

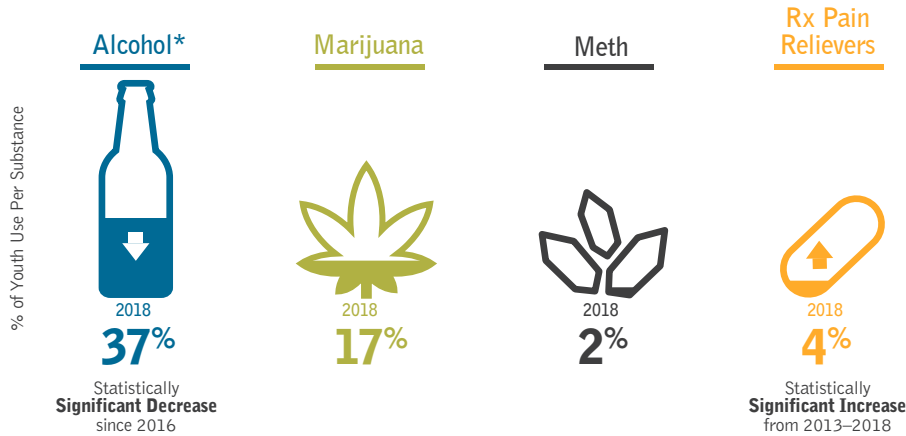
2018 RISE ABOVE COLORADO YOUTH SURVEY

The Rise Above Colorado Youth Survey (RACYS) is a data source for behavioral health and substance use attitudes and behaviors among Colorado youth ages 12–17. The 2018 data of more than 600 youth is based on a representative sample of the entire state. For more information and complete survey data, visit www.riseaboveco.org.



SUBSTANCE USE – COLORADO YOUTH 2018

Surveyed youth were asked, “During your life, how many times have you used (substance)?”:



PERCEIVED RISK

Youth’s perceived risk in alcohol and marijuana use is **decreasing**

Youth’s perceived risk in prescription drug use is **increasing**



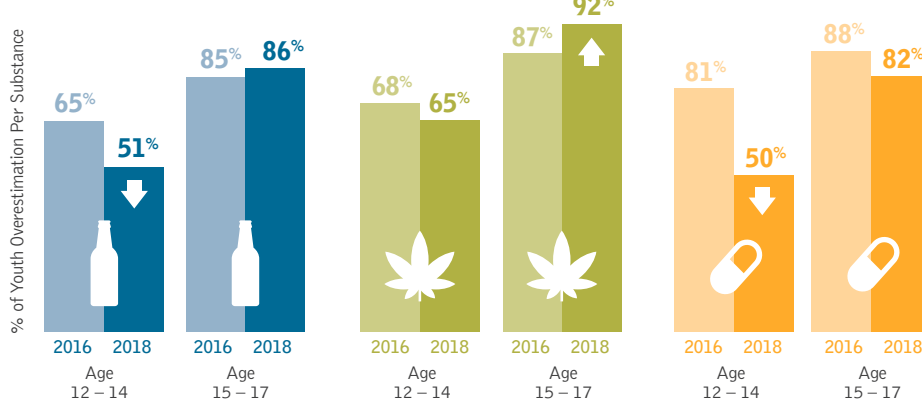
ACCESS

Ease of access, curiosity to try and direct offers are all increasing around ages 14–15 when many youth transition from middle to high school.

Ages **14 to 15**

SOCIAL NORMS: PERCEPTION VS. REALITY 2016 – 2018

Overestimation of schoolmates’ substance use has decreased amongst Middle School Aged Youth (12–14):



Since 2016,

Middle School Aged Youth (12–14) reported **SIGNIFICANTLY DECREASED MISPERCEPTIONS**

of their schoolmates’ **recent use of alcohol, prescription drugs and meth**, which offers us hope for impact among this younger age group.

High School Aged Youth (15–17) reported

SIGNIFICANTLY INCREASED MISPERCEPTIONS

(i.e. overestimation) of their schoolmates’ **recent use of marijuana** by 5%, a cause for concern.



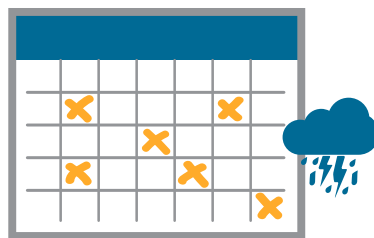
MENTAL HEALTH AND SUBSTANCES

Youth reporting **6 or more difficult mental health days in a month** are significantly **more likely to have tried alcohol, marijuana and prescription pain relievers** than those who have no difficult mental health days:



1 in 4 Youth

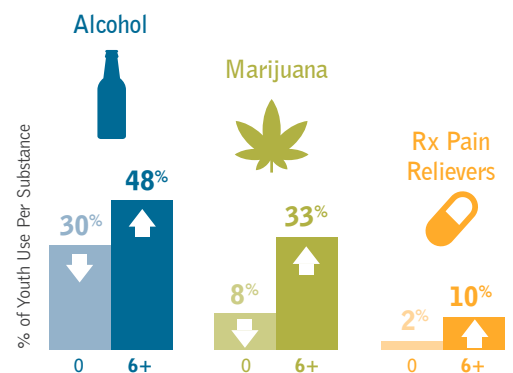
said they had **6 or more difficult mental health days** in the last month.



Youth who reported experiencing

6 or more

difficult mental health days in a month are significantly more likely to have tried **alcohol, marijuana and prescription pain relievers**.



