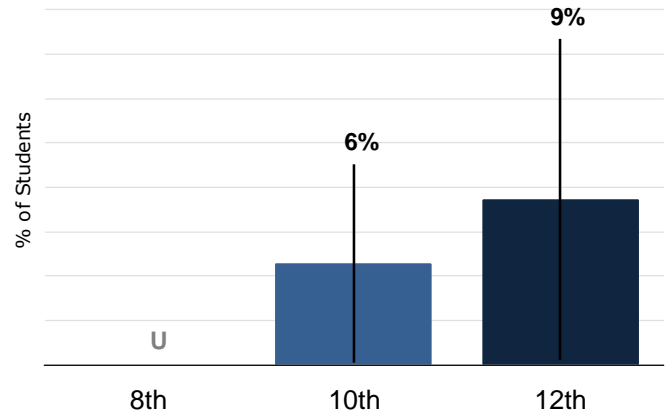
Students who report using painkillers* to get high at least once in the past month



*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

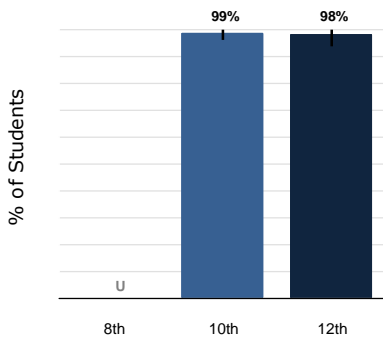
Students Misuse of Someone Else's Prescription (in last 30 days)

Students who report using prescription drugs not prescribed to them in the past month

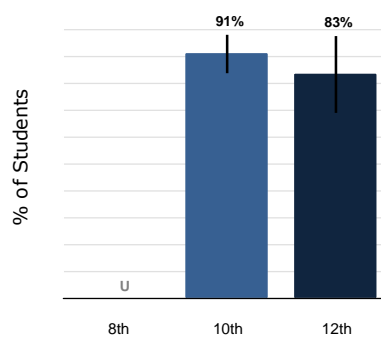


When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

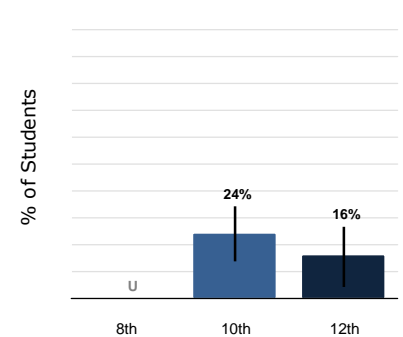
My parents would think it was wrong if I used prescription drugs not prescribed for me



My friends would think it was wrong if I used prescription drugs not prescribed for me



I risk harming myself if I use prescription drugs that are not prescribed for me



For more results from the 2014 Healthy Youth Survey, please visit www.AskHYS.net

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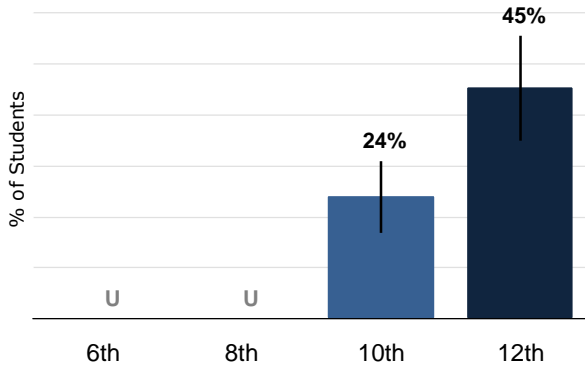


Youth Alcohol Use in Jefferson County in 2014

Are OUR youth using alcohol?

