

# 2024 FLORIDA YOUTH SUBSTANCE ABUSE SURVEY

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# Presentation Outline

1. Methodology
2. Substance use prevalence rates
3. Trend lines for alcohol, cigarettes, and marijuana
4. Vaping nicotine and vaping marijuana
5. Delta-8 and Delta-10 THC and kratom
6. “One Pill Can Kill” and 988 Crisis Line
7. Adverse childhood experiences (ACEs)
8. Mental health trend lines shift in a positive direction

# Background and Methods

- The Florida Youth Survey (FYS) is a multi-survey data collection project: Three questionnaires in odd years, two in even years:
  - *Florida Youth Substance Abuse Survey (FYSAS)*
  - *Florida Youth Tobacco Survey (FYTS)*
  - *Florida Specific Youth Survey (FSYS)*
- In 2024, a separate sample was drawn for each of Florida's 67 counties.
- Final 2024 FYSAS dataset included 44,755 M.S. and H.S. survey respondents.
- Seven of 67 counties refused to participate in 2024. One county only participated at the M.S. level.
- 75% of respondents used the web-based survey and 25% used booklets.
- The margin of error is less than 1.0 percentage point for state-level M.S. and H.S. prevalence rates.

# FYS

## Florida Youth Survey

### FYSAS

#### Florida Youth Substance Abuse Survey

- DCF
- M.S. and H.S.
- Even years
- Odd years

### FYTS

#### Florida Youth Tobacco Survey

- DOH
- M.S. and H.S.
- Even years
- Odd years

### FSYS

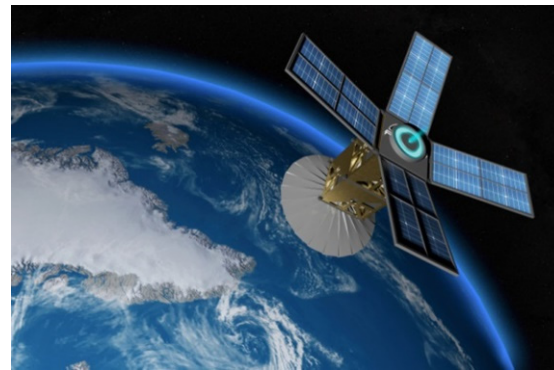
#### Florida Specific Youth Survey

- DOE
- H.S. only
- Odd years

# FYS



# FYSAS



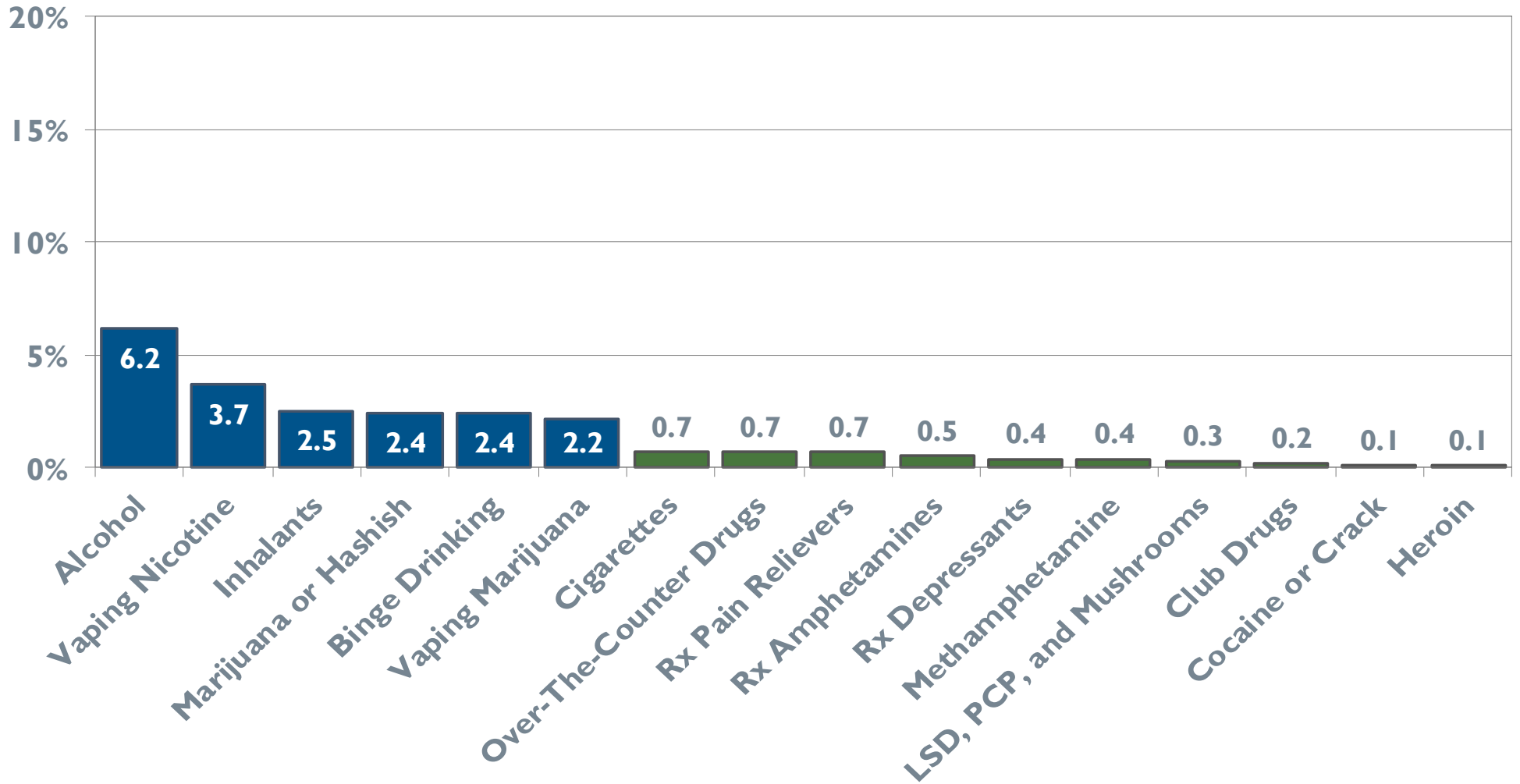
# FYTS



# FSYS

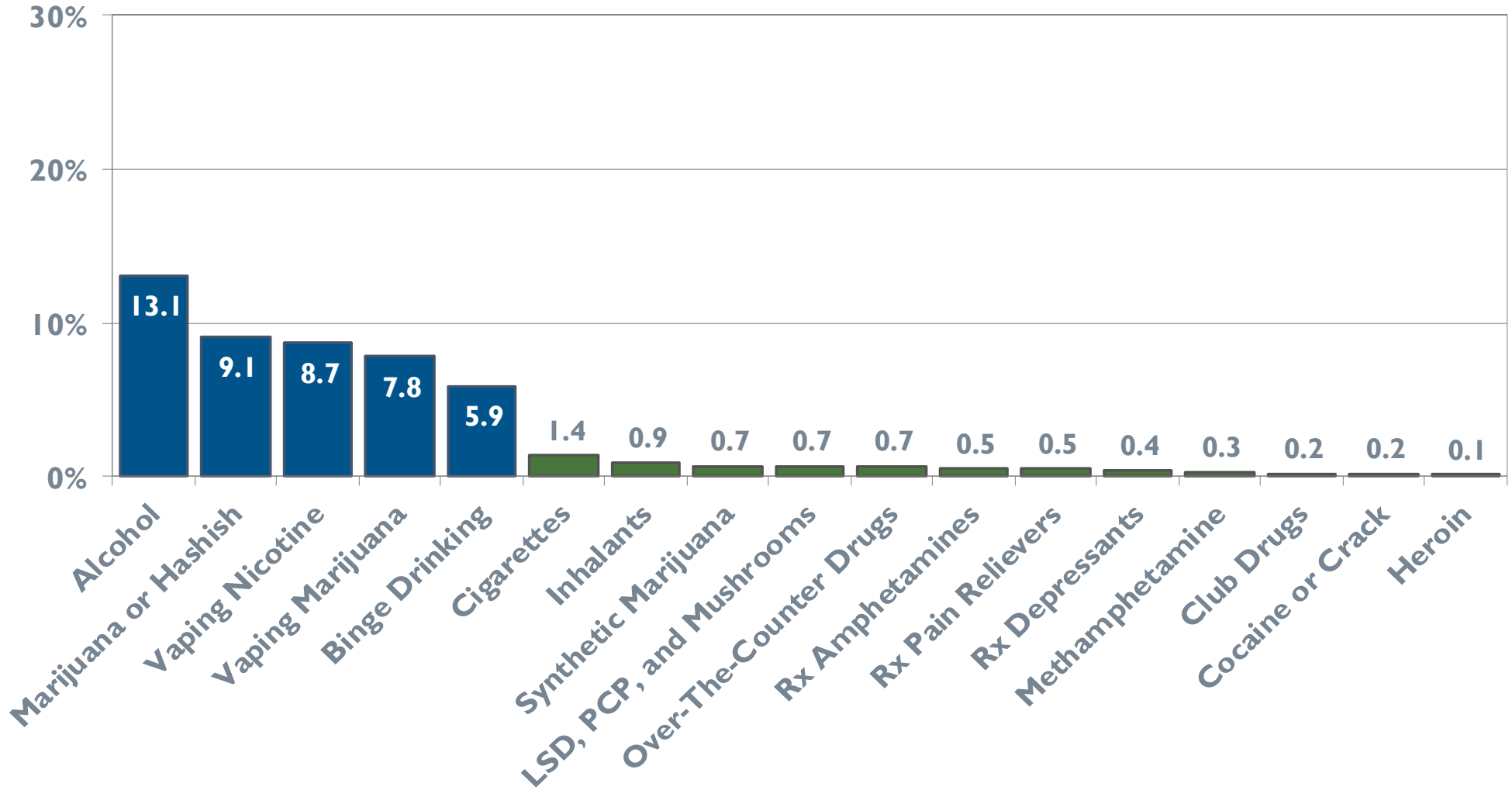
# Past-30-Day Prevalence

## Middle School



# Past-30-Day Prevalence

## High School



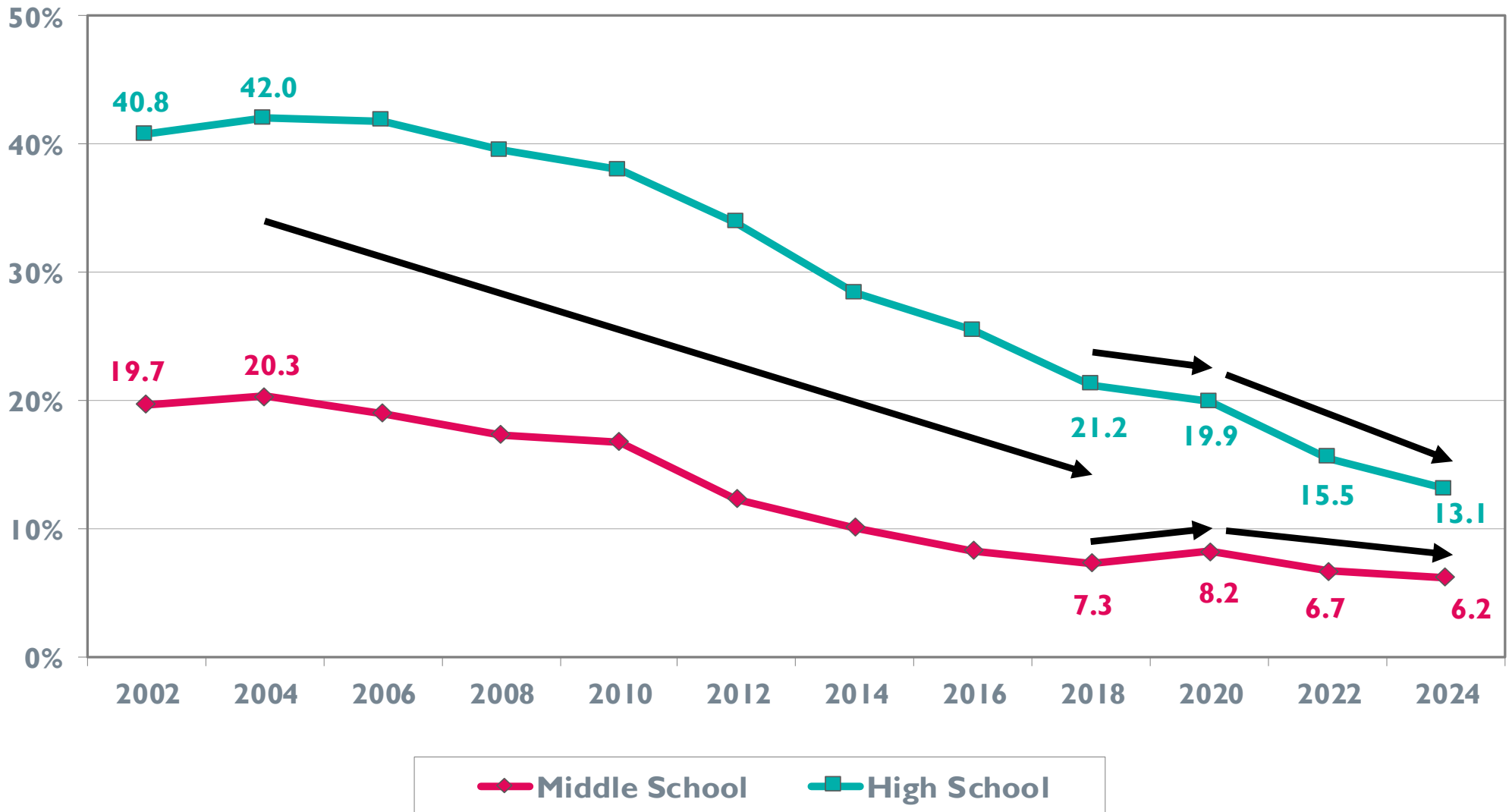
# Past-30-Day Drug Use Summary

- Alcohol is the highest prevalence substance use category across age groups.
- Marijuana and nicotine vaping are in the second prevalence rate tier:
  - Among M.S. students, nicotine vaping is more prevalent than marijuana use.
  - Among H.S. students, marijuana use is slightly higher than nicotine vaping.
- Marijuana vaping and binge drinking are also higher prevalence.
- Rates of use for other drug categories, including cigarettes, are very low.