Number Of Mentally Difficult Days Per Month

↑ Denotes Statistically Significant Difference

*QUESTION WORDING CHANGED SLIGHTLY IN 2018 TO DEFINE ALCOHOL CONSUMPTION AS “AT LEAST ONE DRINK RATHER THAN JUST A FEW SIPS.”

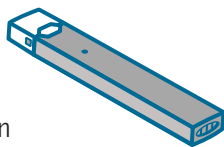
SURVEY DATA FROM 2018 RACYS RESULTS

Emerging Issue: Youth Vaping

WHAT WE KNOW

What Is Vaping?

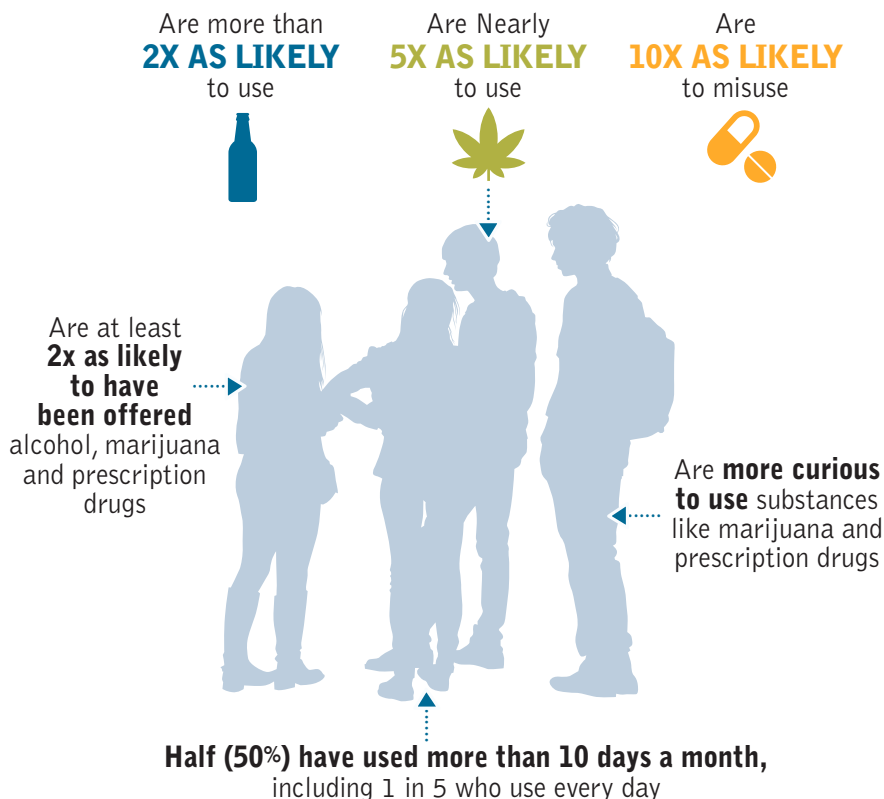
Vaping is the act of inhaling and exhaling an **aerosol made up of fine particles**, also known as vapor. This vapor is produced by a **battery operated device known as an e-cigarette**.



In the 2018 Rise Above Colorado Youth Survey, participants were asked for the first time if they smoke, including using a vape pen or some other form of e-cigarette, due to growing concern about this behavior among youth:

The vast majority of youth (92%) said they don't smoke, use a vape pen, or other form of e-cigarette.

Those Youth Who Smoke Or Vape

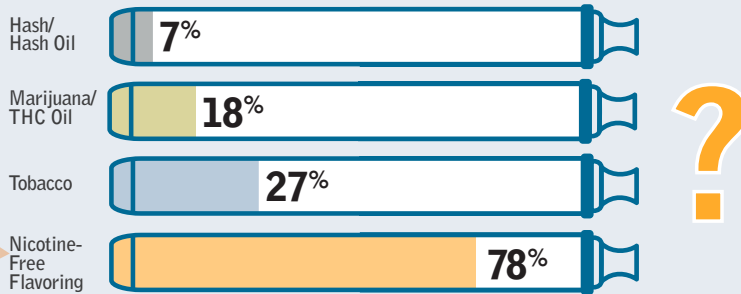


WHAT WE CAN LEARN

What Are Youth Vaping?

Surveyed youth were asked, "What do you use in your vape pen?"

Out of the youth who vape, **78%** reported using **nicotine-free flavoring** in their vape pens.



Did You Know?

- Although many youth who vape report they are using nicotine-free products, **almost all vape products sold in convenience stores—including all JUUL products—DO CONTAIN NICOTINE**, even if the label doesn't say so.¹
- The "vapor" of an e-cigarette is often mistaken for water mist, but is in fact an aerosol containing minute particles.²
- Diacetyl, a chemical sometimes found in vaping liquids, is linked to "Popcorn Lung," a serious lung disease.³
- Colorado youth lead the nation in use of vape/e-cigarette products. **To learn more, visit www.iriseaboveco.org.**

¹"Vape-Free November," Colorado Department of Public Health and Environment, 2018.

²"What is Vaping?," Center on Addiction, 2018.

³"E-Cigarette Use Among Youth and Young Adults, A Report of the Surgeon General—Executive Summary," U.S. Department of Health and Human Services, 2016.





