

# 2020 FLORIDA YOUTH SUBSTANCE ABUSE SURVEY

October 19, 2020

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ICF | Rothenbach Research and Consulting



# Presentation Outline

1. Methodology
2. Substance use rates and trends
3. Vaping nicotine, vaping marijuana, and smoking cigarettes
4. Adverse Childhood Experiences (ACEs)



# Background and Methods

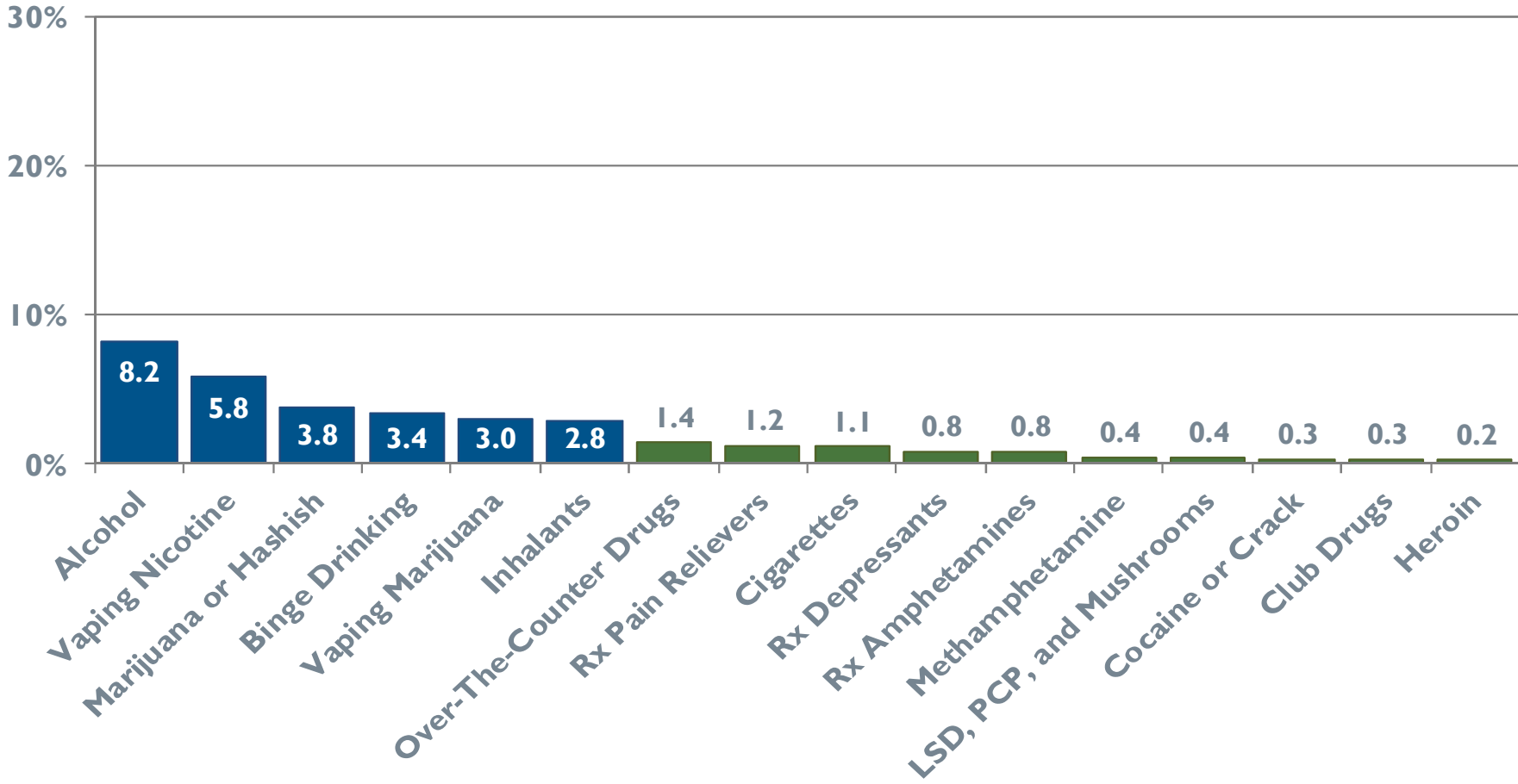
- Since 2002, the FYSAS is administered each spring to public middle school and high school students across Florida.
- In 2020, students were surveyed in 64 out of 67 Florida counties.
- Data collection almost fully complete before COVID-19 lockdown.
- Final sample size was 52,093 across grades 6 through 12.
- Survey administration was almost equally split between paper booklets and web.
- The margin of error is less than 1.0 percentage point for state-level middle school and high school prevalence rates.





# Past-30-Day Prevalence

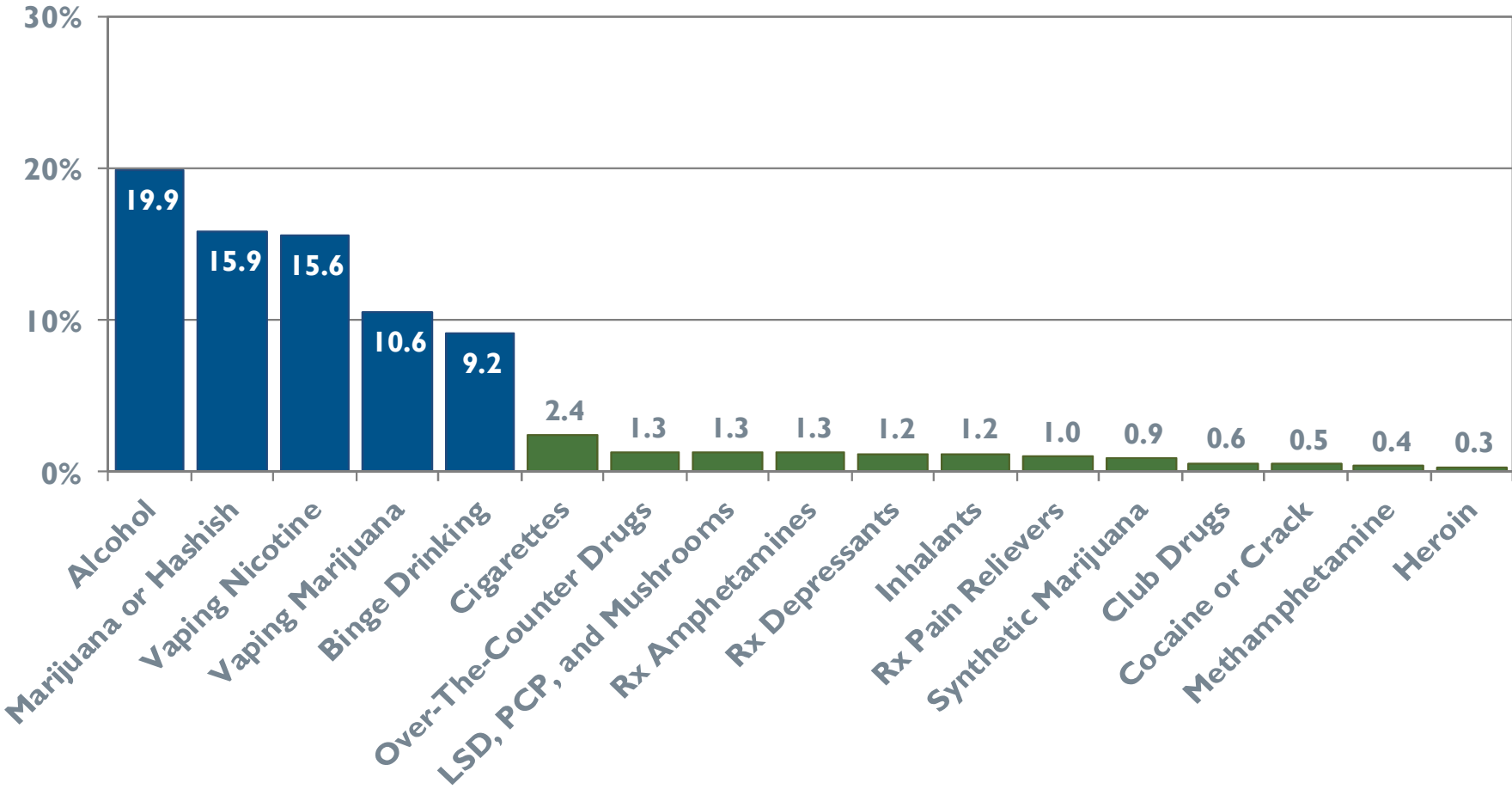
## Middle School





# Past-30-Day Prevalence

## High School



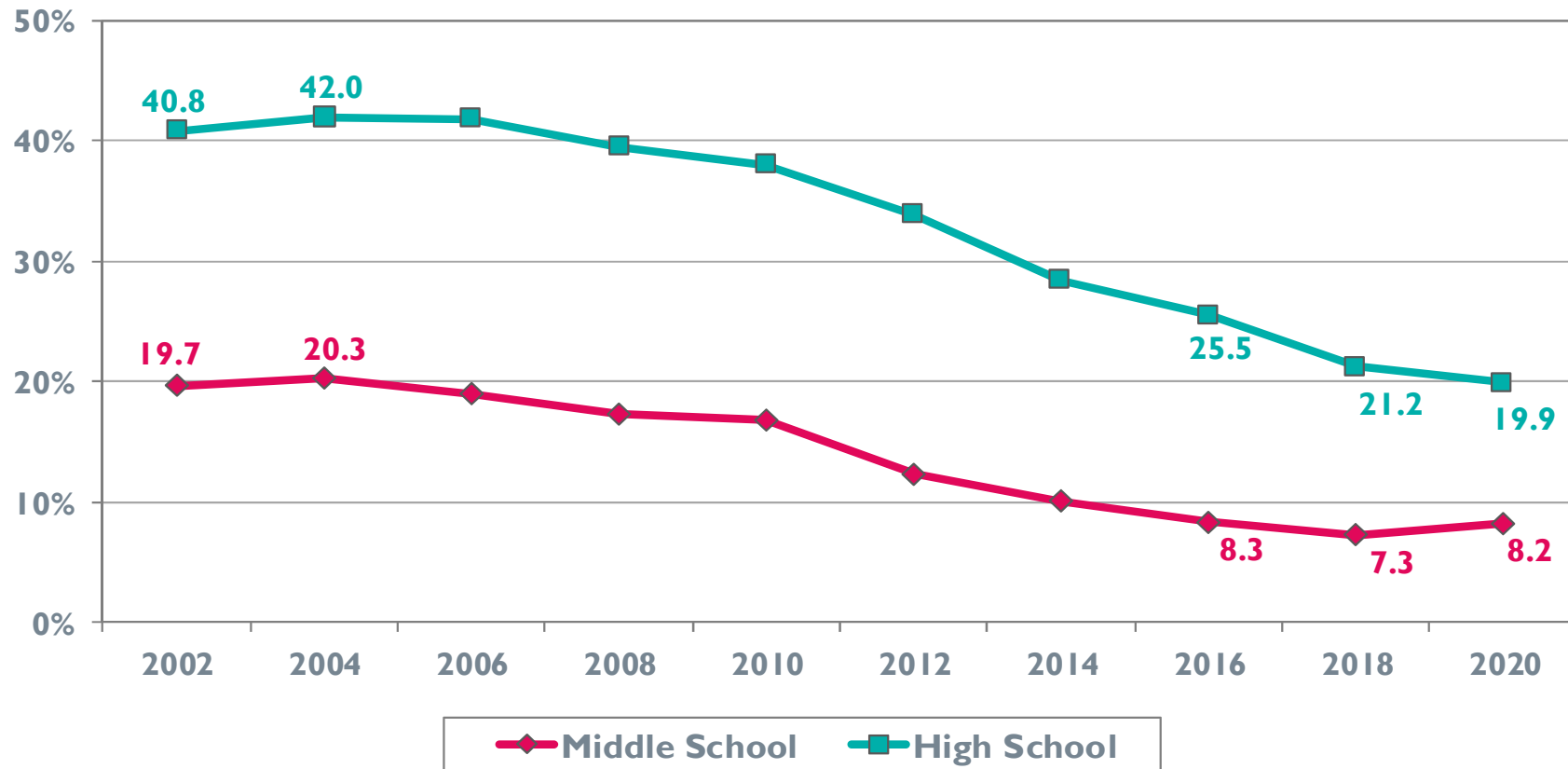
# Past-30-Day Drug Use Summary

- Alcohol continues to be the most prevalent form of substance use among Florida students, followed by vaping nicotine, marijuana, and vaping marijuana.
- Rates of use for other drug categories, including cigarettes, are very low.



# Alcohol

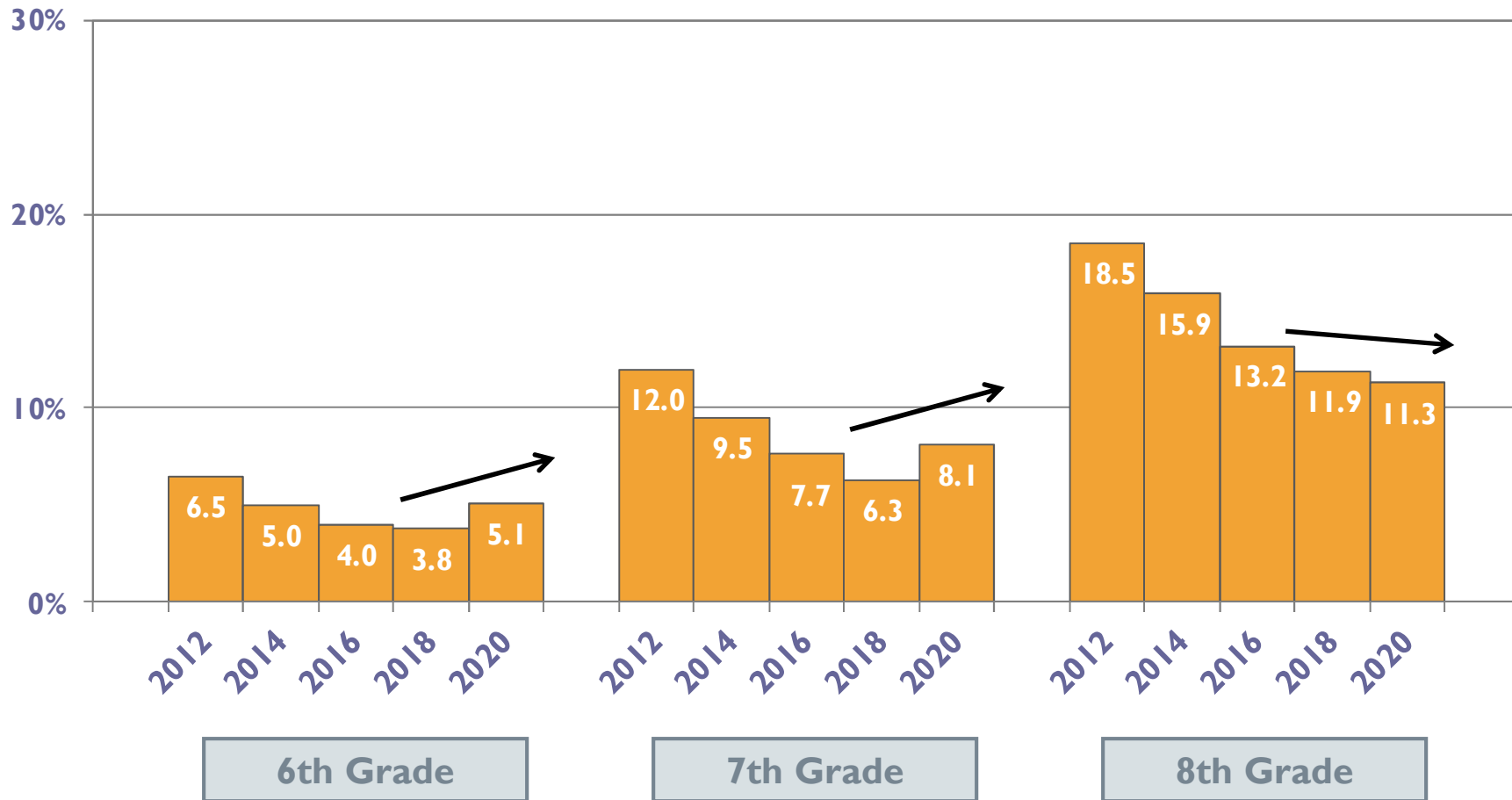
## Past-30-Day Prevalence by Grade Cohort