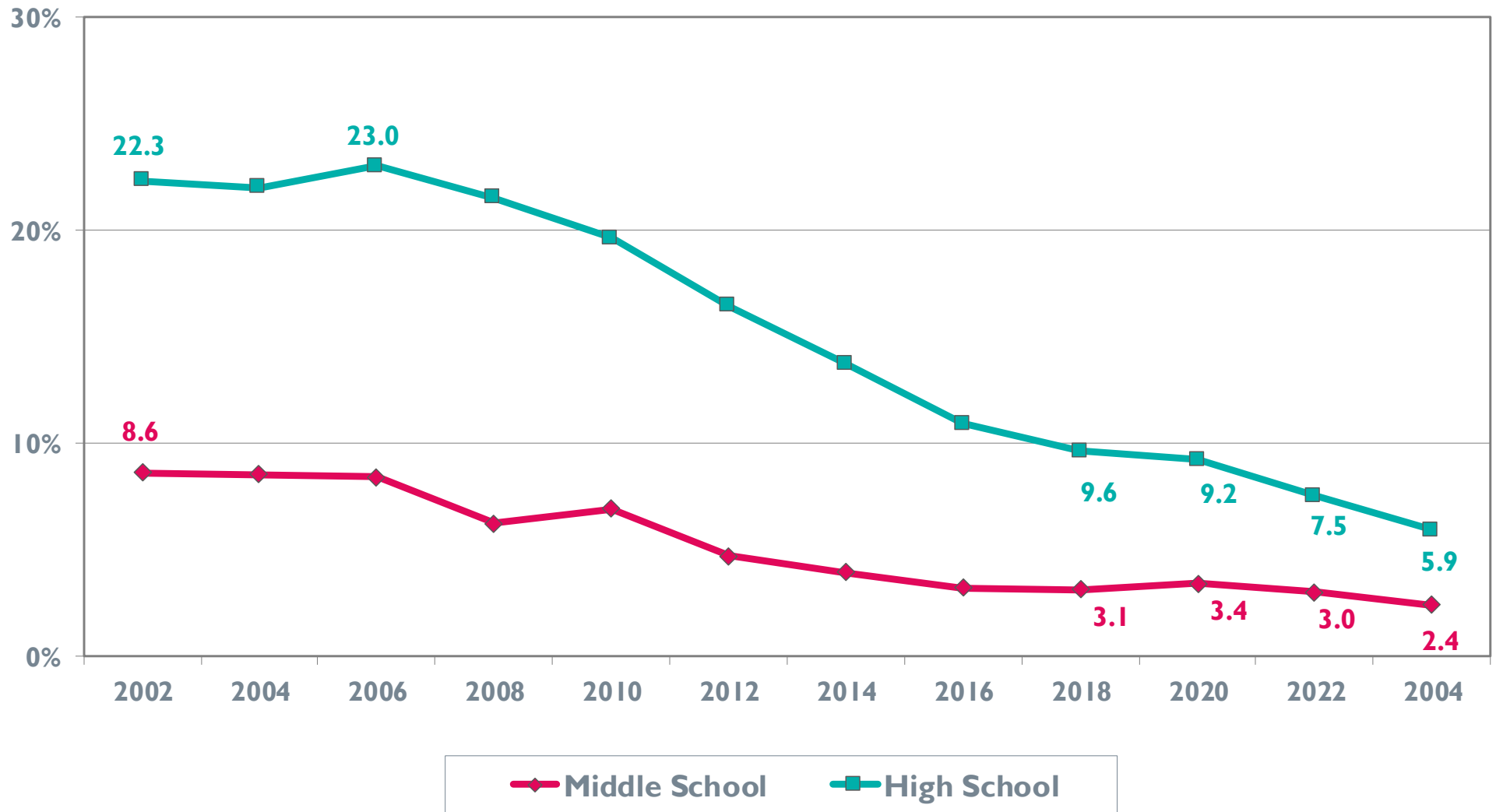
# Alcohol

## Past-30-Day Prevalence by Grade Cohort



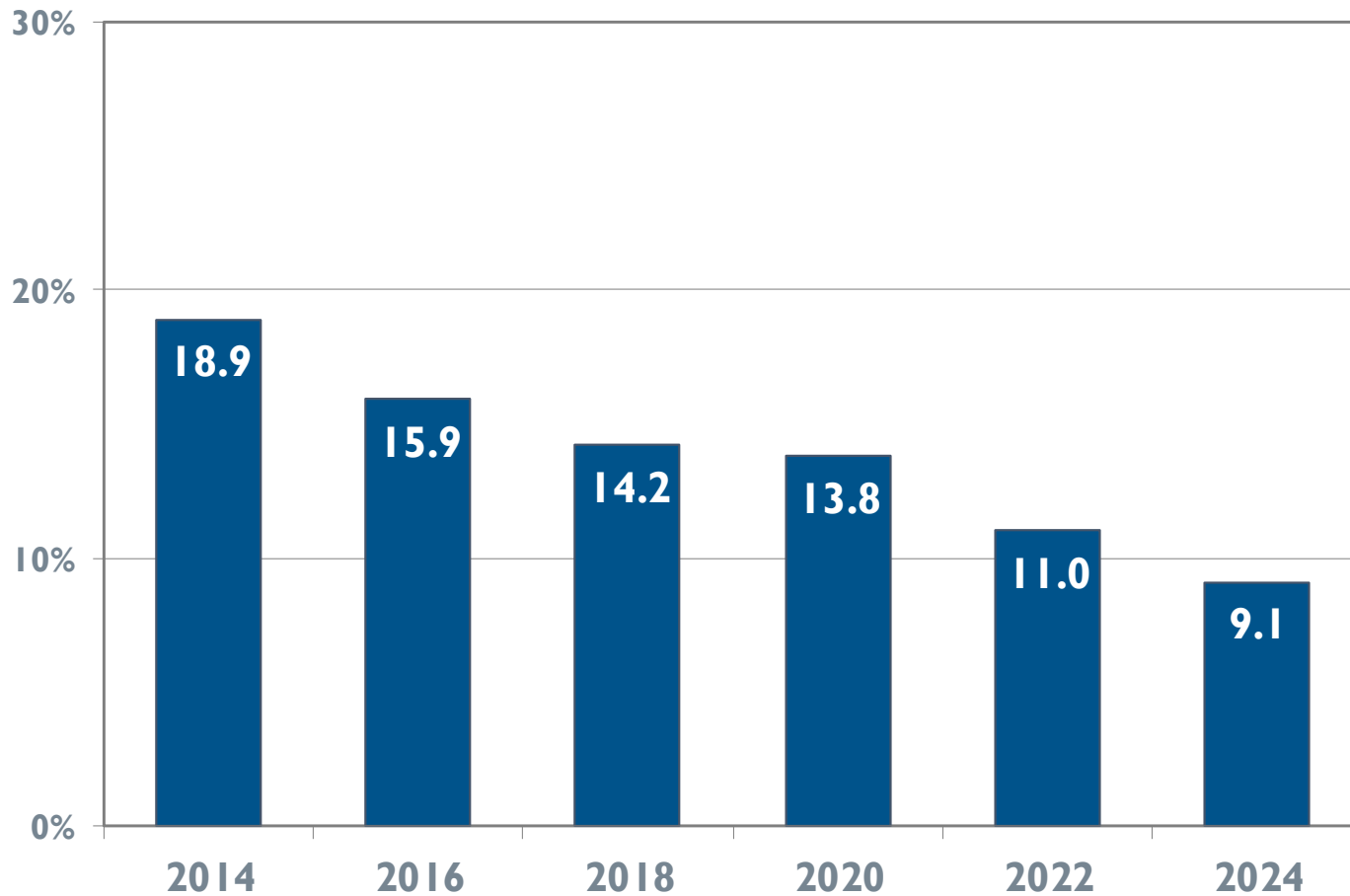
# Binge Drinking

## Prevalence by Grade Cohort



# Blacking Out from Drinking

## Lifetime Prevalence Among High School Students



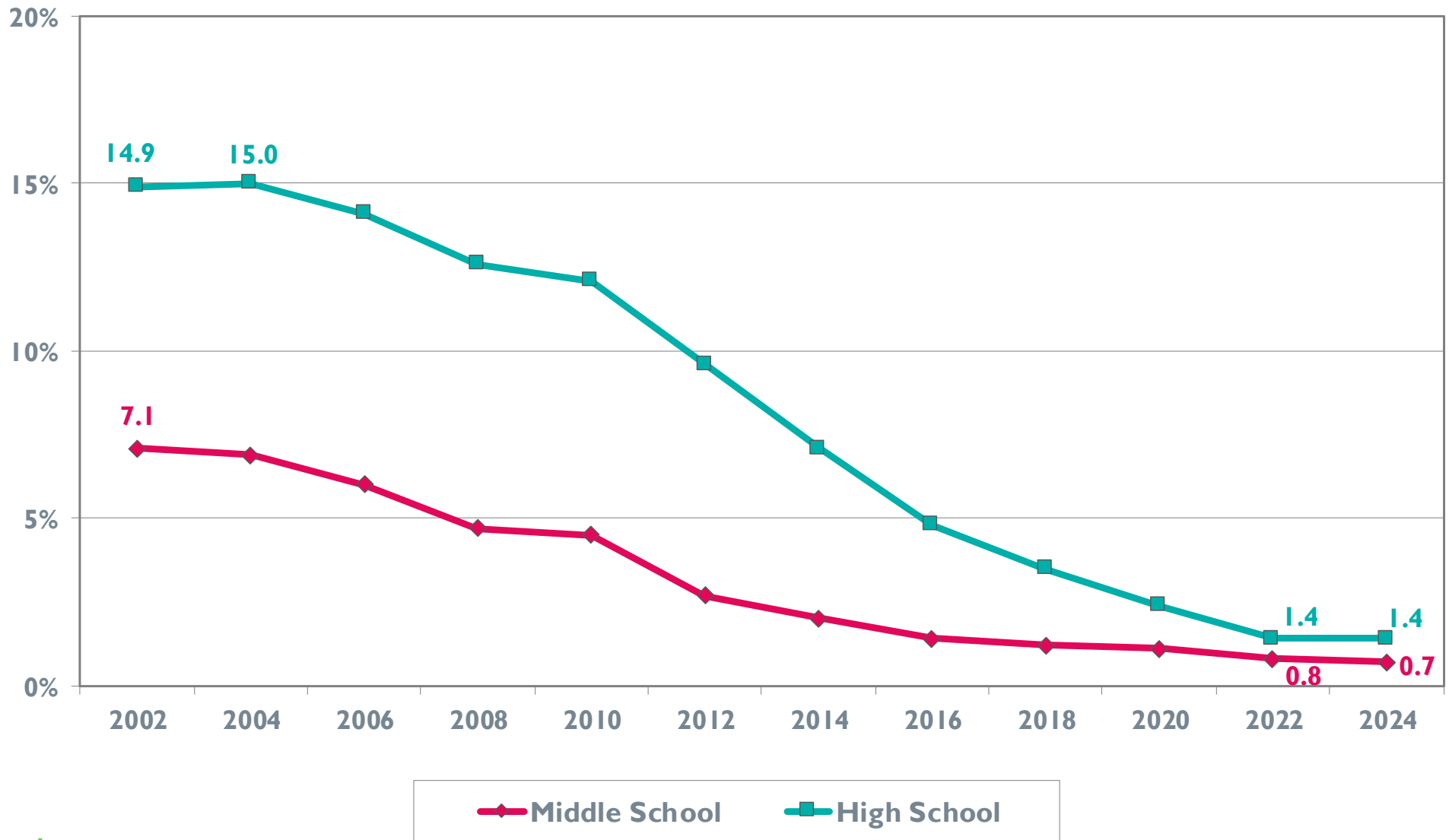
On how many occasions (if any) in your lifetime have you woken up after a night of drinking alcoholic beverages and not been able to remember the things that you did or places that you went?

