



Washington State Liquor and Cannabis Board



2023 Results Snapshot

Tyler Watson, PhD, MPH

Research Specialist



Washington State Liquor and Cannabis Board

Agenda

1. Describe HYS 2023 background and context
2. Review HYS 2023 results for substance use

Statewide Collaboration



- Kristen Haley
- Sarah Okey
- Tyler Watson



- Sarah Mariani
- Rebecca Ruiz
- Sandy Salivaras
- Jaymie Vandagriff



- Cathy Wasserman
- Maayan Simckes
- Hannah Gorman



- Dixie Grunenfelder
- Matthew Frizzell
- Doua Kha



- Joe Kabel
- Susan Richardson

Statewide Partners

- Schools
- CPWI Coalitions & Schools
- ESDs
- Local Health Jurisdictions
- Tribes

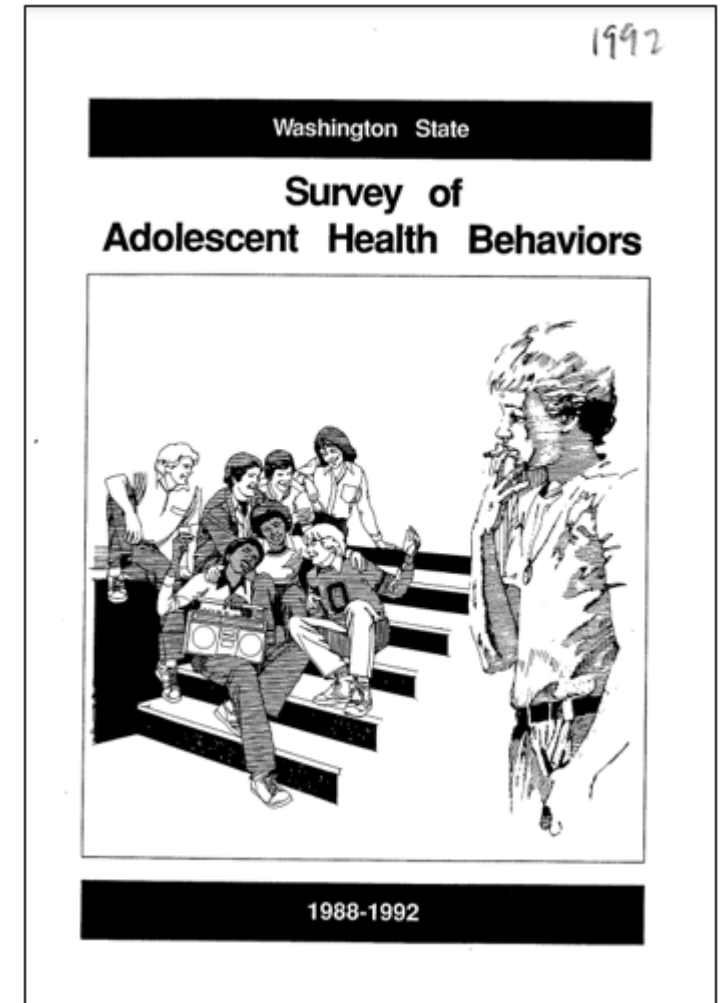
Communications Team

- HCA: Melissa Thoemke
- DOH: Marisol Mata Somarribas
- OSPI: Zac Murphy
- LCB: Kristen Haley, Julie Graham



HYS Background

- Adolescent health behaviors
- Content from established surveys & partners
- Administered since 1988
- Every other year
- Grades 6, 8, 10, 12
- Legislative mandate (2012)
- State appropriation from DCA (2015)





HYS 2023 Context

- HYS 2020 postponed to 2021
 - Changed “grade cohort”
- Methodology changes for 2023
 - Fully electronic (no paper-and-pencil)
 - Remote option remained
 - Core/bank questions w/randomization
 - Display and skip logic

“Trend data from before and during/after the pandemic should be interpreted with caution.”



HYS Timeline

2024

- Spring: Results sharing
- Spring/Summer: Survey revision
- Fall: Student focus groups

2025

- Spring/Summer: Recruitment and registration
- Fall: Administration



Washington State Liquor and Cannabis Board

HYS Participation 2018-2023


| Participation | 2018 | 2021 | 2023 |
|---|------------|------------|------------|
| All Students | 234,694 | 208,638 | 217,546 |
| <i>Percent of enrolled public school students</i> | <i>71%</i> | <i>69%</i> | <i>61%</i> |
| All Schools | 970 | 877 | 873 |
| <i>Public Schools</i> | <i>966</i> | <i>870</i> | <i>864</i> |
| <i>Private/Charter Schools</i> | <i>2</i> | <i>6</i> | <i>5</i> |
| <i>Tribal Schools</i> | <i>2</i> | <i>1</i> | <i>4</i> |
| Districts | 145 | 146 | 143 |
| Counties | 39 | 39 | 39 |
| ESDs | 9 | 9 | 9 |




Washington State Liquor and Cannabis Board

HYS Results

www.AskHYS.net/SurveyResults

- Public: state, ESD, county
 - Not public: school district, schools
1. Frequency Reports (by question)
 2. Fact Sheets (by topic) 
 3. QxQ Analysis Tool (cross-tabulation)
 4. Other Reports (detailed analysis)
 5. Data Dashboard (NEW!)