# Alcohol

## Past-30-Day Prevalence Among Middle School Students

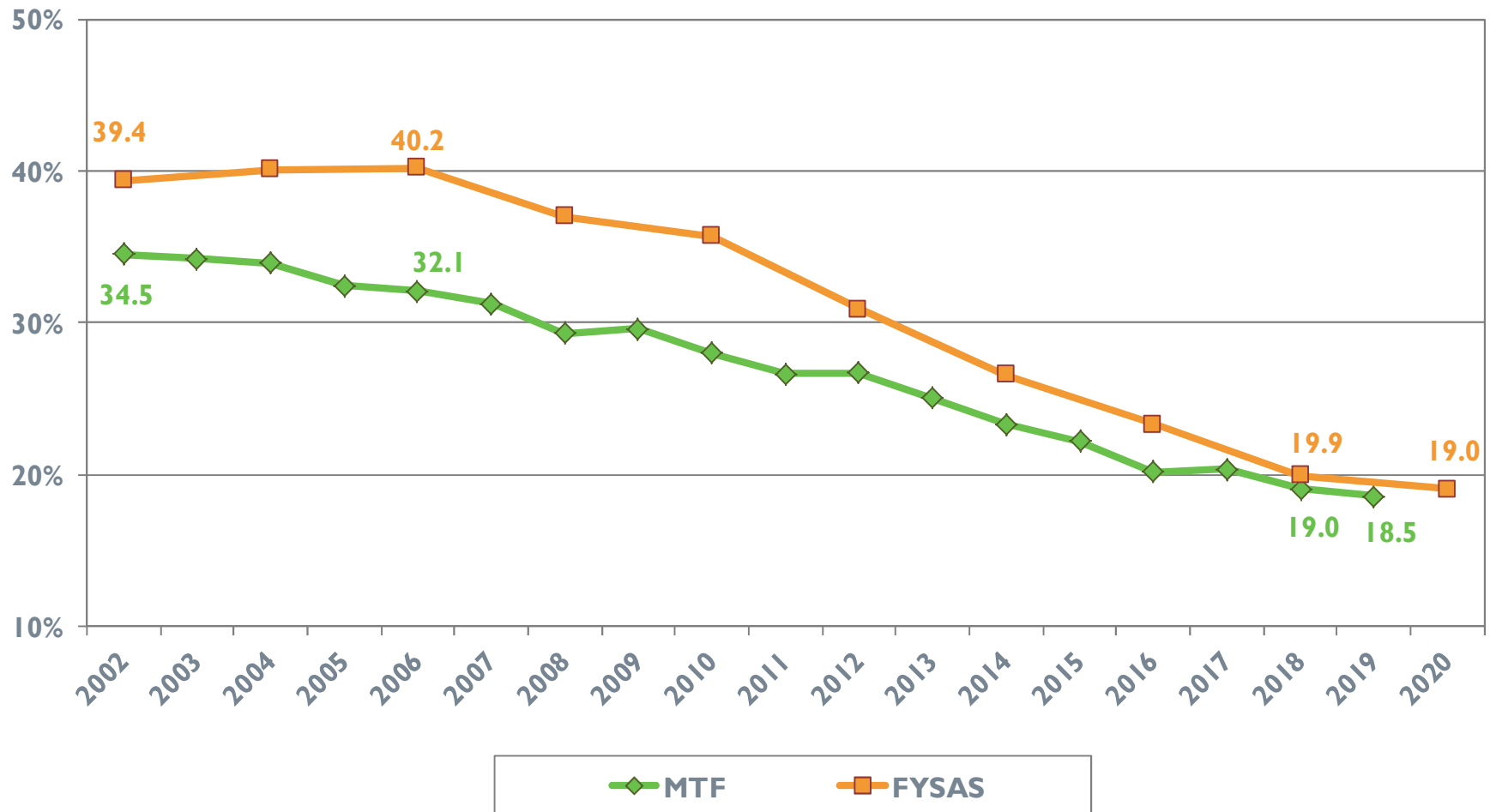






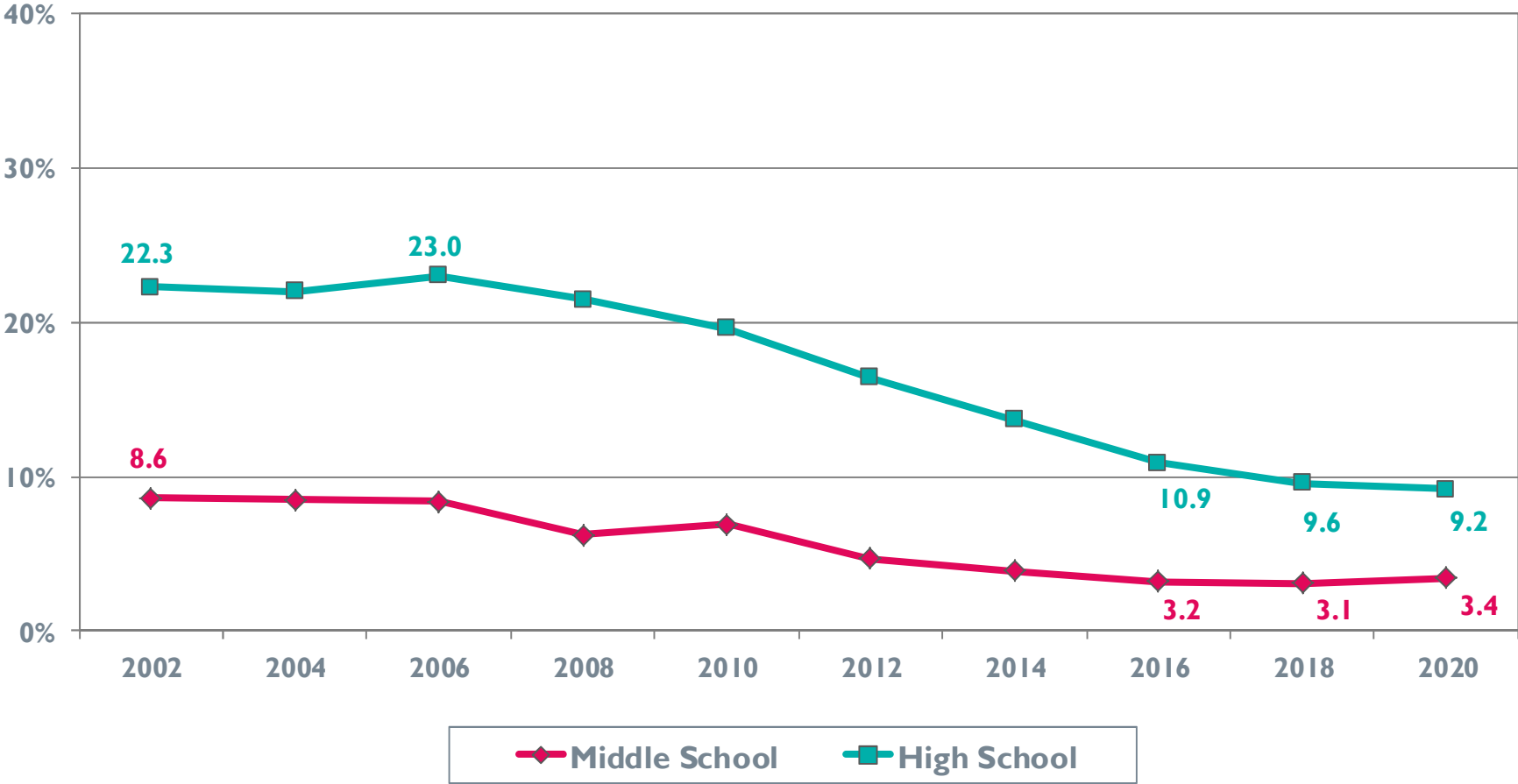
# Alcohol

## Past-30-Day Prevalence for 8th, 10th and 12th Graders



# Binge Drinking

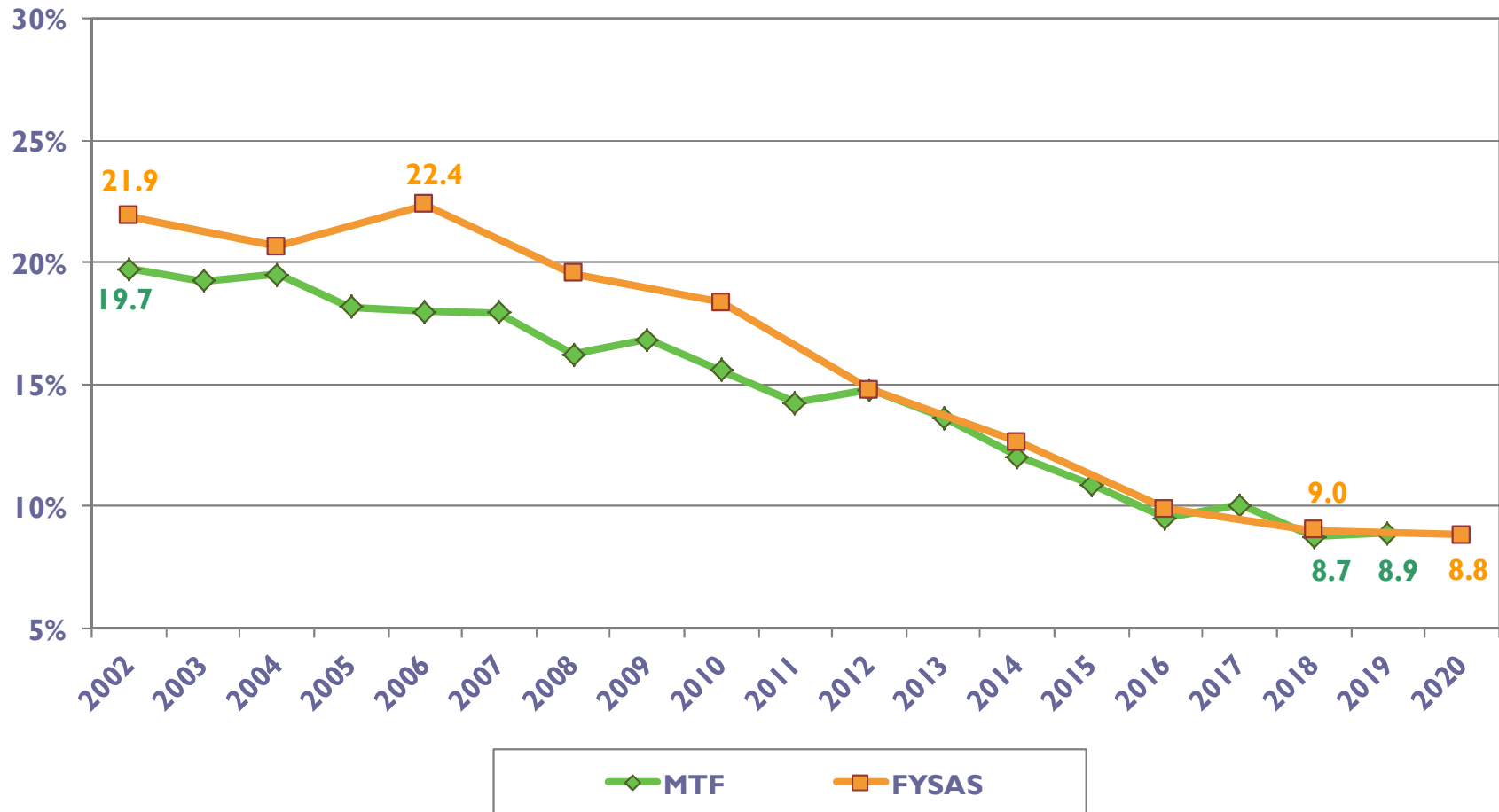
## Prevalence by Grade Cohort





# Binge Drinking

## Prevalence for 8th, 10th and 12th Graders



The background of the slide features a blue-tinted photograph of several people's hands holding up white plastic cups in a toast. The image is partially obscured by a blue overlay and white text. At the top of the slide, there are several vertical bars of varying heights and shades of blue and white.

**MTF Press Release:**

**12/18/19**

**In general, alcohol use by adolescents has been in a long-term decline that first began in the 1980s and was interrupted for a few years during the relapse phase in the substance use epidemic in the 1990s.**

**After [this] long period of decline, the use of alcohol among adolescents appears to be stabilizing.**

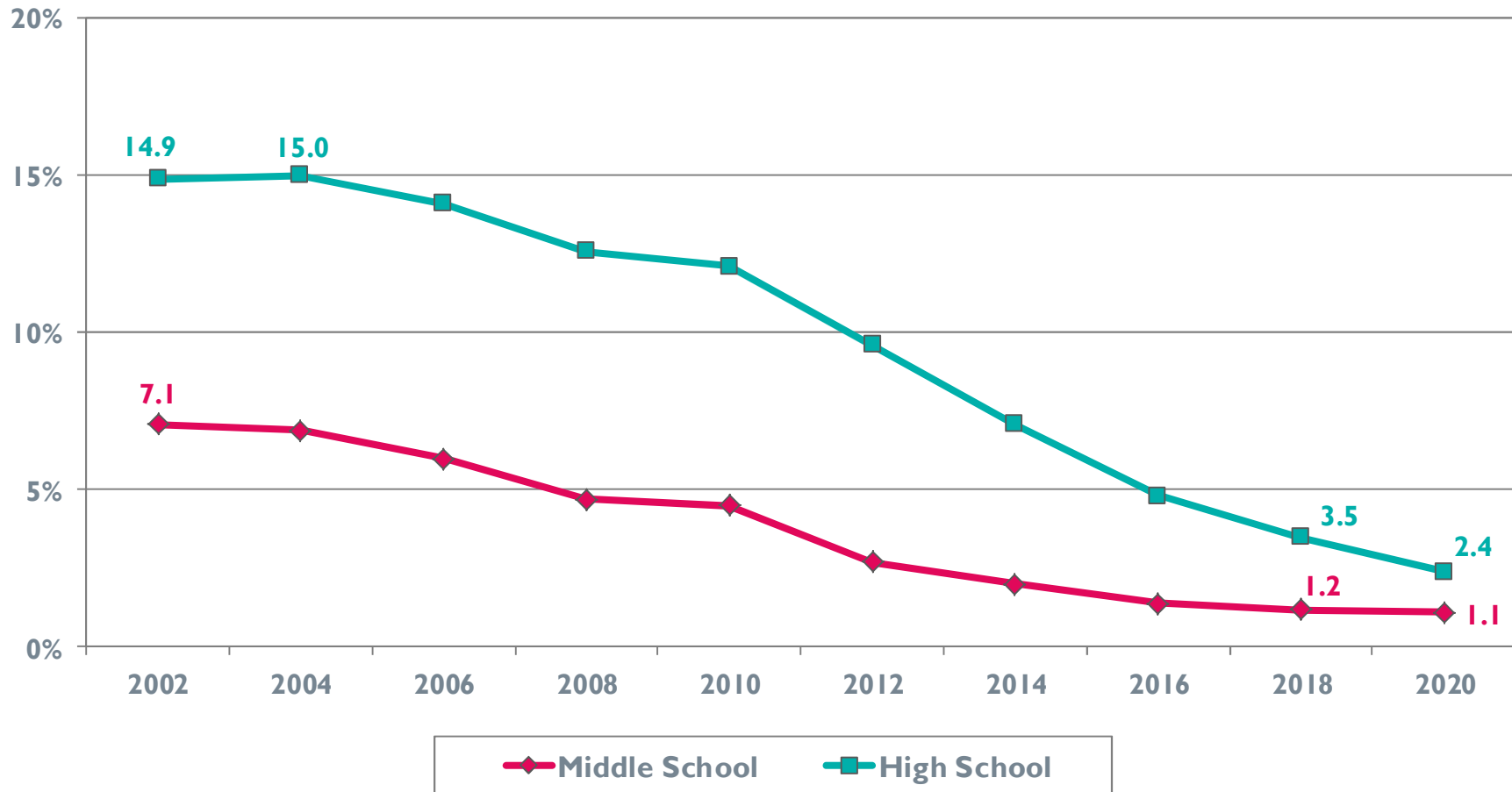
# Alcohol Use Trend Summary

- Among H.S. students: The long-term reduction in alcohol use continues, but has slowed considerably.
  - *22.1 percentage point reduction in past-30-day use between 2004 and 2020*
  - *1.3 percentage point reduction in past-30-day use between 2018 and 2020*
- Among M.S. students: The long-term reduction in alcohol use has ended, or at least stalled.
  - *In 2020, past-30-day use increased 1.3 and 1.8 percentage points among 6<sup>th</sup> and 7<sup>th</sup> graders, respectively*
- Results suggest a cohort effect, with higher rates of use originating among younger students before migrating into the higher grade levels.



