

Trends in Youth Substance Use and How to Use Data to Guide Prevention Programming

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Boise State University**

Agenda

- The Purpose of Data
- Data Sources
- Trends in Substance Use
- Risk and Protective Factors
- EPB Resources
- Application Practice

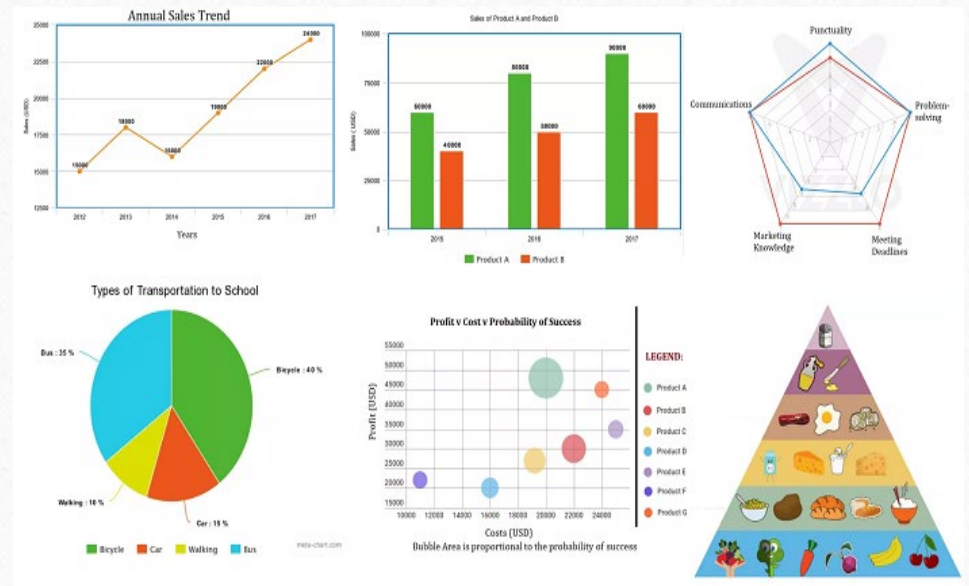


Let's Talk about Data

Helps us understand the phenomenon we are interested in

Provides information to guide prevention efforts

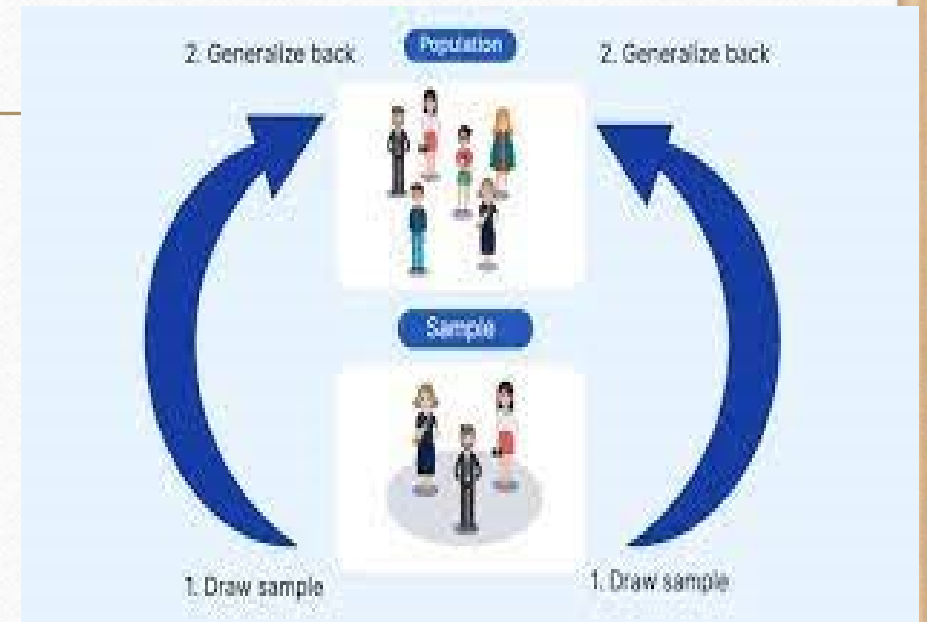
Tells us how our prevention efforts are doing



Let's Talk about Data

Generalizability

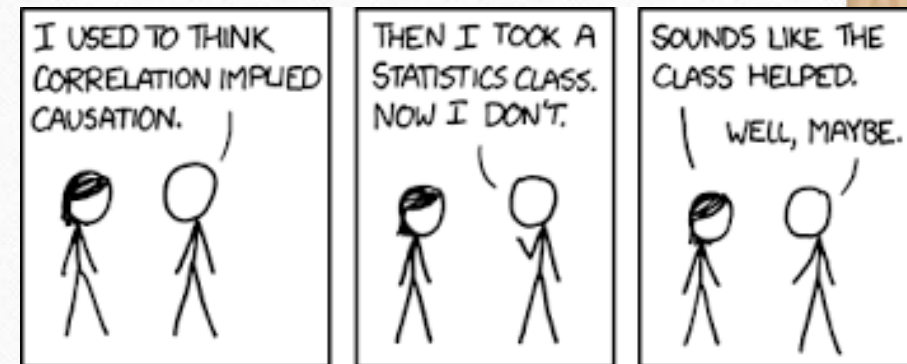
- Sample Size
- Sample Demographics
- Sample Location
- Selection Bias



Let's Talk about Data

Validity of Outcomes

- Statistical Significance
- Effect Size
- Cohort Effect (e.g., COVID)
- Third Variables
- Control Group



Using Data to Guide Prevention Programming



Substance Use
by Location

Substance Use
By Gender

Substance Use
By Grade

Other
Risk/Protective
Factors



Prevention
Programing



Outcomes

Data Sources

- DrugFree Idaho CORE Survey
- Idaho Healthy Youth Survey - Idaho Office of Drug Policy (6th – 12th)

<https://odp.idaho.gov/wp-content/uploads/2022/08/IHYS-2021-State-Report.pdf>

- CDC: The Youth Risk Behavior Survey – National and State Level — High School (9th – 12th)

<https://www.cdc.gov/healthyyouth/data/yrbs/results.htm>

- Monitoring the Future – National - Adolescent, College, Adult

<https://nida.nih.gov/research-topics/trends-statistics/monitoring-future>



Trend Data



Lifetime Use

- IHYS
- Monitoring the Future

Past 30-Day Use

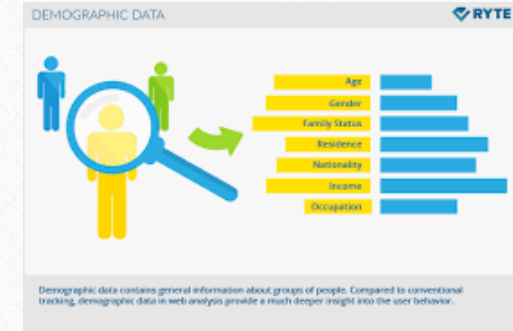
- IHYS
- Monitoring the Future
- YRBS

Risk and Protective Factors

- IHYS
- YRBS

2021 Idaho Healthy Youth Survey

(N = 9,381)



Grade

- 6th = 30.7%
- 8th = 30.3%
- 10th = 19.5%
- 12th = 19.5%

Gender

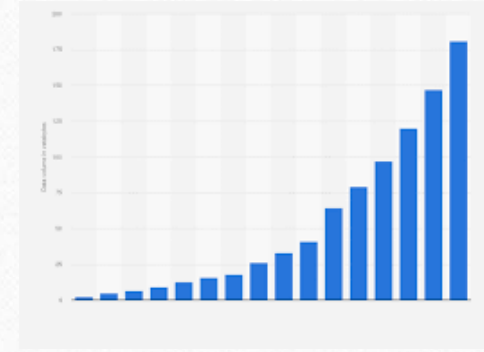
- Male = 50.3%
- Female = 46.7%
- Other = 3.0%

Race/Ethnicity

- White = 69.5%
- Multi-Racial = 12.4%
- Hispanic = 9.4%
- American Indian/Alaska Native = 1.9%
- Black/African American = 1.8%
- Asian = 1.2%
- Native Hawaiian/Pacific Islander = 0.5%
- Other = 3.1%

2021 Youth Risk Behavior Survey

(N = 988)