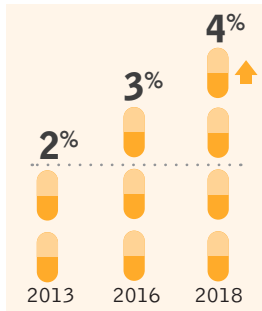
Prescription Drugs: Pain Relievers and Stimulants



MISUSE OF PRESCRIPTION PAIN RELIEVERS AND PRESCRIPTION STIMULANTS

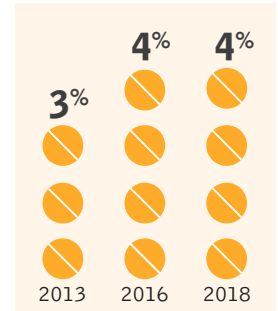
PRESCRIPTION PAIN RELIEVERS:

LIFETIME MISUSE*
STILL LOW AT
4%
YET
HAS DOUBLED
SINCE 2013



PRESCRIPTION STIMULANTS

LIFETIME MISUSE*
STILL LOW AT
4%
AND **STABLE**
SINCE 2013

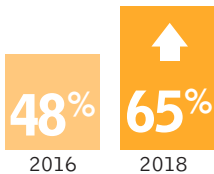


PERCEIVED RISK

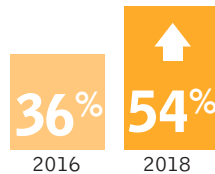
Among surveyed youth, the **perception of risk in misusing** prescription pain relievers or stimulants **jumped from 2016 to 2018**.

LIMITED MISUSE*
(USING ONCE OR TWICE)
PERCEPTION OF GREAT RISK

PRESCRIPTION PAIN RELIEVERS:

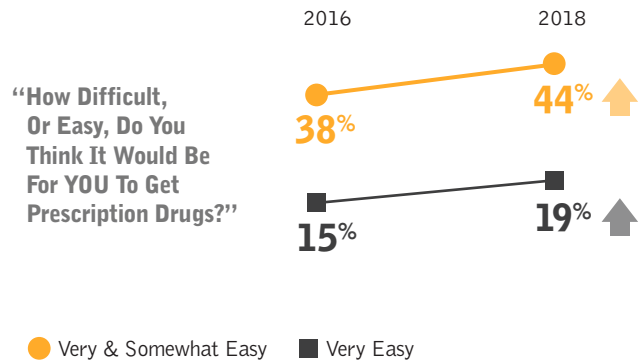


PRESCRIPTION STIMULANTS:

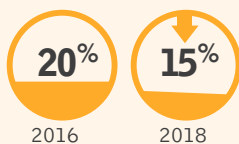


EASE OF ACCESS

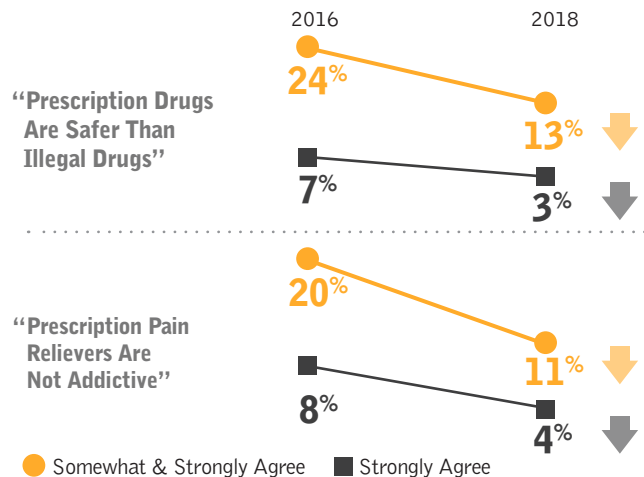
Of concern, **access to prescription drugs has gotten easier since 2016**, growing from 38% to 44% of youth reporting they would be somewhat or very easy to access.



PRESCRIPTION STIMULANTS was the only substance that saw a **statistically significant decrease** in curiosity to try from 2016 to 2018



FEWER YOUTH IN 2018 THINK PRESCRIPTION DRUGS ARE NOT ADDICTIVE OR SAFER THAN ILLEGAL DRUGS



***MISUSE:** Taking prescription drugs such as pain relievers (such as Vicodin or Oxycontin) or stimulants (such as Adderall, Ritalin) for the purpose of getting high or staying awake.

↑ Denotes Statistically Significant Difference

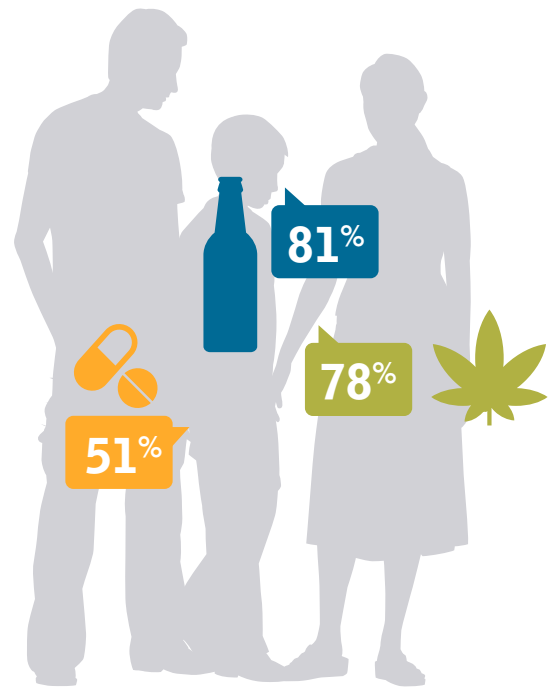
FAMILY DISCUSSIONS

Family discussions about prescription drugs have increased substantially

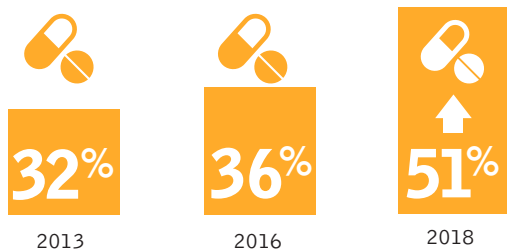
from **32%** to **51%**
in 2013 in 2018

though still well below the percent reported for family discussions about alcohol and marijuana.