# Cigarettes

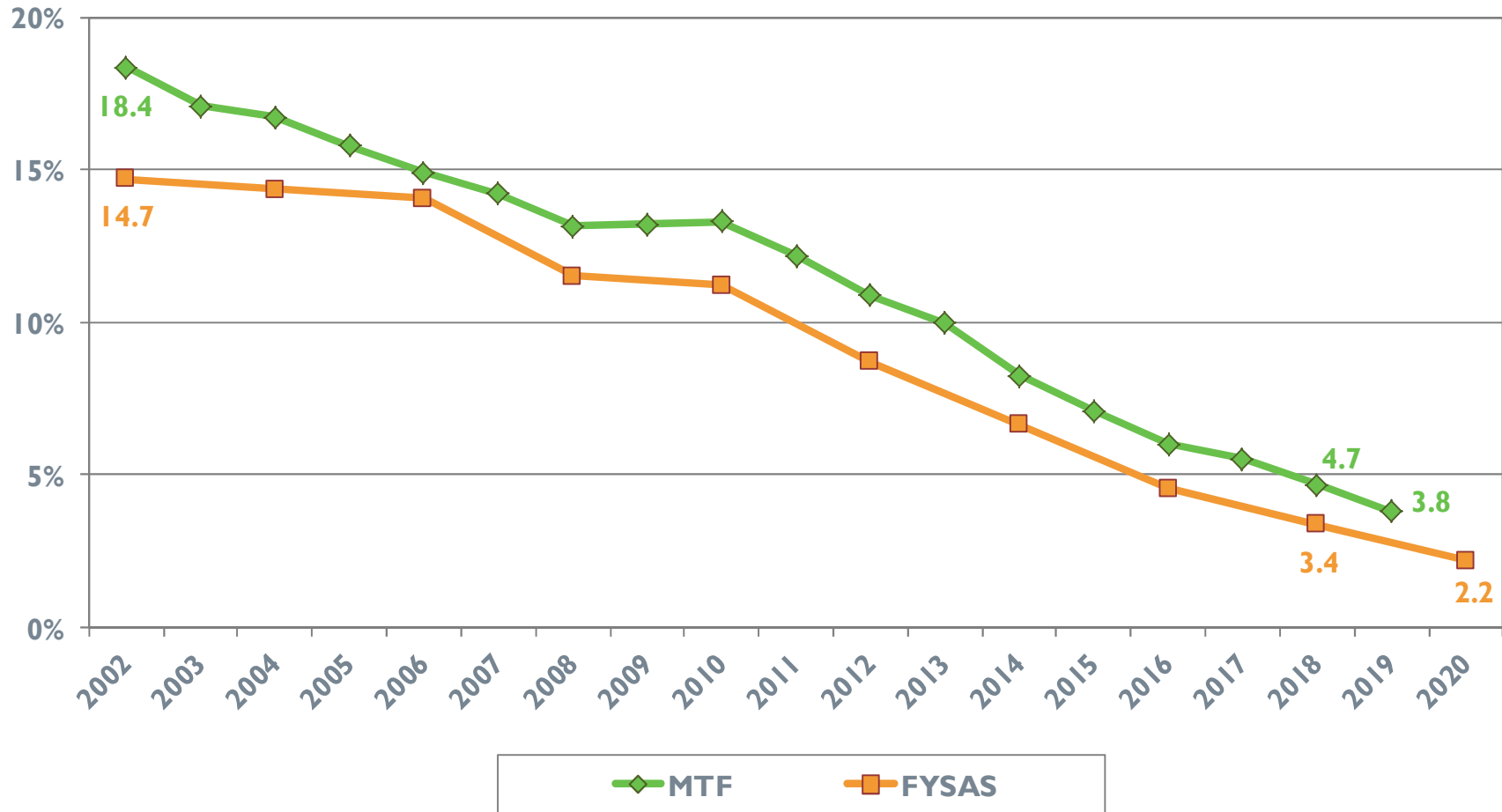
## Past-30-Day Prevalence by Grade Cohort





# Cigarettes

## Past-30-Day Prevalence for 8th, 10th and 12th Graders



# Cigarette Use Trend Summary

- The long-term reduction in cigarette use among Florida students continued in 2020.
- Among H.S. students, past-30-day cigarette use has dropped from 15.0% in 2004 to 2.4% in 2020.
- Among M.S. students, past-30-day cigarette use has dropped from 7.1% in 2002 to 1.1% in 2020.
- The prevalence rate for smoking cigarettes is now as low or nearly as low as the rates for “hard” drugs.

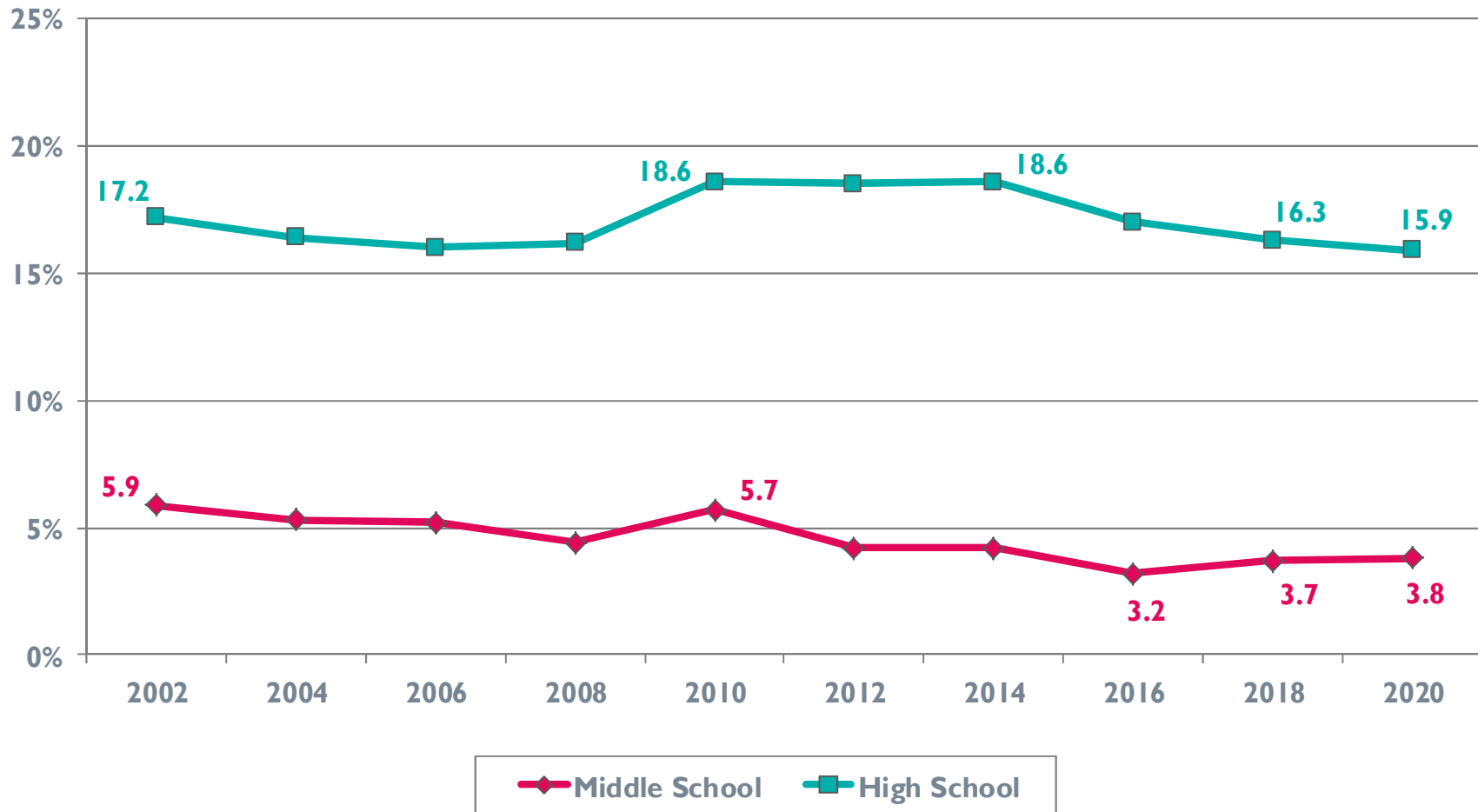






# Marijuana

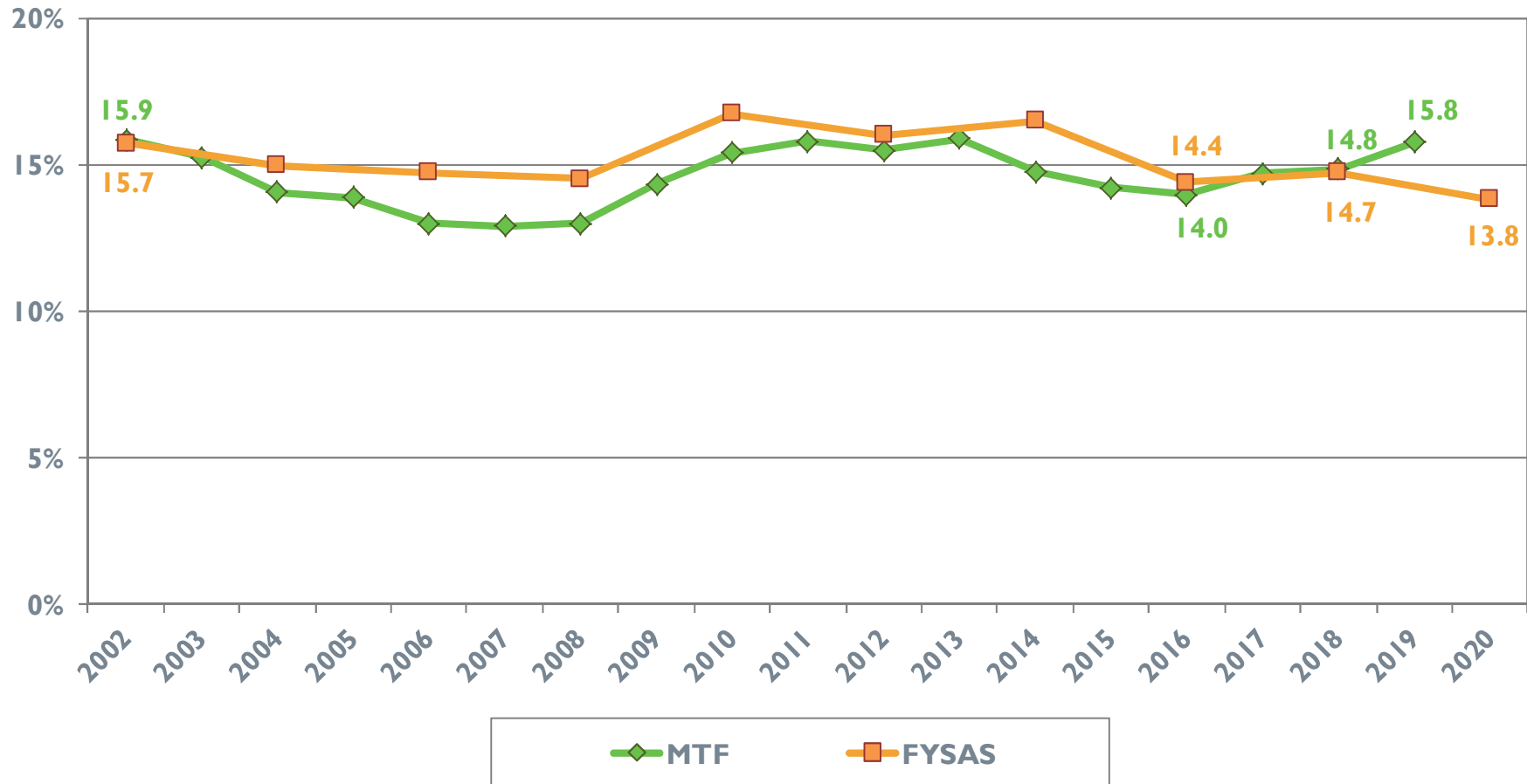
## Past-30-Day Prevalence by Grade Cohort