Grade

- 9th = 28.6%
- 10th = 32.8%
- 11th = 15.3 %
- 12th = 23.3%

Gender

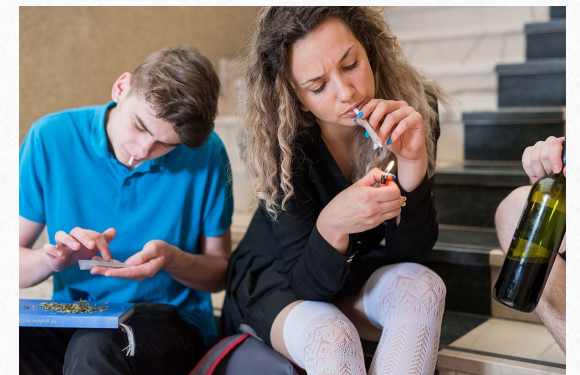
- Male = 48%
- Female = 52%

Race/Ethnicity

- White = 68.8%
- Hispanic = 19.9%
- Multi-Racial = 3.0%
Other = 3.1%
- Other = 8.3%

Lifetime Substance Use 6th – 12th Grade

	Idaho 2017-2021		
	2017	2019	2021
Alcohol Use	38.4%	39.1%	31.9%
Vaping	23.9%	26.3%	17.5%
Marijuana Use	17.6%	16.9%	11.7%
Prescription Medication Misuse	11.0%	11.3%	9.9%
Tobacco Use	16.1%	14.2%	8.2%



*Idaho Healthy Youth Survey

Lifetime Substance Use 6th – 12th Grade by Gender

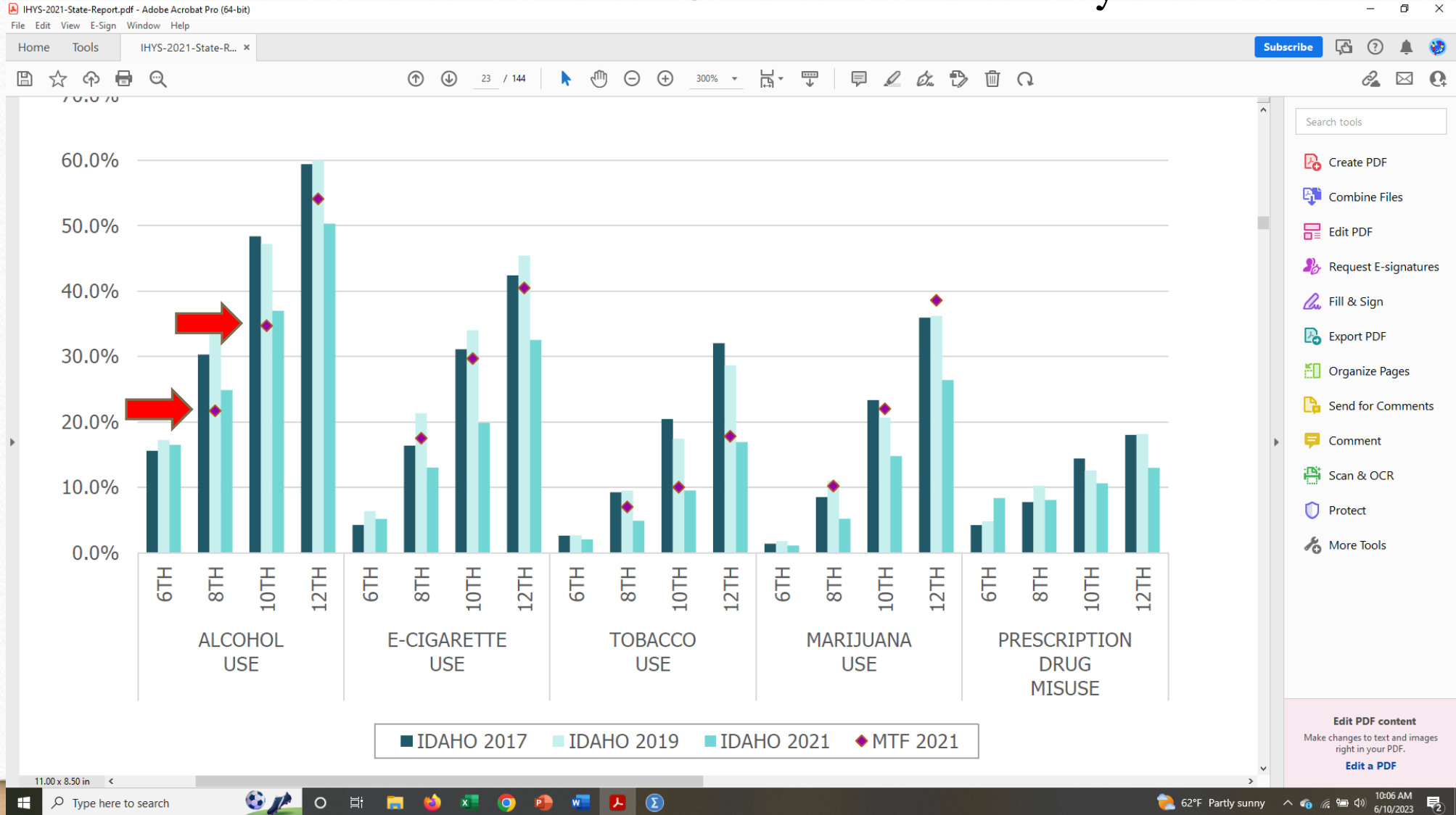
Idaho 2017-2021 (N = 9,380)

	Male			Female		
	2017	2019	2021	2017	2019	2021
Alcohol Use	37.2%	37.0%	29.7%	39.3%	41.0%	33.3%
Vaping	23.9%	25.6%	15.5%	23.4%	26.9%	18.8%
Marijuana Use	17.3%	16.6%	10.4%	17.3%	17.3%	12.5%
Prescription Medication	10.1%	10.4%	9.1%	11.5%	11.7%	9.9%
Tobacco Use	17.4%	15.8%	8.7%	14.4%	12.5%	7.3%



