

**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

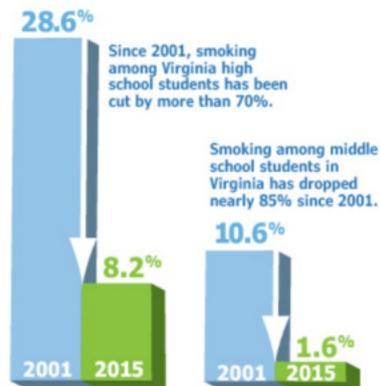
State Health Commissioner emphasizes continued efforts to sustain the improvements

(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%), methamphetamines (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.



SOURCE: Virginia Youth Tobacco Survey, 2001 to 2011, Virginia Foundation for Healthy Youth, Virginia Youth Health Survey, 2013 to 2015, Virginia Foundation for Healthy Youth and Virginia Department of Health

Press Release

4.26.2016

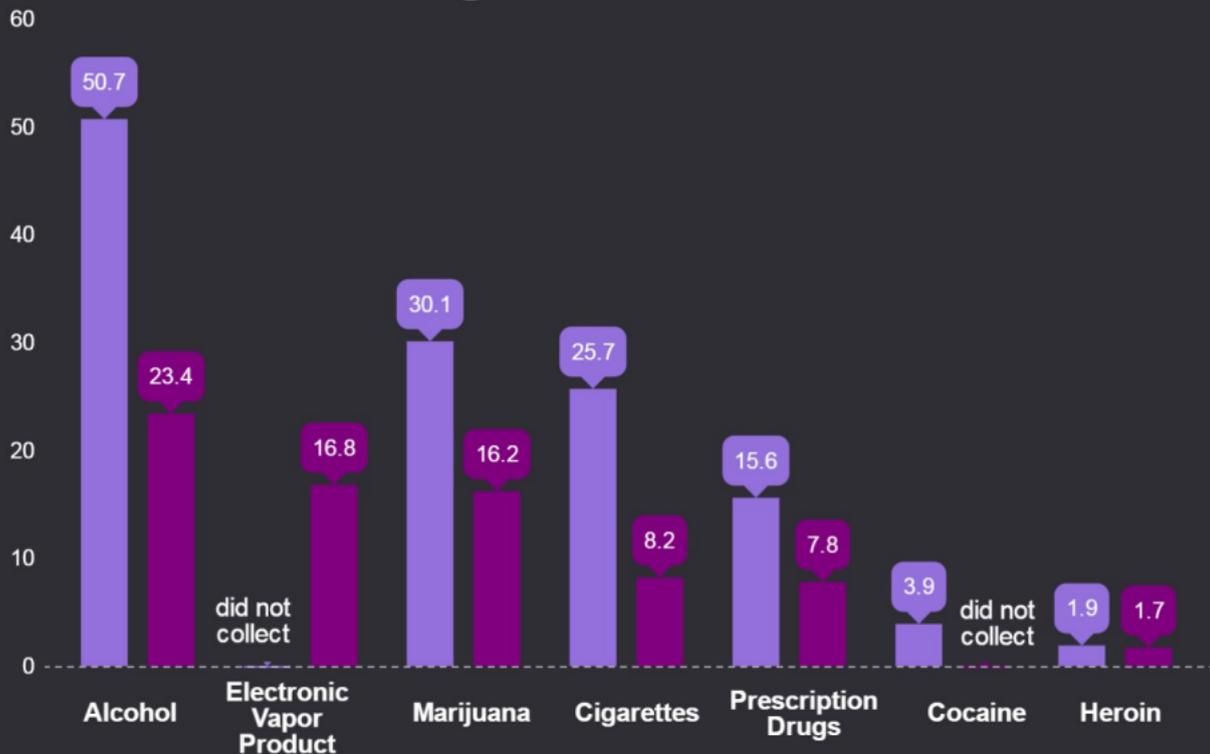
Ever vs. Current Use

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...?"