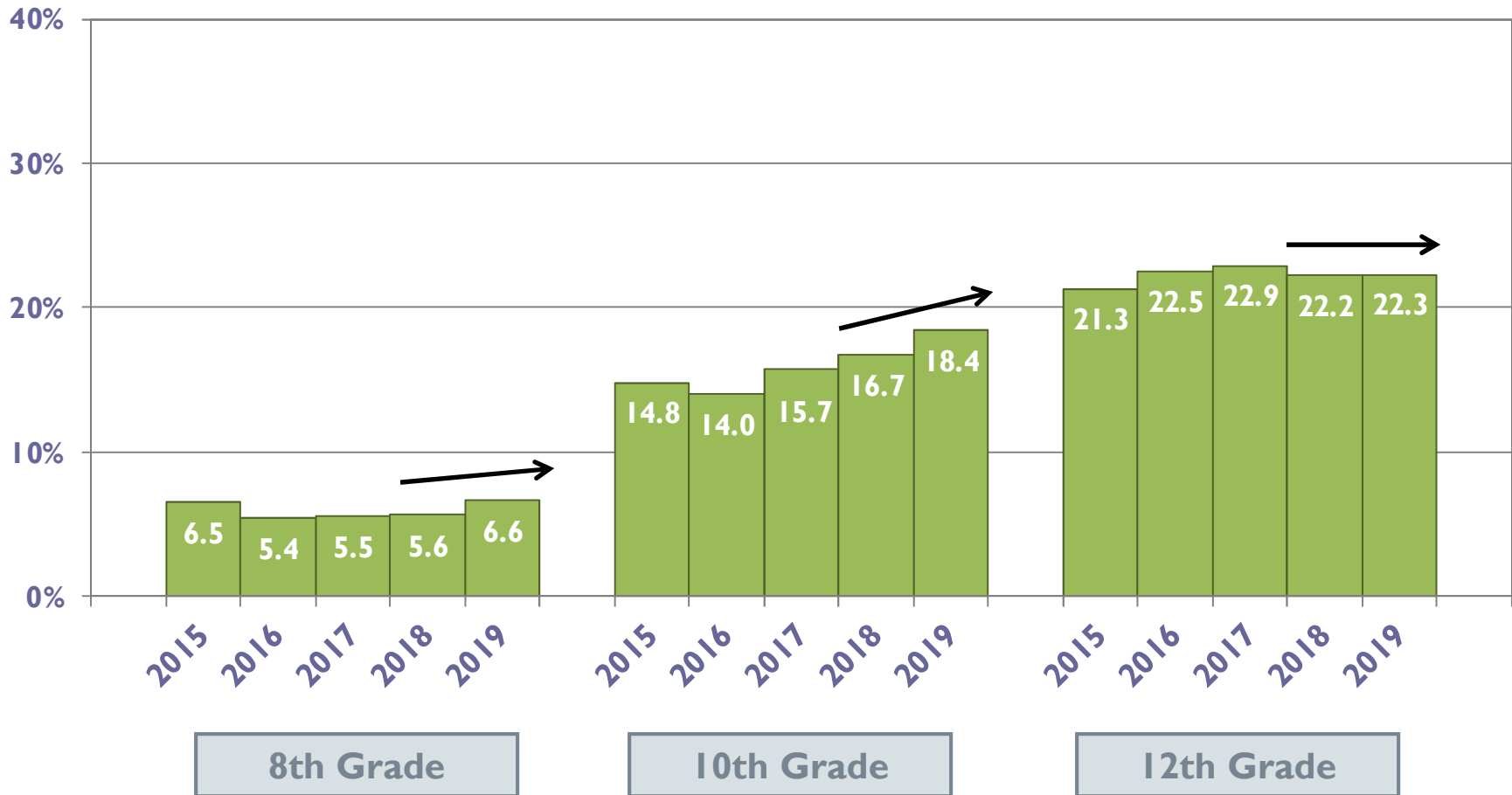
# Marijuana

## Past-30-Day Prevalence for 8th, 10th and 12th Graders



# Marijuana Use National Trend

## MTF, Past-30-Day Prevalence

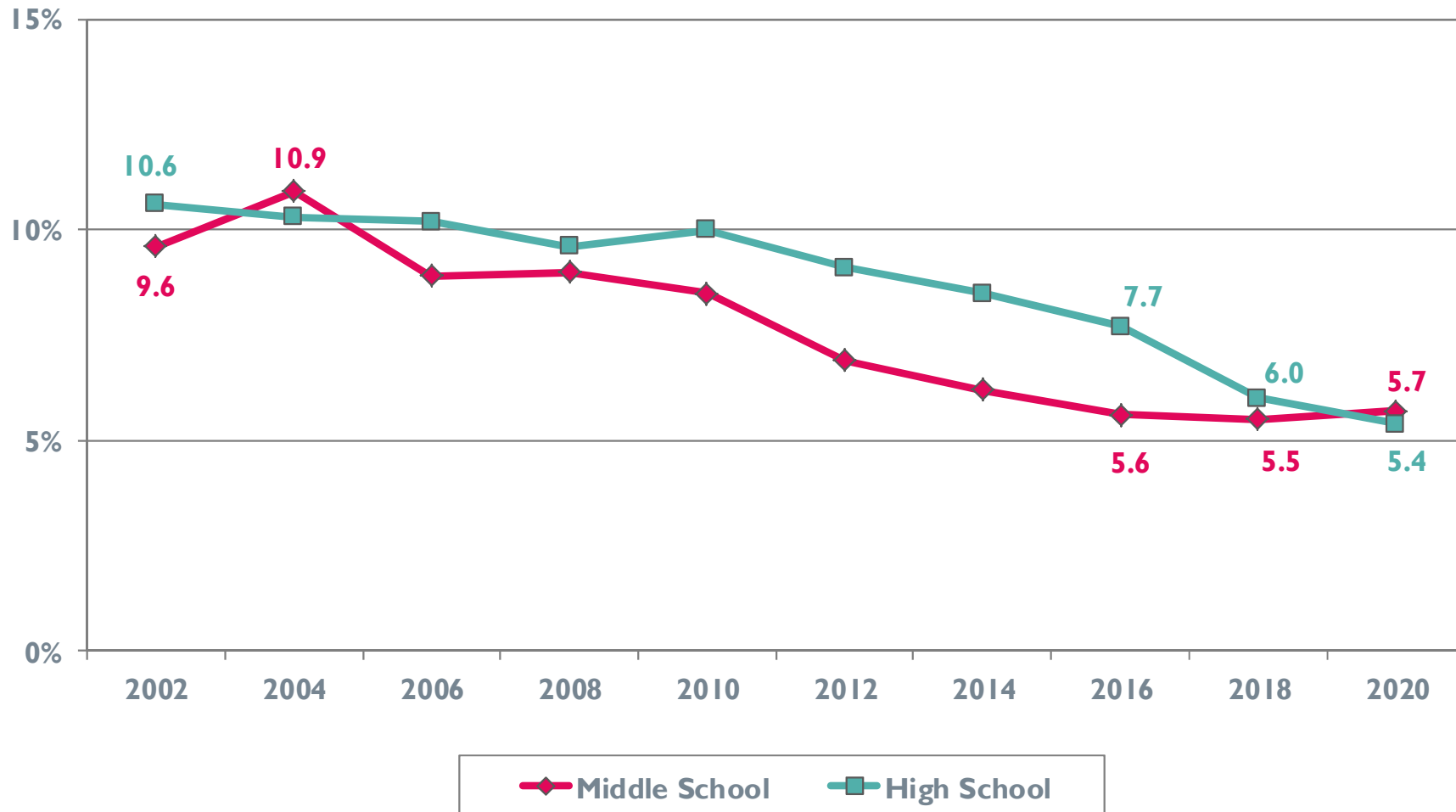


# Marijuana Use Trend Summary

- Among H.S. students, 2020 data show a continuation in the reduction in marijuana use.
  - *Past-30-day use has dropped from 18.6% in 2014 to 15.9% in 2020*
- Among M.S. students, marijuana use showed no meaningful change between 2018 and 2020, after a 0.5 percentage point increase between 2016 and 2018.
- National data are beginning to show increases in marijuana use among younger students, suggesting a cohort effect.



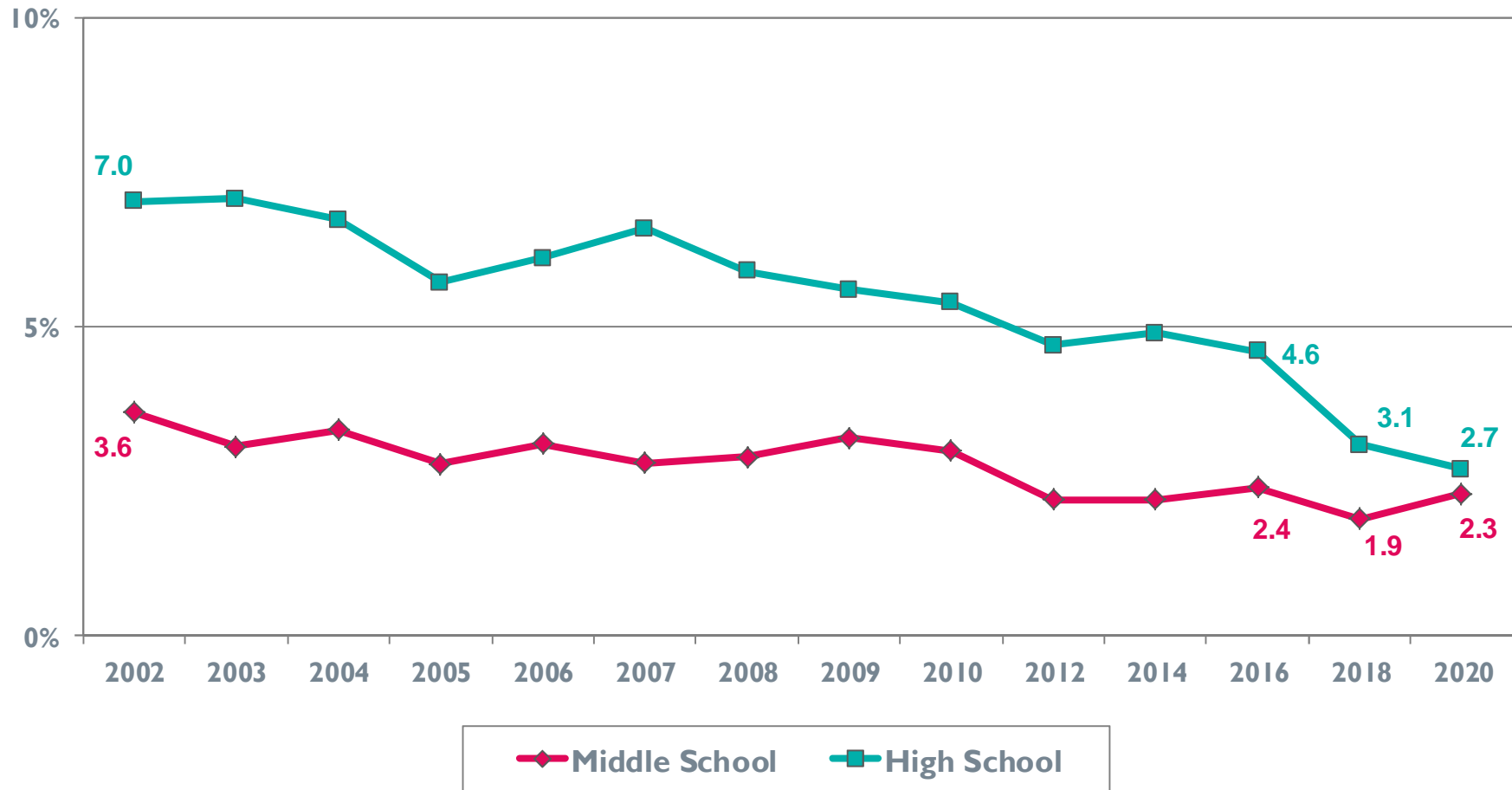
# Use of Any Illicit Drug (Other than Marijuana) Past-30-Day Prevalence by Grade Cohort





# Any Prescription Drug

## Past-30-Day Prevalence by Grade Cohort



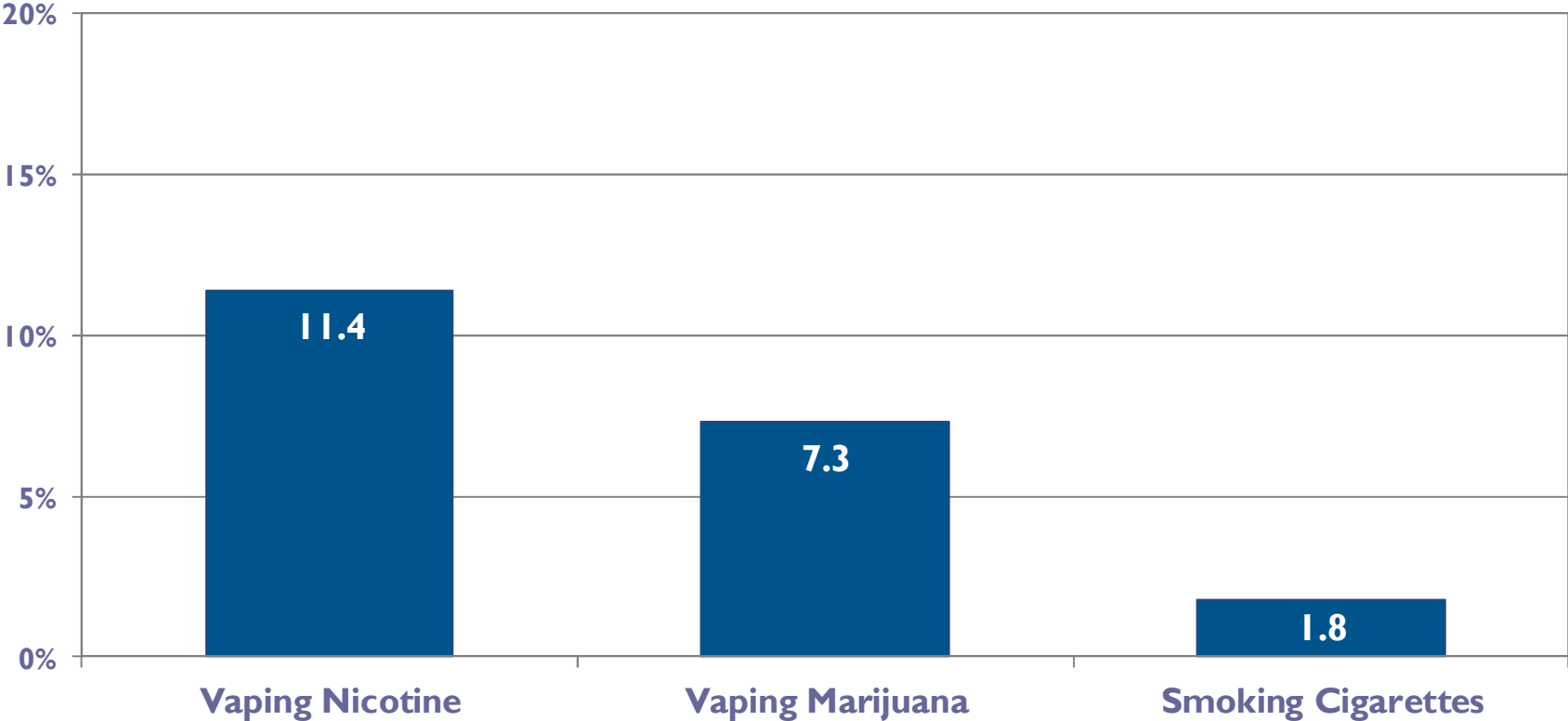
# FYSAS Trend Summary

- Among H.S. students, alcohol, cigarette, marijuana, and Rx drug use continue their long-term decline.
- Among M.S. students, the substance use decline has stalled.
  - *Possibility #1: Pause in the downward trend line*
  - *Possibility #2: Bouncing along the bottom*
  - *Possibility #3: Start of a reversal, as younger cohorts of Florida students adopt riskier substance use behaviors*