“Have You Ever Talked To Your Parents About (Substance)?” (2018)



Family discussions about prescription pain relievers and stimulants:



RISK AND PROTECTIVE FACTORS

The following factors have strong influence on an individual's misuse and curiosity to misuse prescription drugs:



■ Risk Factor □ Protective Factor



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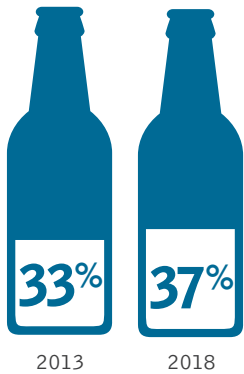




Alcohol and Marijuana

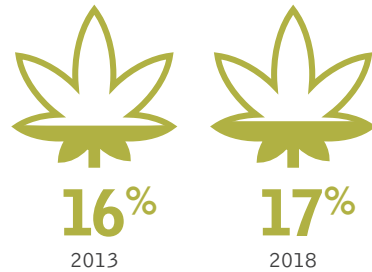


LIFETIME ALCOHOL USE



REPORTED USE
BETWEEN 2013–2018
STAYED STABLE

LIFETIME MARIJUANA USE



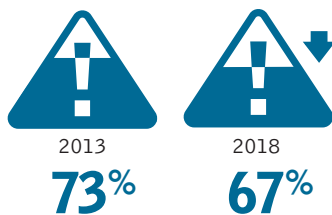
REPORTED USE
FROM 2013–2018
STAYED STABLE
WITHOUT SIGNIFICANT CHANGE

Marijuana was legalized for those aged 21+ in Colorado in 2014.

PERCEIVED RISK: ALCOHOL

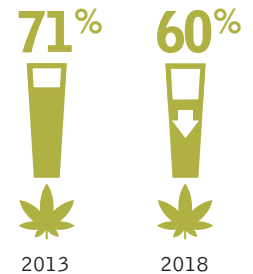


FROM 2013–2018,
PERCEPTION OF 'GREAT RISK'
IN REGULAR ALCOHOL USE HAS
GONE DOWN SIGNIFICANTLY



PERCEIVED RISK: MARIJUANA

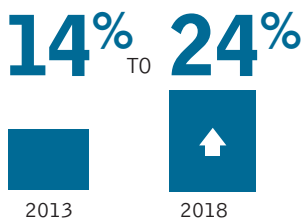
FROM 2013–2018,
PERCEPTION OF 'GREAT RISK'
IN REGULAR MARIJUANA USE HAS
GONE DOWN SIGNIFICANTLY



CURIOSITY



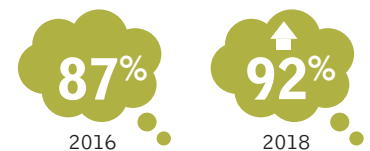
CURIOSITY TO TRY ALCOHOL HAS INCREASED
FROM



SOCIAL NORMS: PERCEPTION VS. REALITY

While marijuana's actual use stayed stable,

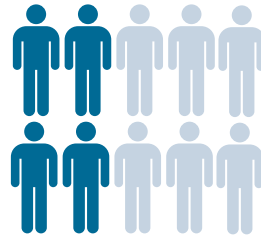
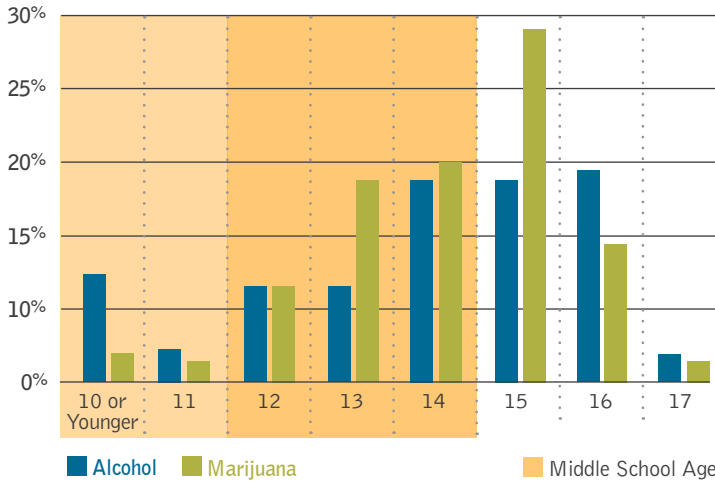
OVER-ESTIMATION
OF SCHOOLMATES' 30-DAY MARIJUANA USE
INCREASED
AMONG HIGH SCHOOL AGED YOUTH (15–17)
FROM 2016–2018



↑ Denotes Statistically Significant Difference

ALCOHOL & MARIJUANA: AGE OF FIRST USE

Majority of those surveyed who've tried alcohol and marijuana, did so before the age of 15. Prevention programming must begin early and be sustained into high school, creating opportunities for peer education and leadership.