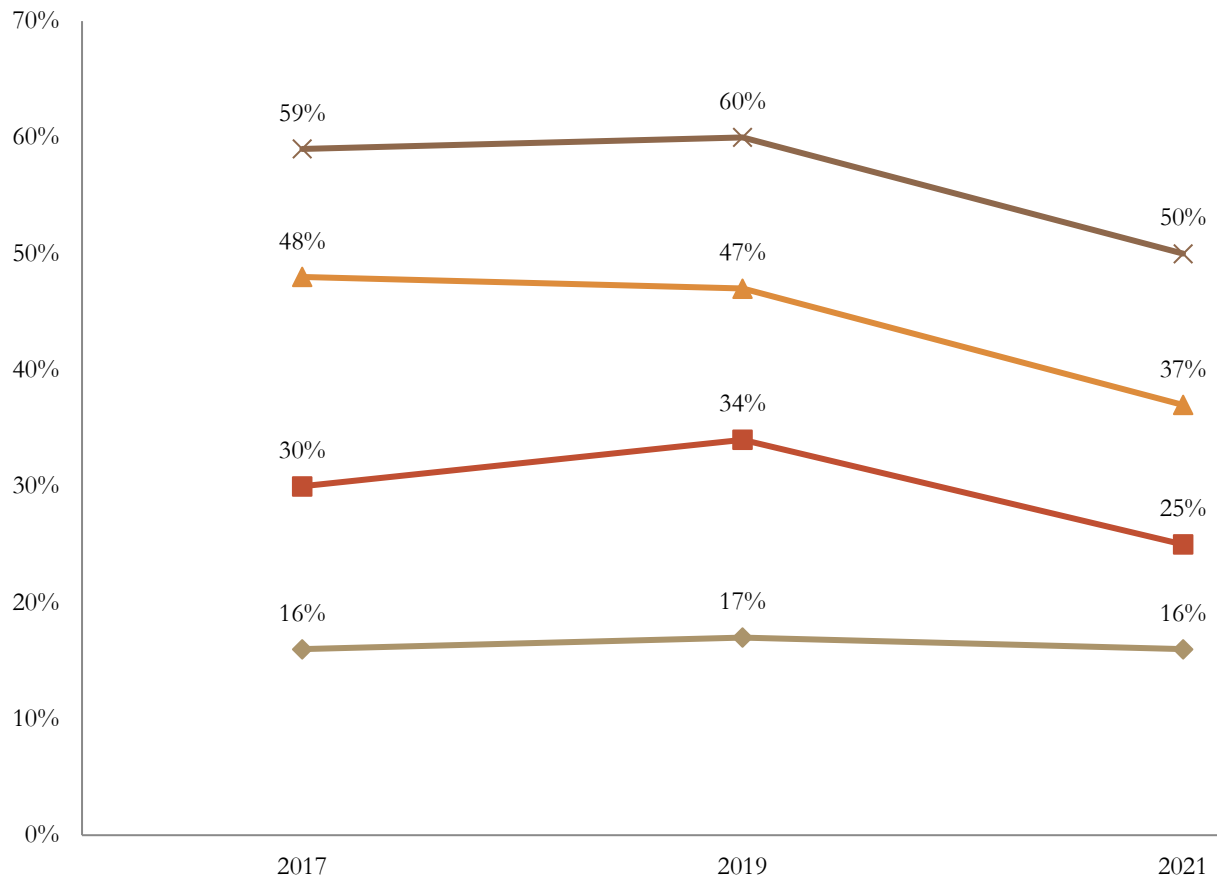
*Idaho Healthy Youth Survey

Lifetime Substance Use 6th – 12th Grade by Grade



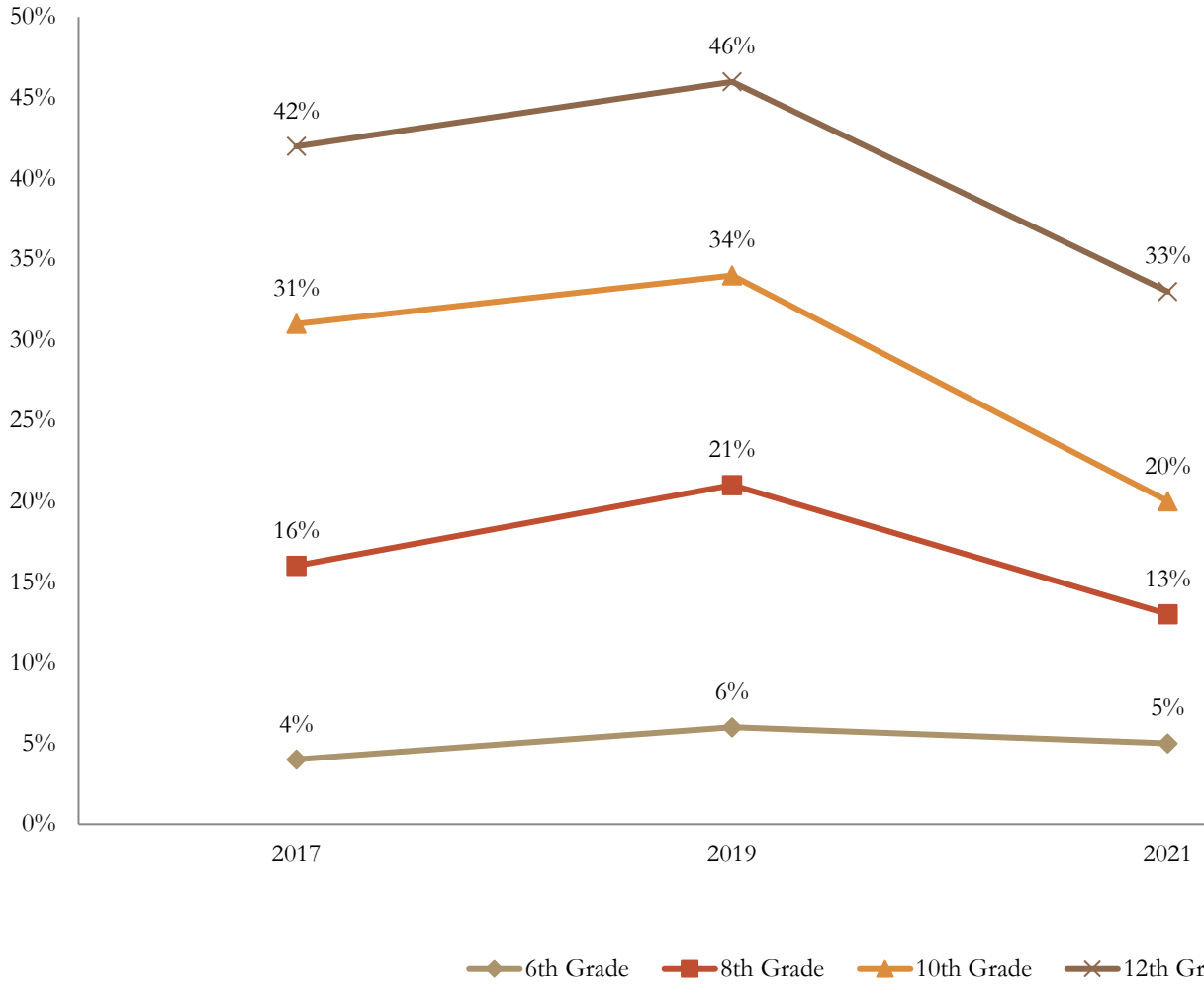
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Lifetime Alcohol