# Alcohol Use Trend Summary

- Overall, the long-term decline in alcohol use among Florida students continues in 2024.
  - *Past-30-day use 2004 to 2024: 28.9 percentage point reduction (H.S. students) and 14.1 percentage point reduction (M.S. students).*
  - *Binge Drinking 2004 to 2024: 17.1 percentage point reduction (H.S. students) and 5.4 percentage point reduction (M.S. students).*
- Shorter-term changes in alcohol use among Florida students show a more complex pattern.
  - The “Bump”: In 2020, the decline in alcohol use slowed among H.S. students. Among M.S. students, alcohol use increased.
  - The “Drop”: Between 2020 and 2024, the alcohol use trend line snapped back to the long-term pattern of falling rates.

# Cigarettes

## Past-30-Day Prevalence by Grade Cohort

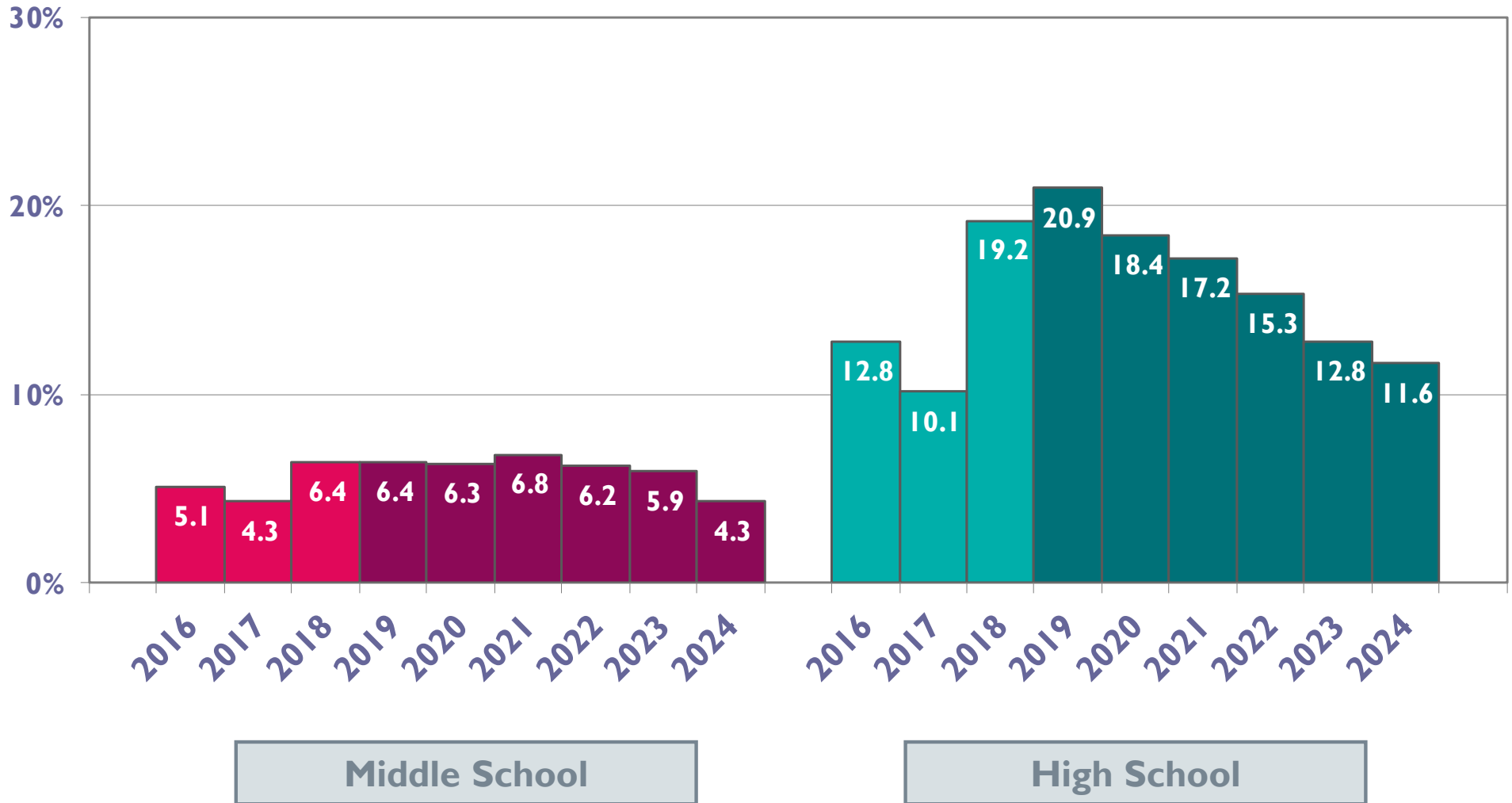


# Cigarette Use Trend Summary

- Florida students have reported remarkable long-term reductions in cigarette use.
  - *Among M.S. students, past-30-day cigarette use has dropped from 7.1% in 2002 to 0.7% in 2024.*
  - *Among H.S. students, past-30-day cigarette use has dropped from 15.0% in 2004 to 1.4% in 2024.*
- The decline in cigarette use among Florida youth has slowed, and may be close to stopping, as smoking rates are now as low or nearly as low as the rates for “hard” drugs.