- ... 20 to 39 times
F. 40 or more times
54. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times
55. During the past 30 days, how many times did you use **heroin** (also called smack, junk, or China White)?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times
56. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times
57. During your life, how many times have you used **ecstasy** (also called MDMA)?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times

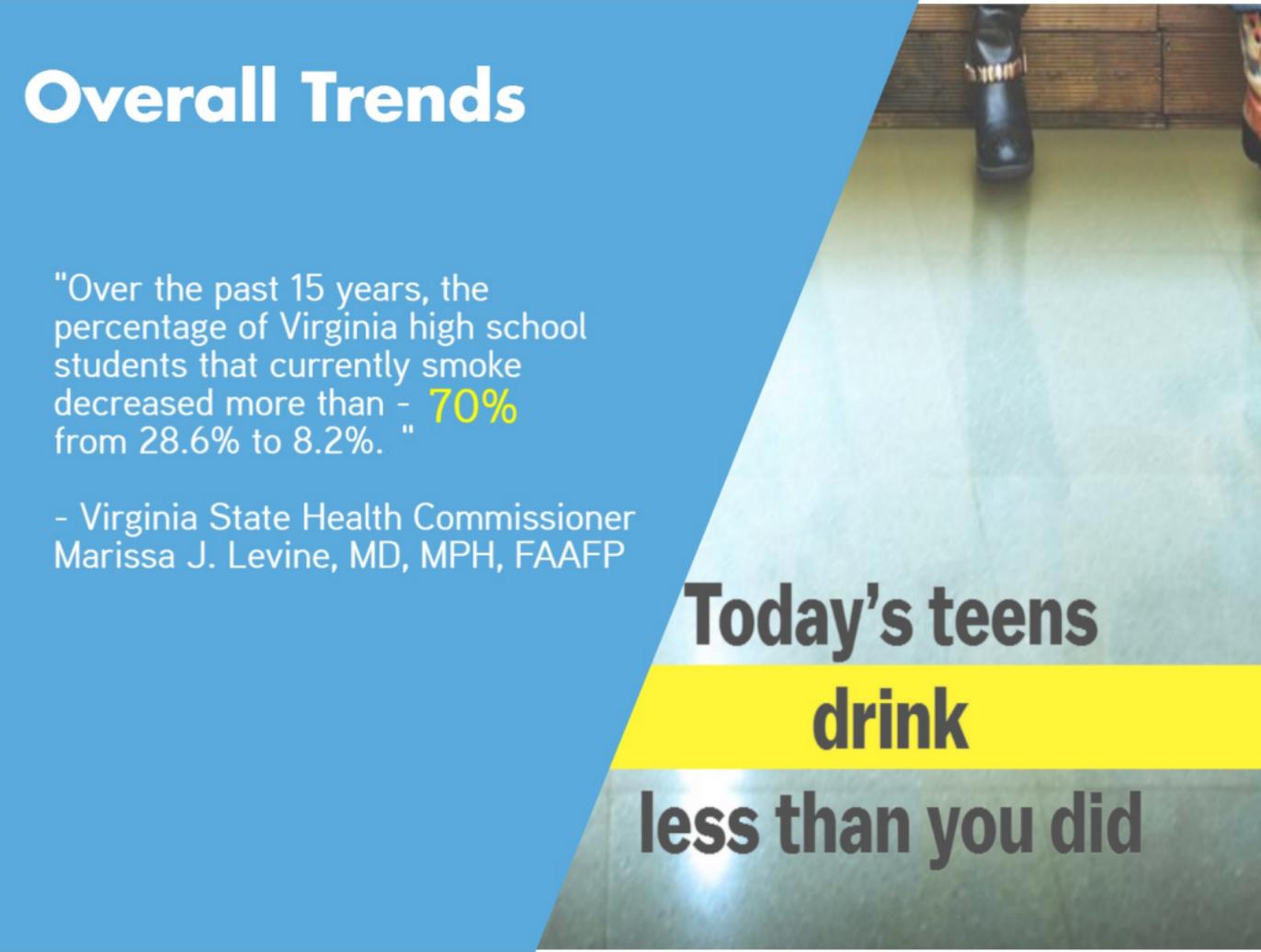
Ever vs. Current Use High School



Overall Trends

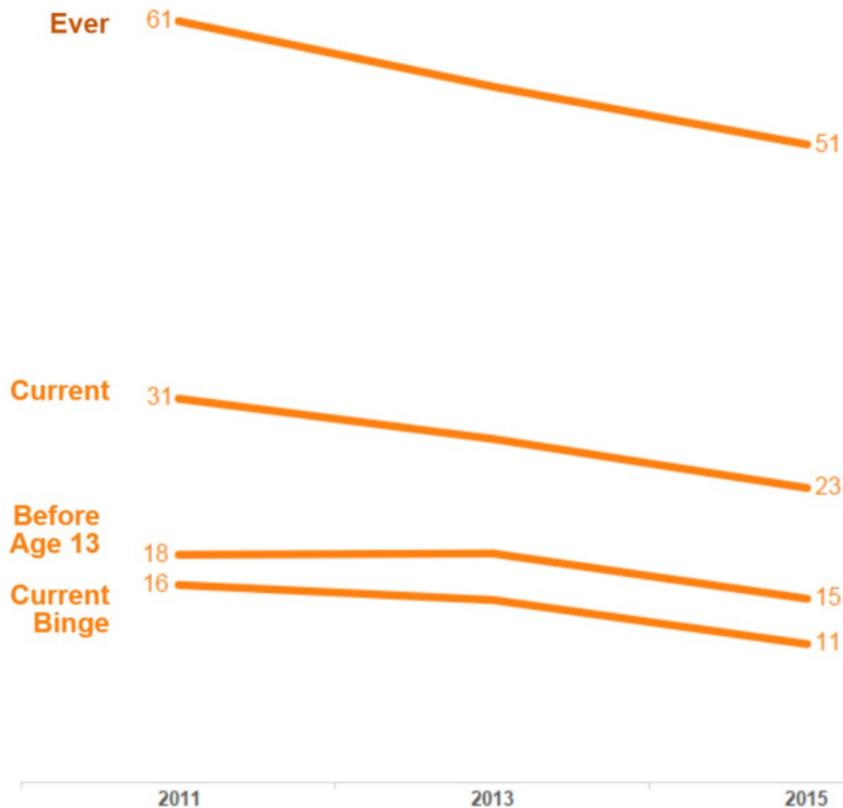
"Over the past 15 years, the percentage of Virginia high school students that currently smoke decreased more than - **70%** from 28.6% to 8.2%. "