4 in 10

of respondents who reported they had consumed alcohol **said they had first tried it when they were between 12–14 years of age** (middle school).



5 in 10

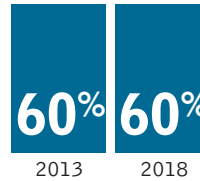
of respondents who have used marijuana **said they had first tried it when they were between 12–14 years of age** (middle school).



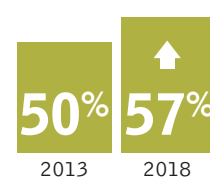
EASE OF ACCESS

Those youth reporting that it is **'Very' or 'Somewhat Easy' to access alcohol stayed relatively the same** between 2013 to 2018, **but those reporting it was easy to access marijuana increased** in that same time period.

ALCOHOL EASE OF ACCESS



MARIJUANA EASE OF ACCESS

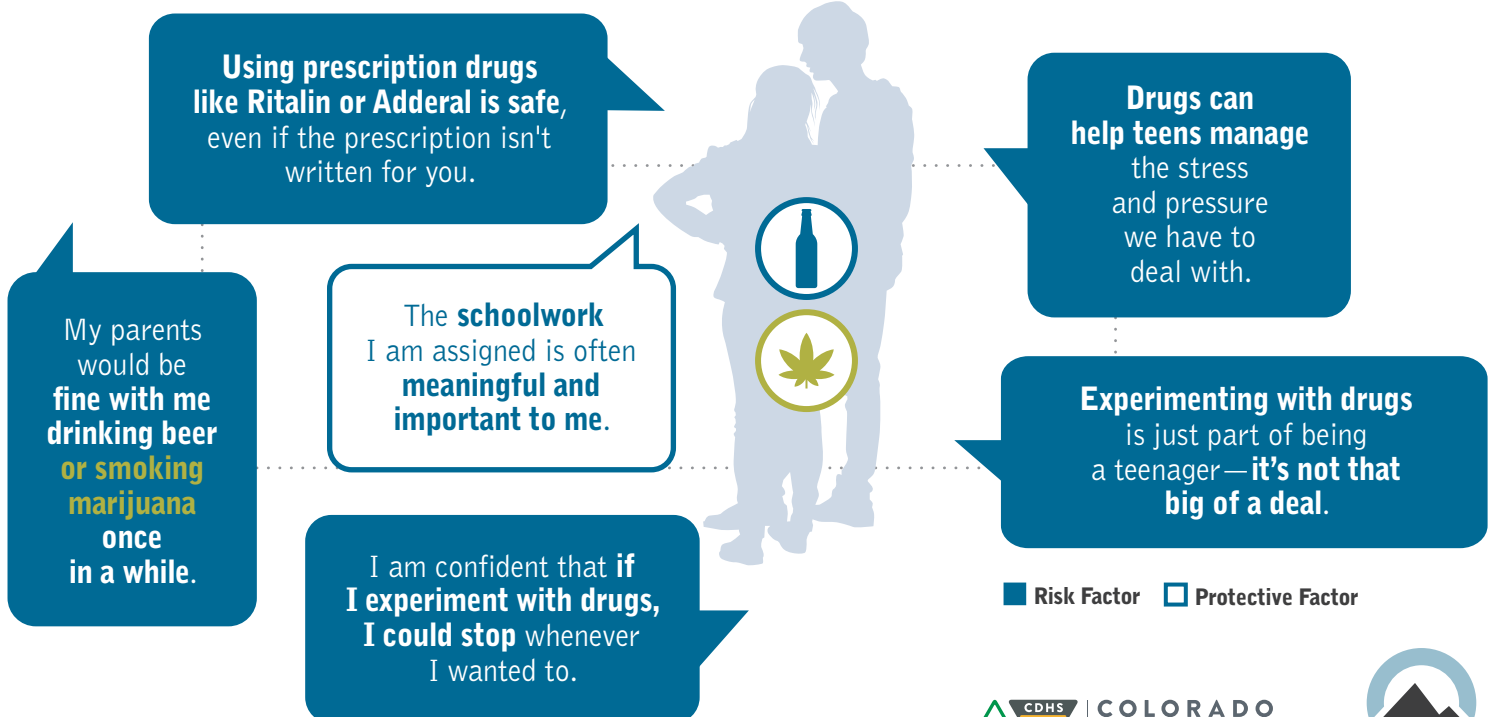


vs.

'Very' or 'Somewhat Easy' Access Reported

RISK AND PROTECTIVE FACTORS

The following factors have **strong influence on an individual's use and curiosity to use** alcohol and marijuana:

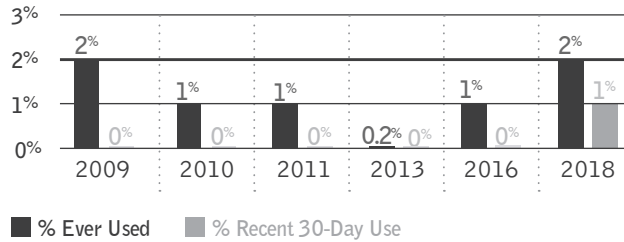


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LIFETIME AND RECENT USE

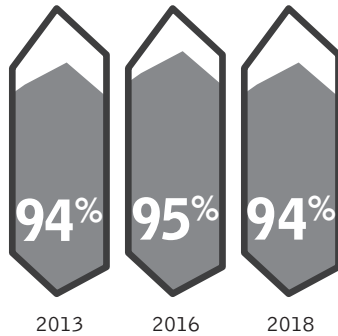
REPORTED USE HAS STAYED VERY LOW AT 2% BETWEEN 2009–2018



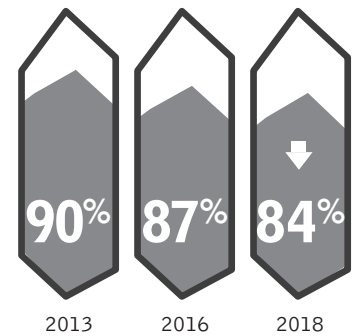
THOUGH USE IS LOW, 7% of youth reported having received a direct offer of Meth.