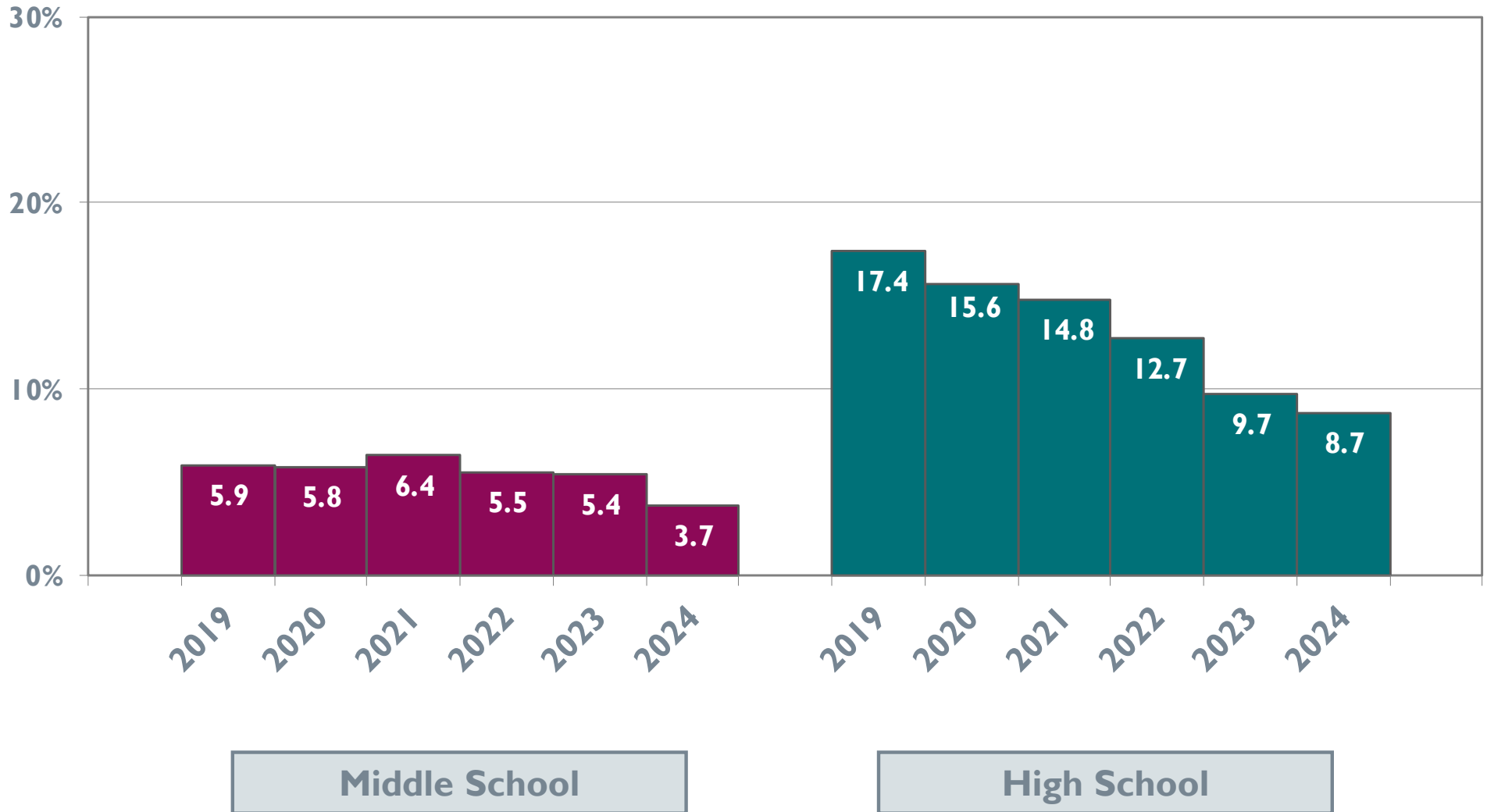
# Any Vaping

## Past-30-Day Prevalence



# Nicotine Vaping

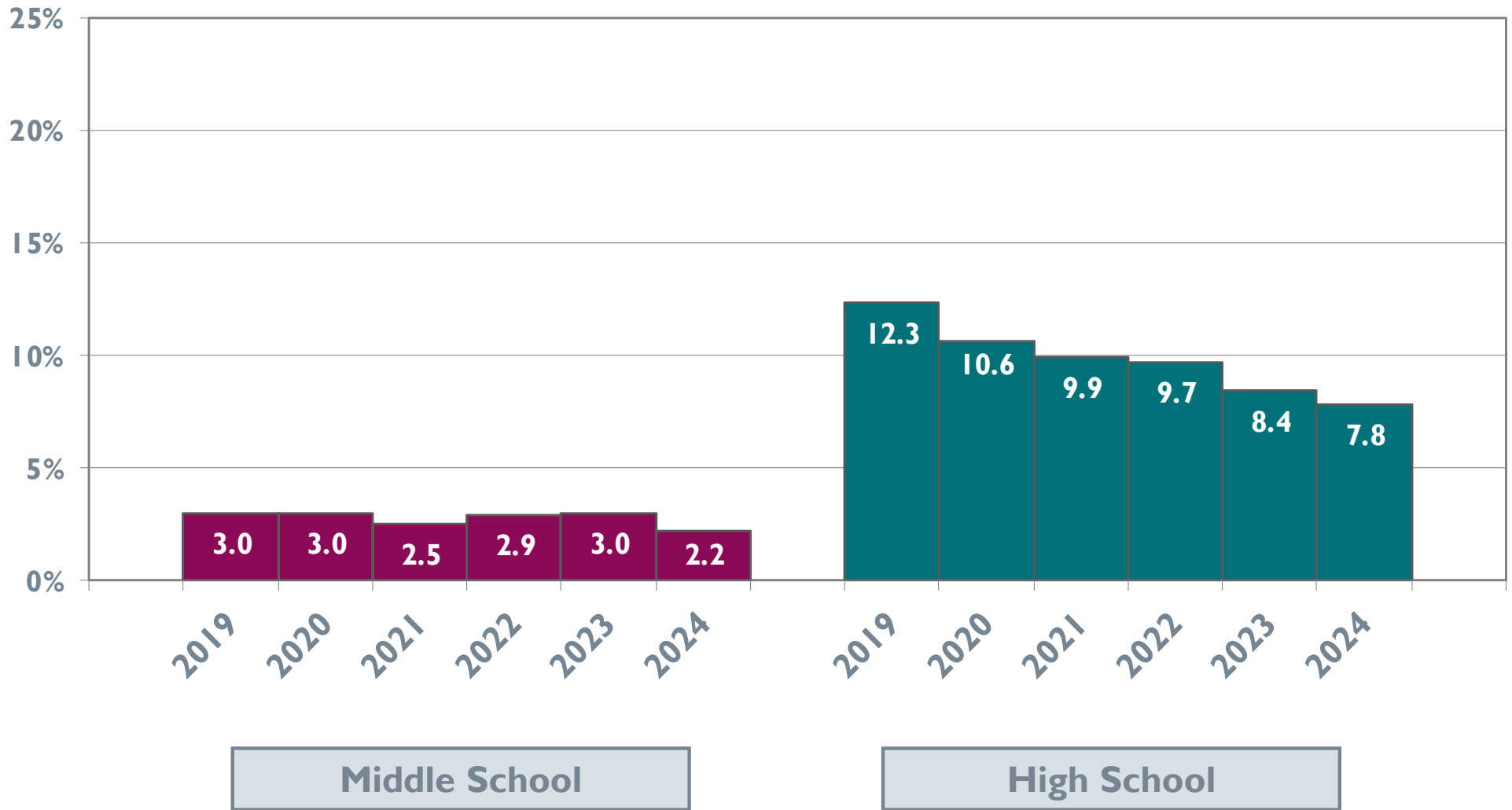
## Past-30-Day Prevalence





# Marijuana Vaping

## Past-30-Day Prevalence

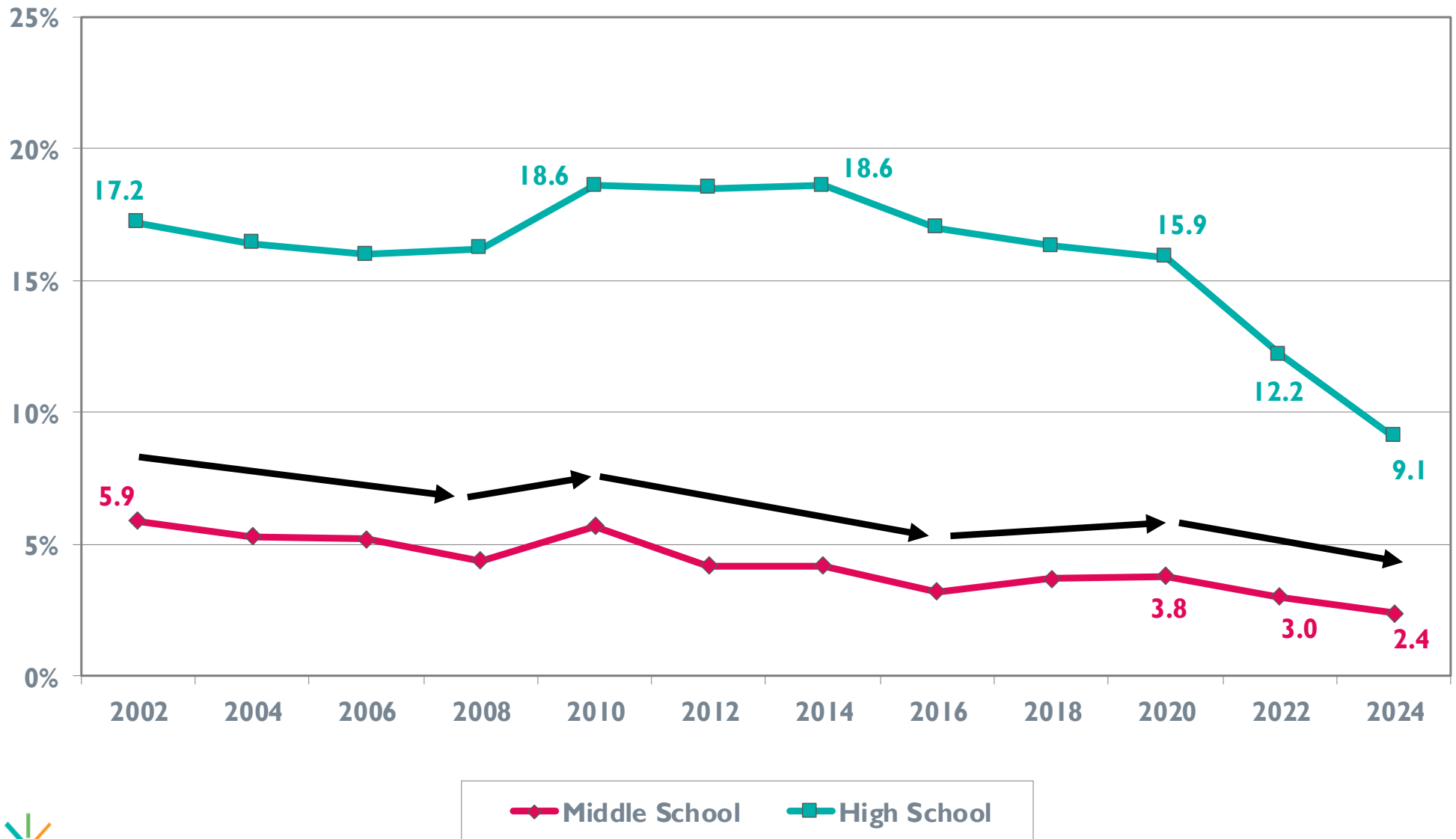


# Vaping Trend Summary

- Among H.S. students, the vaping epidemic peaked in 2019, with rates for both vaping nicotine and vaping marijuana decreasing between 2019 and 2024.
  - *Nicotine vaping: 8.7 percentage point decline*
  - *Marijuana vaping: 4.5 percentage point decline*
- Among M.S. students, the pattern is more complex.
  - *Nicotine vaping, which peaked in 2021 at 6.4%, declined to 3.7% in 2024.*
  - *Marijuana vaping, which was at or close to 3.0% most survey years, dropped to 2.2% in 2024.*

# Marijuana

## Past-30-Day Prevalence by Grade Cohort

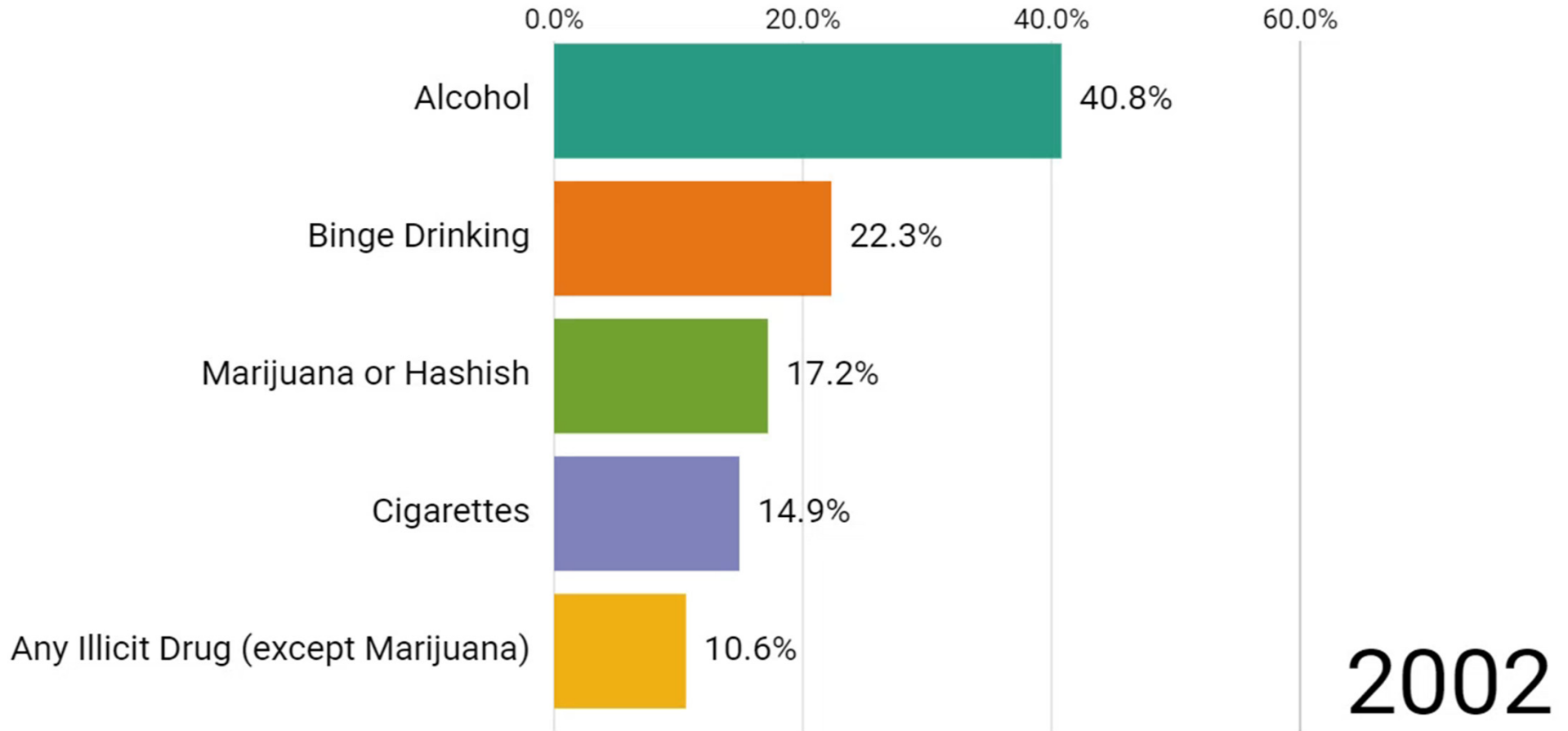


# Marijuana Use Trend Summary

- Among H.S. students, 2024 data show a continuation in the long-term reduction in marijuana use.
  - *Past-30-day use has dropped from 18.6% in 2014 to 9.1% in 2024, with most of this decline taking place between 2020 and 2024.*
- Among M.S. students the pattern is more complex, but the overall long-term trend shows declining marijuana use.
  - *Reductions in past-30-day marijuana use are most pronounced between 2020 (3.8%) and 2024 (2.4%).*