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

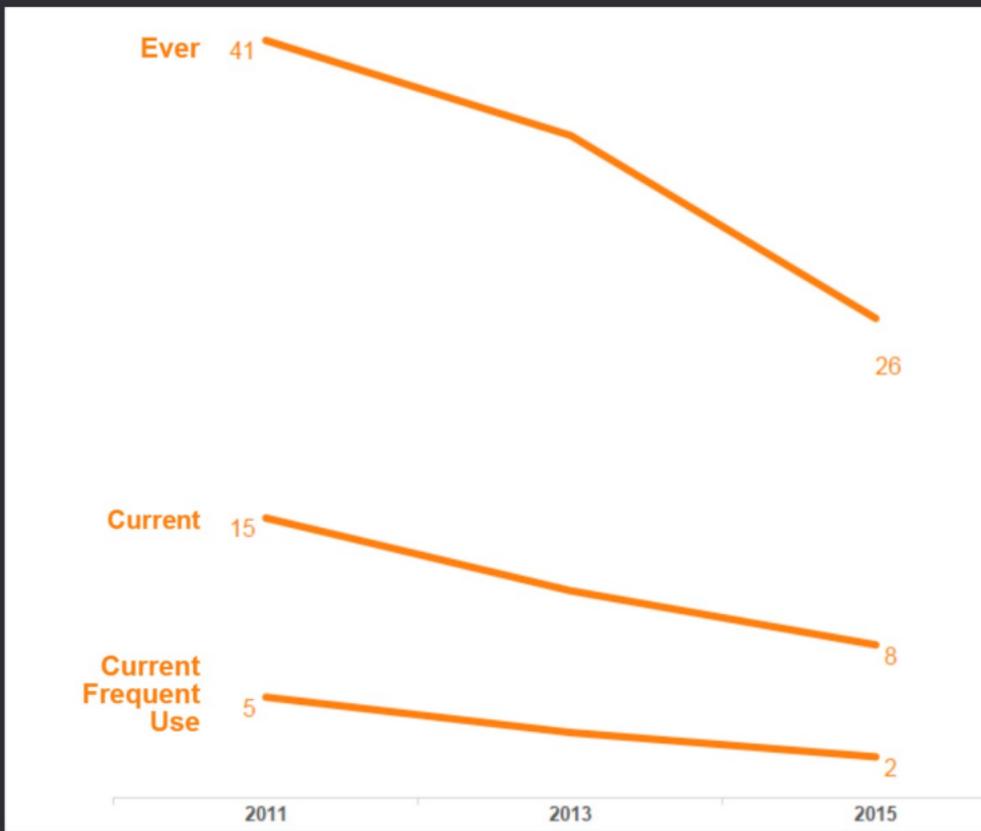


**Today's teens
drink
less than you did**

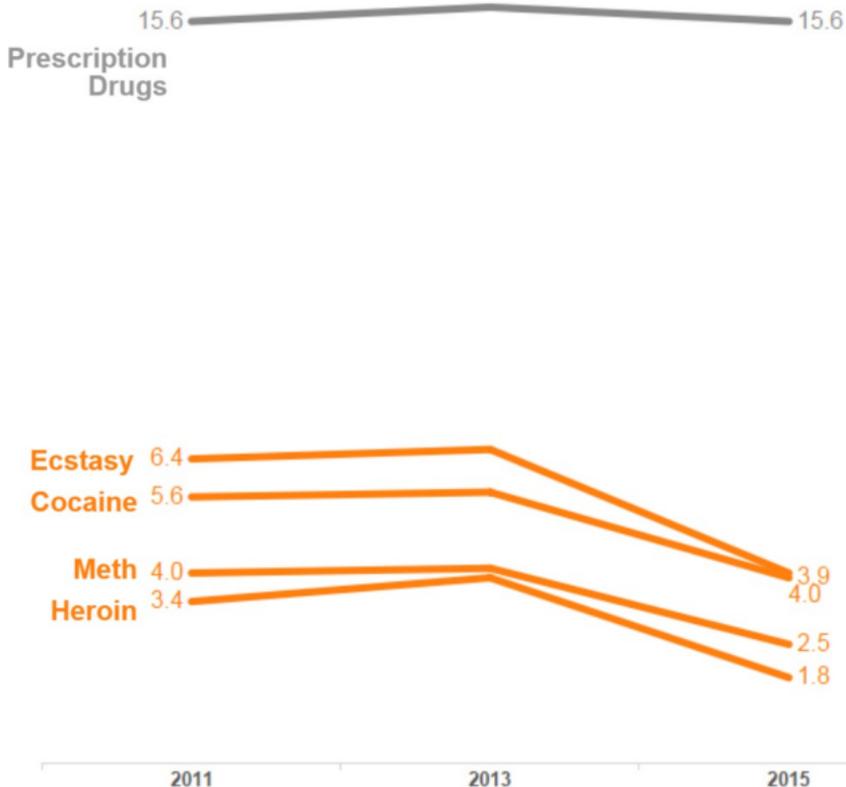
HS, Alcohol Use



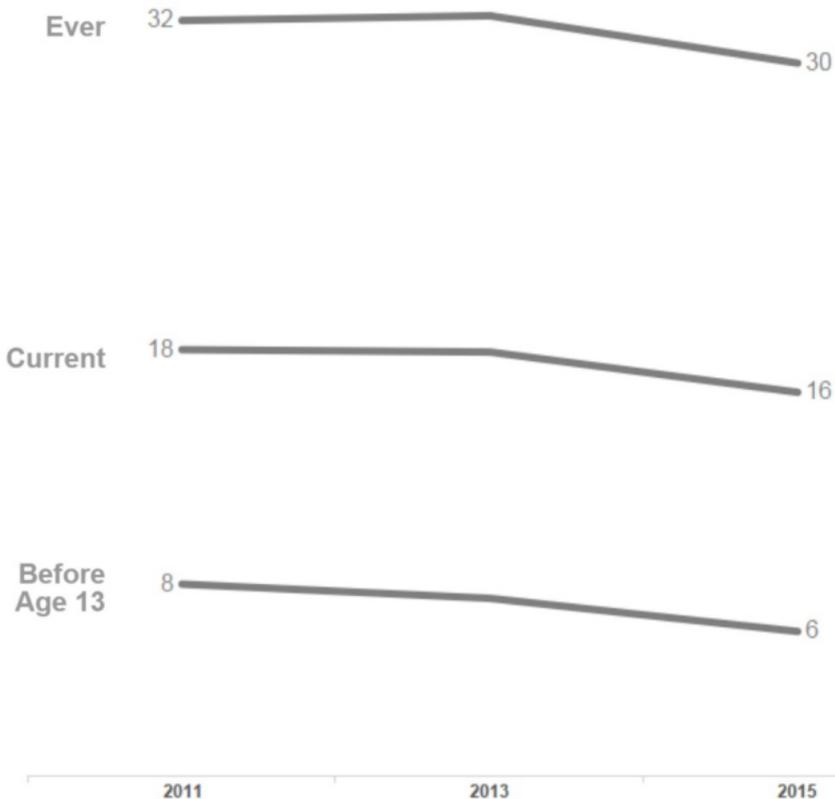