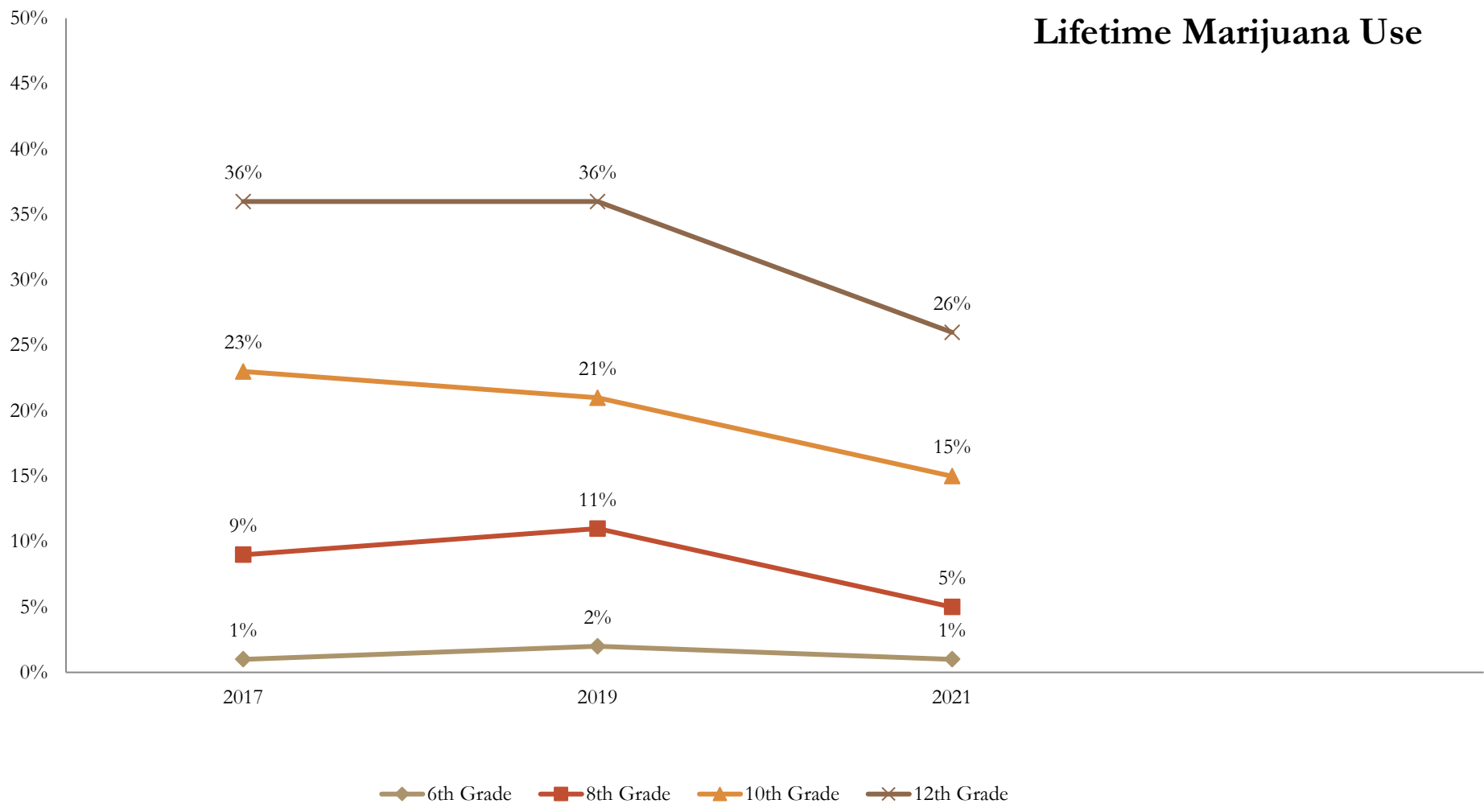


◆ 6th Grade ■ 8th Grade ▲ 10th Grade ✕ 12th Grade

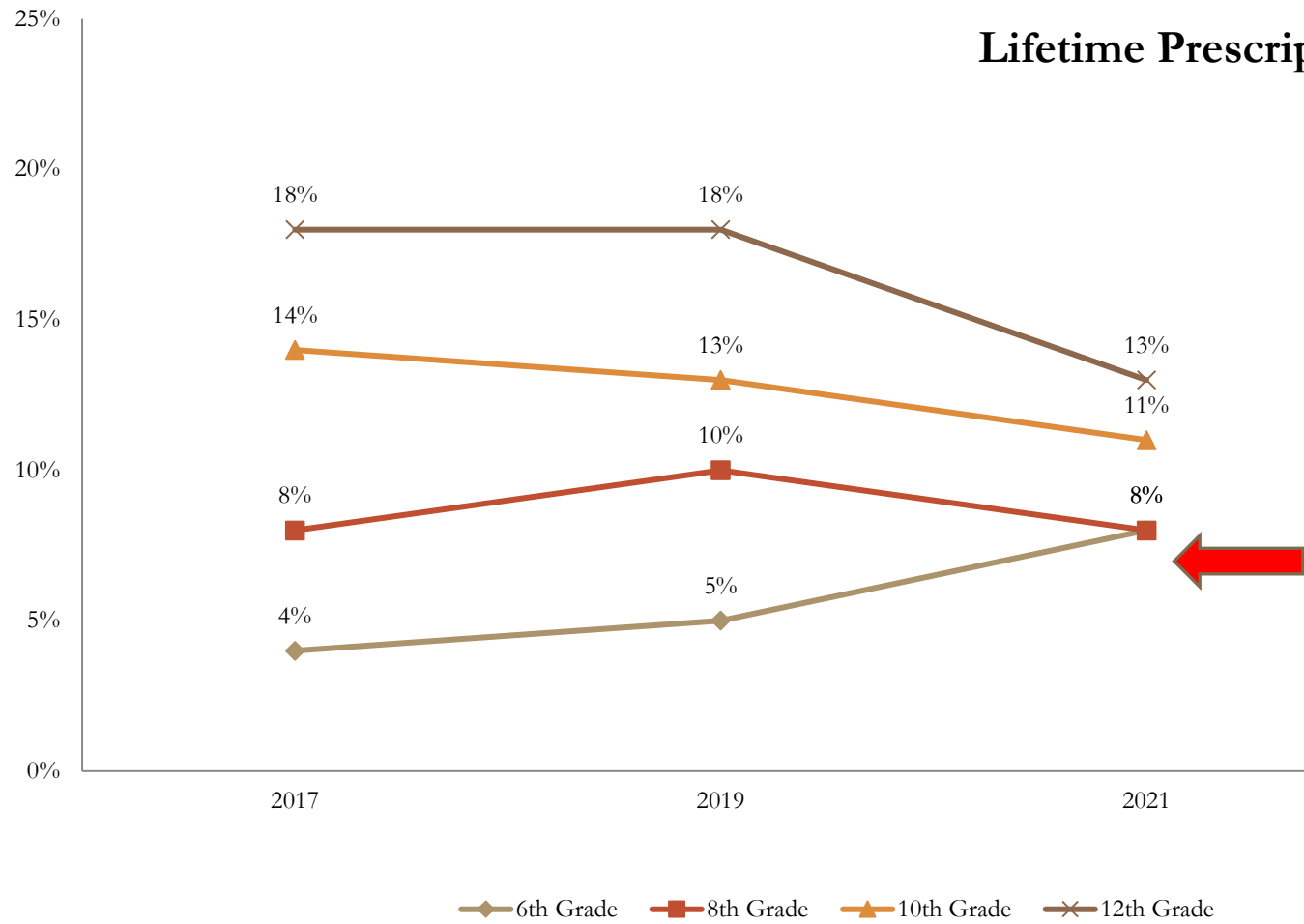
Lifetime Vape



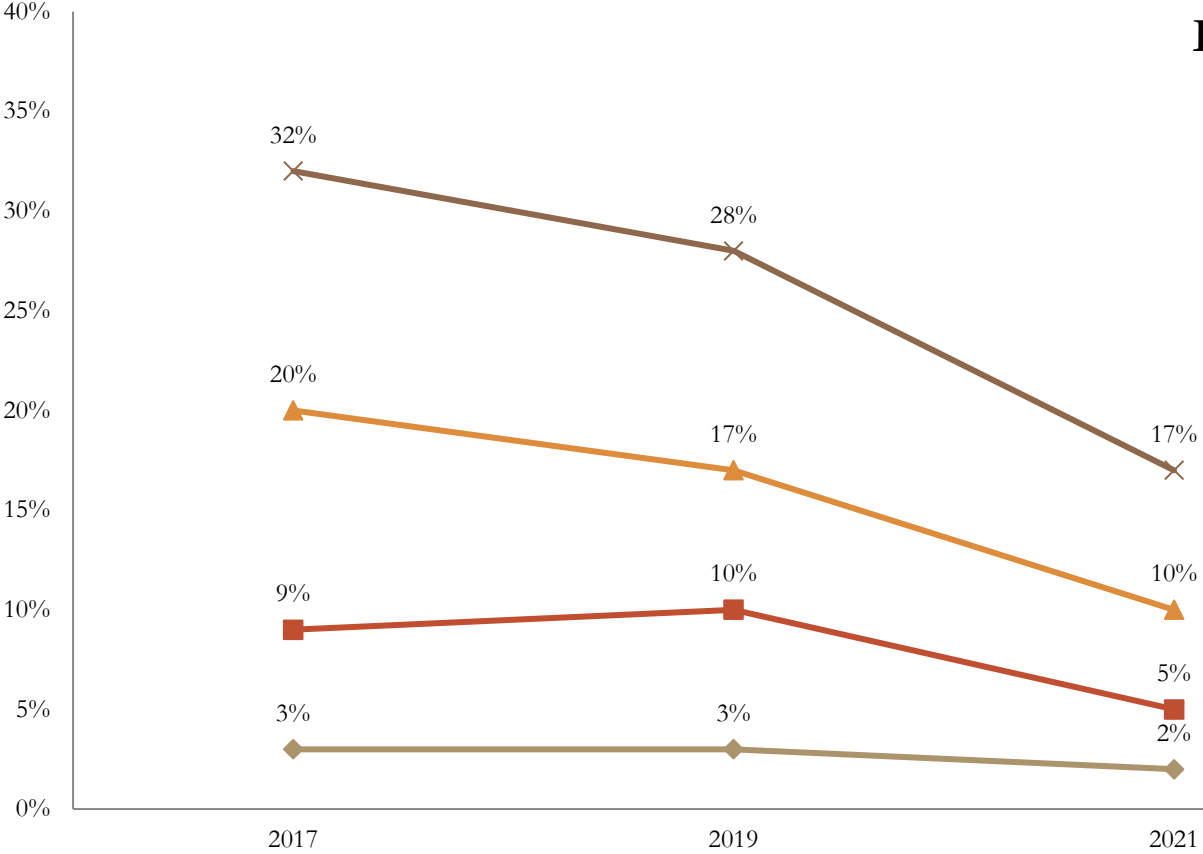
Lifetime Marijuana Use



Lifetime Prescription Drug Misuse



Lifetime Tobacco Use



◆ 6th Grade ■ 8th Grade ▲ 10th Grade ✕ 12th Grade

Location - Idaho Hubs

Idaho 2021 (N = 9,380)

North Hub

Regions 1 and 2 (N = 1,339)

6th = 28%, 8th = 28% (56%)

10th = 26%, 12th = 18% (44%)

West Hub

Region 3 (N = 5,210)

6th = 29%, 8th = 31% (60%)

10th = 17%, 12th = 23% (40%)

East Hub

Regions 4, 5, and 6 (N = 2,832)

6th = 34%, 8th = 30% (64%)

10th = 22%, 12th = 14% (36%)



Lifetime Substance Use 6th – 12th Grade by Hub

	Idaho 2021 (N = 9,380)		
	North Hub Regions 1 and 2 (N = 1,339) 6 th = 28%, 8 th = 28% (56%) 10 th = 26%, 12 th = 18% (44%)	West Hub Region 3 (N = 5,210) 6 th = 29%, 8 th = 31% (60%) 10 th = 17%, 12 th = 23% (40%)	East Hub Regions 4, 5, and 6 (N = 2,832) 6 th = 34%, 8 th = 30% (64%) 10 th = 22%, 12 th = 14% (36%)
Alcohol Use	45.0%	34.0%	24.9%
Vaping	23.3%	18.2%	14.6%
Marijuana Use	16.0%	13.7%	8.0%
Prescription Medication	10.5%	10.8%	8.8%
Tobacco Use	13.9%	8.0%	6.3%

*Idaho Healthy Youth Survey

Past 30-Day Substance Use 6th – 12th Grade

	Idaho 2017-2021		
	2017	2019	2021
Alcohol Use	14.7%	14.7%	9.8%
Binge Drinking	6.8%	6.7%	4.8%
Vaping	13.9%	14.6%	8.8%
Marijuana Use	9.2%	8.5%	5.6%
Prescription Medication	3.6%	3.3%	2.8%
Tobacco Use	5.8%	4.8%	2.1%