PERCEIVED RISK

FROM 2013–2018, PERCEPTION OF **'GREAT RISK' IN REGULAR METH USE HAS STAYED HIGH**

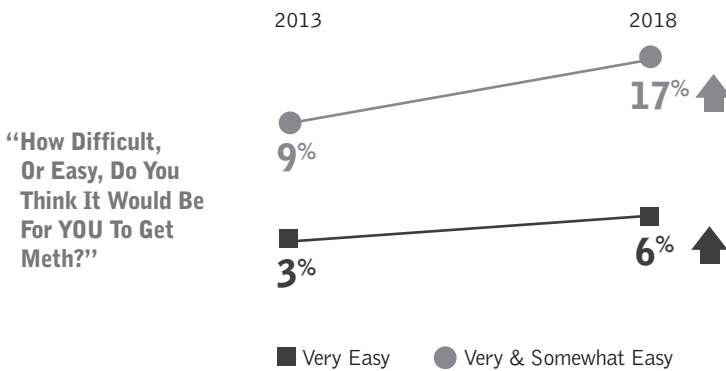


FROM 2013–2018, PERCEPTION OF **'GREAT RISK' IN LIMITED METH USE DECREASED SIGNIFICANTLY, BY 6 POINTS**

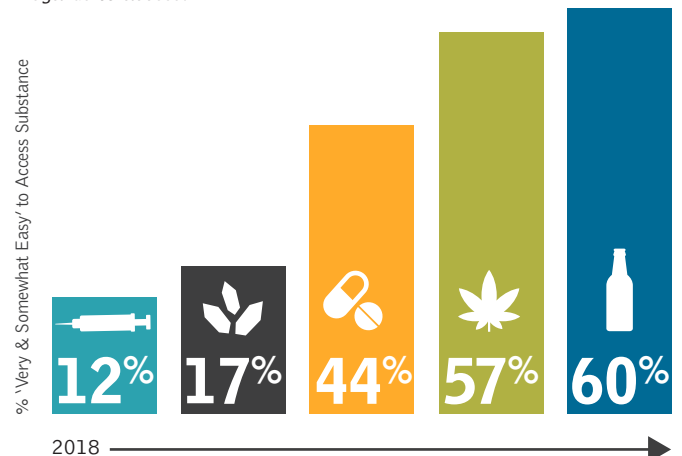


EASE OF ACCESS

Access to Meth has gotten easier since 2013, growing from 9% to 17% of youth reporting it would be somewhat or very easy to access.

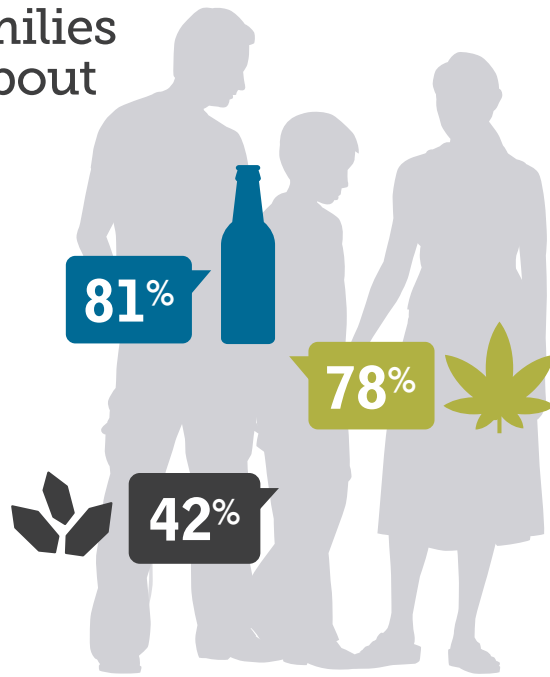


Though Meth access is getting easier, **it's still one of the most difficult substances to access.** Only heroin remains more difficult with regards to access:



FAMILY DISCUSSIONS

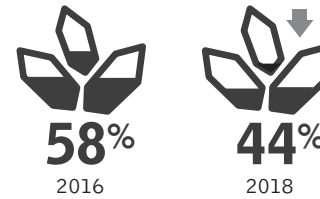
Far fewer families are talking about Meth use than alcohol and marijuana.