HS, Cigarette Use



HS, Other Drugs Use



HS, Marijuana Use



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

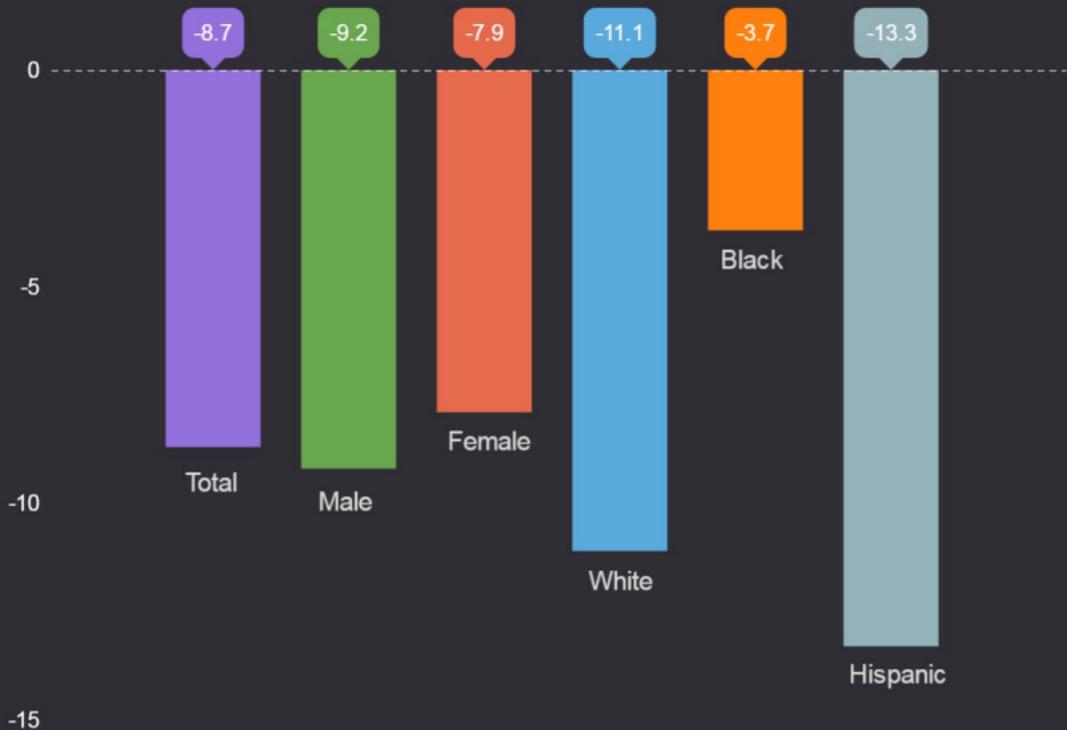
The percent difference from 2015 to 2011 is 3.8 for students that attempted suicide.