*Idaho Healthy Youth Survey

Past 30-Day Substance Use 6th – 12th Grade by Gender

Idaho 2017-2021						
	Male			Female		
	2017	2019	2021	2017	2019	2021
Alcohol Use	13.4%	14.0%	8.6%	15.7%	15.3%	10.7%
Vaping	14.1%	14.6%	7.1%	13.3%	14.6%	10.3%
Marijuana Use	8.8%	8.4%	5.4%	9.3%	8.4%	5.6%
Prescription Medication	3.1%	3.0%	2.8%	3.8%	3.3%	2.6%
Tobacco Use	5.6%	4.9%	2.1%	5.3%	4.5%	1.8%



*Idaho Healthy Youth Survey

Past 30-Day Substance Use 9th – 12th Grade by Gender

Idaho 2017-2021						
	Male			Female		
	2017	2019	2021	2017	2019	2021
Alcohol Use	23.6%	25.3%	19.3%	29.5%	28.3%	27.0%
Binge Drinking	13.6%	15.9%	9.6%	16.9%	16.0%	13.3%
Vaping	16.0%	24.2%	15.0%	12.6%	18.9%	20.5%
Marijuana Use	15.0%	17.3%	11.9%	17.4%	16.5%	15.9%
Prescription Medication	-	-	-	-	-	-
Tobacco Use	9.8%	6.7%	3.3%	8.3%	4.0%	3.7%



* Youth Risk Behavior Survey

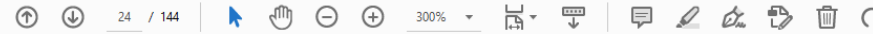
Past 30-Day Use 6th – 12th Grade by Grade

IHYS-2021-State-Report.pdf - Adobe Acrobat Pro (64-bit)

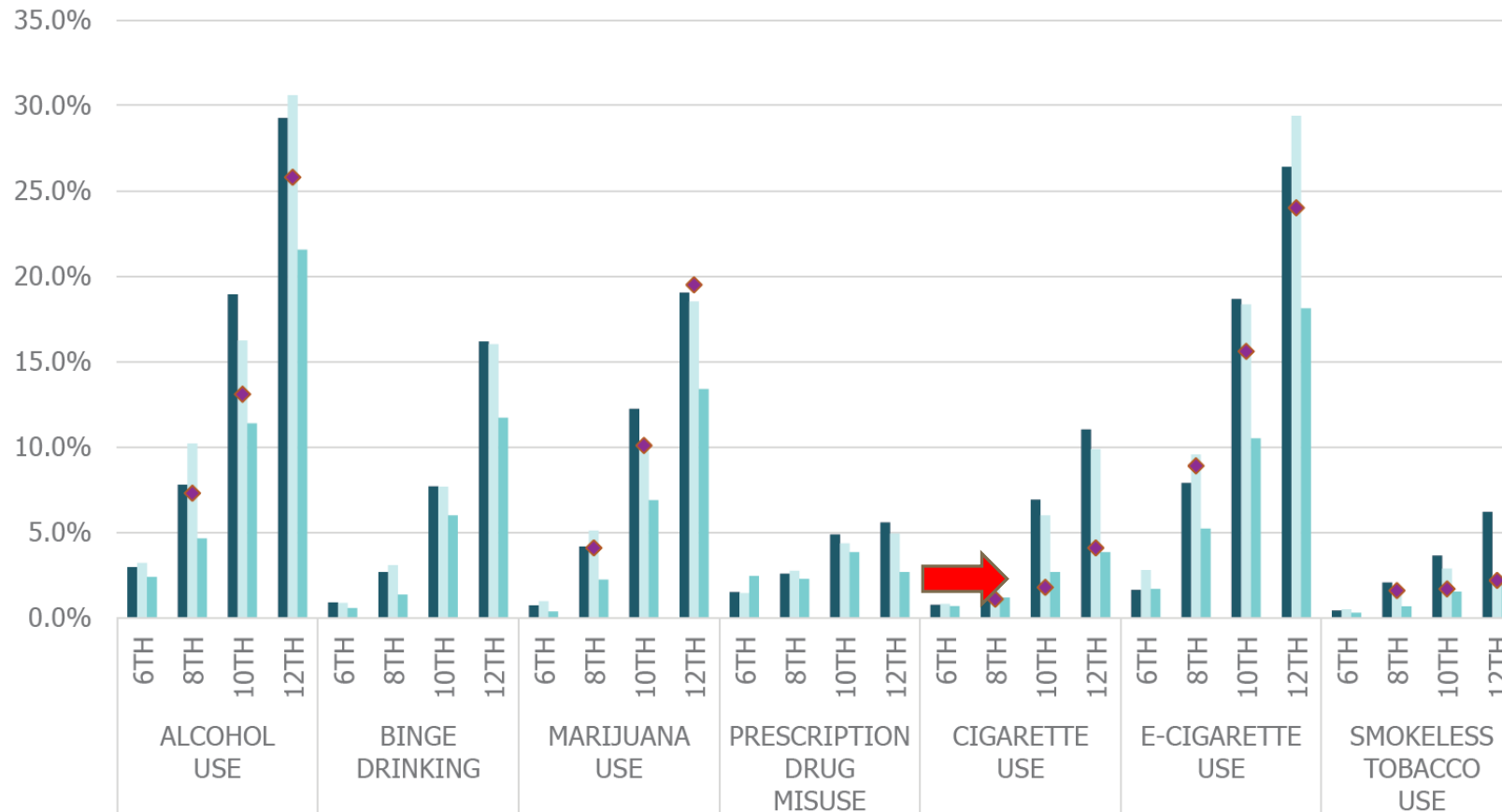
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IDAHO AND NATIONAL MONITORING THE FUTURE (MTF)