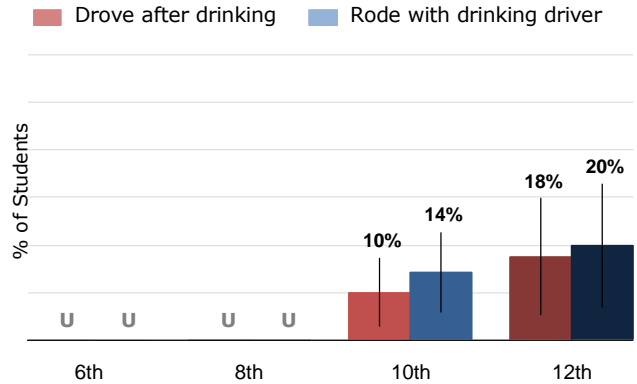
Current Drinking

Students who report drinking at least once in the past month



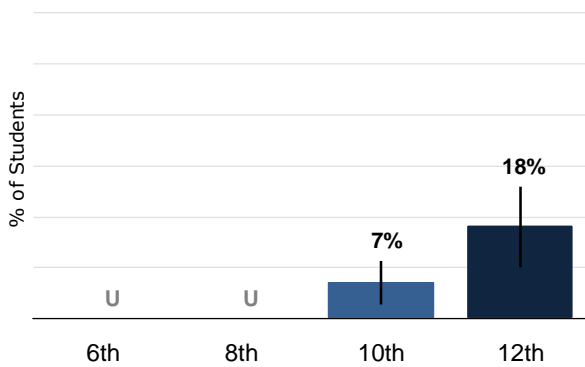
In a Vehicle

Students who report drinking and driving OR riding with a driver who had been drinking



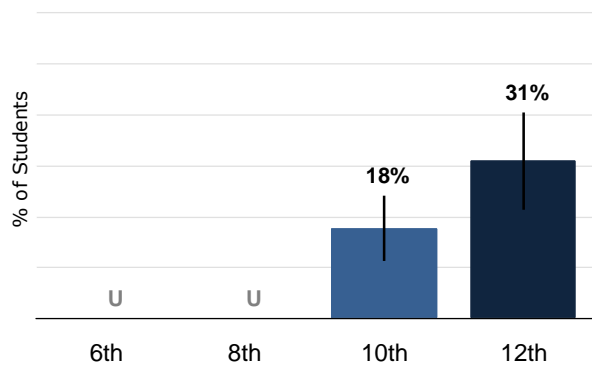
Experimental Drinking

Students who report drinking on 1-2 days in the past month, but no binge drinking



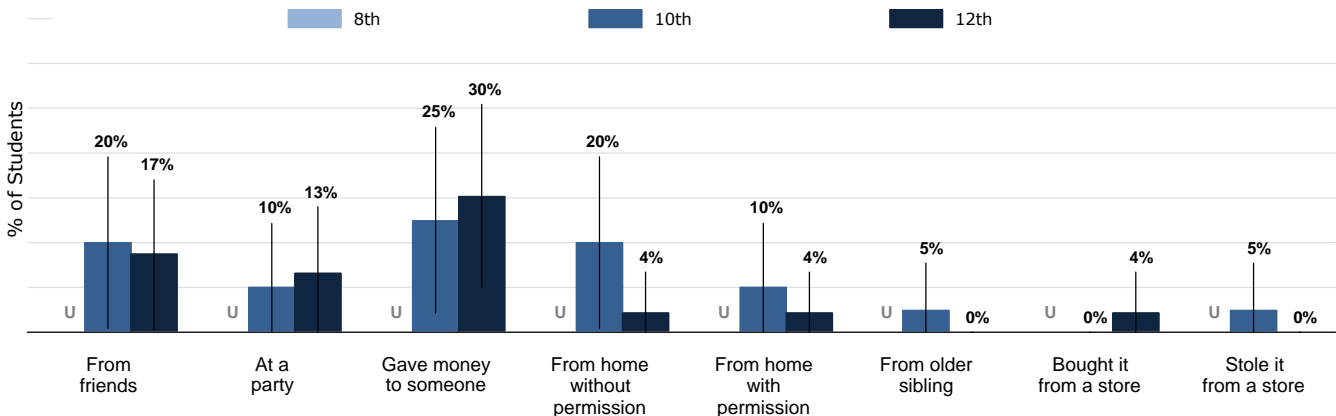
Problem or Heavy Drinking

Students who report drinking 3 or more days in the past month and/or one or more binge drinking episodes*



*Binge drinking is drinking 5 or more drinks in a row in the past two weeks.