HS, Alcohol, EVER



HS, Tobacco, EVER



HS, Heroin, EVER



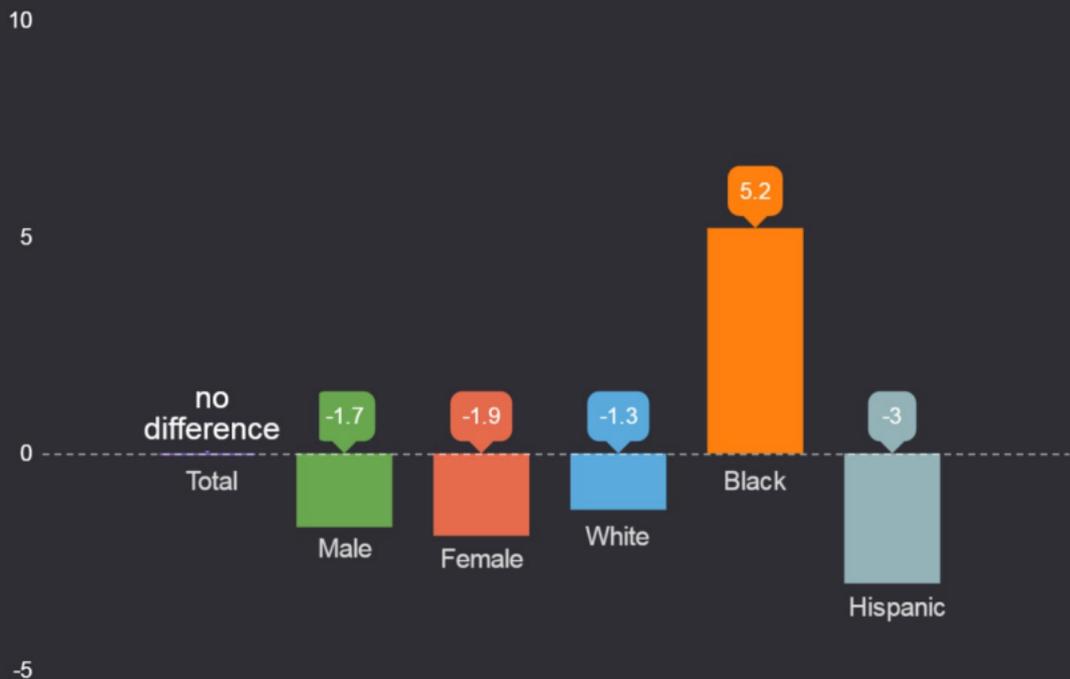
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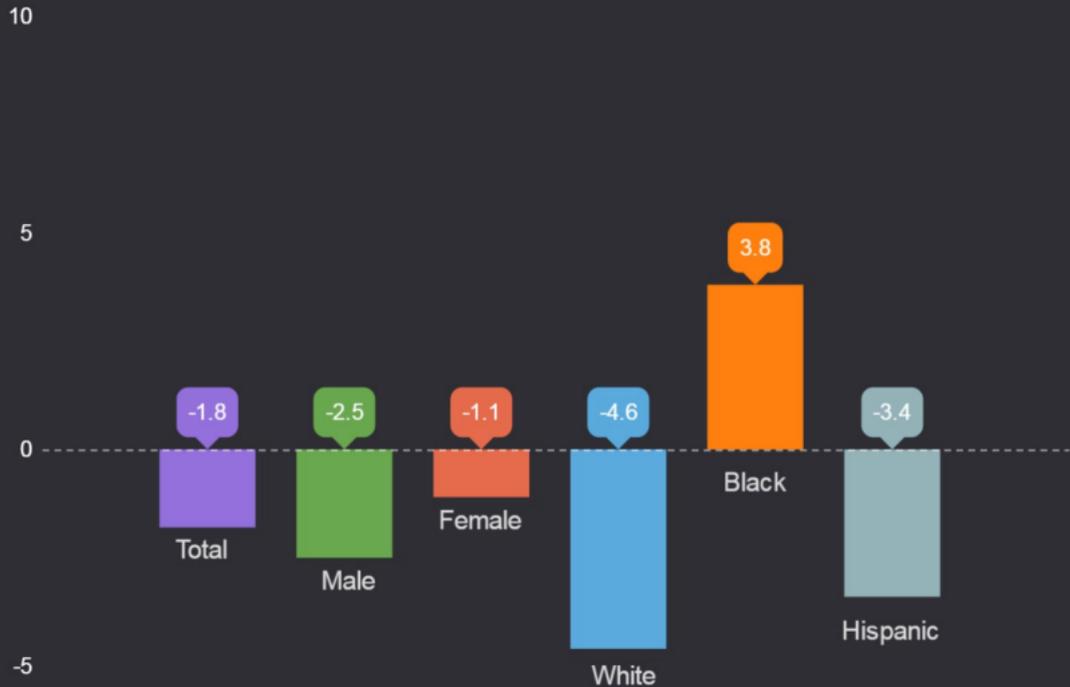
HS, Cocaine, EVER



HS, Prescription Drugs, EVER



HS, Marijuana Use, EVER



2015 First Year to Collect Electronic Vapor Questions

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





U.S. Surgeon General Retweeted



FDA Tobacco @FDATobacco · May 5

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.

