

YOUTH DRUG USE

Snohomish County Facts

- 10th grade students were significantly less likely to have used cocaine in the past year compared to the state.
- 12th graders were less likely to have used any illegal drugs in the past year compared to the state.
- In the last decade, 12th graders cut in half current use of other illegal drugs, as well as ever trying meth.
- Since 2008, there has been a 50% reduction in 10th graders who have ever tried meth or cocaine.
- The rate of those saying they'd have "very easy" access to other illegal drugs has been halved since 2008 for both 8th and 10th graders.

PRESCRIPTION DRUGS	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Current* use of painkillers to get high	~	2.4%	3.8%	3.6%
Current* use of prescriptions not prescribed to them	~	4.4%	6.3%	5.4%
METHAMPHETAMINE, HEROIN & OTHER ILLEGAL DRUGS	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Ever used methamphetamine	~	1.8%	2.7%	3.5%
Ever used heroin	~	2.0%	2.4%	3.1%
Ever used cocaine	~	1.7%	2.8%	6.8%
Ever used steroids without a prescription	~	1.9%	2.4%	3.1%
Used any illegal drug (except marijuana) to get high in past 30 days	0.8%	3.2%	5.9%	4.9%
INHALANTS	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Ever used inhalants to get high	2.9%	7.0%	8.7%	7.8%
AVAILABILITY AND ATTITUDES TOWARD DRUGS	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Perceive moderate or great risk of using prescription drugs not prescribed to them	~	83.4%	85.1%	86.5%
Think it's very wrong for someone their age to use cocaine, LSD, methamphetamines, or other illegal drugs	93.4%	86.2%	77.4%	72.0%
<small>~ Not asked of students in this grade *Current use = any use in the past 30 days (also called recent use).</small>				



YOUTH DRUG USE: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Questions ask about risk for injury, health behaviors and outcomes, alcohol and drug use.
- Results are used by communities to support youth and reduce risks.

More info available at: www.askhys.net

PARENTS

- Look out for potential signs of drug use, such as a loss of interest in hobbies, the disappearance of money or valuables, and changes in mood or appearance.
- Safely dispose of any prescription medication as soon as possible. Check your local pharmacy or fire and police departments for medication disposal events, or visit <https://med-project.org> to find a secure disposal kiosk. Expired or unused medication should not be flushed down a toilet or thrown out.
- If you do suspect any illegal drug use, remain calm and do not be confrontational. Get your child the help they need.

SCHOOLS AND COMMUNITY GROUPS

- Most teens overestimate how many of their peers drink and use illicit drugs. The majority of their peers are not using drugs. Teach realistic norms to help reduce peer pressure via assemblies, posters, or other formats.
- Target prevention efforts toward trends in drug use within your region or age group(s).
- Offer extra-curricular activities and advertise teen events in the community to encourage participation.

GOVERNMENT

- Continue building partnerships to focus resources where they are most needed. The Snohomish Health District, County Council, County Executive, and Sheriff's Office have partnered to respond to the opioid epidemic. More information: www.snohomishoverdoseprevention.com.
- Police and fire departments can host and promote safe medication disposal events.

Participation by all of the Snohomish County school districts in the Healthy Youth Survey is much appreciated. School participation allows us to report on the current health status of our youth and track trends over time.

For more information about the Healthy Youth Survey, check out <http://www.askhys.net/> or to see Snohomish County Healthy Youth Survey Fact Sheets go to www.snohd.org.

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