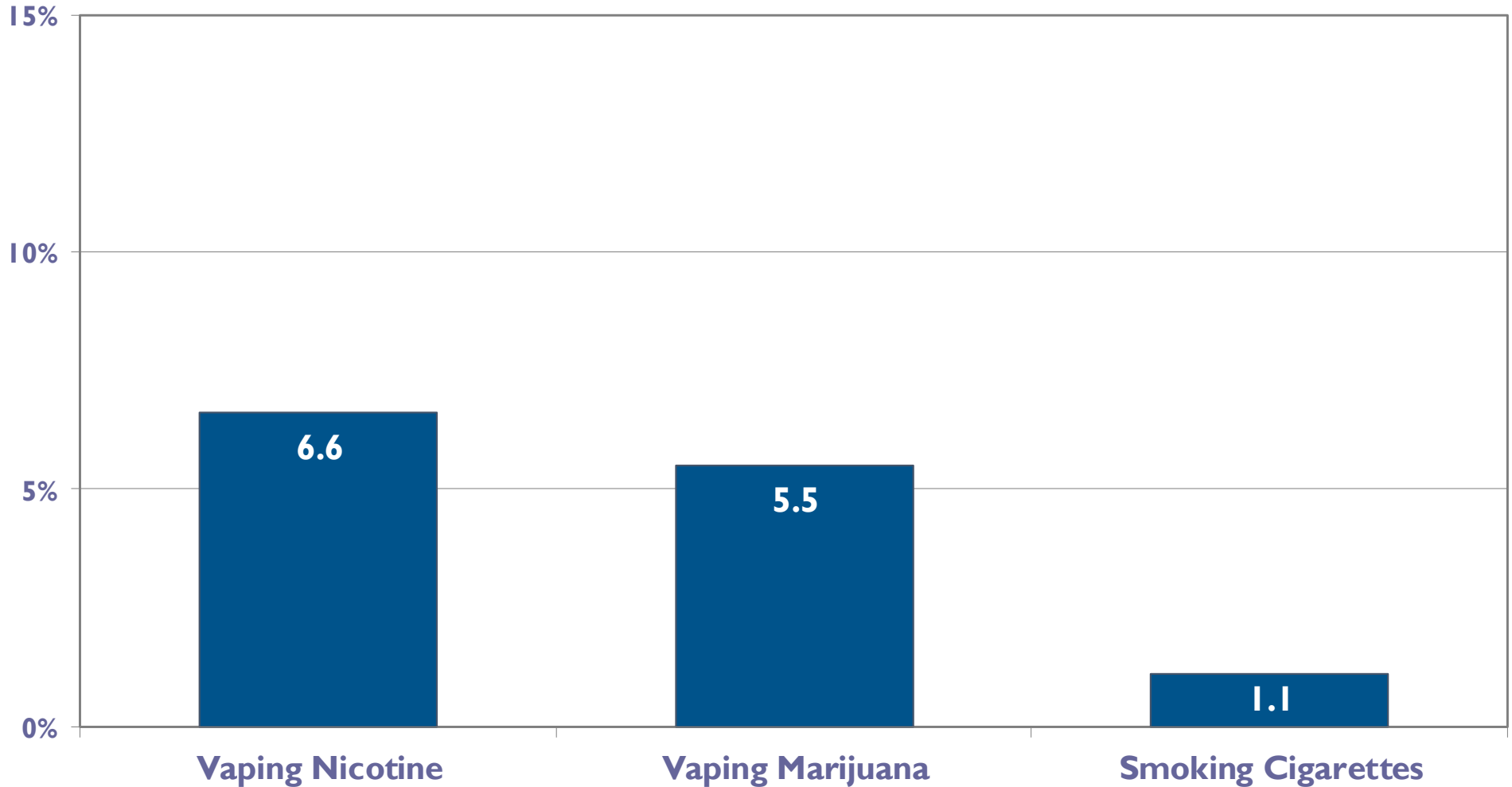
# Past-30-Day Prevalence

## High School | 2002 to 2024 Bar Race



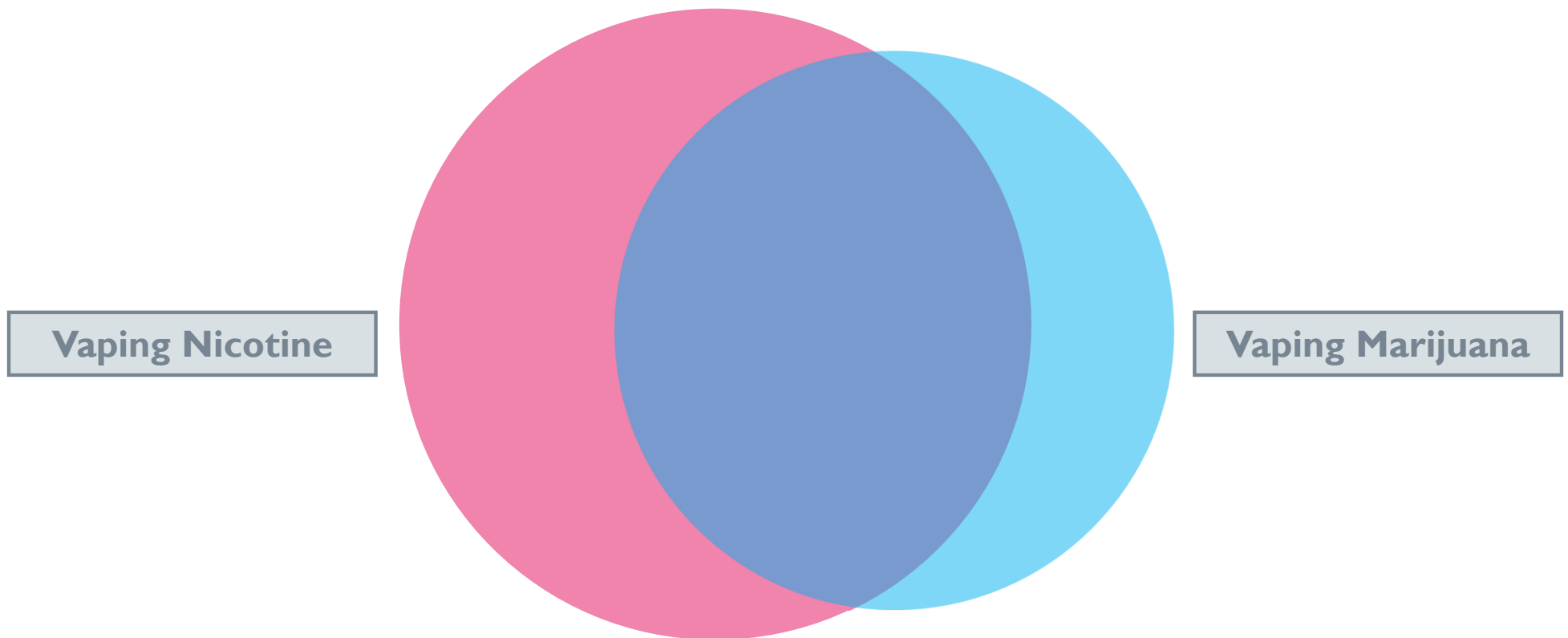
# Vaping and Cigarette Use

## Past-30-Day Prevalence, Middle School and High School



# Vaping Nicotine and Vaping Marijuana

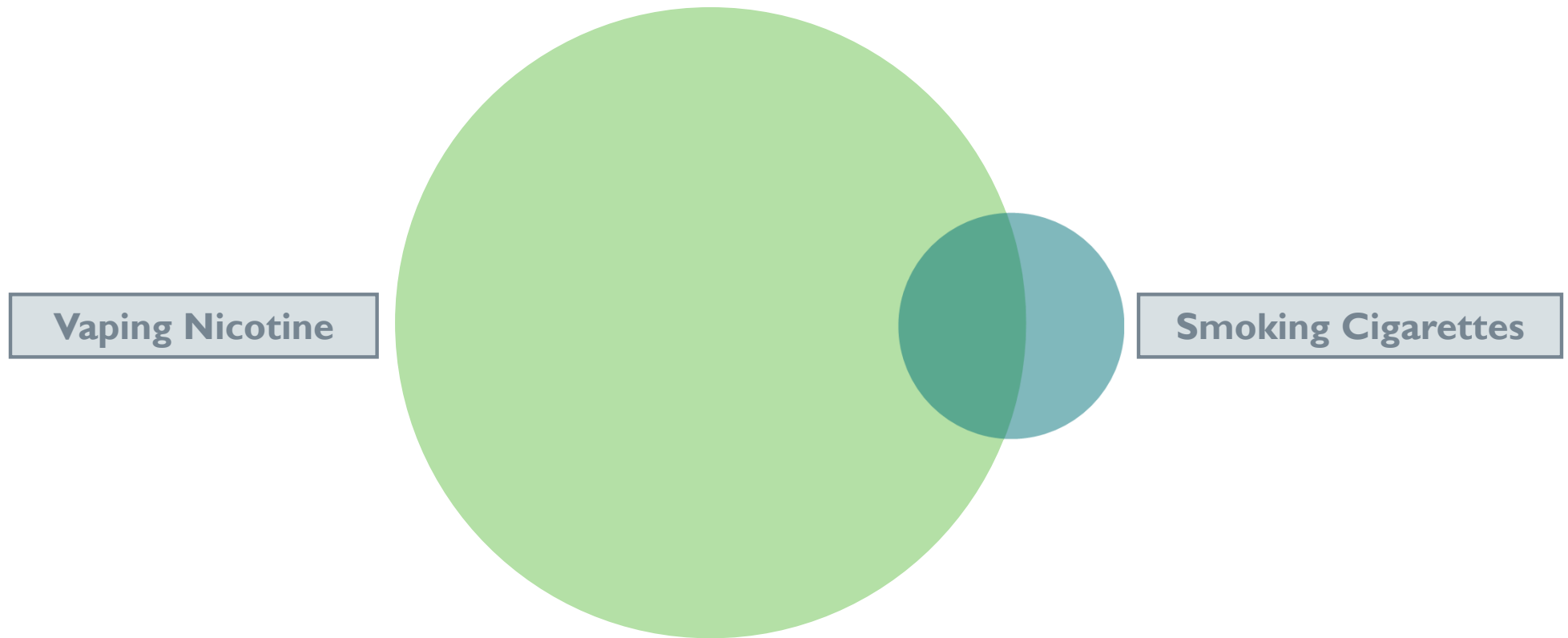
## Past-30-Day Prevalence



47.0% of current nicotine vapers are vaping marijuana.  
64.3% of current marijuana vapers are vaping nicotine.

# Vaping Nicotine and Smoking Cigarettes

## Past-30-Day Prevalence



8.3% of current nicotine vapers also smoke cigarettes.  
54.3% of current smokers also vape nicotine.

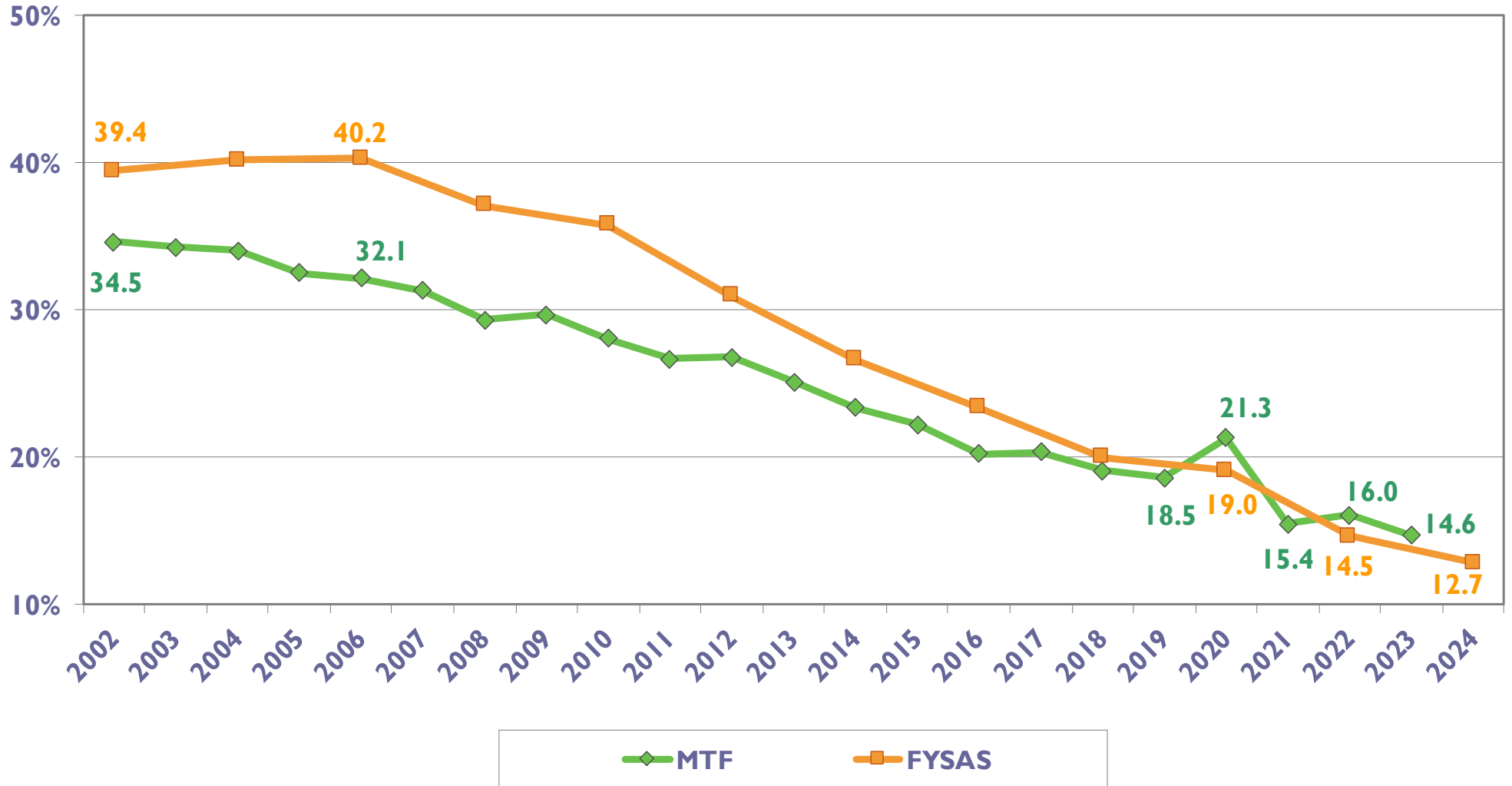


# Vaping and Smoking

- There is a large overlap between vaping nicotine and vaping marijuana.
  - *Nearly half (47.0%) of students who vape nicotine also vape marijuana.*
  - *About two-thirds (64.3%) of students who vape marijuana also vape nicotine.*
- Vaping nicotine is more than six times more prevalent than smoking cigarettes.
  - *Most (91.7%) of students who vape nicotine do not smoke cigarettes. Their vaping is independent of cigarette use.*