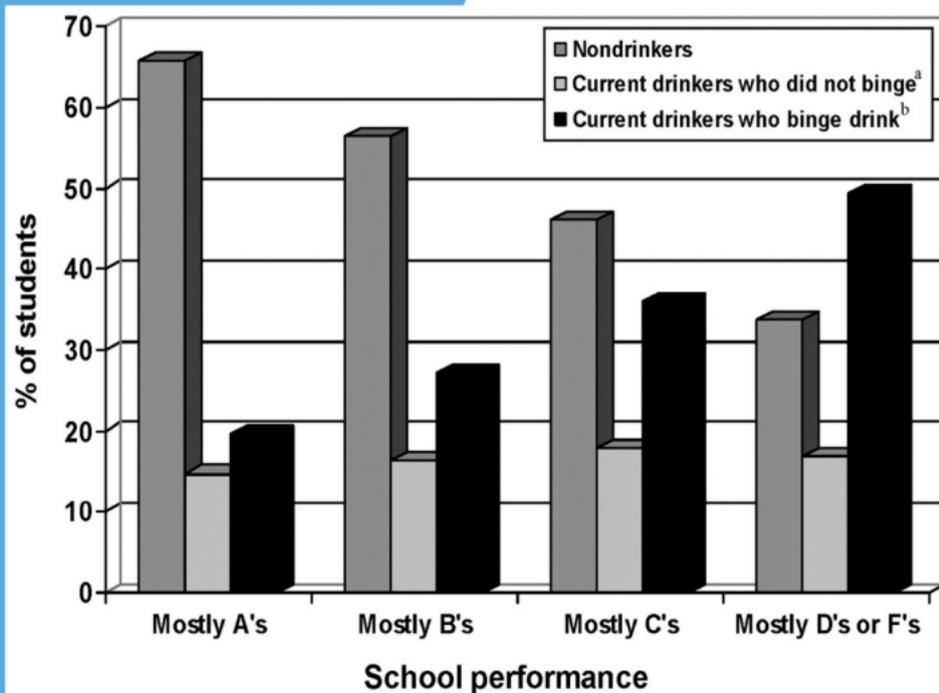
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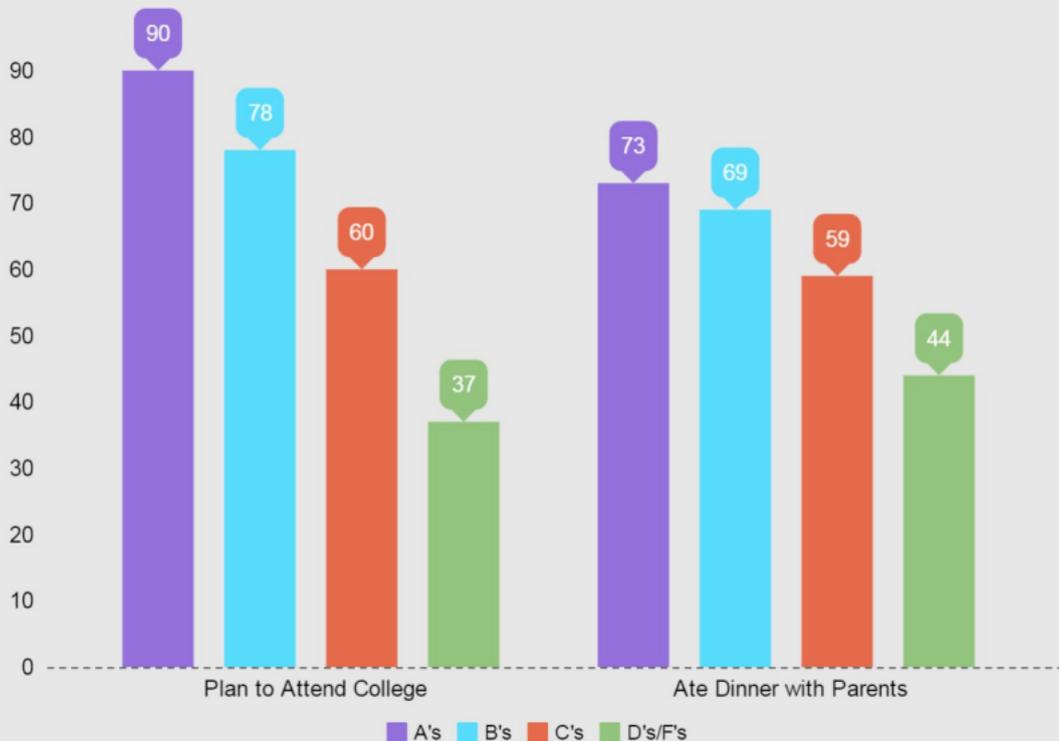
FDA