Fact Sheet

Marijuana Use for Washington State

Year: 2023 Grade: 10 Sex: All Number of Students Surveyed: 7,103

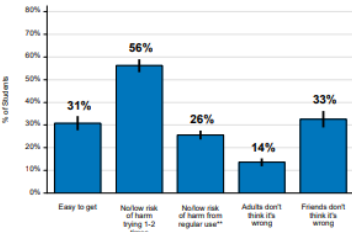
Background:

- Research shows between 10 and 30% of marijuana users develop some degree of addiction. Those who start using earlier may be more likely to develop an addiction (<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>).
- Marijuana use can impact brain development. Brain development continues until 25 years of age.
- Marijuana use can cause deficits in learning and memory. Teens who use marijuana are more likely to receive failing grades in school.

For More Information:

- To learn more, go to the Start Talking Now website: www.StartTalkingNow.org. To find out about prevention coalitions in your area and how to get involved, go to https://www.theathenaforum.org/cplw_coalitions.
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse <http://adaiclearinghouse.net> or call (206) 221-8325.
- For 24 hour help for mental health, substance use or misuse, and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

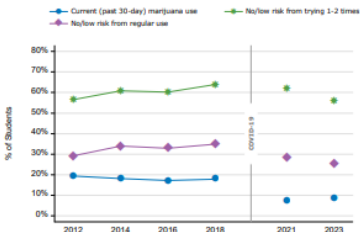
**Attitudes about Marijuana Use
Grade 10, 2023**



| | |
|---|-----|
| Easy to get | 31% |
| No/low risk of harm from trying 1-2 times | 56% |
| No/low risk of harm from regular use** | 26% |
| Adults don't think it's wrong | 14% |
| Friends don't think it's wrong | 33% |

In 2023, 26% of 10th graders in our state thought there was little or no risk of using marijuana regularly.

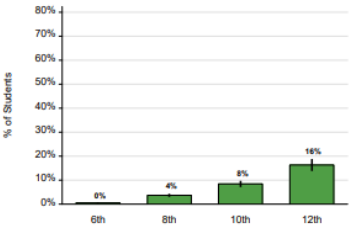
**Marijuana Use and Perception of Harm 2012-2023
Grade 10**



| Prevalence | 2012 | 2014 | 2016 | 2018 | 2021 | 2023 |
|-------------------------------------|--------|---------|--------|--------|---------|---------|
| Current (past 30-day) marijuana use | 19% ±2 | 18% ±2 | 17% ±2 | 18% ±2 | 7% ±1* | 8% ±1 |
| No/low risk from trying 1-2 times | 56% ±3 | 61% ±3* | 60% ±3 | 64% ±2 | 62% ±3 | 56% ±3* |
| No/low risk from regular use** | 29% ±2 | 34% ±2* | 33% ±3 | 35% ±3 | 28% ±2* | 26% ±2 |

**"Smoke" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.

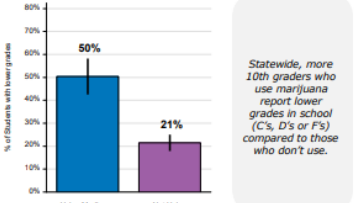
**Current (past 30-day) Marijuana Use
Statewide, All Grades, 2023**



| | | | |
|-----|-----|------|------|
| 6th | 8th | 10th | 12th |
| 0% | 4% | 8% | 16% |

| | | | | |
|------------|-------|-------|-------|--------|
| Prevalence | 6th | 8th | 10th | 12th |
| State | 0% ±0 | 4% ±1 | 8% ±1 | 16% ±2 |

**Statewide Relationship between
Lower Grades and Current (past 30-day) Marijuana Use
Grade 10, 2023**



| | |
|-----------------|-----|
| Using Marijuana | 50% |
| Not Using | 21% |

Statewide, more 10th graders who use marijuana report lower grades in school (C's, D's or F's) compared to those who don't use.



Washington State Liquor and Cannabis Board

2023 Healthy Youth Survey results offer signs of hope and resiliency among Washington students

For immediate release: March 13, 2024 (24-029)

Report shows improved mental health amongst Washington students

Andru Zodrow NonStop Local Digital Journalist Mar 14, 2024 Updated Mar 14, 2024

NEWS

Washington youth mental health shows best improvement in 20 years

Healthy Youth Survey shows signs of hope for young people

Mar 20, 2024

Washington's 2023 Healthy Youth Survey results show improved health behaviors among students in grades 6 through 12



HYS 2023 Substance Use Themes (Grade 10)

- *Substance use remains **50%+ lower** than pre-pandemic (2018)*
- Past 30-day substance use for alcohol, marijuana*, vaping, and cigarettes had **no significant change** from 2021 to 2023
 - **Lower** than comparable national results (MTF)
 - Perception of harm for marijuana and vaping **increased** from 2021 to 2023

