Virginia Youth Survey: Substance Use
About the Virginia Youth Survey (VYS)

VYS High School Response Rate Improves!

2011: 62
2013: 68
2015: 84

2015

7,400 Students
128 Schools

The Virginia Youth Survey is administered every odd year

2015 Virginia Youth Survey
Health Behaviors Improve Among Va. High School Students

April 26, 2016
Tobacco use

State Health Commissioner emphasizes continued efforts to sustain the improvements

(Richmond, Va.) — According to the results of the latest Virginia Youth Survey - which is jointly conducted by the Virginia Department of Health (VDH) and the Virginia Foundation for Healthy Youth (VFHY) — overall, among the over 350,000 high school students in Virginia, there are significant increases in those who practice healthy behavior over a four-year period (2011-2015).

- Virginia State Health Commissioner Marissa J. Levine, MD, MPH, FAAFP said "The upward trend of high school students avoiding risky behaviors such as injury/violence, cigarette smoking, alcohol and drug use is statistically significant because it has been observed over multiple years. Over the past 15 years, the percentage of Virginia High school students that currently smoke decreased more than 70%- from 29.6% to 8.2%.

- Tobacco use among students who currently smoke cigarettes (at least one during the last 30 days) decreased 45%.

- Drug use among students who ever used drugs decreased across the board - cocaine (down 30%), heroin (down 47%), methamphetamine (down 38%) and ecstasy (down 38%).

- Alcohol use among students who currently drink alcohol (had at least one drink in the last 30 days) decreased 23%.

Virginia Youth Survey

VFHY and the Virginia Department of Health (VDH) conduct a biennial survey of youth tobacco use behaviors, reporting Virginia’s results to the CDC.

Since 2001, smoking among Virginia high school students has been cut by more than 70%.

Smoking among middle school students in Virginia has dropped nearly 85% since 2001.

### Ever vs. Current Use

**Ever** is a lifetime measure.

"Have you ever...?"

**Current** use includes the past 30 days.

"During the past 30 days, how many times did you use...?"

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>54. How many times have you used <strong>heroin</strong> (also called smack, junk, or China White)?</td>
<td></td>
</tr>
<tr>
<td>A. 0 times</td>
<td></td>
</tr>
<tr>
<td>B. 1 or 2 times</td>
<td></td>
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<tr>
<td>C. 3 to 9 times</td>
<td></td>
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<tr>
<td>D. 10 to 19 times</td>
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<tr>
<td>E. 20 to 39 times</td>
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<td>F. 40 or more times</td>
<td></td>
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<tr>
<td>F. 40 or more times</td>
<td></td>
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<tr>
<td>56. During your life, how many times have you used <strong>methamphetamines</strong> (also called speed, crystal, crank, or ice)?</td>
<td></td>
</tr>
<tr>
<td>A. 0 times</td>
<td></td>
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<tr>
<td>B. 1 or 2 times</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>F. 40 or more times</td>
<td></td>
</tr>
<tr>
<td>57. During your life, how many times have you used <strong>ecstasy</strong> (also called MDMA)?</td>
<td></td>
</tr>
<tr>
<td>A. 0 times</td>
<td></td>
</tr>
<tr>
<td>B. 1 or 2 times</td>
<td></td>
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Overall Trends

"Over the past 15 years, the percentage of Virginia high school students that currently smoke decreased more than - 70% from 28.6% to 8.2%."

- Virginia State Health Commissioner Marissa J. Levine, MD, MPH, FAAFP

Today’s teens drink less than you did
HS, Alcohol Use

- Ever: 61 → 51
- Current: 31 → 23
- Before Age 13: 18 → 15
- Current Binge: 16 → 11
HS, Cigarette Use

Ever

Current

Current Frequent Use

2011 2013 2015

41 26

15 8

5 2
Detailed Trends

Percent difference from 2015 to 2011

Example:
Students that attempted suicide in 2015 was 6.7%
in 2011 was 10.5%

Percent difference from 2015 to 2011
= 10.5 - 6.7
= 3.8

The percent difference from 2015 to 2011 is 3.8 for students that attempted suicide.
HS, Alcohol, EVER

Total: -9.8
Male: -7
Female: -12.6
Black: -11
Hispanic: -7.7
White: -10.6
HS, Heroin, EVER