# Vaping and Cigarette Use

## Past-30-Day Prevalence

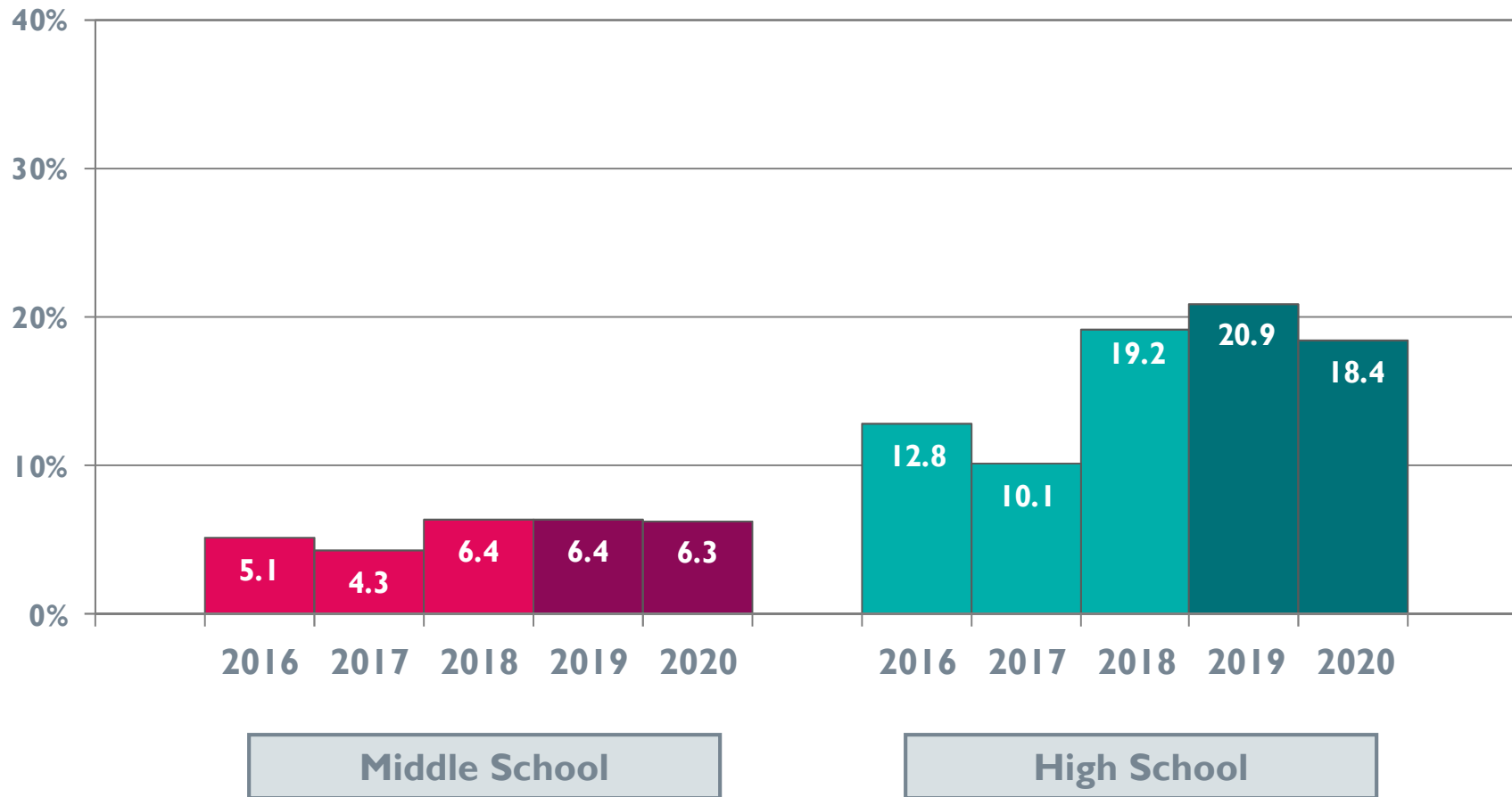






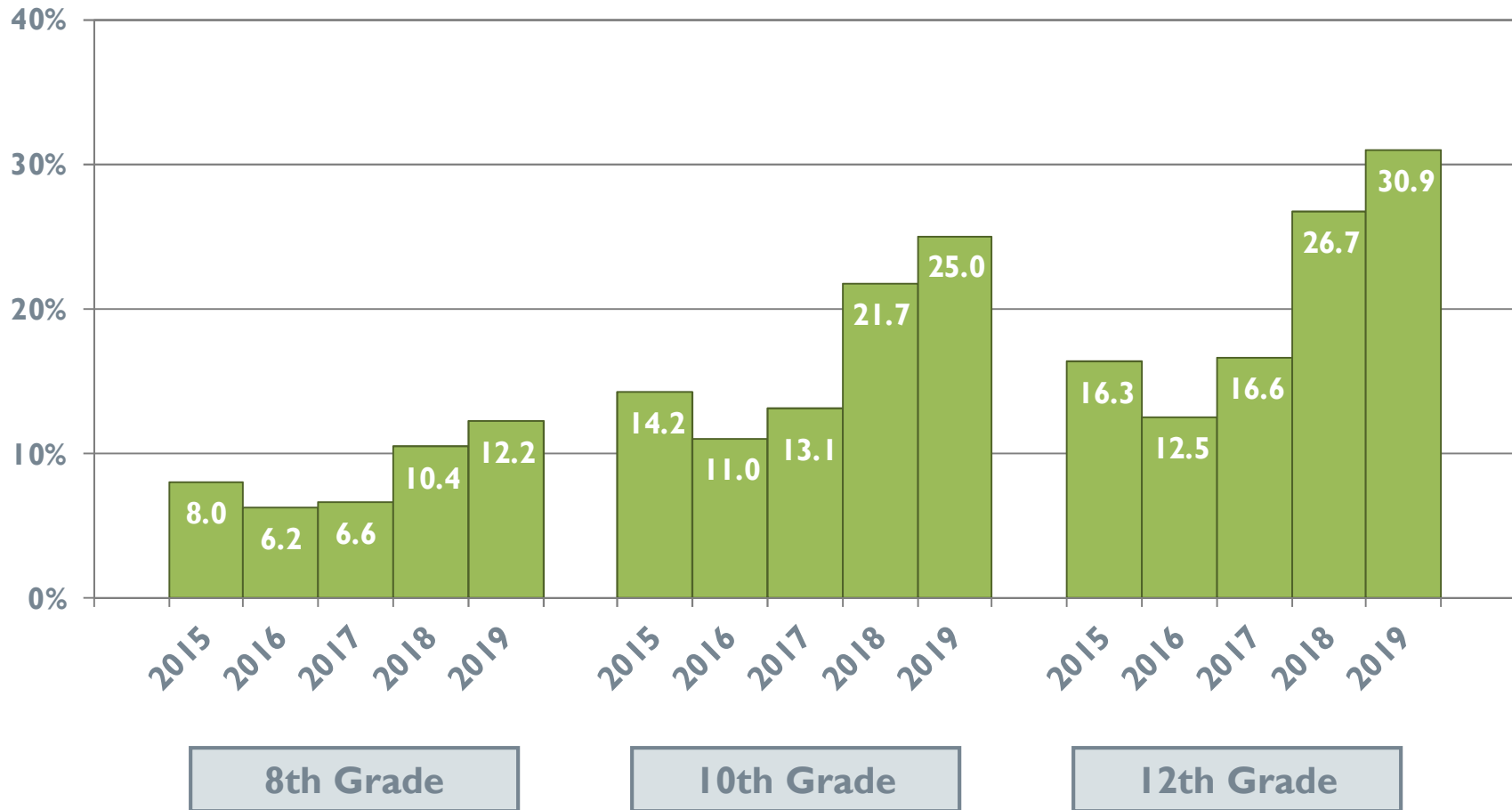
# Any Vaping Trend

## Past-30-Day Prevalence



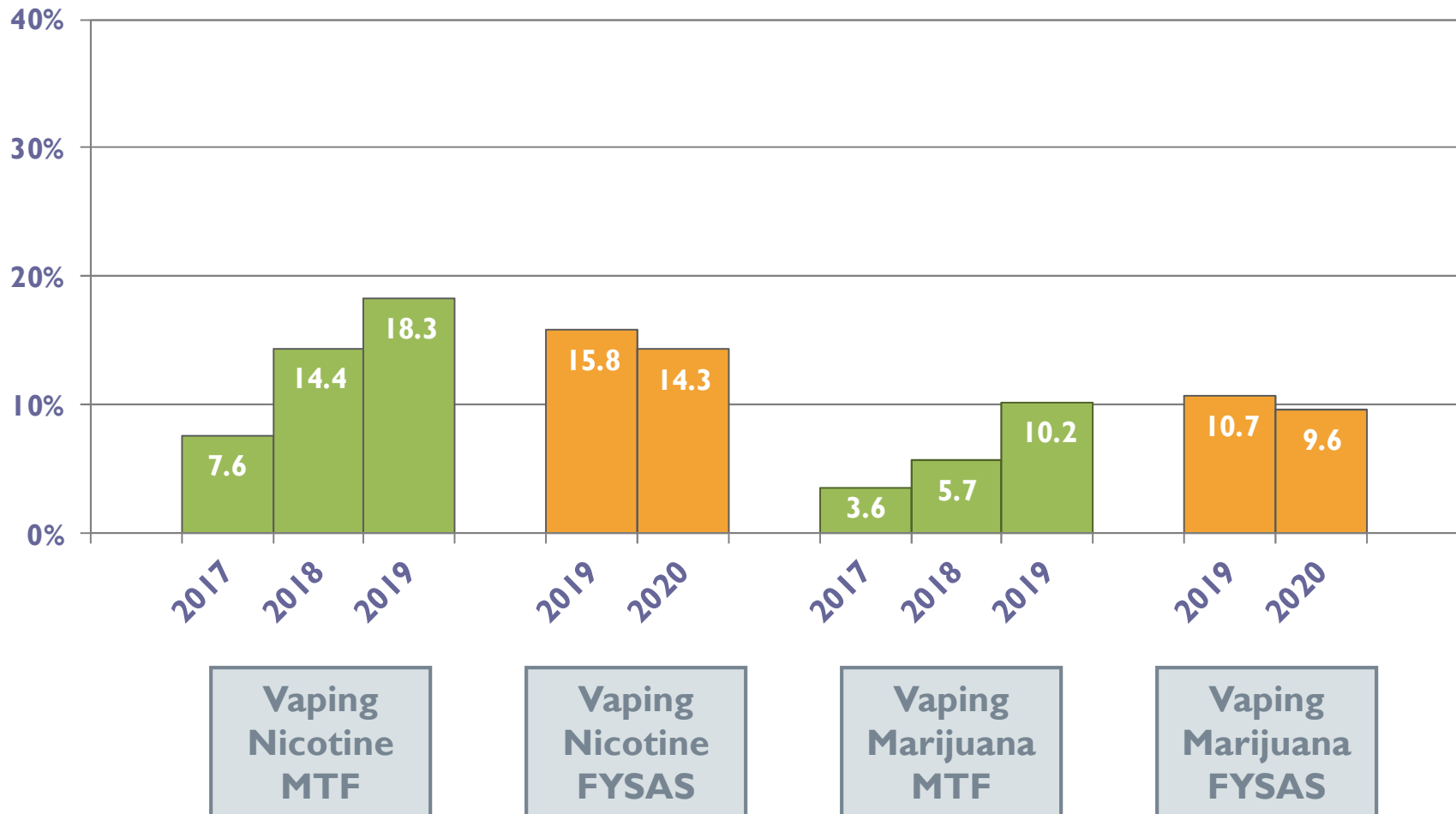
# Any Vaping National Trend

## MTF, Past-30-Day Prevalence



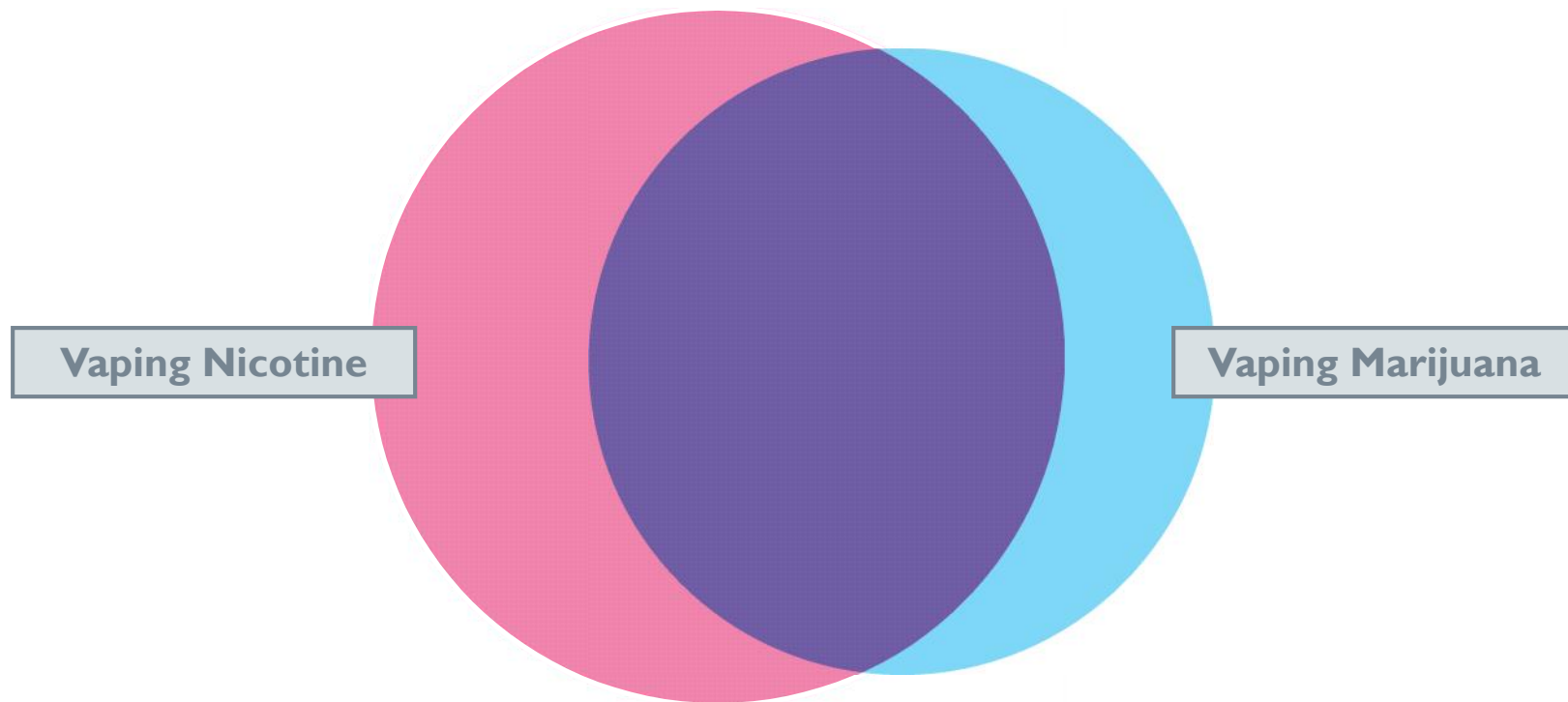
# Vaping Trend: MTF and FYSAS

## 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> Grades, Past-30-Day Prevalence



# Vaping Nicotine and Vaping Marijuana

## Past-30-Day Prevalence

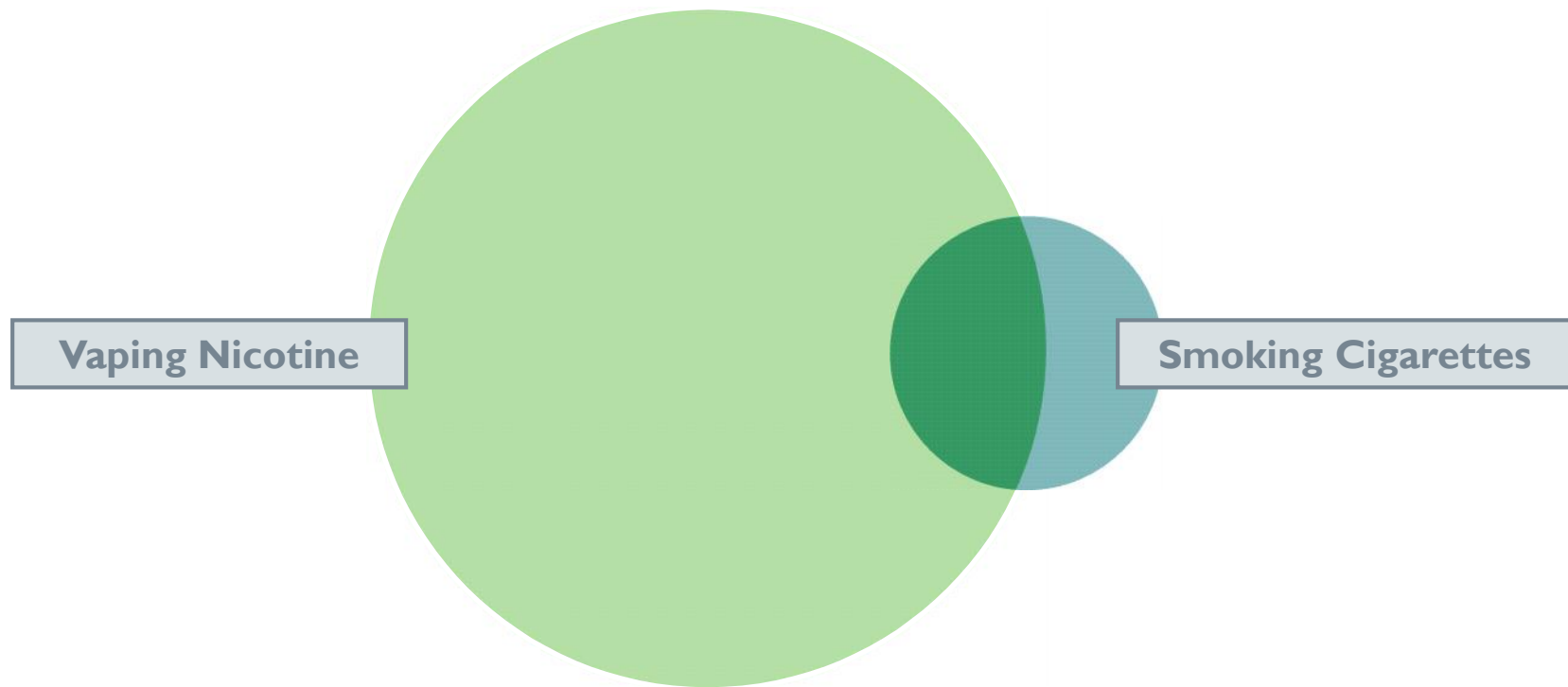


48.3% of current nicotine vapers are vaping marijuana.  
75.0% of current marijuana vapers are vaping nicotine.



# Vaping Nicotine and Smoking Cigarettes

## Past-30-Day Prevalence



Only 9.1% of current nicotine vapers smoke cigarettes.  
54.0% of cigarette smokers vape nicotine.



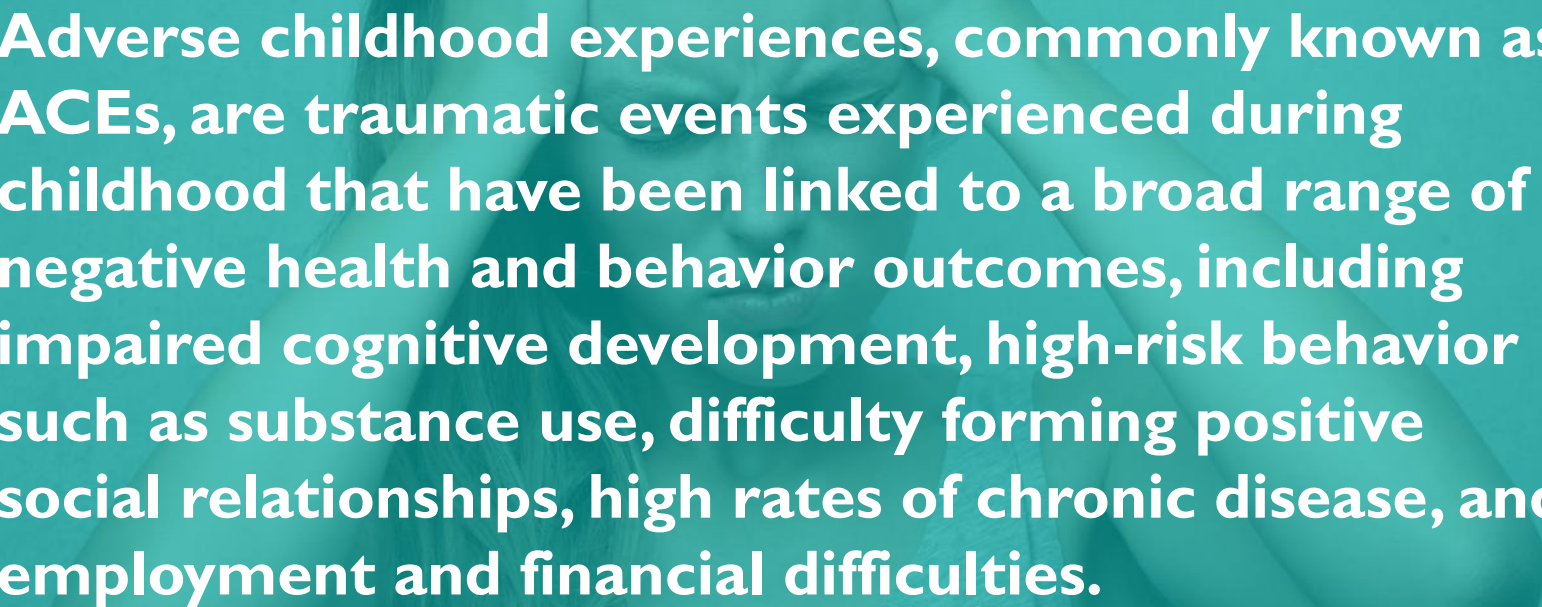