**HYS 2023 used the word "marijuana" based on student input on survey comprehension*

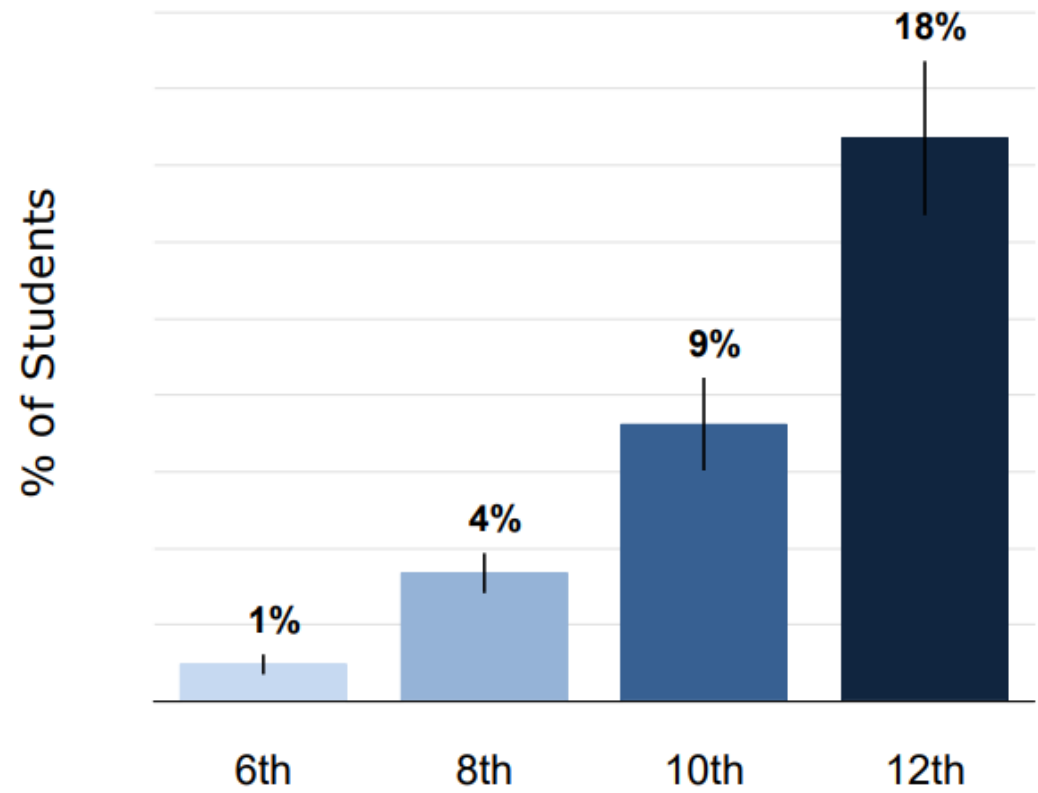


Current (30-Day) Substance Use (Grade 10)

- **Alcohol: 9%**
- **Marijuana: 8%**
- **Vaping: 8%**
- **Smokeless tobacco: 3%**
- **Cigarettes: 2%**

Current (30-Day) Alcohol Use

Students who report drinking at least once in the past month





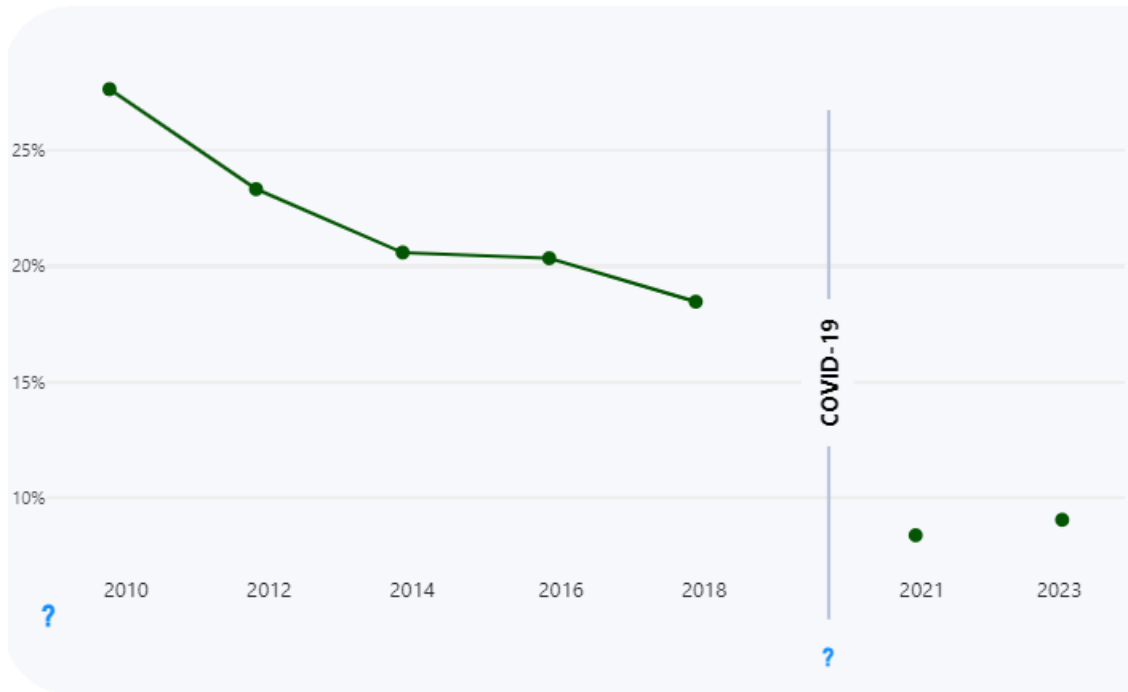
Washington State Liquor and Cannabis Board

Current (30-Day) Alcohol Use Has Decreased Over Time (Grade 10)

Healthy Youth Survey Data Dashboard



Measure: **Current Alcohol Drinking** Location: Statewide Sample Grade: 10 Survey Years: 2010 - 2023



| Survey Trend | |
|--------------|-------------------|
| Year | State |
| 2010 | 27.6% (+/-1.9%) |
| 2012 | ▼ 23.3% (+/-1.6%) |
| 2014 | 20.6% (+/-1.6%) |
| 2016 | 20.3% (+/-1.4%) |
| 2018 | 18.5% (+/-1.7%) |
| 2021 | ▼ 8.4% (+/-1.6%) |
| 2023 | 9.1% (+/-1.5%) |

to the left of the values, a ▲ arrow means there was a significant increase in the Statewide value from the previous year and a ▼ arrow means there was a significant decrease in the Statewide value from the previous year



