

# Parenting for Prevention

Student Assistance Services Corp., 660 White Plains Road, Tarrytown, New York, 10591 January, 2020

## Monitoring The Future



There is some good news in the annual national survey of youth substance use which reports that the use of illicit and prescription drugs are holding steady or declining and the use of cigarettes and the use of alcohol is declining.

However, data from surveys of students in Westchester County schools indicates that the use of alcohol is higher than the national average. This use remains a concern given the research on alcohol's impact on the developing brain and other health issues.

The increase in youth vaping and marijuana and nicotine use in the devices is a national concern. The use of vaping devices has, as Nora Volkow, MD, Director of the National Institute on Drug Abuse, describes it, "exploded." There are many immediate and long term consequences of youth vaping including the possible life long lasting impact of becoming addicted to nicotine and/or marijuana and the subsequent negative lifetime physical and mental health issues that may result.

Editor: Patricia Murphy Warble, LMSW and CPP



## Illicit Drug Use

During the past year use of illicit drugs among 12<sup>th</sup> graders remained steady.

Marijuana	35.7%
LSD	3.6%
Synthetic Cannabinoids	3.3%
Cocaine	2.2%
MDMA	2.2%
Heroin	0.4%

**Daily Marijuana Use Increases But Past Year Marijuana Use Steady**

2018 Daily Marijuana Use

8 <sup>th</sup> grade	0.7%
10 <sup>th</sup> grade	3.4%
12 <sup>th</sup> grade	5.8%

2019 Daily Marijuana Use

8 <sup>th</sup> grade	1.3%
10 <sup>th</sup> grade	4.8%
12 <sup>th</sup> grade	6.4%

Past year marijuana use – gap closing between older grades

8 <sup>th</sup> grade	11.8%
10 <sup>th</sup> grade	28.8%
12 <sup>th</sup> grade	35.7%

**Prescription Drug Misuse Continues Decline from Peak Years**

Vicodin® Misuse

Peak Years

8 <sup>th</sup> grade:	3.0% (2006)
10 <sup>th</sup> grade:	8.1% (2009)
12 <sup>th</sup> grade:	10.5% (2003)

2019

8 <sup>th</sup> grade	0.9%
10 <sup>th</sup> grade	1.1%
12 <sup>th</sup> grade	1.1%

Oxycontin® Misuse

Peak Years

8 <sup>th</sup> grade:	2.6% (2006)
10 <sup>th</sup> grade:	5.1% (2009)
12 <sup>th</sup> grade:	5.5% (2005)

2019

8 <sup>th</sup> grade	1.2%
10 <sup>th</sup> grade	2.0%
12 <sup>th</sup> grade	1.7%

Adderall® Misuse

**There has been a decrease in 10<sup>th</sup> and 12<sup>th</sup> grades but an increase in 8<sup>th</sup> grades**

2014

8 <sup>th</sup> grade	1.3%
10 <sup>th</sup> grade	4.6%
12 <sup>th</sup> grade	6.8%

2019

8 <sup>th</sup> grade	2.5%
10 <sup>th</sup> grade	3.1%
12 <sup>th</sup> grade	3.9%

**Cigarette Smoking (Past Month) Declines Over Past Ten Years**

8 <sup>th</sup> grade	2.3%
10 <sup>th</sup> grade	3.4%
12 <sup>th</sup> grade	5.7%*

\*Significant decline from 2018 (7.6%)

**Alcohol Use Continues to Decline**

Significant Long-Term Decrease in All Grades

2019

8 <sup>th</sup> grade	19.3%
10 <sup>th</sup> grade	37.7%
12 <sup>th</sup> grade	52.1%

Binge Drinking\* Significant Long-Term Decrease in All Grades

2019

8 <sup>th</sup> grade	3.8%
10 <sup>th</sup> grade	8.5%
12 <sup>th</sup> grade	14.4%