CENTER FOR TOBACCO PRODUCTS

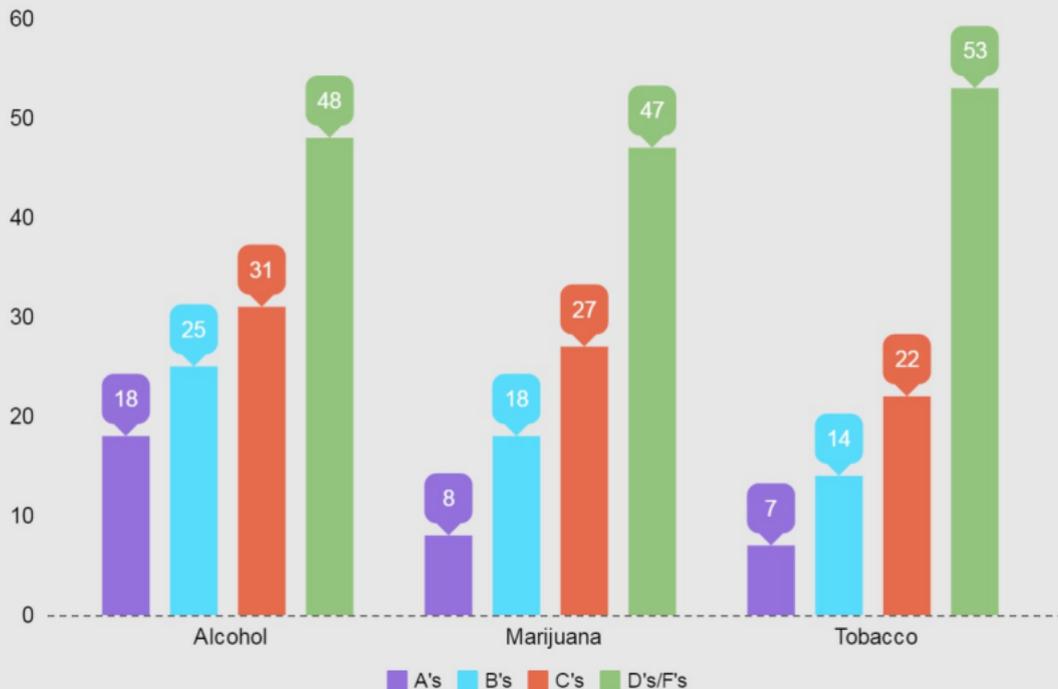
Academic Achievement and Substance Use



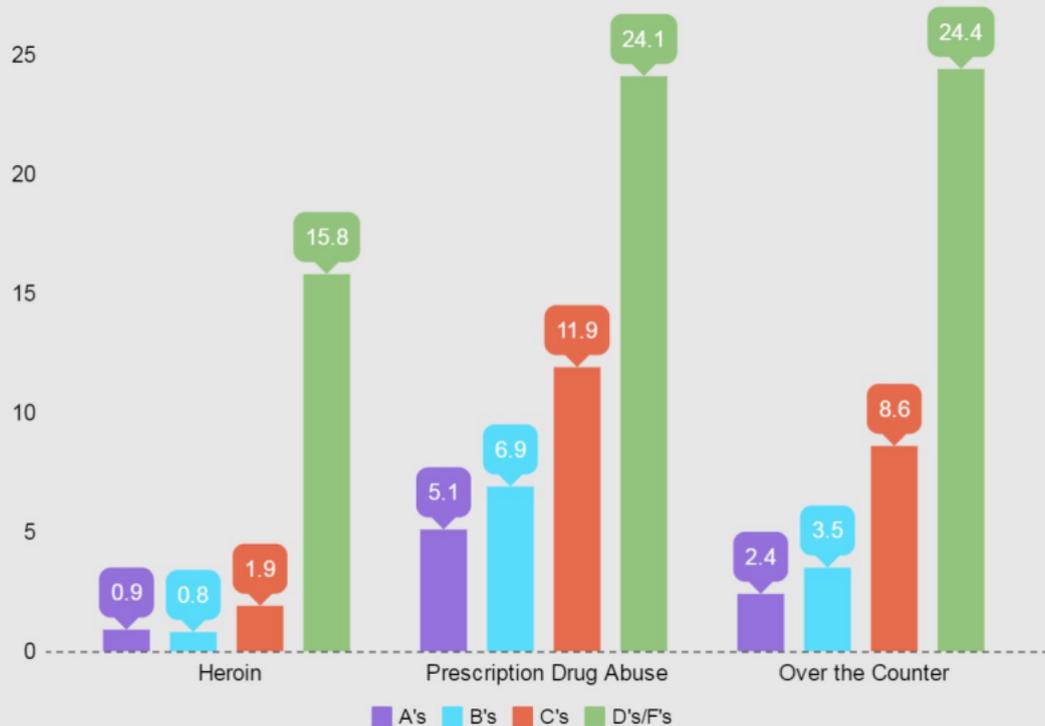
% of students engaged in each behavior by grades earned in school



% of students engaged in each behavior by grades earned in school



% of students engaged in each behavior by grades earned in school





Local-Level Surveys are Important

	State-level	Richmond City
Smoking is sometimes or always allowed inside the vehicle	22%	33%
Marijuana, Current	16%	26%



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](#).