SOCIAL NORMS: PERCEPTION VS. REALITY

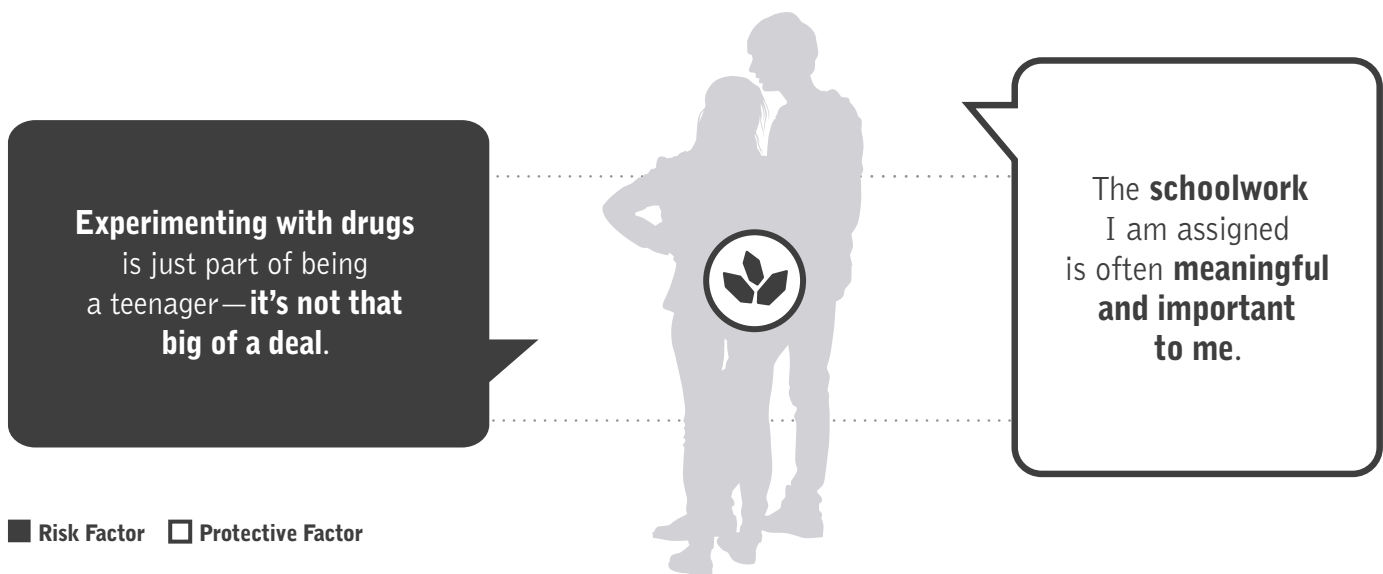
Middle school aged youth are getting better at recognizing the reality of their peers' use of Meth. The move is in the right direction and we can continue to normalize the fact that the vast majority of youth have never used Meth.

Meth use has stayed low, and **OVERESTIMATION** OF SCHOOLMATES' 30-DAY METH USE **DECREASED** AMONG MIDDLE SCHOOL AGED YOUTH (12-14) FROM 2016 TO 2018



RISK AND PROTECTIVE FACTORS

The following factors have **strong influence on an individual's use and curiosity to use Meth**:





Social Norming



WHAT IS SOCIAL NORMING?

Social norming seeks to **close the gaps between youth perceptions of their peers' substance use and actual self-reported use data**, an approach that has been proven to lead to reduced use over time.¹

SUBSTANCE USE: PERCEPTION VS. REALITY 2018

Middle School Aged Youth (12 – 14)			% Who DIDN'T Use Drugs or Alcohol	High School Aged Youth (15 – 17)			% Who DIDN'T Use Drugs or Alcohol
ALCOHOL	Perceived Peer Use at School	19%	95%	Perceived Peer Use at School	45%	86%	
	Perceived Peer Use in Grade	12%		Perceived Peer Use in Grade	35%		
	Self-Reported 30-Day Use	5%		Self-Reported 30-Day Use	14%		
MARIJUANA	Perceived Peer Use at School	21%	97%	Perceived Peer Use at School	43%	91%	
	Perceived Peer Use in Grade	17%		Perceived Peer Use in Grade	36%		
	Self-Reported 30-Day Use	3%		Self-Reported 30-Day Use	9%		
PRESCRIPTION PAIN RELIEVERS	Perceived Peer Use at School	9%	99%	Perceived Peer Use at School	19%	99%	
	Perceived Peer Use in Grade	6%		Perceived Peer Use in Grade	13%		
	Self-Reported 30-Day Use	1%		Self-Reported 30-Day Use	1%		
PRESCRIPTION STIMULANTS	Perceived Peer Use at School	7%	99%	Perceived Peer Use at School	16%	99%	
	Perceived Peer Use in Grade	5%		Perceived Peer Use in Grade	12%		
	Self-Reported 30-Day Use	1%		Self-Reported 30-Day Use	1%		
METH	Perceived Peer Use at School	9%	99%	Perceived Peer Use at School	11%	100%	
	Perceived Peer Use in Grade	5%		Perceived Peer Use in Grade	7%		
	Self-Reported 30-Day Use	1%		Self-Reported 30-Day Use	0%		

Misperceptions increase over time, and misperceptions grow the further they extend from an individual's immediate surroundings (grade/school).