\*5 or more drinks in a row in the past two weeks



**Tobacco and Nicotine: Vaping Threatens Progress**  
Nicotine – Daily Use

Daily Smoking

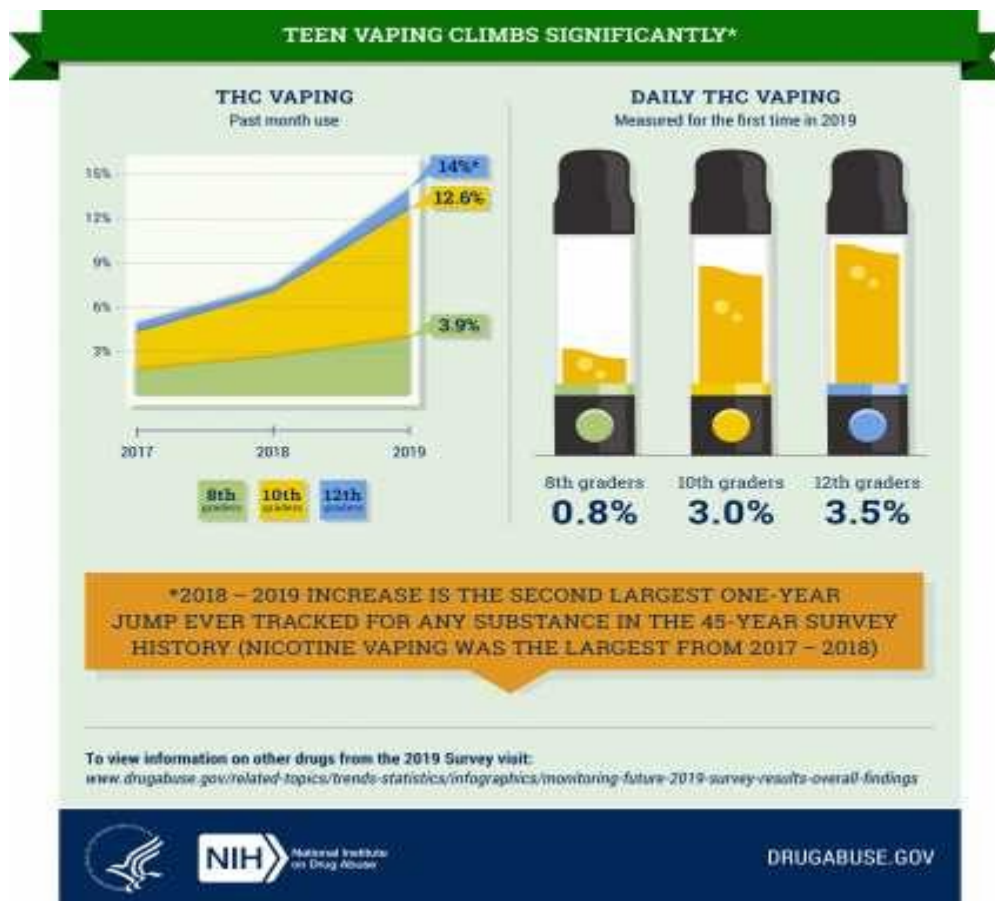
8 <sup>th</sup> grade	0.8%
10 <sup>th</sup> grade	1.3%
12 <sup>th</sup> grade	2.4%*

\*Significant decline from 2018 (3.6%)

Daily Nicotine Vaping

8 <sup>th</sup> grade	1.9%
10 <sup>th</sup> grade	6.9%
12 <sup>th</sup> grade	11.7%





The news on vaping is not a surprise but it is still shocking that in the history of *Monitoring The Future*, the largest jumps in the use of a substance is related to vaping nicotine and THC.

When teens are asked why they vape their responses are as follows:

- to experiment (60.9%)
- because it tastes good (41.7%)
- to have a good time with friends (37.9%)
- to relax and relieve tension (37.4%) – representing an increase of nearly one-third since 2018
- to feel good or get high (29.0%)
- boredom (28.7%)
- it looks cool (15.2%)
- because they’re “hooked” (8.1%) which doubled from 2018 (3.6%)
- to help quit regular cigarettes (6.1%)
- regular cigarette use is not permitted (3.3%)

Nora Volkow, remarks, “For the second year in a row, rapid rises in vaping among adolescents are the top story from the *Monitoring the Future* survey of drug use and attitudes among the country’s 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders. What became evident in 2018 was that vaping devices, which have exploded in popularity over the past several years, are now exposing a new generation to nicotine. Those trends continued in 2019, but with the additional concern of a rapid rise in the vaping of marijuana, as well as increases in daily marijuana use in 10<sup>th</sup> graders.”

“More than one fifth of high school seniors (20.8 %) reported having vaped marijuana in the past year, as did nearly that same proportion of 10<sup>th</sup> graders (19.4 %). From 2018 to 2019, the percentage of seniors vaping marijuana in the past month almost doubled from 7.5 percent to 14 percent—the second largest one-year increase in any drug use that has ever been recorded in the 45-year history of the MTF survey. (The first largest increase was nicotine vaping from 2017 to 2018 reported last year.) Among 10<sup>th</sup> graders, past-month use was 12.6 percent.”

Yearly and lifetime marijuana use has held relatively steady over the past several years despite wider availability and diminished perception of the drug’s harms by this age group (and by the U.S. population more generally). But the increases in the daily use and in the vaping of THC, the active ingredient in marijuana, are alarming because the very high THC concentration, the additives, and the chemicals that are a byproduct of the heating process, are causing a wide range of serious health concerns including balance problems and several respiratory health problems such as bronchitis, chronic cough, and asthma symptoms and EVALI (E-cigarette -and Vaping product use Associated Lung Injury).

It is not clear how THC’s effects differ when vaped versus when smoked in a traditional fashion or whether the amount of THC that youth are being exposed to differs with these methods.

### Up Coming Events

**March 12, 9:00am-1:45pm**

Westchester County Center  
CODA-Co-Occurring Disorders  
Awareness, You(th) as agents of  
change summit. Contact:  
pdw1@westchestergov.com

**March 26 6:00 to 9:00pm**

New Rochelle HS  
Family U  
**The Dangers of Binge Drinking, Illegal  
Substances and Prescription Drugs:**  
Keynote speaker: Sam Anthony Lucania  
Contact: 576-4551

**April 22 8:30am to 3:00pm**

CB Rice Mansion, White Plains  
Youth Training with Ty Sells on  
how to use a variety of platforms  
to advocate for healthy lifestyles  
and decisions.  
Contact: PWarble@sascorp.org