- Total: -1.6
- Male: -1.8
- Female: -0.9
- White: -1.3
- Black: -1.7
- Hispanic: -2.4
HS, Cocaine, EVER

- Total: -1.7
- Male: -1.5
- Female: -1.9
- White: -0.7
- Black: -3.2
- Hispanic: -5.7
HS, Prescription Drugs, EVER

- Total: -1.7
- Male: -1.9
- Female: -1.3
- Black: 5.2
- Hispanic: -3
HS, Marijuana Use, EVER

- Total: -1.8
- Male: -2.5
- Female: -1.1
- White: -4.6
- Black: 3.8
- Hispanic: -3.4
2015 First Year to Collect Electronic Vapor Questions

Comparison of Current Use of Cigarettes, Electronic Vapor, and Marijuana

- 9th: Cigarette 6, Electronic Vapor 13, Marijuana 11
- 10th: Cigarette 6, Electronic Vapor 15, Marijuana 14
- 11th: Cigarette 6, Electronic Vapor 15, Marijuana 17
- 12th: Cigarette 6, Electronic Vapor 25, Marijuana 24

Legend:
- Cigarette
- Electronic Vapor
- Marijuana
FDA’s new regulation restricts youth access to ALL tobacco products, including e-cigs, hookah, & more:

**Protecting Teens From a Lifetime of Addiction**

FDA’s new rule restricts youth access to new tobacco products through:

1. Minimum age requirement of 18 years to purchase
2. Photo ID requirement for any purchase
3. No distribution of free samples
4. No sale of tobacco products in vending machines (unless in an adult-only facility)

Learn more at [www.fda.gov/tobacco](http://www.fda.gov/tobacco).
Academic Achievement and Substance Use

The graph illustrates the relationship between school performance and substance use among students. It shows the percentage of students with different grades: Mostly A's, Mostly B's, Mostly C's, and Mostly D's or F's, categorized by their drinking habits: Nondrinkers, Current drinkers who did not binge, and Current drinkers who binge drink.

- Nondrinkers: The percentage of nondrinkers decreases as the grade decreases, indicating a positive correlation between school performance and abstinence from drinking.
- Current drinkers who did not binge: A similar trend is observed, with a slight increase in the percentage of current drinkers who did not binge as the grade decreases.
- Current drinkers who binge drink: The percentage of current drinkers who binge drink is significantly higher among students with lower grades, suggesting a strong negative correlation between binge drinking and academic performance.
% of students engaged in each behavior by grades earned in school

Plan to Attend College
- A's: 90%
- B's: 78%
- C's: 60%
- D's/F's: 37%

Ate Dinner with Parents
- A's: 73%
- B's: 69%
- C's: 59%
- D's/F's: 44%
% of students engaged in each behavior by grades earned in school

- Alcohol:
  - A's: 18
  - B's: 25
  - C's: 31
  - D's/F's: 48

- Marijuana:
  - A's: 8
  - B's: 18
  - C's: 27
  - D's/F's: 47

- Tobacco:
  - A's: 7
  - B's: 14
  - C's: 22
  - D's/F's: 53
% of students engaged in each behavior by grades earned in school

- Heroin: A's: 0.9, B's: 0.8, C's: 1.9
- Prescription Drug Abuse: A's: 5.1, B's: 6.9, C's: 11.9
- Over the Counter: A's: 2.4, B's: 3.5, C's: 8.6, D's/F's: 24.4, 24.1
## Local-Level Surveys are Important

<table>
<thead>
<tr>
<th>Activity</th>
<th>State-level</th>
<th>Richmond City</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking is sometimes or always allowed inside the vehicle</td>
<td>22%</td>
<td>33%</td>
</tr>
<tr>
<td>Marijuana, Current</td>
<td>16%</td>
<td>26%</td>
</tr>
</tbody>
</table>
Takeaways

- Substance use among Virginia high school students decreased for most substances between 2011 and 2015.

- From 2011 to 2015, there has been little change for prescription drug and marijuana use.

- Use of electronic vapor products is of concern and will continue to be monitored.

- First time we can examine academic achievement and substance use statewide.

- Local level surveys are important.

- Middle school data are available on the VDHLiveWell Webpage.