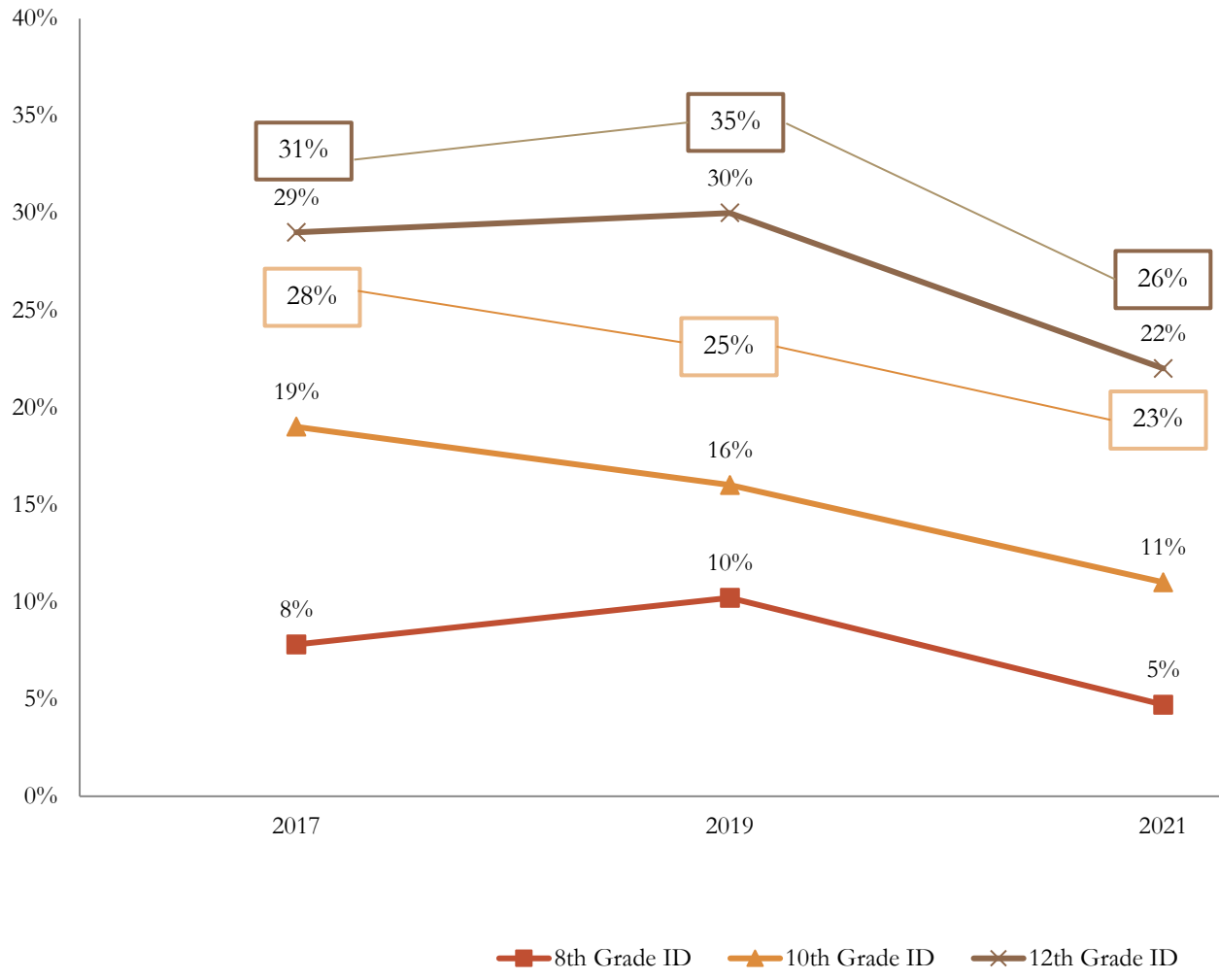
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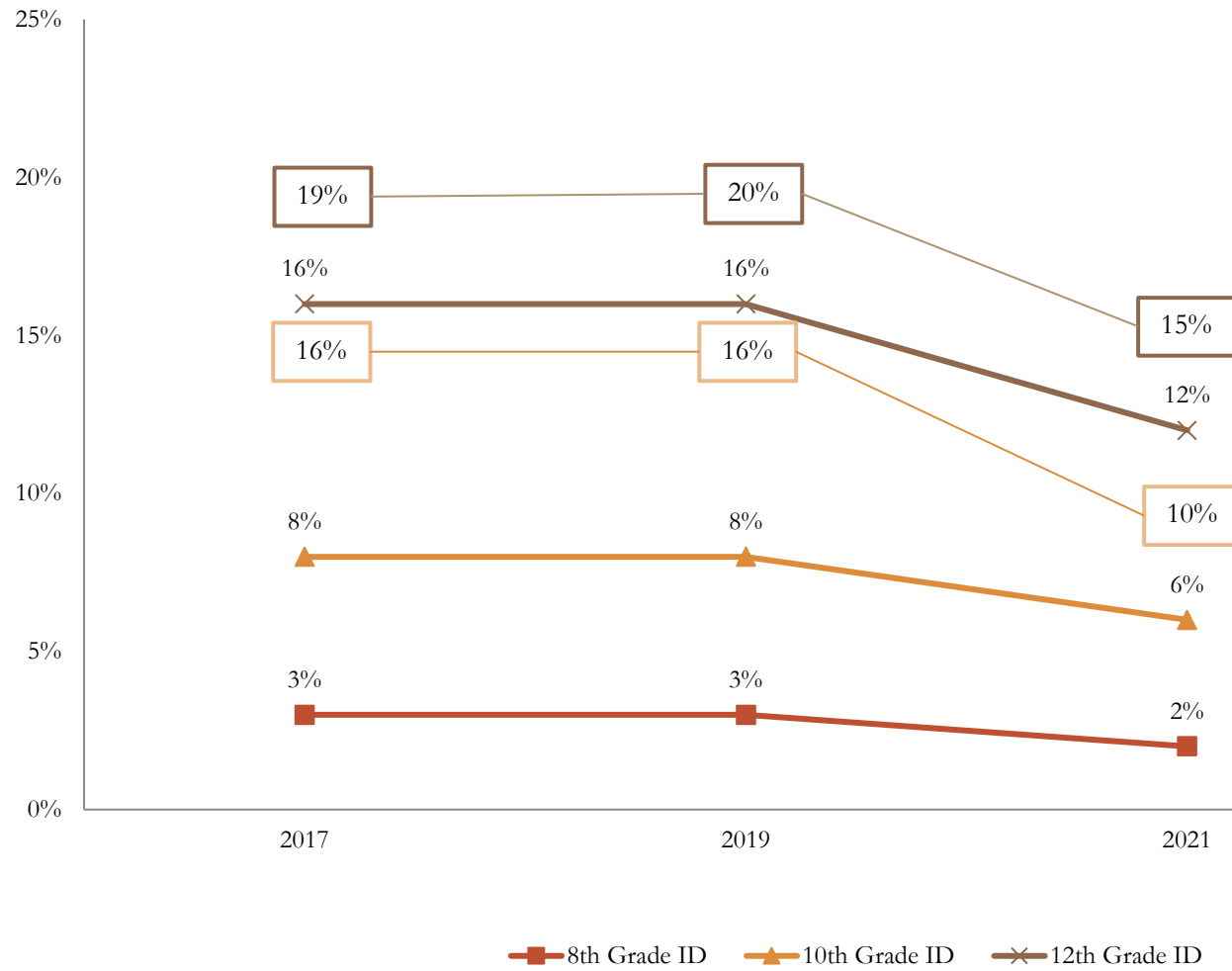
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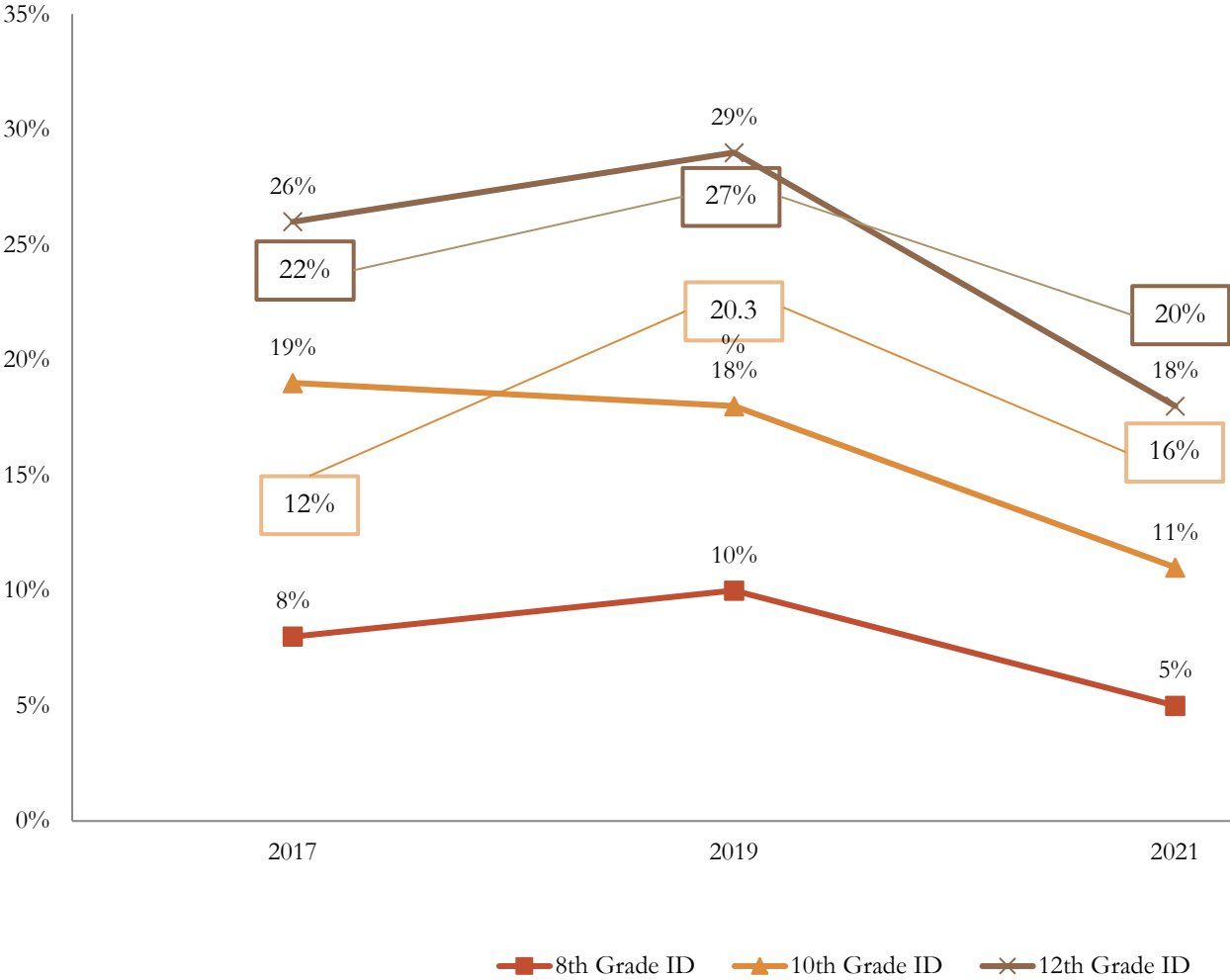
30-Day Alcohol Use