# Vaping Summary

- Among Florida students, the vaping epidemic appears to have peaked, with rates for both vaping nicotine and vaping marijuana decreasing between 2019 and 2020.
- There is a large overlap between vaping nicotine and vaping marijuana.
  - *Vaping isn't a nicotine delivery system that is occasionally used with marijuana. Nearly half of students who vape do both.*
- Few current nicotine vapers (9.1%) also smoke cigarettes.
  - *The majority of students who vape nicotine did not transition from smoking cigarettes. Their vaping is independent of cigarette use.*





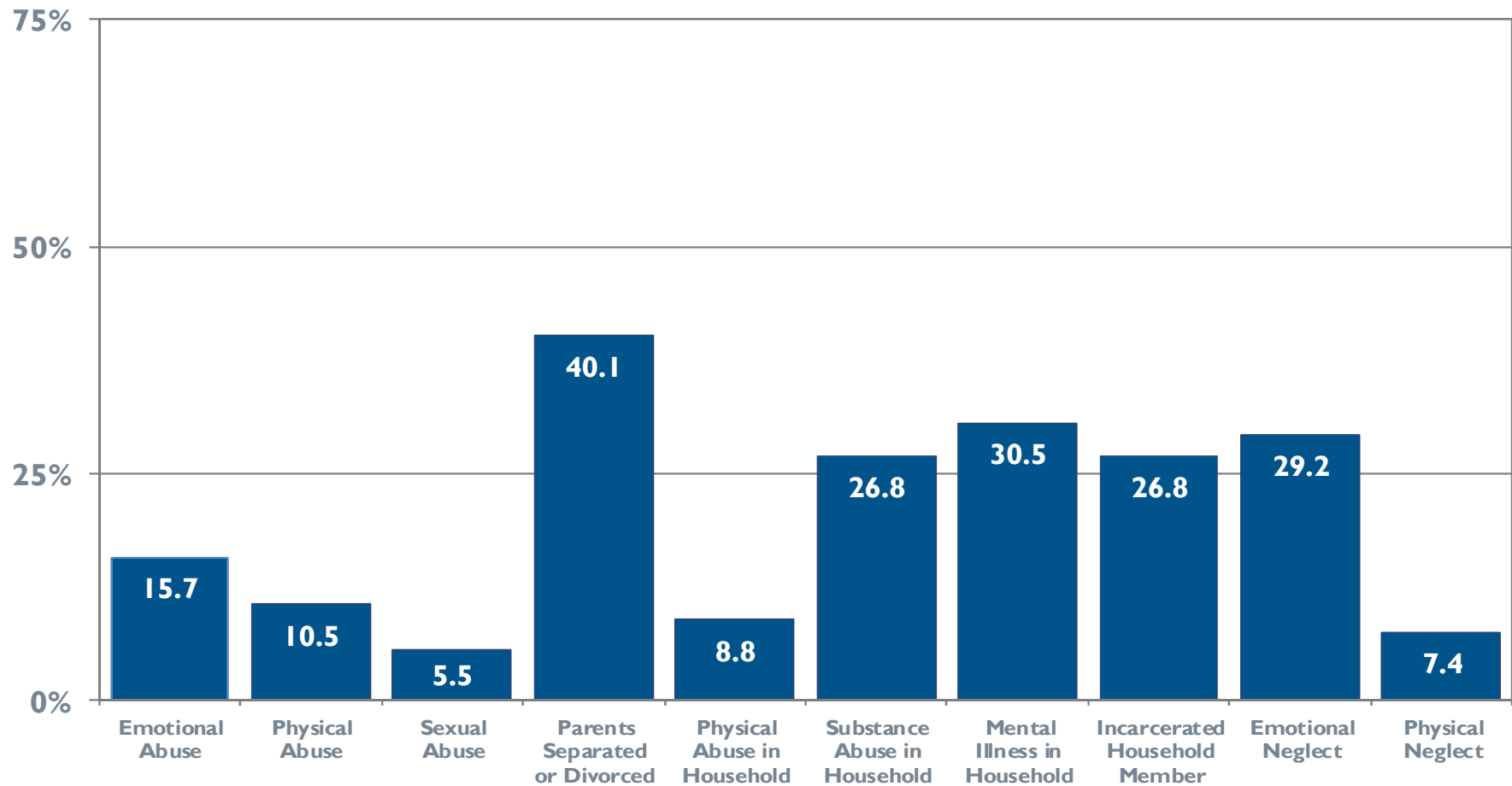
# Adverse Childhood Experiences



**Adverse childhood experiences, commonly known as ACEs, are traumatic events experienced during childhood that have been linked to a broad range of negative health and behavior outcomes, including impaired cognitive development, high-risk behavior such as substance use, difficulty forming positive social relationships, high rates of chronic disease, and employment and financial difficulties.**