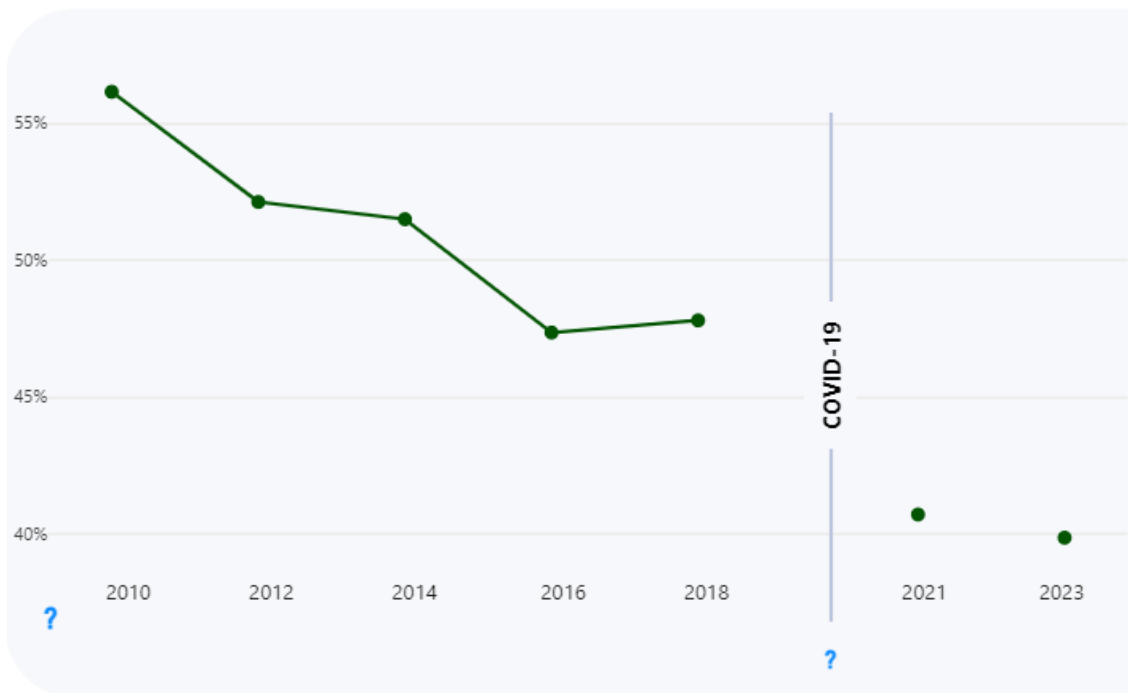
Washington State Liquor and Cannabis Board

Easy* Access to Alcohol Has Decreased Over Time (Grade 10)

Healthy Youth Survey Data Dashboard



Measure: **Access to Alcohol** Location: Statewide Sample Grade: 10 Survey Years: 2010 - 2023



| Survey Trend | |
|--------------|-------------------|
| Year | State |
| 2010 | 56.2% (+/-2.6%) |
| 2012 | 52.1% (+/-2.1%) |
| 2014 | 51.5% (+/-2.1%) |
| 2016 | 47.4% (+/-2.7%) |
| 2018 | 47.8% (+/-1.7%) |
| 2021 | ▼ 40.7% (+/-3.0%) |
| 2023 | 39.9% (+/-2.5%) |

to the left of the values, a ▲ arrow means there was a significant increase in the Statewide value from the previous year and a ▼ arrow means there was a significant decrease in the Statewide value from the previous year

*Percentage of students who answered “sort of easy” or “very easy”



Washington State Liquor and Cannabis Board

Current (30-Day) Alcohol Use by Type (Grade 10)

“What type of alcohol did you usually drink?”

1. Hard liquor (45%)
2. Flavored malt beverages (19%)
3. Beer (15%)
4. I do not have a usual type (9%)
5. Wine (6%)
6. Unsure what type (4%)
7. Some other type (2%)



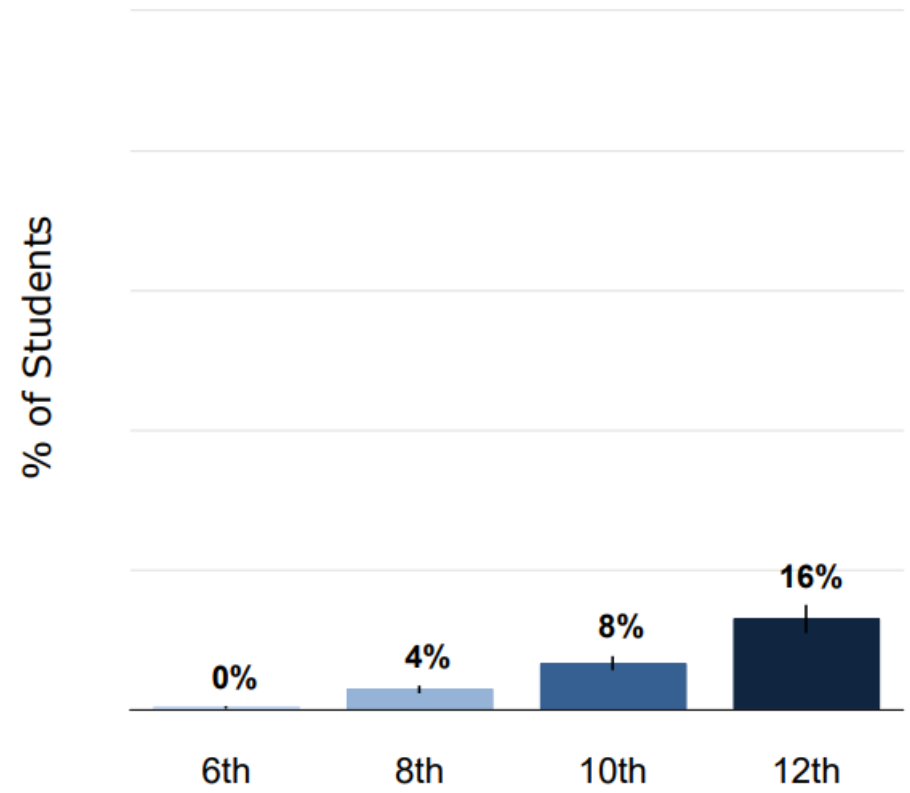
Washington State Liquor and Cannabis Board