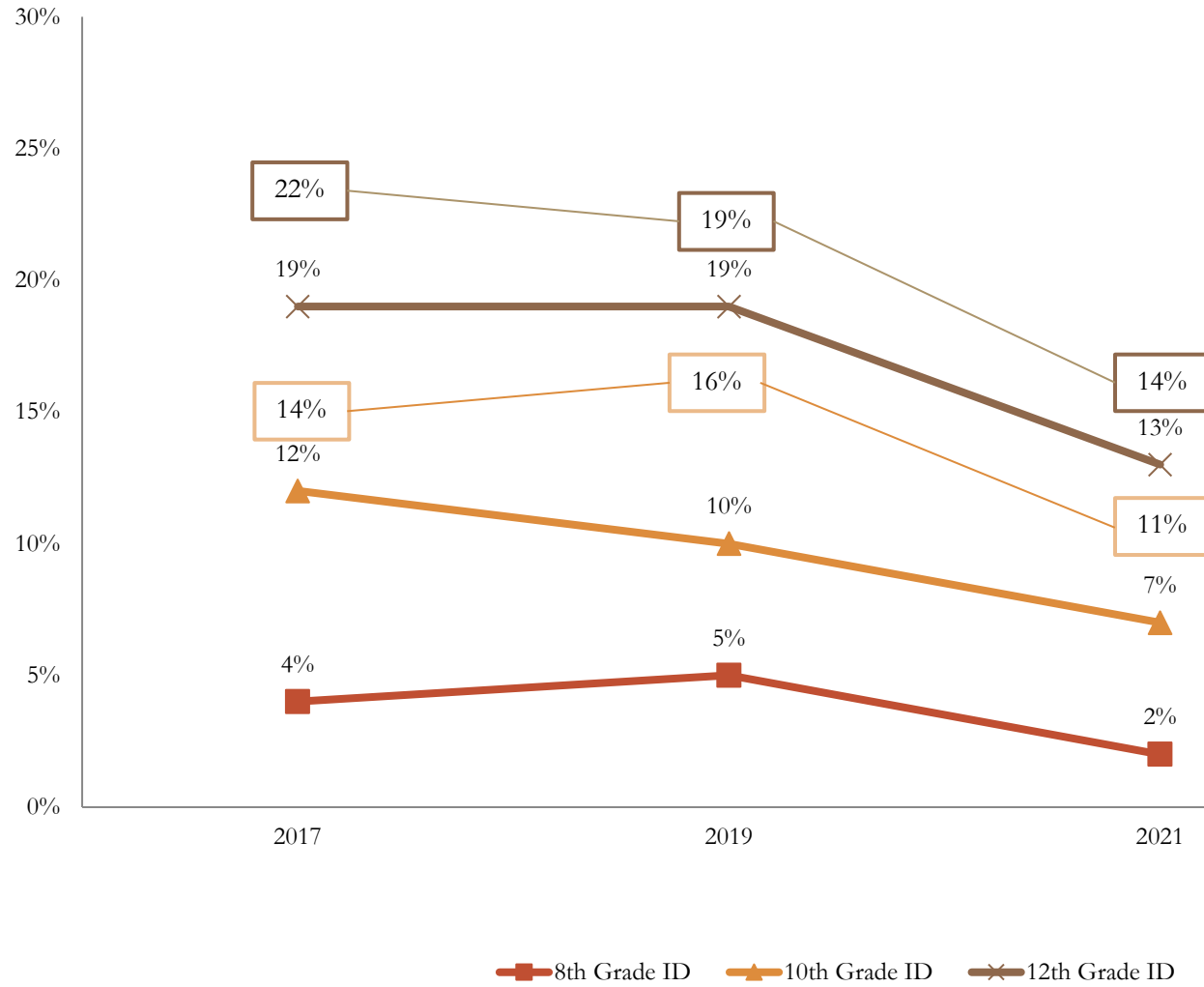
30-Day Binge Drinking



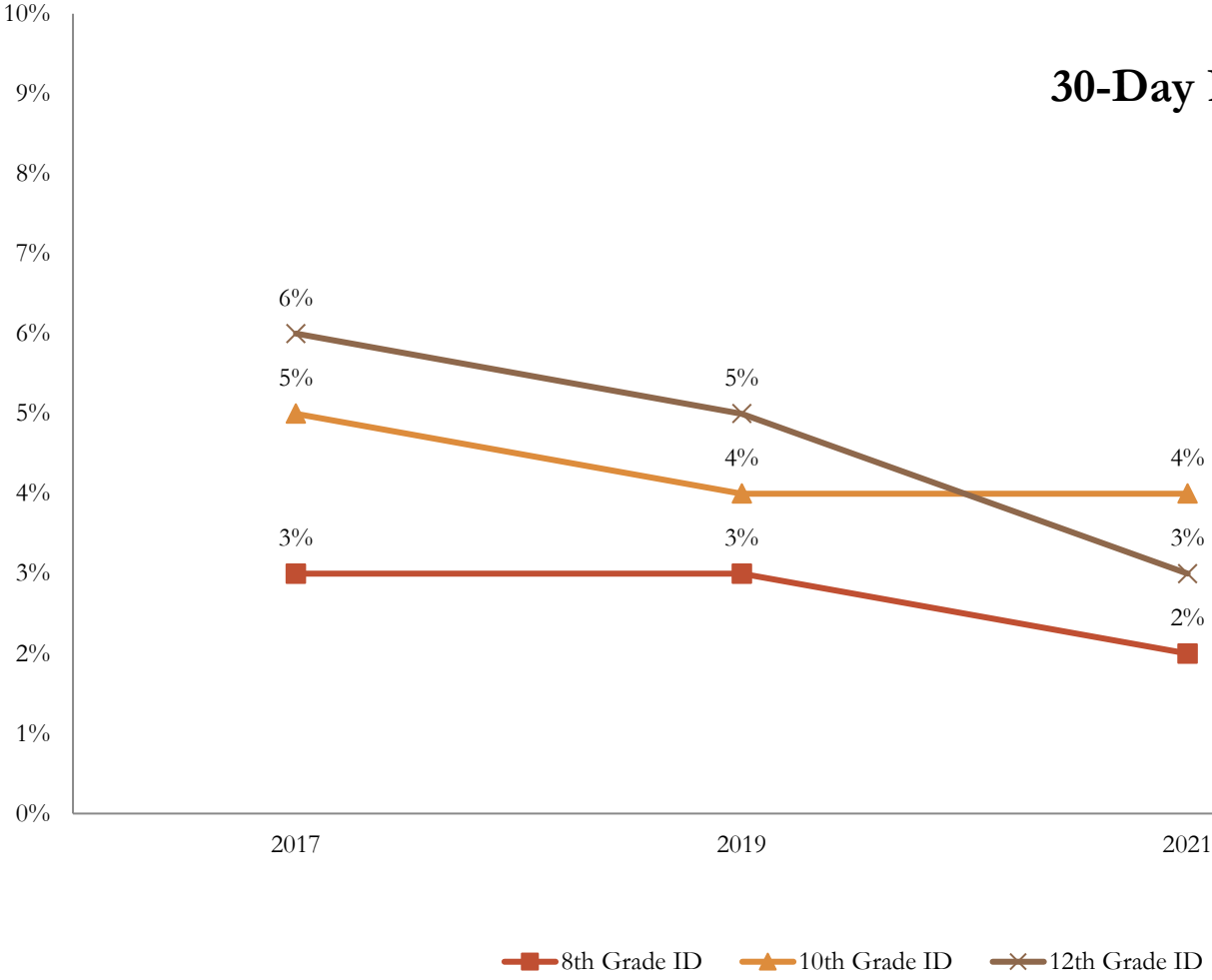
30-Day Vape



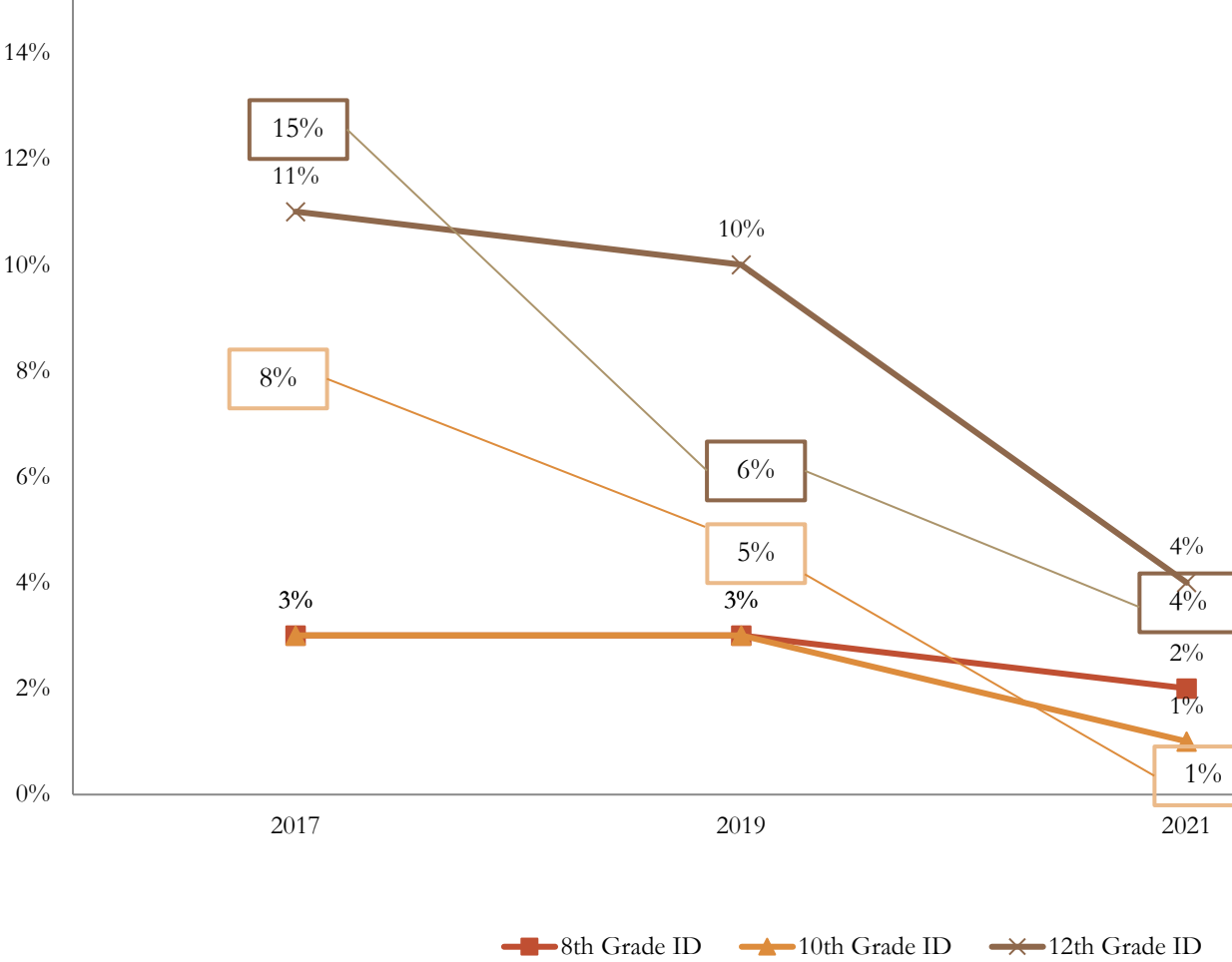
30-Day Marijuana Use



30-Day Prescription Drug Misuse



30-Day Cigarette Use



Past 30-Day Substance Use 6th – 12th Grade by Hub

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Alcohol Use	15.7%	10.8%	6.5%
Binge Drinking	7.8%	5.3%	3.1%
Vaping	12.1%	9.5%	6.8%
Marijuana Use	7.9%	6.8%	3.6%
Prescription Medication	3.3%	2.6%	2.9%
Tobacco Use	3.7%	2.0%	1.6%

*Idaho Healthy Youth Survey

9th – 12th Grade – Risk Factors

	United States (N = 16,500)			Idaho (N = 970)		
	2017	2019	2021	2017	2019	2021
1 st drink before age 13	15.5%	15.0%	15.0%	15.5%	14.7%	17.3%
Tried marijuana before age 13	6.8%	5.6%	4.9%	6.0%	5.0%	5.8%
Rode in car with someone who had been drinking	16.5%	16.7%	14.1%	15.9%	13.1%	14.4%
Drive when drinking	5.5%	5.4%	4.6%	6.0%	3.8%	3.1%



* Youth Risk Behavior Survey

9th – 12th Grade – Risk Factors

	Idaho 2021 (N = 970)			
	9 th	10 th	11 th	12 th
1 st drink before age 13	23.9%	20.9%	15.2%	6.6%
Tried marijuana before age 13	10.4%	5.0%	3.5%	2.7%
Rode in car with someone who had been drinking	18.5%	15.0%	11.3%	11.9%
Drive when drinking	1.5%	2.1%	4.3%	3.2%



* Youth Risk Behavior Survey

Risk/Protective Factors – Access



Research indicates ease of access to substances is a risk factor for youth substance use

In Idaho

- One third of students or less think it is easy to access substances
- Perceived access increases from 6th – 12th grade, with the highest rates of perceived access in 12th grade
- Perceived ease of access **decreased** from 2017-2019 and from 2019-2021

Substance	Percent that Believe Access is “Easy”
Alcohol	34.2%
Prescription Drugs for Purpose of Misuse	24.3%
Marijuana	18.5%
Tobacco	17.2%

*Idaho Healthy Youth Survey 2021

Risk/Protective Factors – Perceived Risk of Use



Research indicates perceived risk of substance use is a protective factor for youth substance use

• In Idaho

- About one half to two thirds of students perceive use of substances to be a “great risk”
- Perceived risk decreases from 6th – 12th grade, with the lowest rates of perceived risk in 12th grade
- Perceived risk **increased** from 2017-2021 for vaping, prescription drugs, and marijuana but **decreased** for tobacco; **no change** for alcohol

Substance	Percent that Believe Use is a “Great Risk”
Use Tobacco	65.7%
Misuse Prescription Drugs	65.7%
Binge Drink \geq 1 Times a Week	57.0%
Vape or use e-Cigarettes	52.3%
Use Marijuana	49.6%
Drink 1-2 Drinks Nearly Every Day	47.9%

*Idaho Healthy Youth Survey 2021

Risk/Protective Factors – Peer Disapproval



Research indicates perceived peer disapproval of youth substance use is a protective factor for youth substance use