REPRESENTATION OF ACTUAL USE

Colorado's total population of high school aged youth (15–17) is the equivalent of **11 Pepsi Centers filled to capacity**:



RECENT ALCOHOL USE

14% ≈ 28,000



RECENT MARIJUANA USE

9% ≈ 18,000



RECENT PRESCRIPTION DRUG USE

1% ≈ 2,000



¹LaMorte, Wayne W., MD, PhD, MPH. (2016, April 28). Social Norms Theory. Retrieved from <http://sphweb.bumc.bu.edu/otlt/MPH-Modules/SB/BehavioralChangeTheories/BehavioralChange-Theories7.html>

↑ Denotes Statistically Significant Difference

SOCIAL NORMS: CHANGE IN OVERESTIMATION 2016 – 2018

While inaccurate perceptions of marijuana use remains prevalent among high school aged youth, **overestimation of schoolmates' use of alcohol, prescription drugs and meth decreased significantly** since 2016 among middle school aged youth (12 to 14):

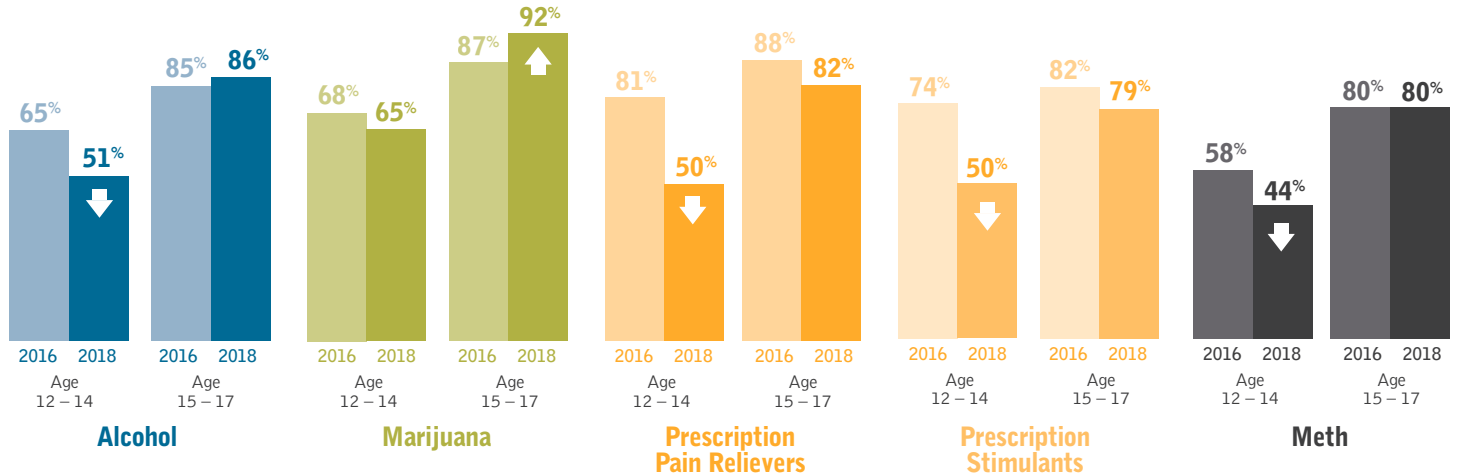


9 in 10

high school aged youth (15–17)

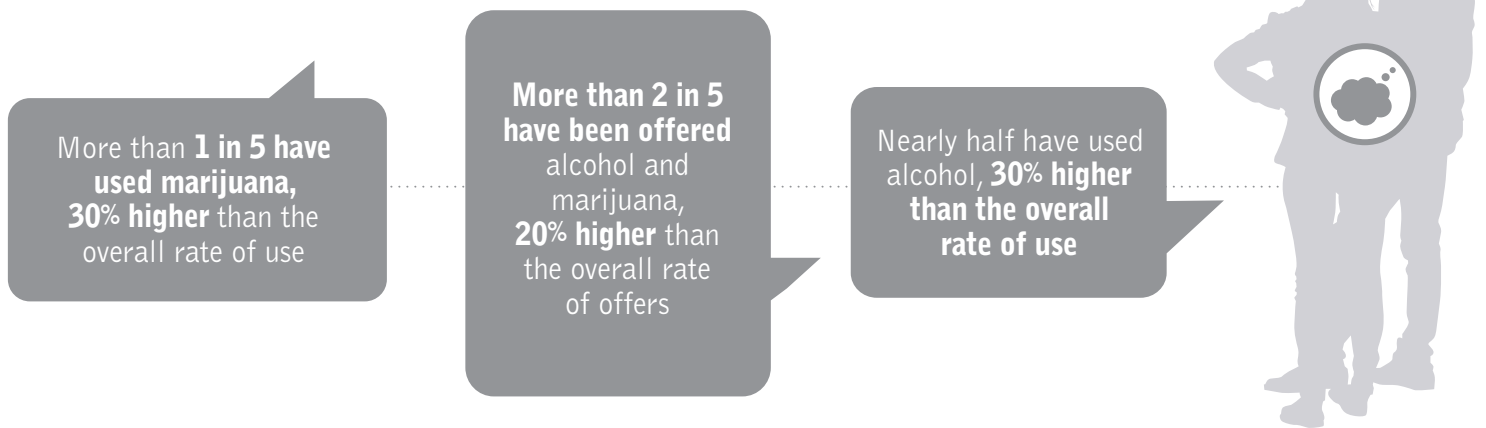
OVERESTIMATED
SCHOOLMATES' MARIJUANA USE

% Social Norms: Change in Overestimation 2016-2018



CONCERN: THE CONSEQUENCES OF MISPERCEPTIONS

Of those who overestimated their peers' substance use:



HOPE: HOW ARE COLORADO YOUTH RISING ABOVE?

Most Colorado youth are **making healthy choices every day** and there are many **opportunities to enhance our support of their growth and development**. The behaviors below are known protective factors and by increasing their prevalence we can help reduce youth substance use.

65% Report they are capable of standing up for their beliefs.



62% Report knowing an adult they can talk to.



85% Participate in at least one extracurricular activity.



66% Have goals they have set for themselves.



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