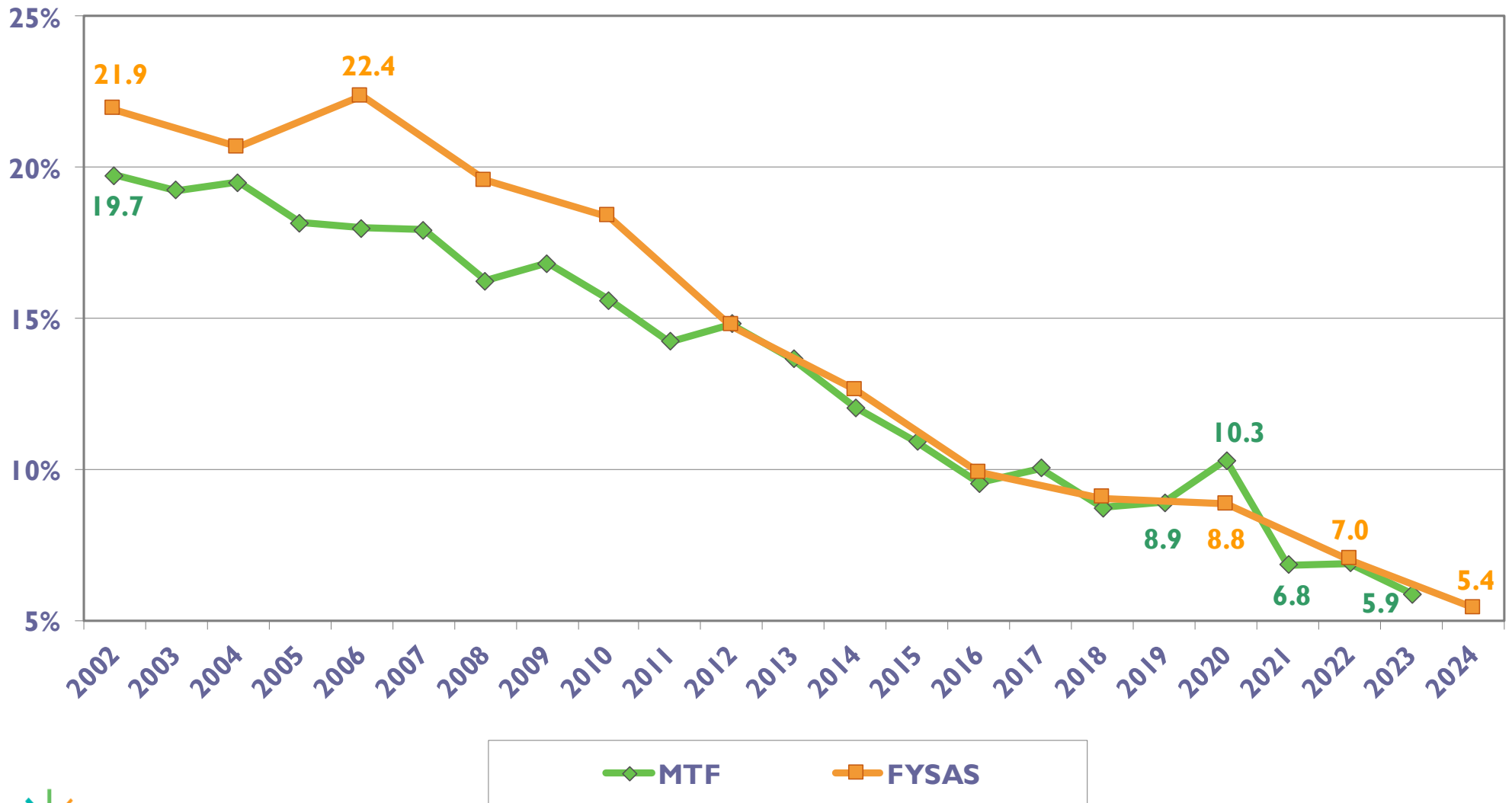
# Alcohol

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



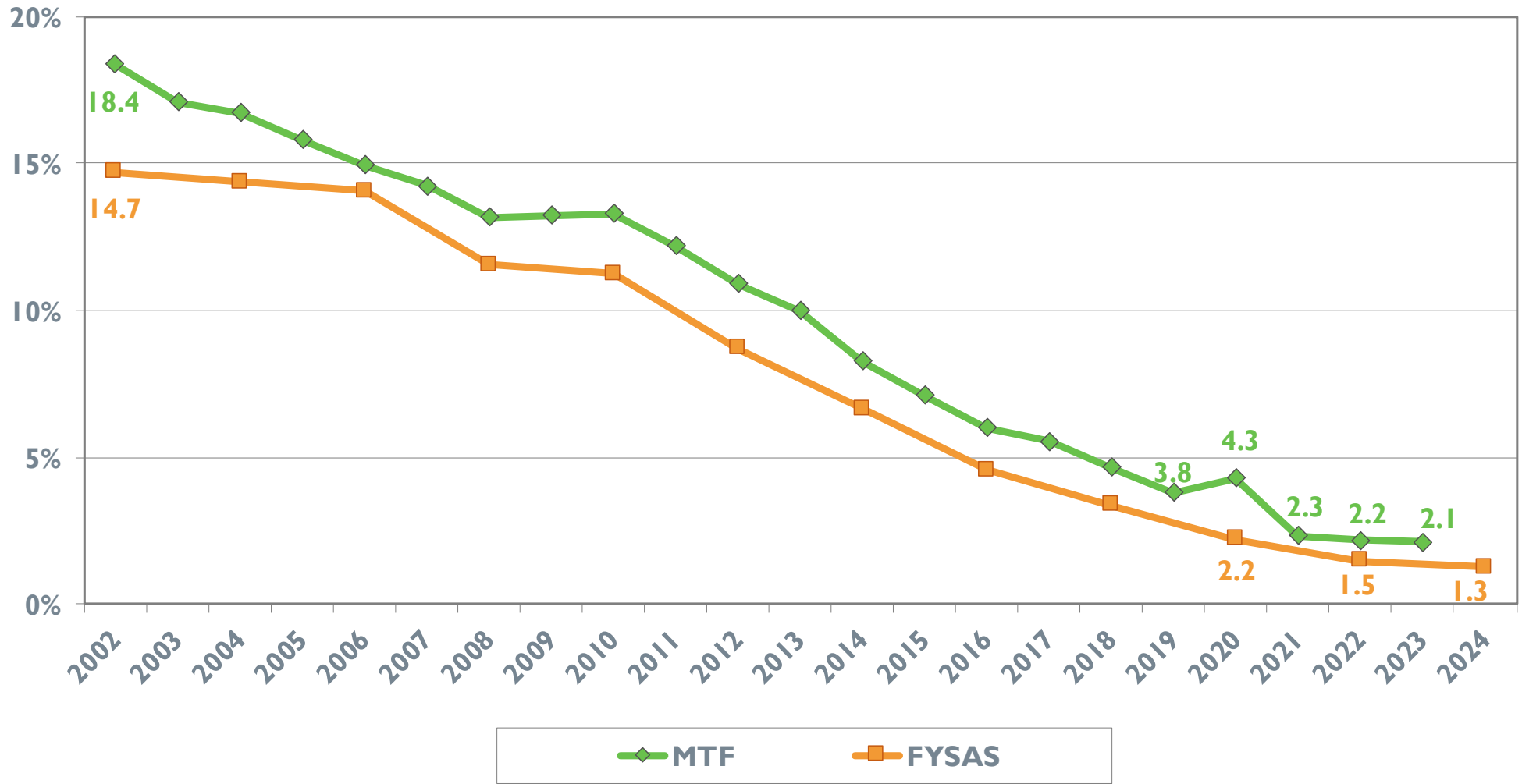
# Binge Drinking

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



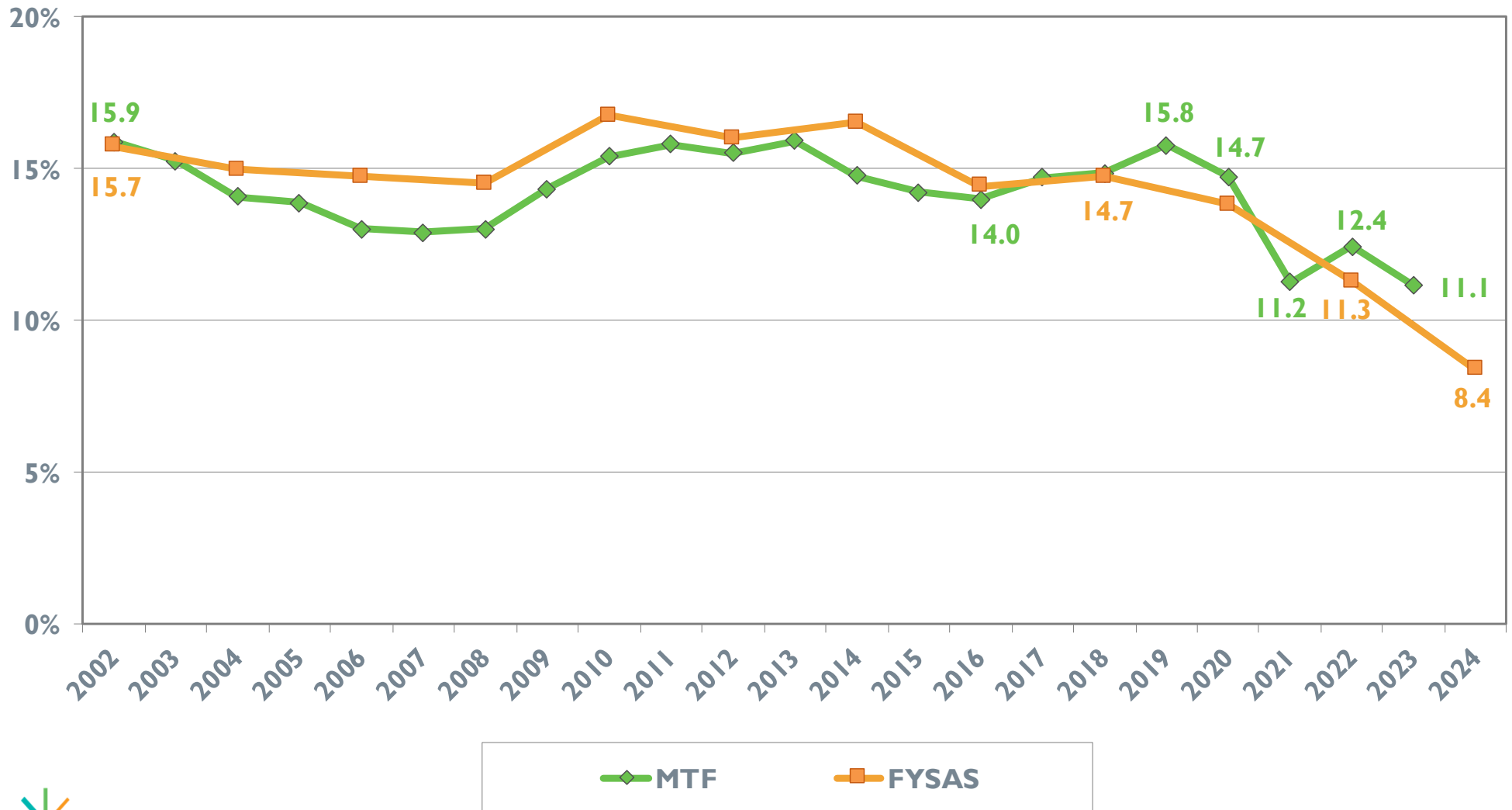
# Cigarettes

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



# Marijuana

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



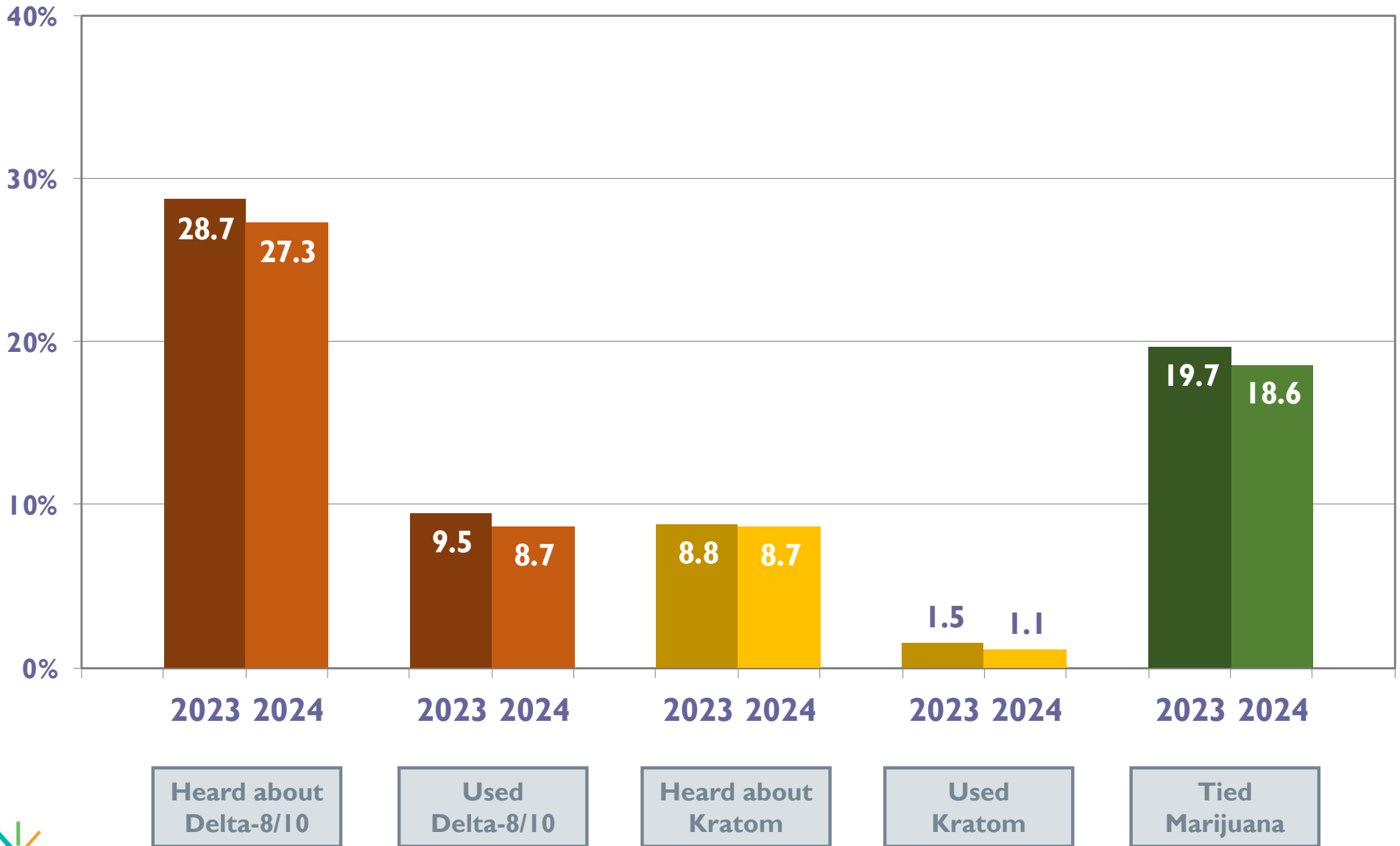
# Delta-8/10 THC and Kratom

## Items Added to the 2023 and 2024 High School Questionnaires



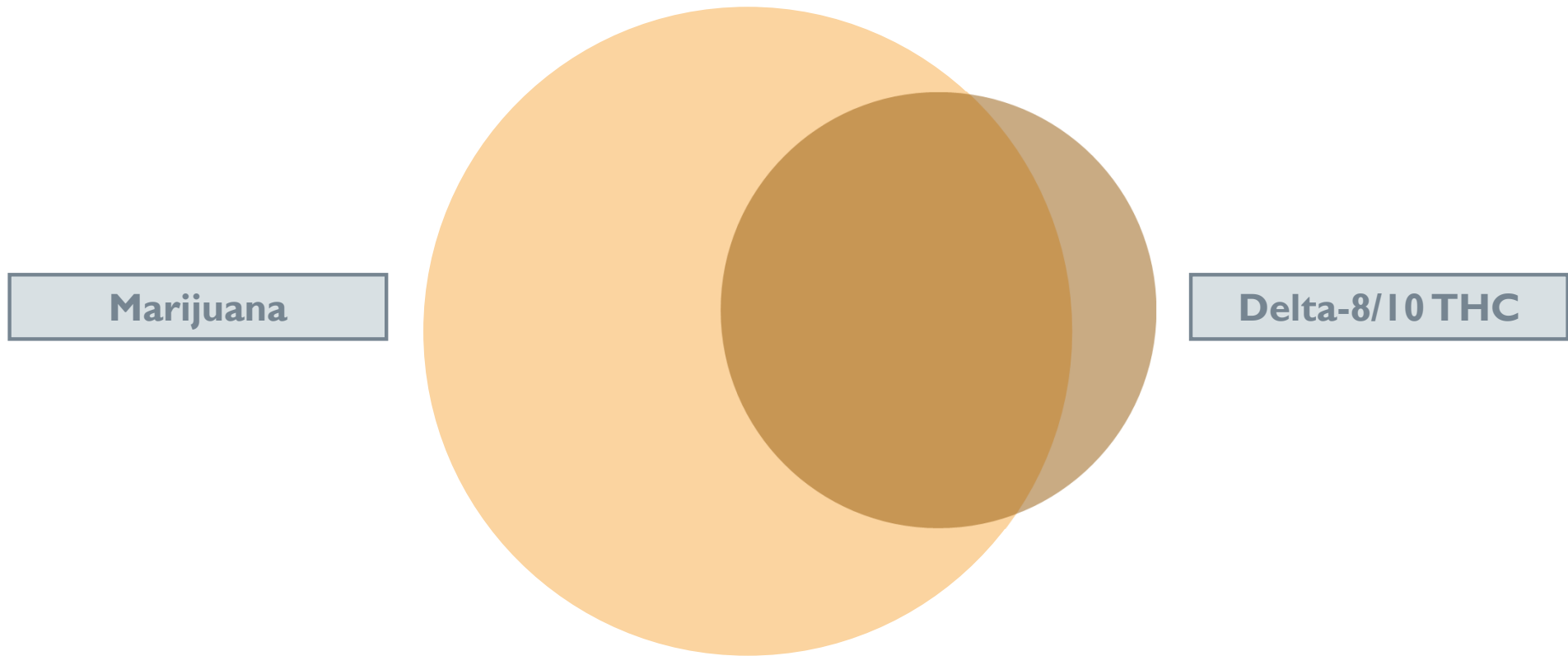