- **In Idaho**
 - Only one half to two thirds of students believe their peers feel it would be “very wrong” for them to use substances
 - Perceived disapproval decreases from 6th – 12th grade, with the lowest rates of perceived disapproval in 12th grade
 - Data is similar from 2017-2021 for alcohol and prescription drug use; **increase** in perceived disapproval for marijuana, vaping, and tobacco use

Substance	Percent that Believe Peers Would Feel it is “Very Wrong”
Use Tobacco	69.3%
Use Marijuana	65.4%
Binge Drink \geq 1 Times a Week	63.7%
Drink 1-2 Drinks Nearly Every Day	57.4%
Misuse Prescription Drugs	56.1%

*Idaho Healthy Youth Survey 2021

Risk/Protective Factors – Parental Disapproval



Research indicates perceived parental disapproval of youth substance use is a protective factor for youth substance use

In Idaho

- Most students believe their parents feel it would be “very wrong” for them to use substances
- Perceived disapproval decreases from 6th – 12th grade, with the lowest rates of perceived disapproval in 12th grade
- Data is similar from 2017-2021

Substance	Percent that Believe Parents Would Feel it is “Very Wrong”
Misuse Prescription Drugs	84.8%
Use Tobacco	84.5%
Use Marijuana	80.7%
Use an e-Cigarette	80.3%
Binge Drink \geq 1 Times a Week	81.0%
Drink 1-2 Drinks Nearly Every Day	73.9%

*Idaho Healthy Youth Survey 2021

EBP Websites

- Blueprints for Healthy Youth Development
<https://www.blueprintsprograms.org/>

- National Institute of Justice
<https://crimesolutions.ojp.gov/>

- WA State Matrix

https://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf Idaho Office of Drug Policy

[Click this link for Updated Inventory of Evidence-Based, Research-Based, and Promising Practices](https://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf)

- Idaho Office of Drug Policy

https://prevention.odp.idaho.gov/wp-content/uploads/2016_evidencebased_practice_selection_planning_workbook.pdf

- College Aim Matrix (NIAAA)

https://www.collegedrinkingprevention.gov/sites/cdp/files/documents/NIAAA_College_Matrix_Booklet.pdf



Boise State RADAR CENTER

- Evidence-Based Practices Link

<https://www.boisestate.edu/radar/resource-links/national-links/evidence-based-practices/>

- New EBP Resources Page in Progress

- Contact: Leah Kalk, MA

208-426-3471

radar@boisestate.edu

Putting it into Practice

- Sharon is a school counselor at a high school in Region 3. Sharon is interested in understanding:
 - 1) How substance use in her area compares to the rest of the state
 - 2) Which substances are being used most often
 - 3) How are adolescents getting the most used substance
 - 4) What programs might be useful for students at her school



Questions?