Current Alcohol Sources (Grade 10)

1. From friends (43%)
2. At a party (33%)
3. From home with permission (29%)
4. From home without permission (26%)
5. From someone older not related to me (16%)
6. Some other way (16%)
7. Gave money to someone (14%)
8. **Stole it from a store (13%)**
9. From older sibling (10%)
10. Someone sold it to me (10%)
11. **Bought it from a store (5%)**

Current (30-Day) Marijuana Use

"I have used marijuana at least once in the past month."

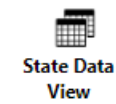




Washington State Liquor and Cannabis Board

Current (30-Day) Marijuana Use Has Decreased Over Time (Grade 10)

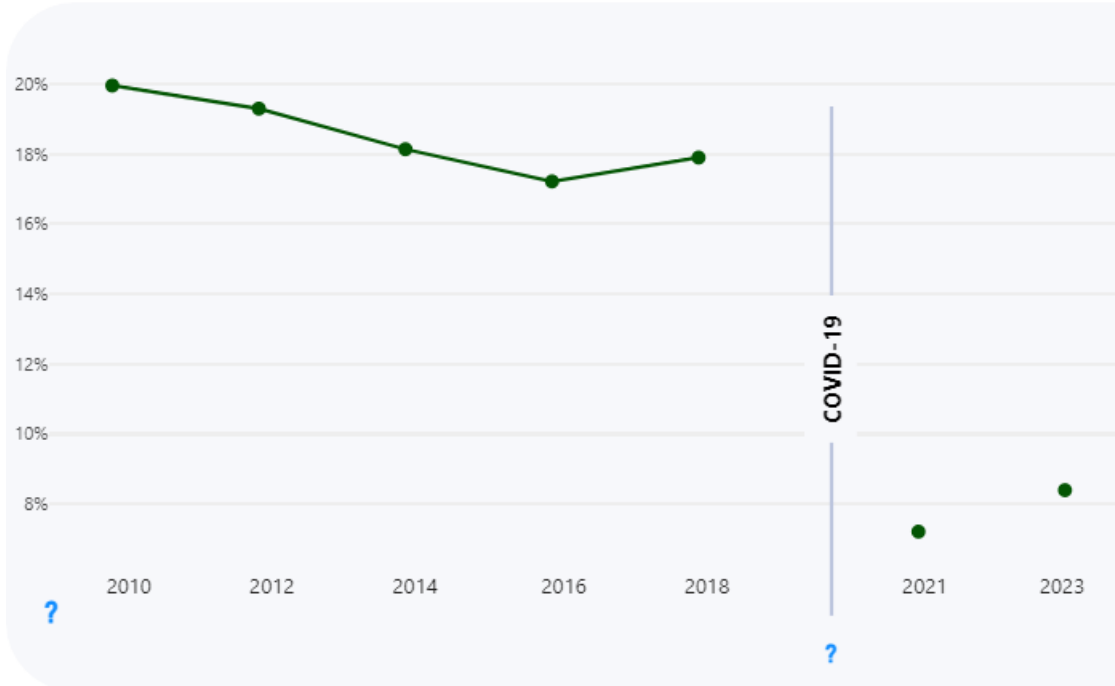