# Delta-8/10 THC and Kratom

## Lifetime Prevalence among High School Students



# Marijuana and Delta-8/10 THC

## Lifetime Prevalence Among High School Students



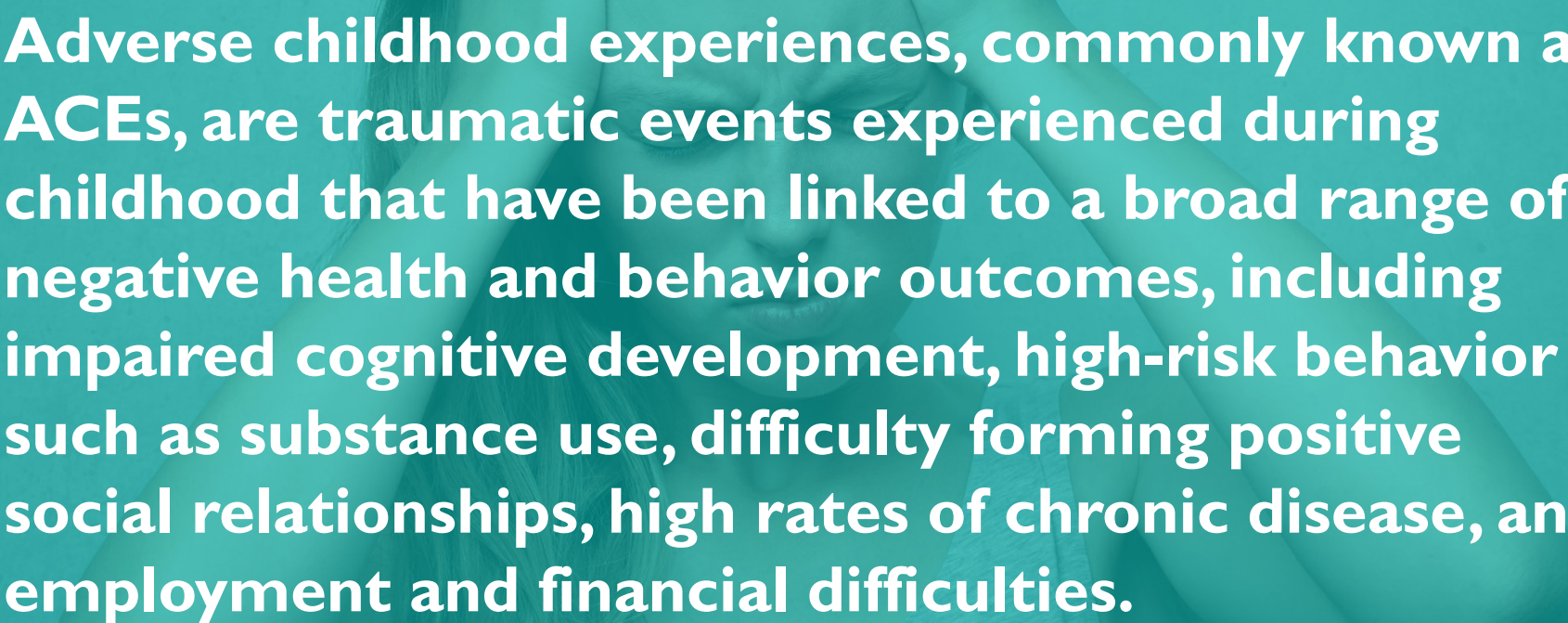
40.8% of H.S. students who had tried marijuana had also tried Delta-8/10 THC products.

87.0% of H.S. students who have tried Delta-8/10 THC products have also tried marijuana.





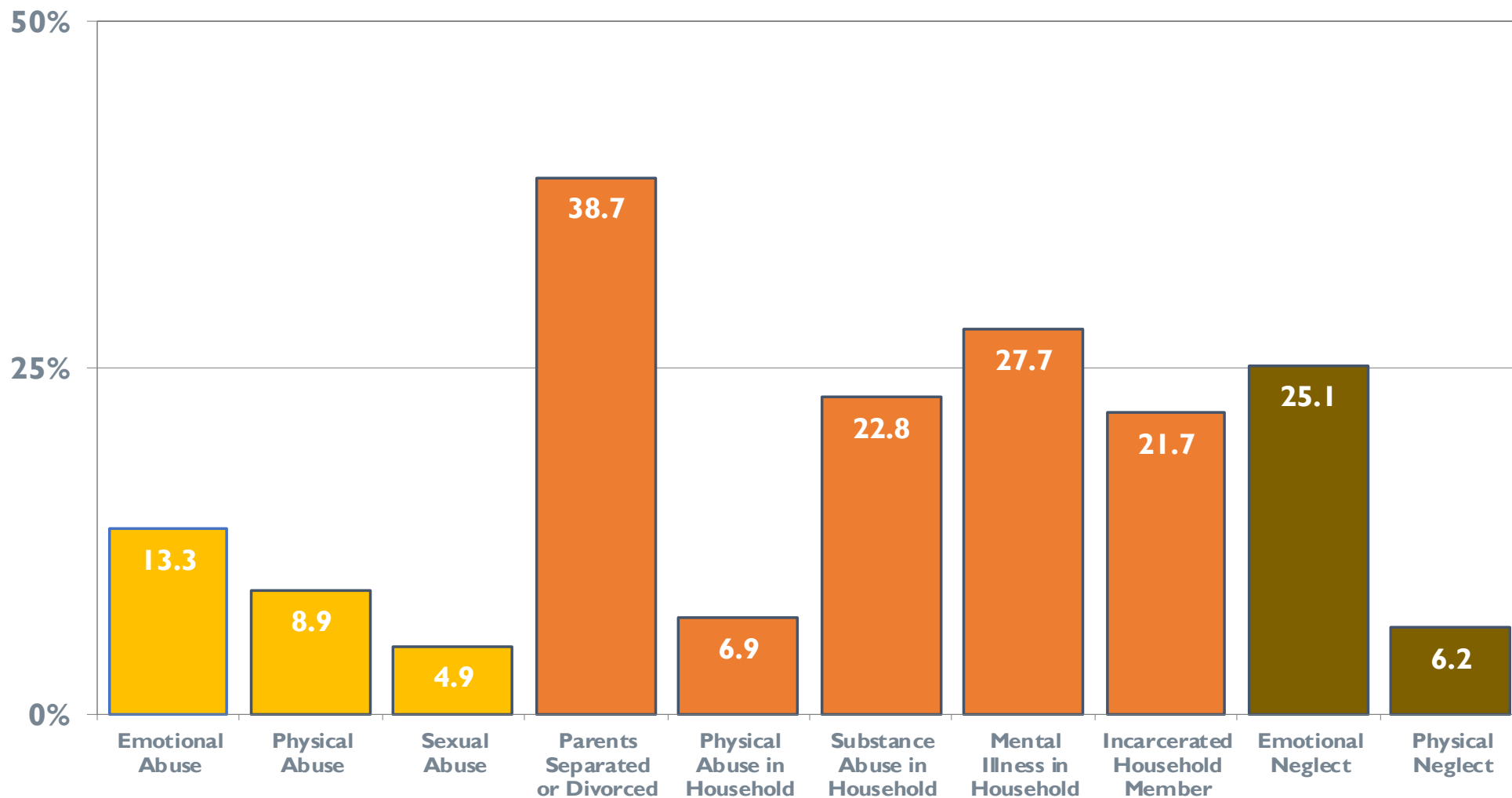
# Adverse Childhood Experiences



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.

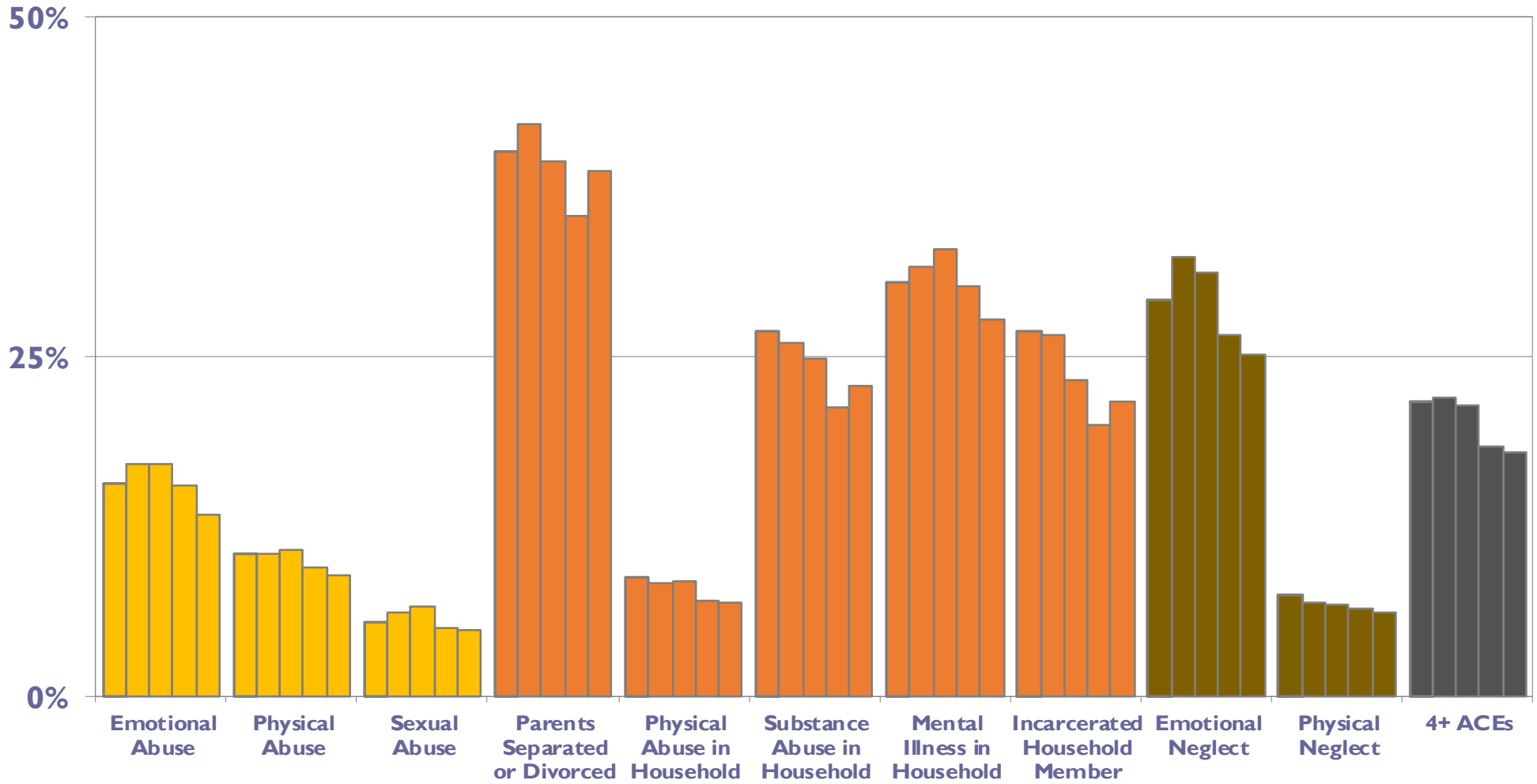
# How Prevalent is Childhood Trauma?

