

YOUTH TOBACCO AND DRUG USE

HEALTHY YOUTH SURVEY

Washington State Healthy Youth Survey Facts

- More than 200,000 students participate across the state, representing all 39 counties
- Questions ask about risk for injury, health outcomes, alcohol, and drug use.
- Results are used by communities to support youth and reduce risks.

More info available at: www.askhys.net

Island County Facts

Represented School Districts *

Oak Harbor
Coupeville
South Whidbey

Survey Response Rates

6th Grade: 83%
8th Grade: 84%
10th Grade: 80%
12th Grade: 61%

*Camano Island youth are reported as part of the Stanwood School District in Snohomish County

TOBACCO	6th Graders	8th Graders	10th Graders	12th Graders
Currently* smoke cigarettes	2.0%	3.6%	7.1%	14.3%
Currently use a hookah to smoke tobacco	~	3.3%	12.3%	15.6%
Currently use chew, snuff, or dip tobacco	1.6%	2.1%	2.4%	4.6%
Currently use e-cigarettes	~	1.2%	0.4%	1.5%
Think cigarettes are easy to obtain	12.9%	26.1%	41.2%	70.2%
Think it is wrong for someone their age to smoke cigarettes	96.7%	93.3%	83.8%	69.4%
Think there is moderate to great risk smoking one or more packs of cigarettes per day	77.8%	87.9%	92.4%	92.1%
* Currently= Within the past 30 days				
MARIJUANA	6th Graders	8th Graders	10th Graders	12th Graders
Currently use marijuana	1.1%	7.8%	20.2%	22.6%
Have ever tried marijuana	2.0%	11.3%	33.2%	43.8%
Think marijuana would be easy to obtain	6.6%	23.1%	51.4%	68.9%
Think it is wrong for someone their age to smoke marijuana	96.5%	85.6%	62.2%	52.2%
Think there is moderate to great risk smoking marijuana regularly (1-2x/wk)	78.1%	73.4%	65.2%	59.9%
ILLEGAL DRUGS	6th Graders	8th Graders	10th Graders	12th Graders
Have ever used methamphetamines	~	4.5%	2.4%	5.2%
Have ever used cocaine	~	3.6%	2.4%	9.4%
Currently use illegal drugs	2.0%	2.5%	3.0%	4.6%
Think illegal drugs would be easy to obtain	3.8%	7.6%	18.8%	23.2%
PRESCRIPTION DRUGS	6th Graders	8th Graders	10th Graders	12th Graders
Currently use medication for hyperactivity without a physician's order (Ritalin, Adderall)	~	2.1%	3.2%	6.2%
Currently use pain killers to get high	~	2.5%	5.3%	7.1%

~ = Question was not asked to these students

We are extremely appreciative for the participation of all our Island County School Districts in the Healthy Youth Survey. Their participation allows us to report on the current health status of our youth and track trends over time.

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HEALTHY
YOUTH
SURVEY

WHAT WE CAN DO

Children & Youth learn by example. If you currently smoke tobacco, consider quitting: Call 1-800-QUIT-NOW or go to www.Quitline.com It is free and can help improve you and your family's health.

PARENTS

Know the signs of potential drug abuse:

- Deceitful or secretive behavior
- Mood changes or emotional instability
- Makes endless excuses
- Messy, careless appearance
- Secretive phone calls, texting, or emails
- Disappearance of money or valuables
- Frequent sickness
- Drop in grades
- Loss of interest in hobbies, extracurricular activities, or sports ¹

If you suspect your child is using drugs:

- First educate yourself about drug abuse and dependency; know the signs and trends.
- Talk with your child about the issue; be sure to do so when you are both calm; don't let emotions take over.
- Get them the help they need.

Positive parenting skills are a key factor in preventing drug abuse. **PARENTS CAN:**

- Strive to **develop good communication** skills with your children.
- **Encourage** your child to make positive choices, try new things, tackle difficult ones and build new friendships.
- **Negotiate solutions with your child**, help them develop communication skills, focus on solutions rather than problems and help them think through possible outcomes of behaviors.
- **Set limits** to teach self-control, responsibility, and provide safe boundaries.
- **Supervise your children;** When children are away from home it is important to know where they are and what they are doing. Clear rules should be set, consistent consequences and praise given when appropriate and parents should check in with their child to know what they are doing.
- **Know your children's friends.** Youth are influenced greatly by their friends. Teach your children about positive

COMMUNITIES AND GOVERNMENT

Communities across the nation are creating smoke-free parks, beaches, trails, farmers markets, and outdoor public events. **LOCAL GOVERNMENT OFFICIALS CAN** adopt policies that limit smoking tobacco and marijuana in outdoor public spaces to discourage use and decrease second-hand smoke exposure.

Island County Drug Abuse Resources

24/7 Prescription Drug Drop Off Bin for expired or unused medications: Oak Harbor Police Department
Island County Recovery Services: 360-679-7676
www.islandcounty.net/humanservices/Treatment.asp
SEAMAR (Oak Harbor): 360-679-7676
Drug Overdose Washington State Poison Control:
 800-222-1222
Alcohol & Drug 24-Hour Help Line: 877-345-8336
Narcotics Anonymous 24 Hour Helpline: 877-789-0819
Resource for Teens and Parents: www.drugfree.org

S C H O O L S

Schools can partner with local community groups to plan and implement prevention programs.

SCHOOL PROGRAMS CAN:

- Be implemented at key transition points, such as moving into middle or high school.
- Address the SPECIFIC drug abuse problems happening in their community.
- Reach different populations in various settings, such as schools, club, media, faith-organizations.³
- Provide adequate educational information about the risks of tobacco, hookah, marijuana and drugs.

1. Partnership for a Drug-Free America. (2013). *Time to Act!* Retrieved from The Partnership at Drugfree.org: <http://timetoact.drugfree.org/think-look-for-signs.html>
 2. National Institute on Drug Abuse (n.d.). *Family Checkup; Positive Parenting Prevents Drug Abuse*. Retrieved from National Institute on Drug Abuse: <http://www.drugabuse.gov/sites/default/files/files/Familycheckupall.pdf>
 3. National Institute on Drug Abuse (October 2003). *Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators, and Community Leaders, 2nd ed.* http://www.drugabuse.gov/sites/default/files/preventingdruguse_2.pdf

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