Healthy Youth Survey Data Dashboard



Measure: **Current Marijuana Use**

Location: Statewide Sample **Grade: 10**

Survey Years: 2010 - 2023



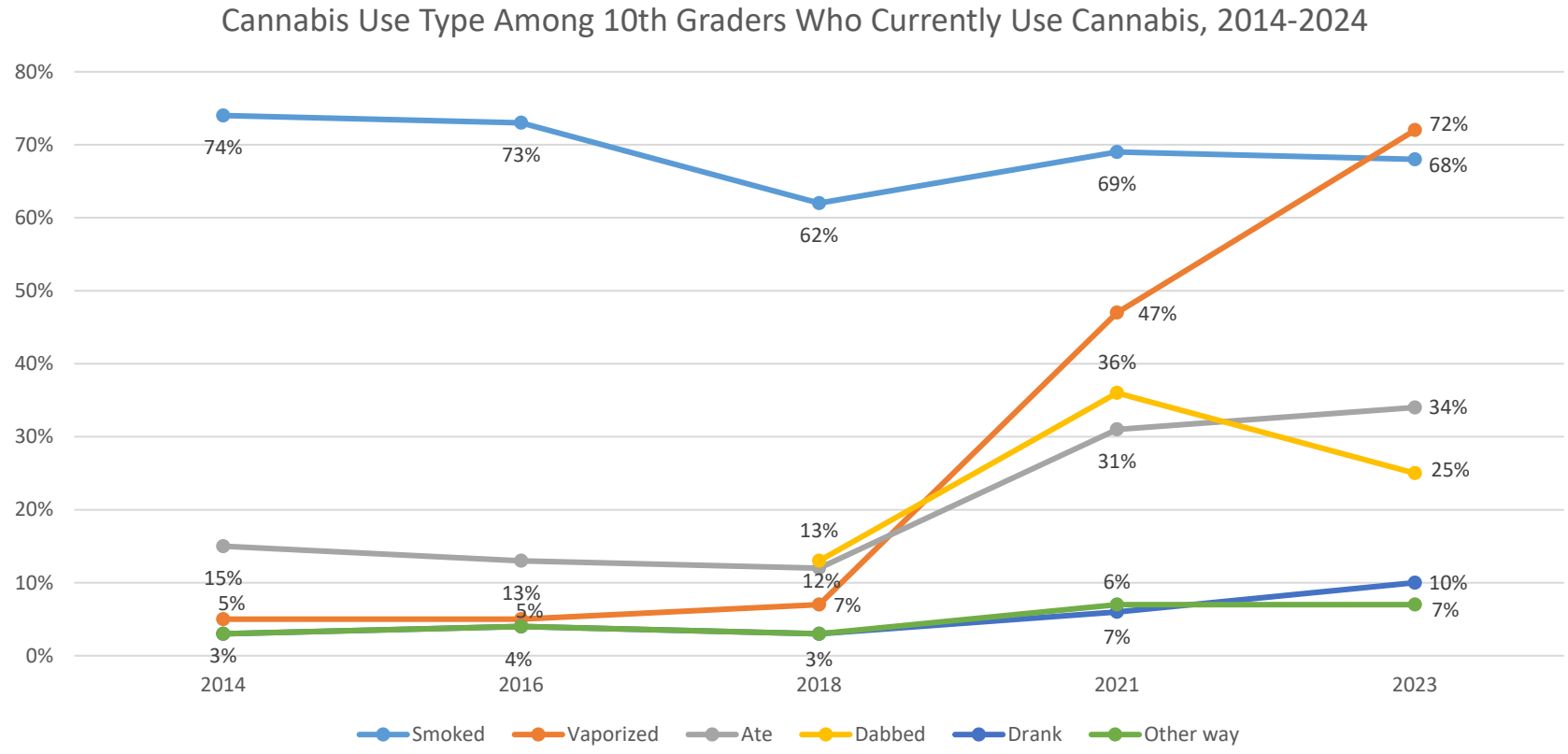
Survey Trend

| Year | State |
|------|------------------|
| 2010 | 20.0% (+/-1.8%) |
| 2012 | 19.3% (+/-1.7%) |
| 2014 | 18.1% (+/-1.7%) |
| 2016 | 17.2% (+/-1.6%) |
| 2018 | 17.9% (+/-1.7%) |
| 2021 | ▼ 7.2% (+/-1.2%) |
| 2023 | 8.4% (+/-1.3%) |

to the left of the values, a ▲ arrow means there was a significant increase in the Statewide value from the previous year and a ▼ arrow means there was a significant decrease in the Statewide value from the previous year

Current (30-Day) Marijuana Use by Type (Grade 10)