# How Prevalent is Childhood Trauma?

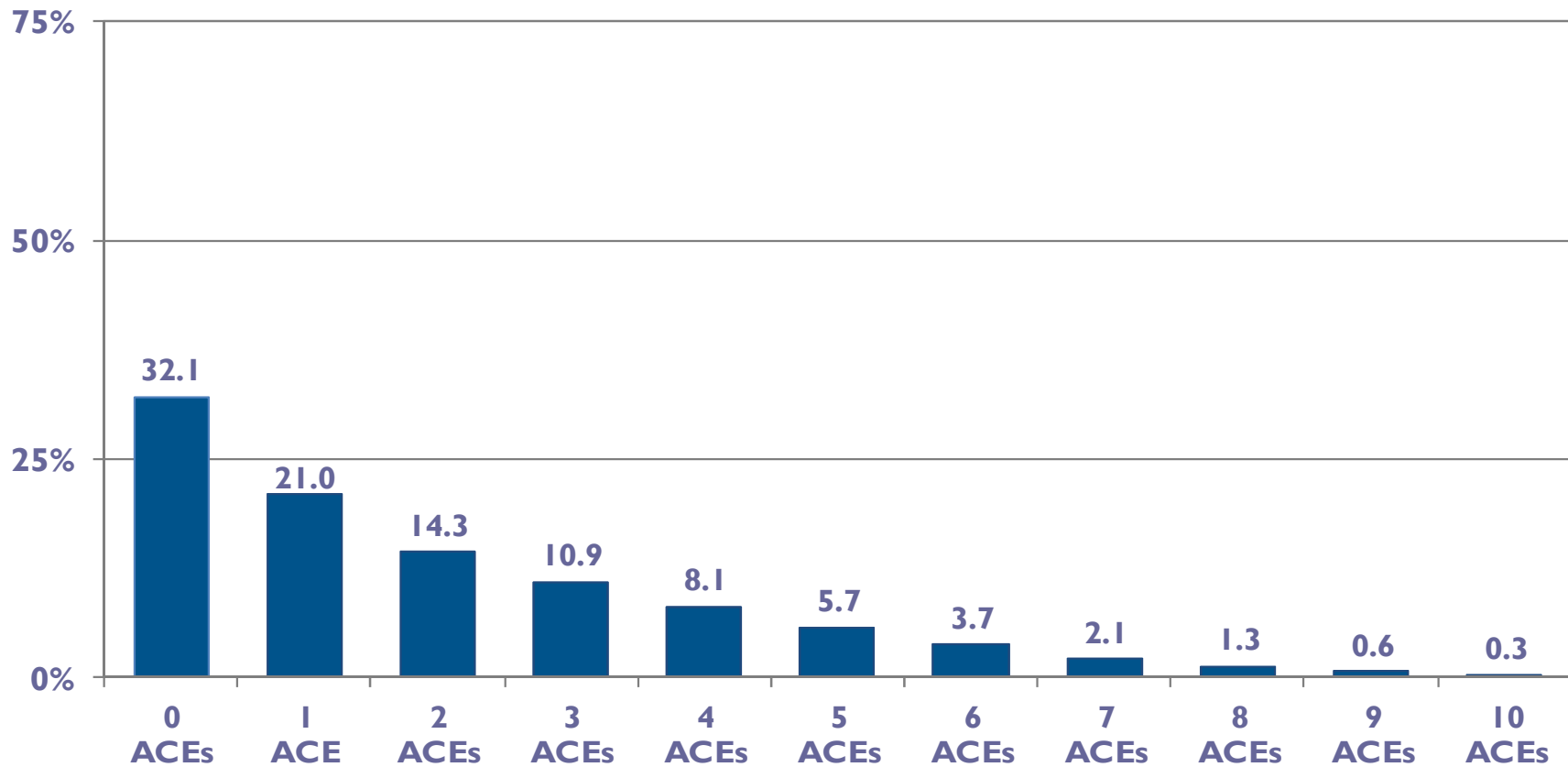
## ACEs Among High School Students



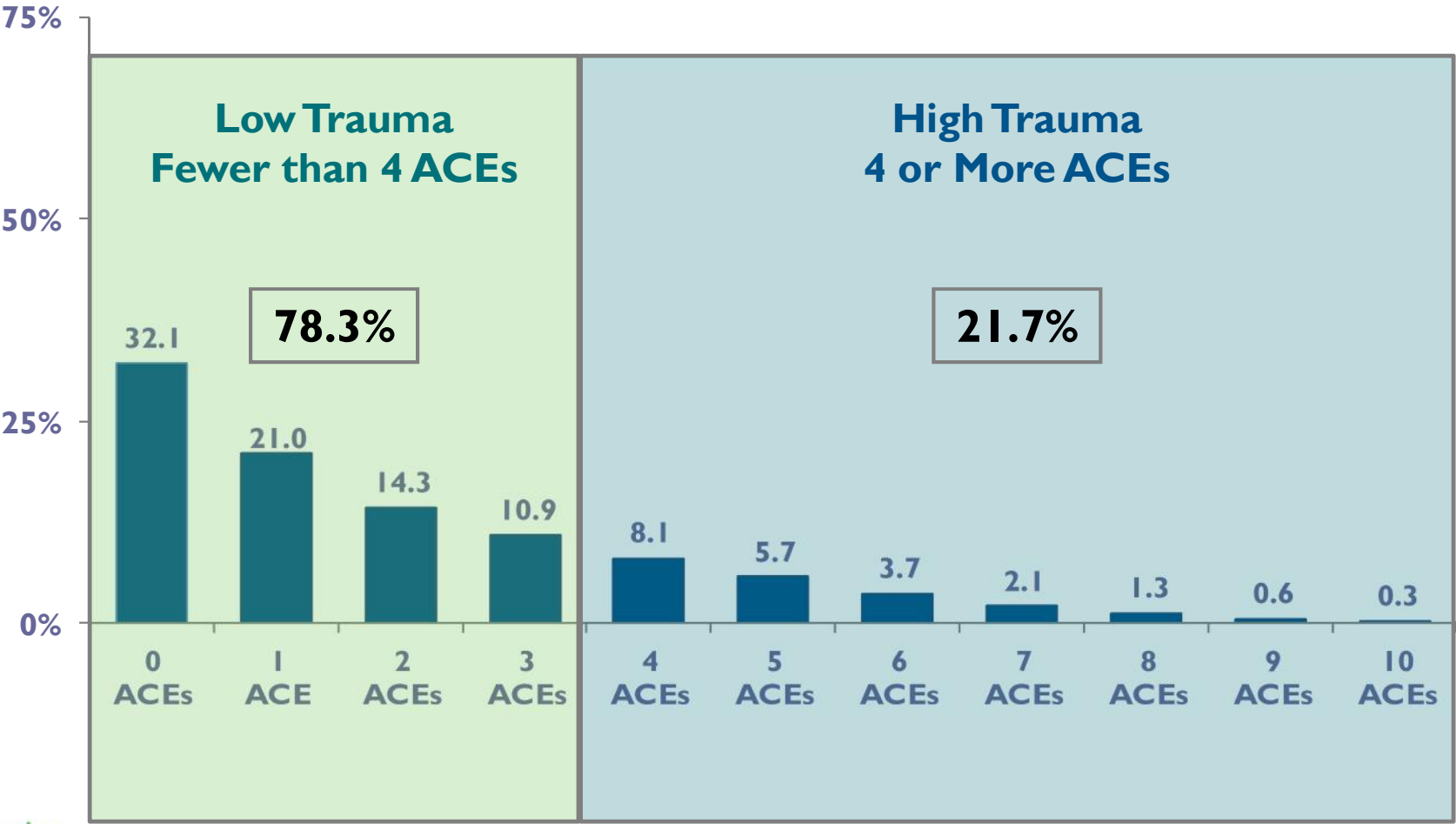




# Number of Adverse Childhood Experiences High School Students

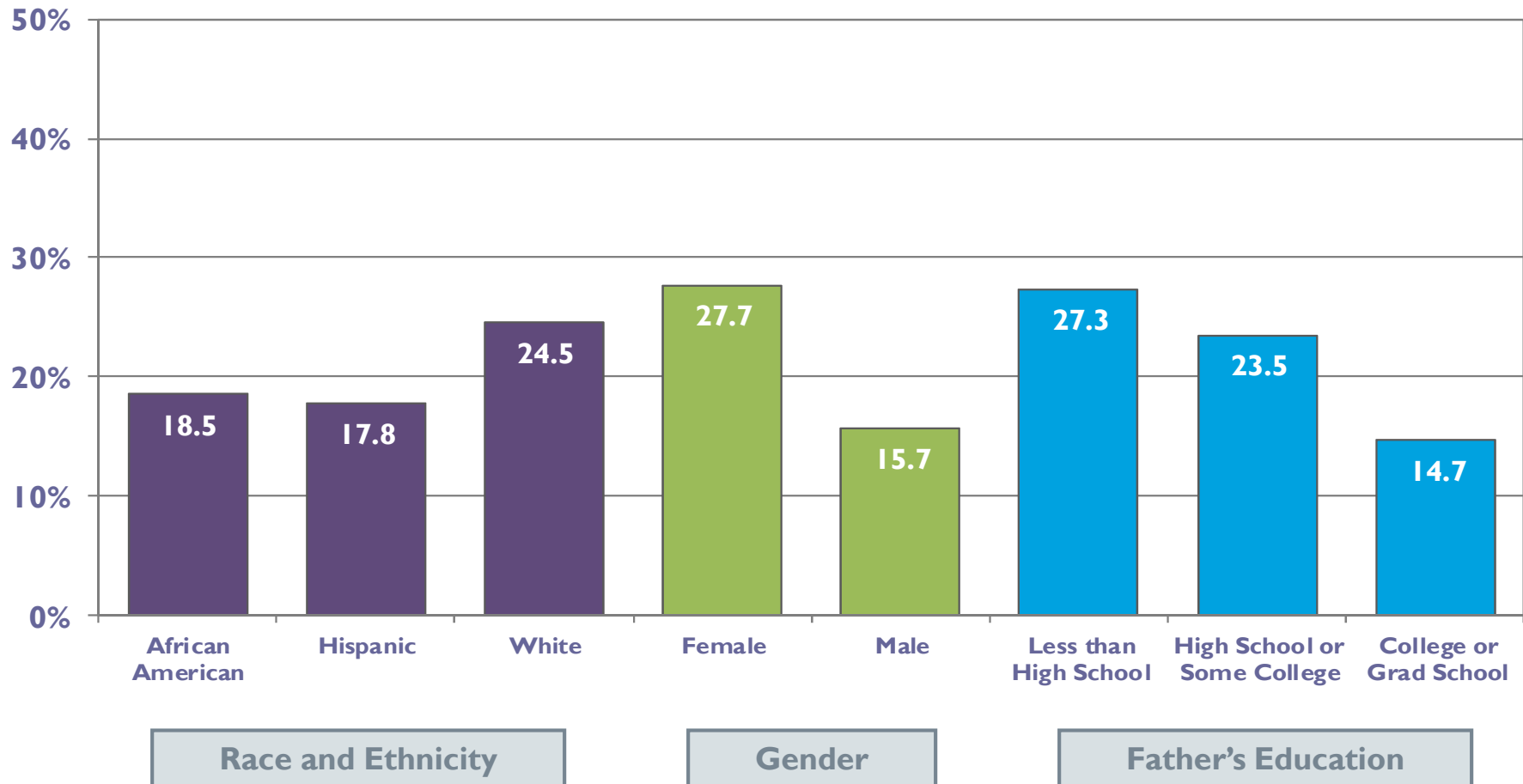


# Low Trauma and High Trauma High School Students





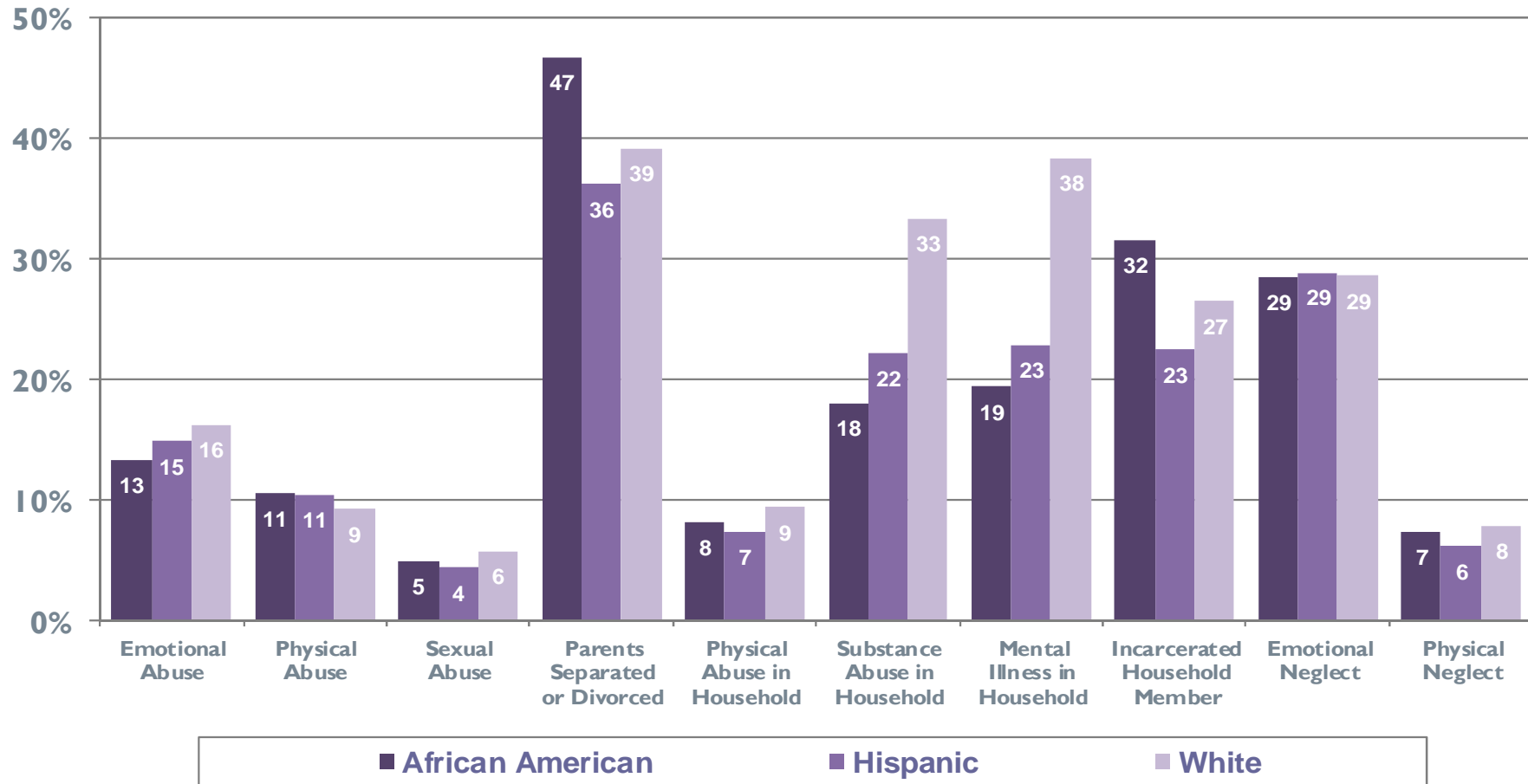
# Which Students Experience High Trauma? Percentage Reporting 4 or More ACEs