Where Do They Get It?



The numbers in the chart above are based on those students who reported getting alcohol. Students who got alcohol could choose multiple sources.

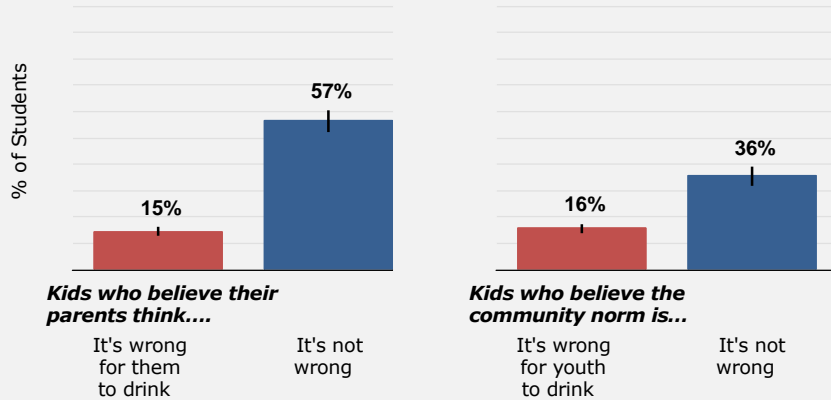
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Parents and communities have influence!

Kids are less likely to drink if they believe their parents or their communities disapprove of youth drinking.

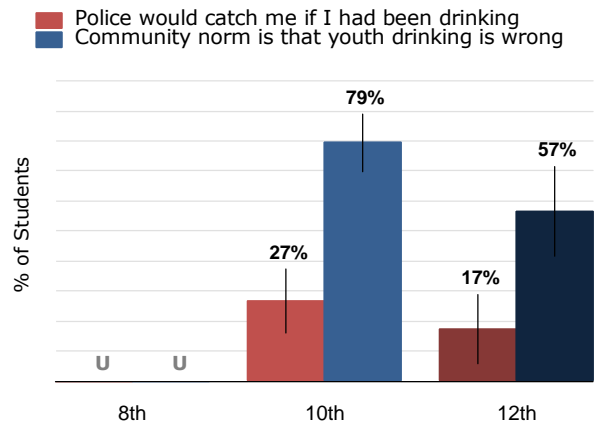
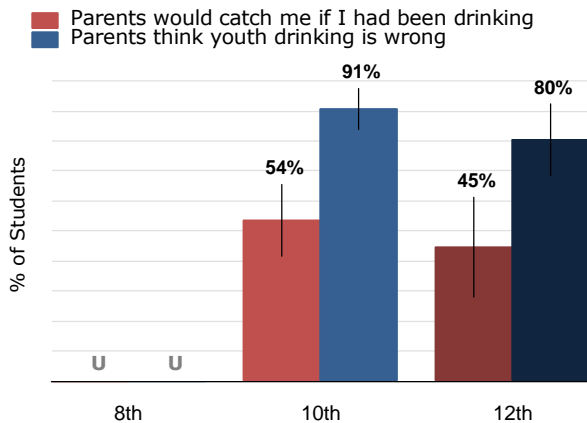
Percent of 10th Graders who Drink Alcohol (Statewide)



What does this chart say?

- Only 15% of kids drink alcohol if their parent's think it's wrong, while 57% drink if their parents don't think it's wrong.
- 16% of kids drink alcohol if their community thinks it's wrong, while 36% drink if their community doesn't think it's wrong.

Kids in Jefferson County reported that they believe...



Take action to reduce youth alcohol use!

Community Members - help reduce youth drinking by making it difficult for them to get alcohol.
(Jefferson County data unavailable)

Parents - talk to your kids about the dangers of drinking alcohol.
(Jefferson County data unavailable)

Start the conversation

Continue the conversation

Visit us at: StartTalkingNow.org