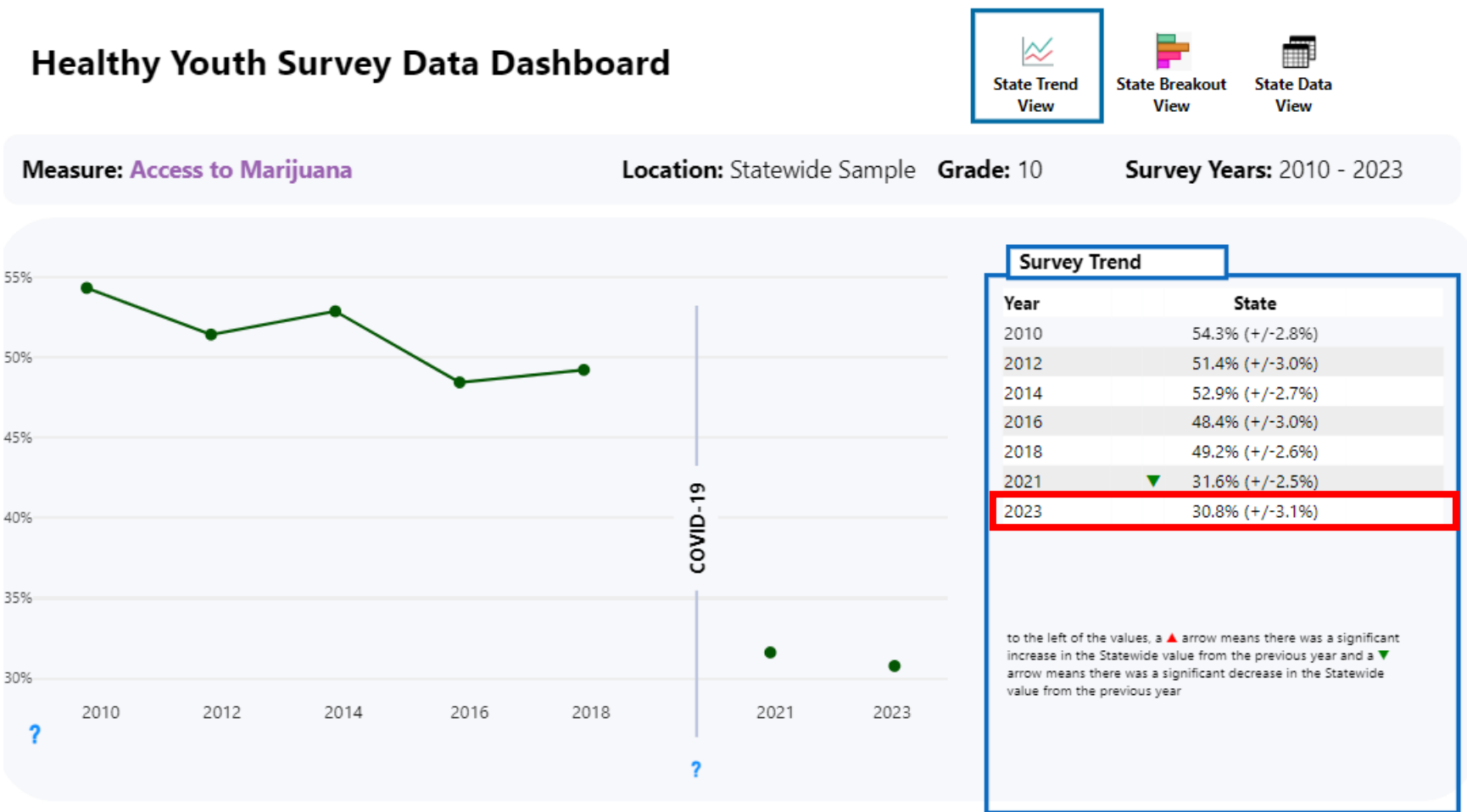
1. Vaporized (72%)
2. Smoked (68%)
3. Ate (34%)
4. Dabbed (25%)
5. Drank (10%)
6. Some other way (7%)





Washington State Liquor and Cannabis Board

Easy* Access to Marijuana Has Decreased Over Time (Grade 10)



*Percentage of students who answered “sort of easy” or “very easy”



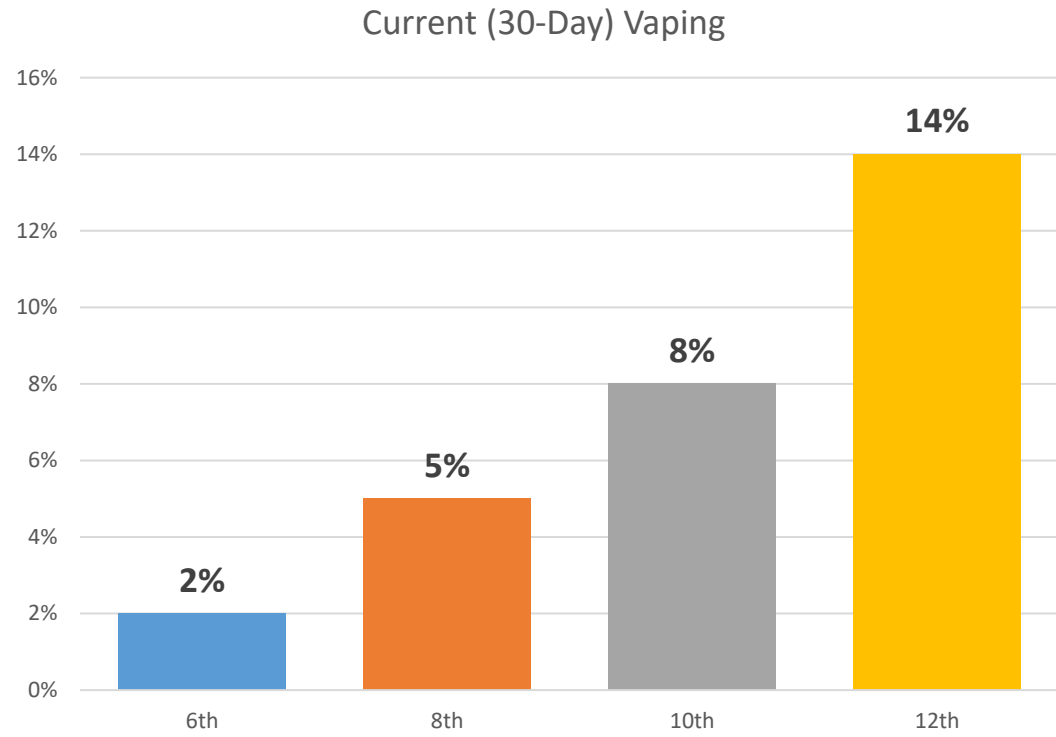
Washington State Liquor and Cannabis Board

Current Marijuana Sources (Grade 10)

1. From friends (61%)
2. Other way (25%)
3. Someone sold it to me (21%)
4. Gave money to someone (21%)
5. From someone older not related to me (17%)
6. From home without permission (14%)
7. From home with permission (13%)
8. From older sibling (12%)
9. At a party (12%)
- 10. Bought it from a store (9%)**
- 11. Stole it from a store (2%)**



Current (30-Day) Vaping

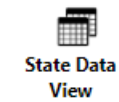




Washington State Liquor and Cannabis Board

Current (30-Day) Vaping Has Varied Over Time (Grade 10)