# ACES and Race/Ethnicity

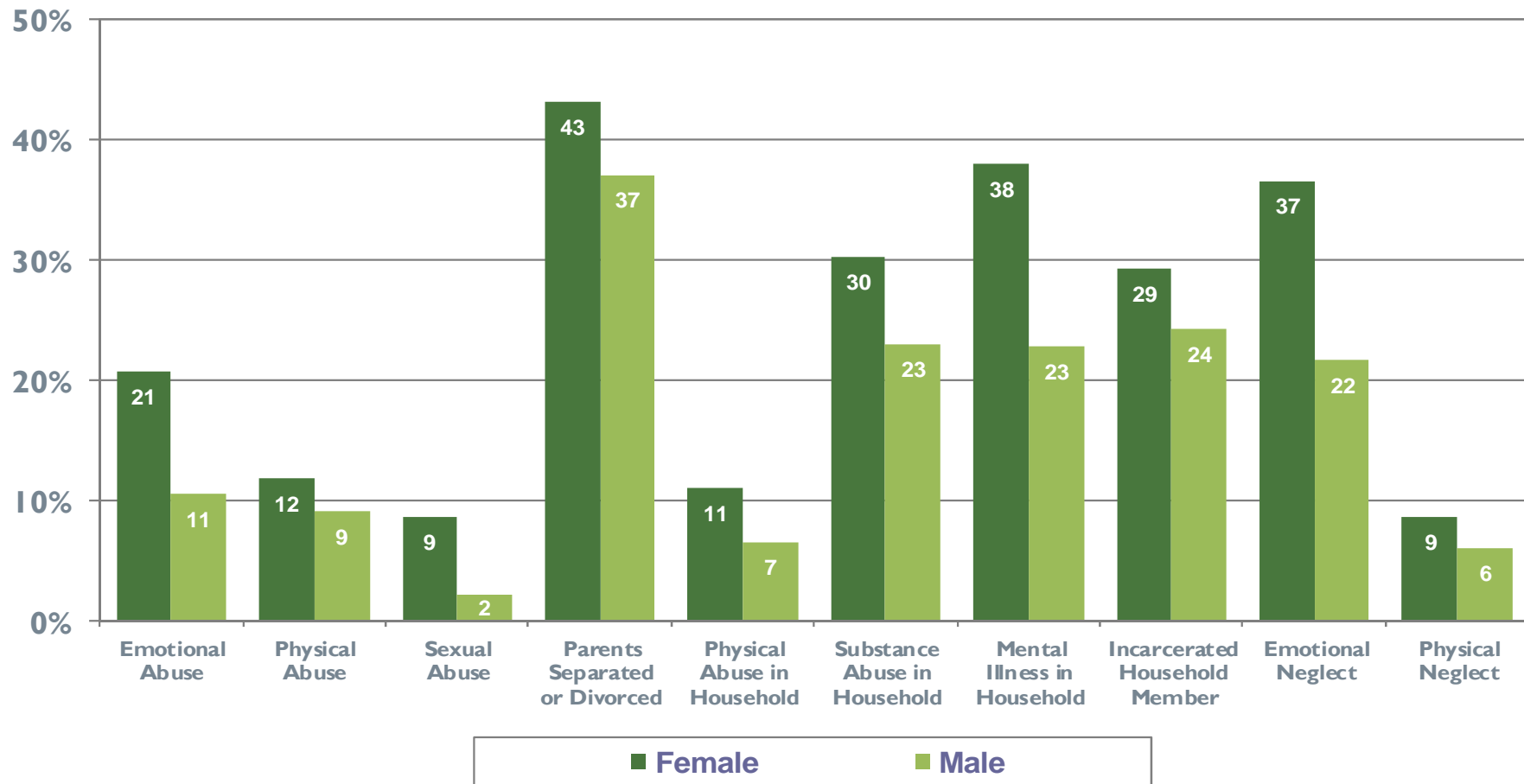
## High School Students





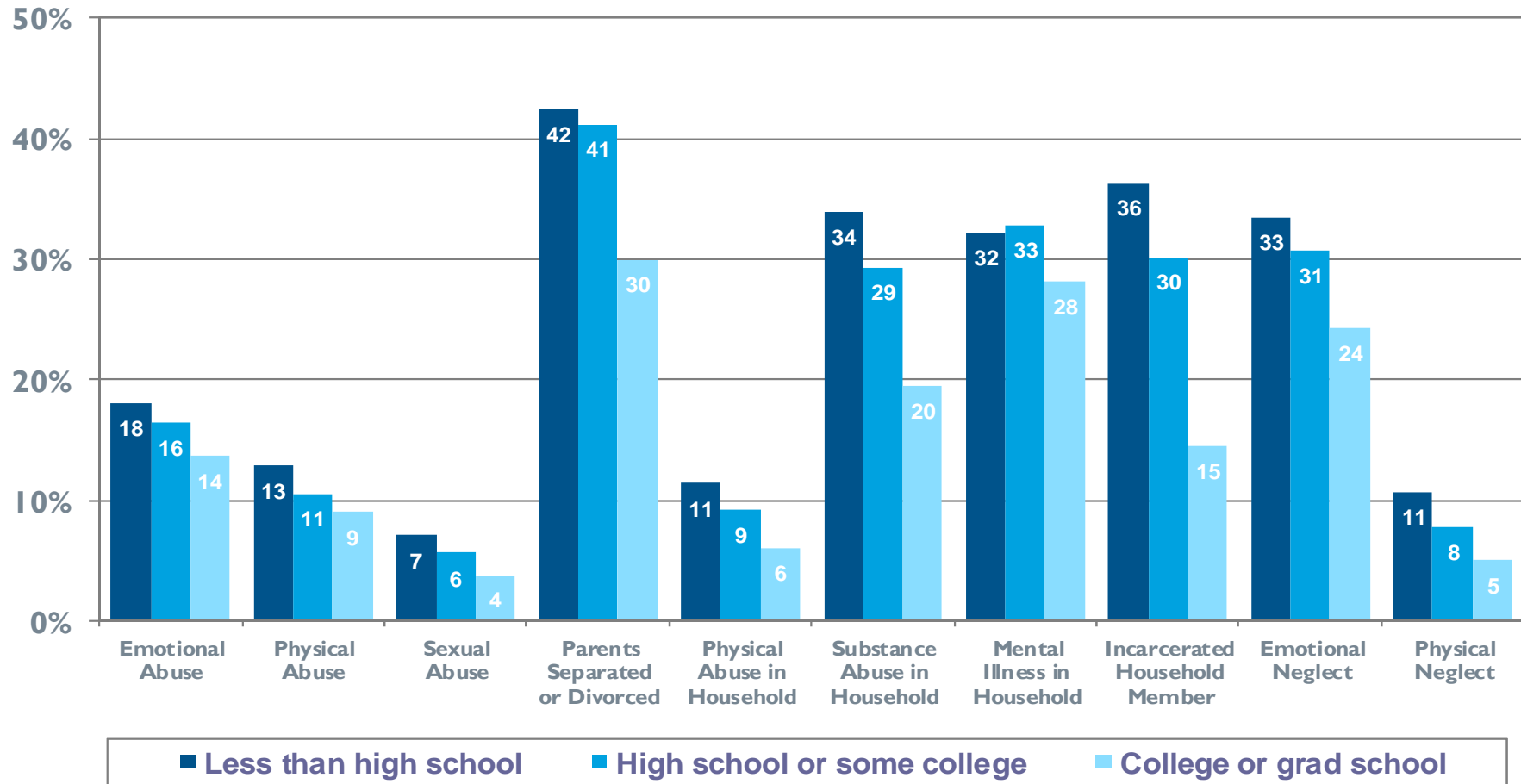
# ACES and Gender

## High School Students



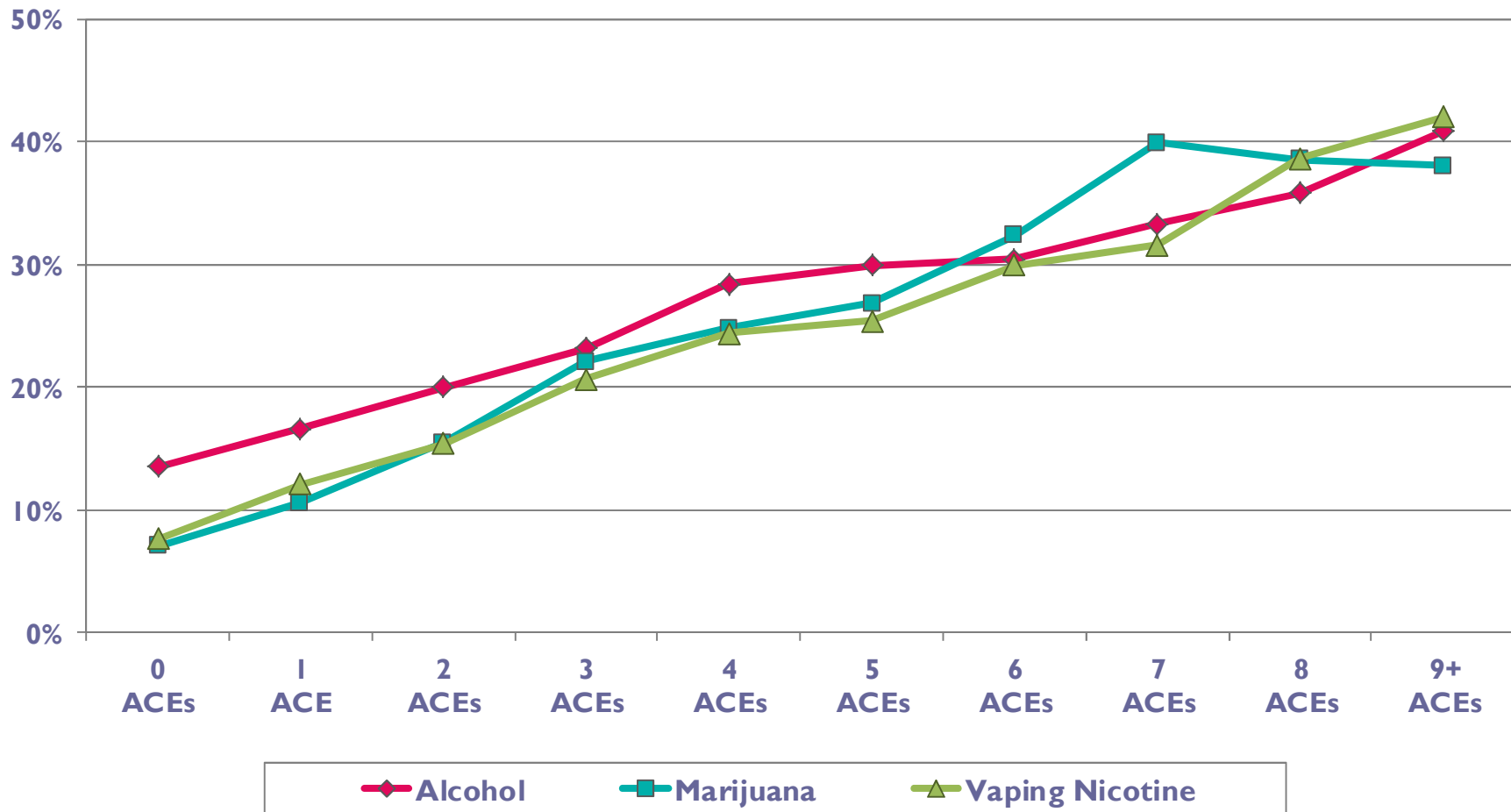
# ACES and Socioeconomic Status

## High School Students



# Trauma and Substance Use

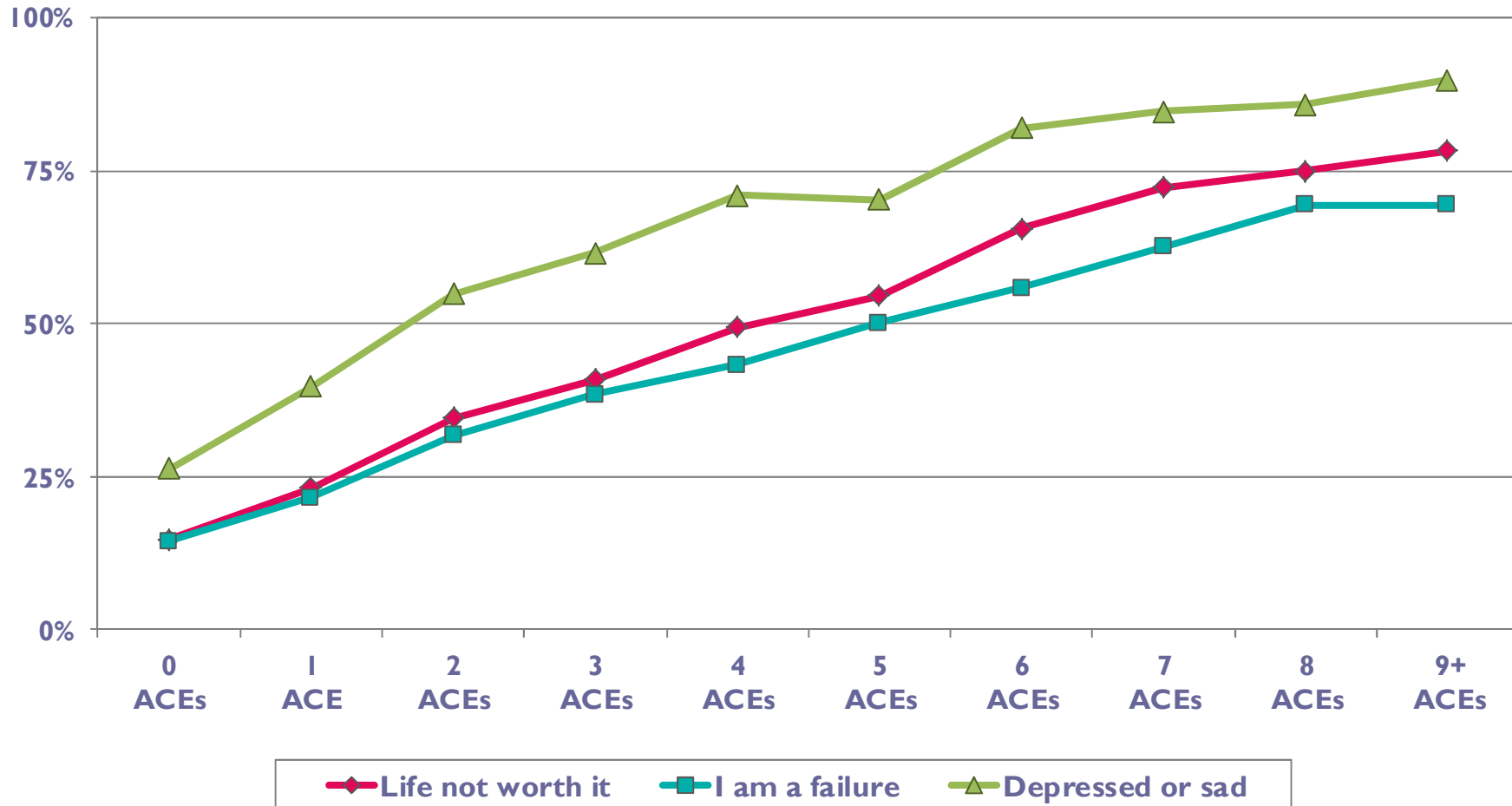
## Past-30-Day Prevalence by ACE Score





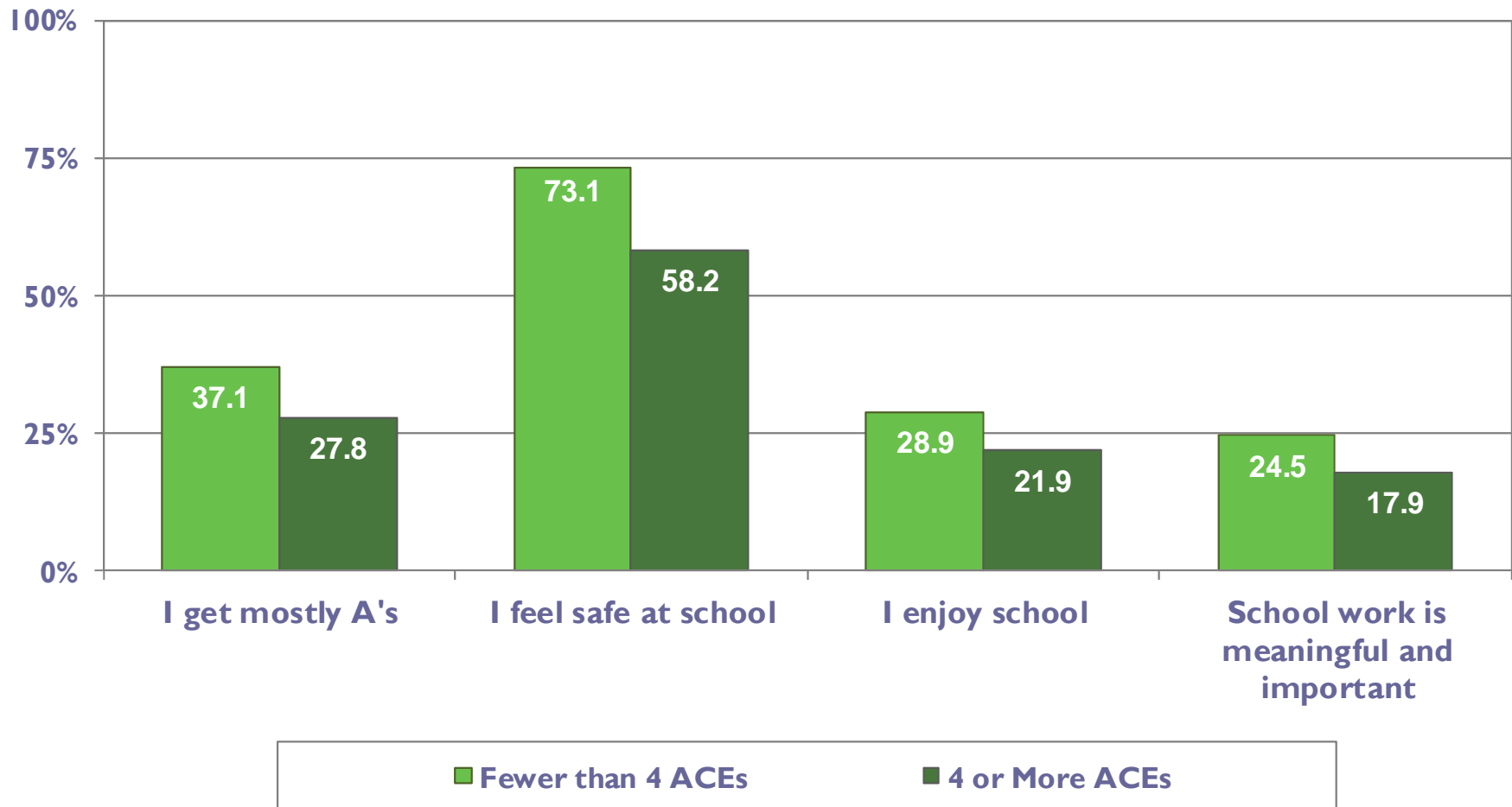
# Trauma and Symptoms of Depression

## Past-30-Day Prevalence by ACE Score





# Trauma and School Success



# ACEs Summary

- 21.7% of Florida H.S. students report 4 or more adverse childhood experiences.
- Trauma is not evenly distributed across the population.
  - *White students, female students, and students from low SES families are more likely to report high levels of trauma*
- Among adolescents, there is a strong correlation between trauma and negative health behavior outcomes.
  - *Students with higher levels of childhood trauma are more likely to report substance use and symptoms of depression, and less likely to report success in school*



Thank you!



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