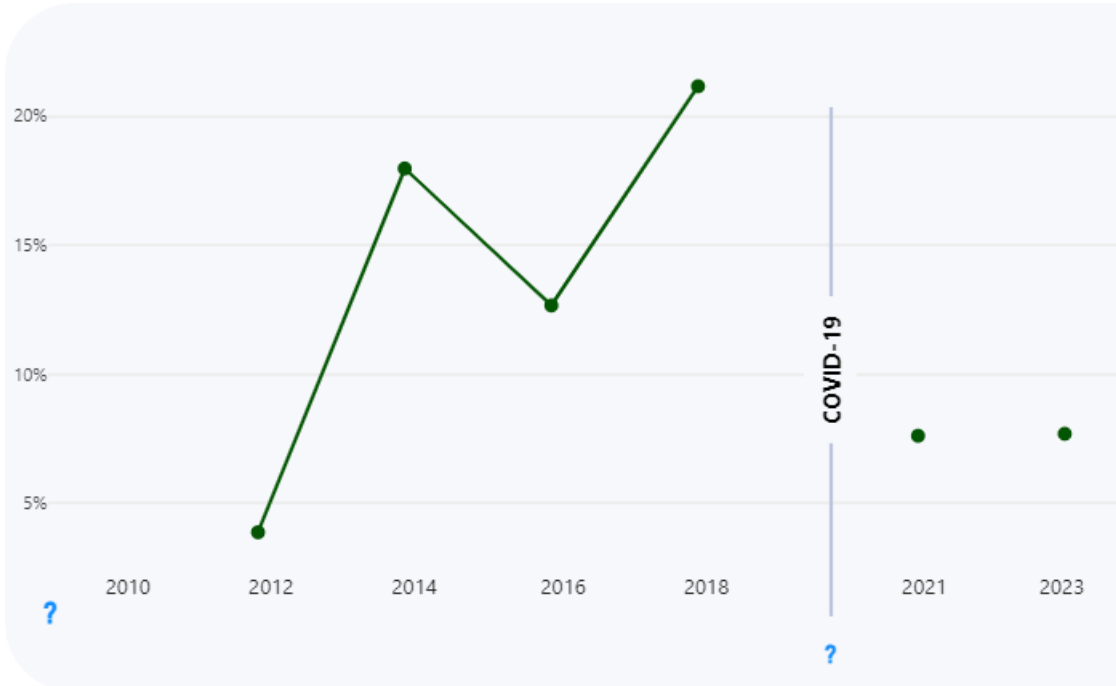
Healthy Youth Survey Data Dashboard



Measure: **Current E-Cigarette/Vape Use**

Location: Statewide Sample **Grade: 10**

Survey Years: 2010 - 2023



Survey Trend

| Year | State |
|------|-------------------|
| 2010 | |
| 2012 | 3.9% (+/-1.0%) |
| 2014 | ▲ 18.0% (+/-1.6%) |
| 2016 | ▼ 12.7% (+/-1.9%) |
| 2018 | ▲ 21.2% (+/-2.7%) |
| 2021 | ▼ 7.6% (+/-1.3%) |
| 2023 | 7.7% (+/-1.4%) |

to the left of the values, a ▲ arrow means there was a significant increase in the Statewide value from the previous year and a ▼ arrow means there was a significant decrease in the Statewide value from the previous year



Washington State Liquor and Cannabis Board

Current (30-Day) Vaping by Type (Grade 10)

1. Nicotine (75%)
2. THC (52%)
3. Unknown (14%)
4. Flavor only (5%)



Washington State Liquor and Cannabis Board

Current Tobacco or Vape Product Sources (Grade 10)

1. Borrowed (or bummed) from someone else (43%)
2. Some other way (37%)
3. Gave someone else money to buy them (29%)
4. A person 21 years old or older gave them to me (17%)
5. Took them from a store or family member (11%)
6. **Bought from a store (9%)**
7. Got them from the Internet (6%)
8. Bought from vending machine (3%)



Washington State Liquor and Cannabis Board

Current (30-Day) Vaping is Unequal Among Student Demographic Groups (Grade 10)

- Sexually or gender diverse: **2x more likely**
- Migratory working family: **2x more likely**
- Having one or more disability: **3x more likely**



HYS 2023 Substance Use Themes (Grade 10)

- *Substance use remains **50%+ lower** than pre-pandemic (2018)*
- Past 30-day substance use for other illegal drugs, painkillers, and prescription drugs **increased** from 2021 to 2023
 - Remains $\leq 3\%$
 - **Higher** than comparable national results (MTF) Grade 12
 - Perception of harm from prescription drugs **decreased** from 2021 to 2023



HYS 2023 New Substances (Grade 10)

- Marijuana products (Delta-8, Delta-10, etc.): **2.0%**
- Psilocybin: **1.3%**
- Fentanyl: **0.8%**
- Synthetic products (K2, spice, kronic): **0.4%**
- Bath salts: **0.4%**
- Kratom: **0.3%**



Key Takeaways

- Substance use is down 50%+ from pre-pandemic
- Most substance use remained stable 2021 to 2023
 - Continued trend of decrease over time (with a few exceptions)
 - Increase in perception of harm over time (with a few exceptions)
- Easy access is also greatly decreased from pre-pandemic
- Adolescents most often source substances from peers or older people
- Large disparities among student demographic groups



Washington State Liquor and Cannabis Board

Questions?

- www.AskHYS.net
- tyler.watson@hca.wa.gov