## ACEs Among High School Students



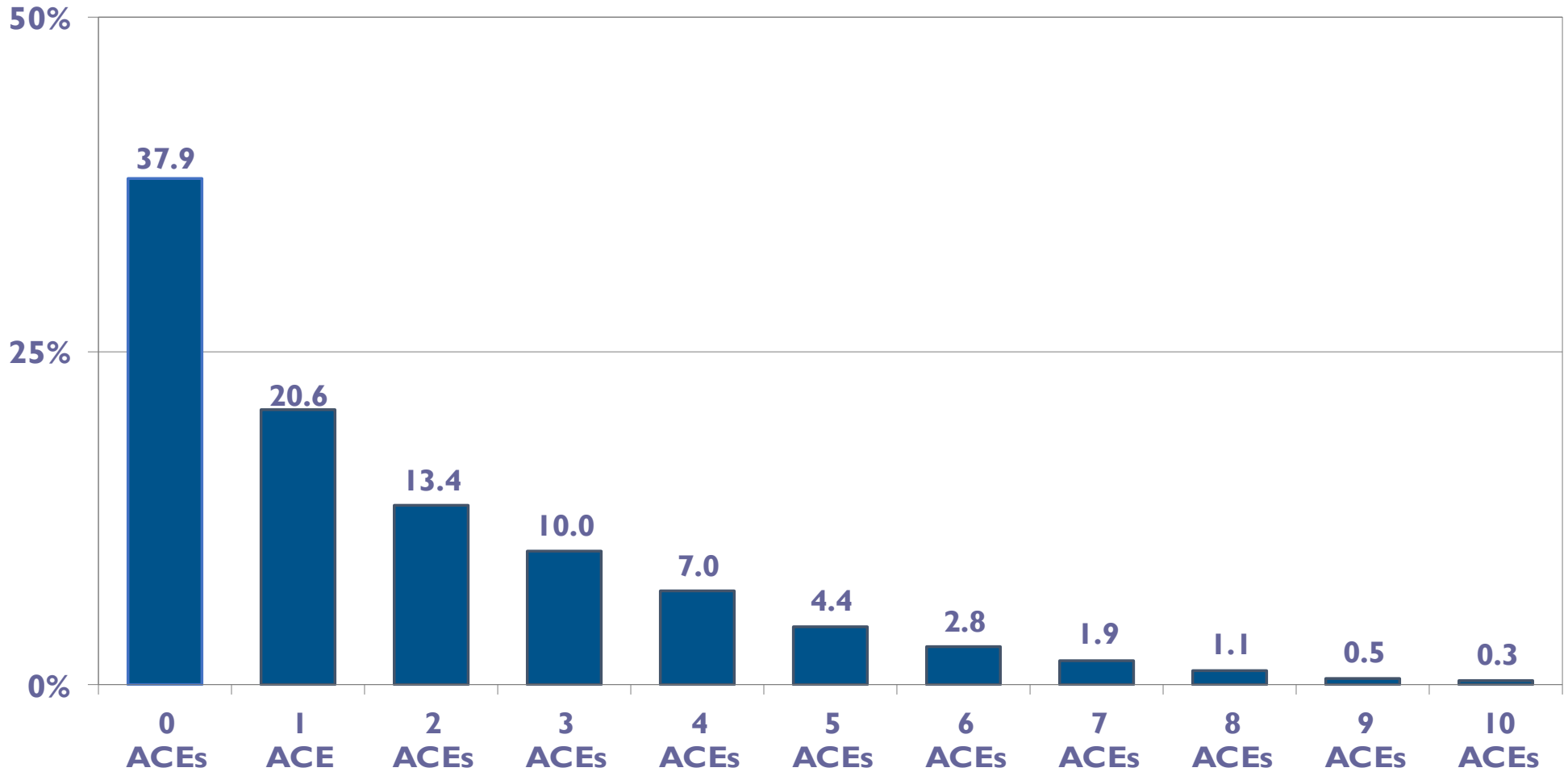
# ACEs Trends

## High School Students | 2020 to 2024

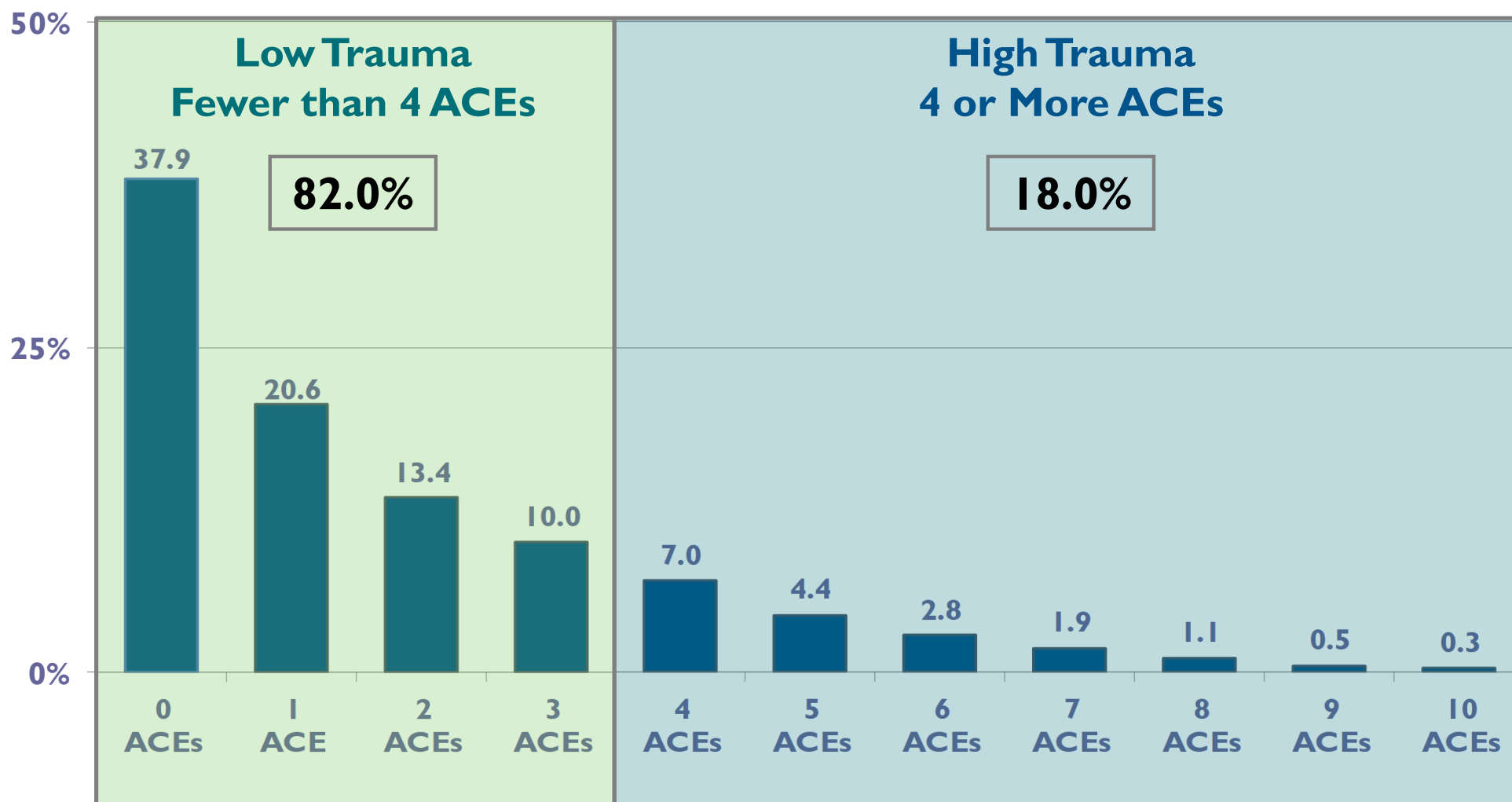


# Number of Adverse Childhood Experiences

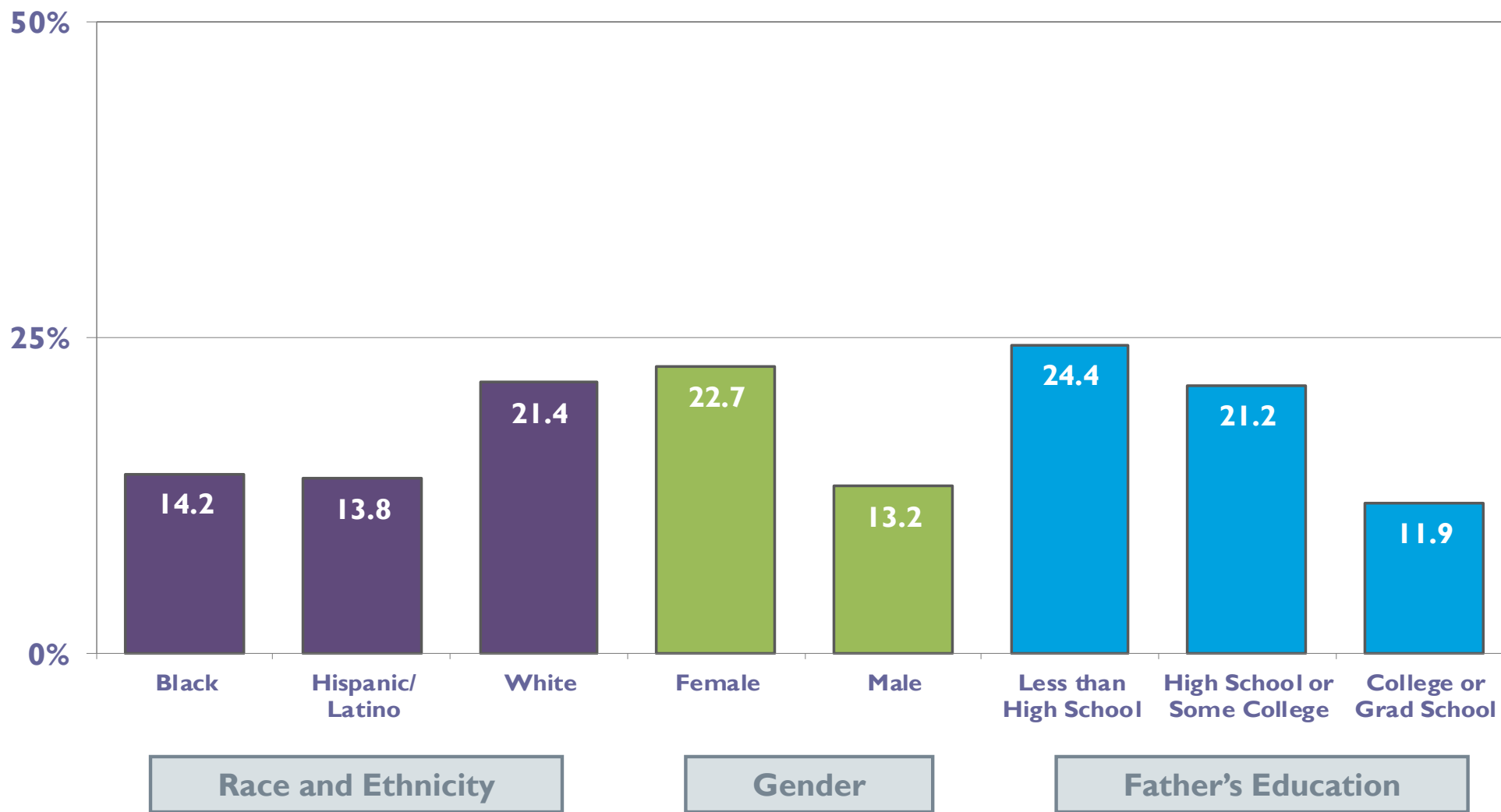
## High School Students



# Number of Adverse Childhood Experiences High School Students

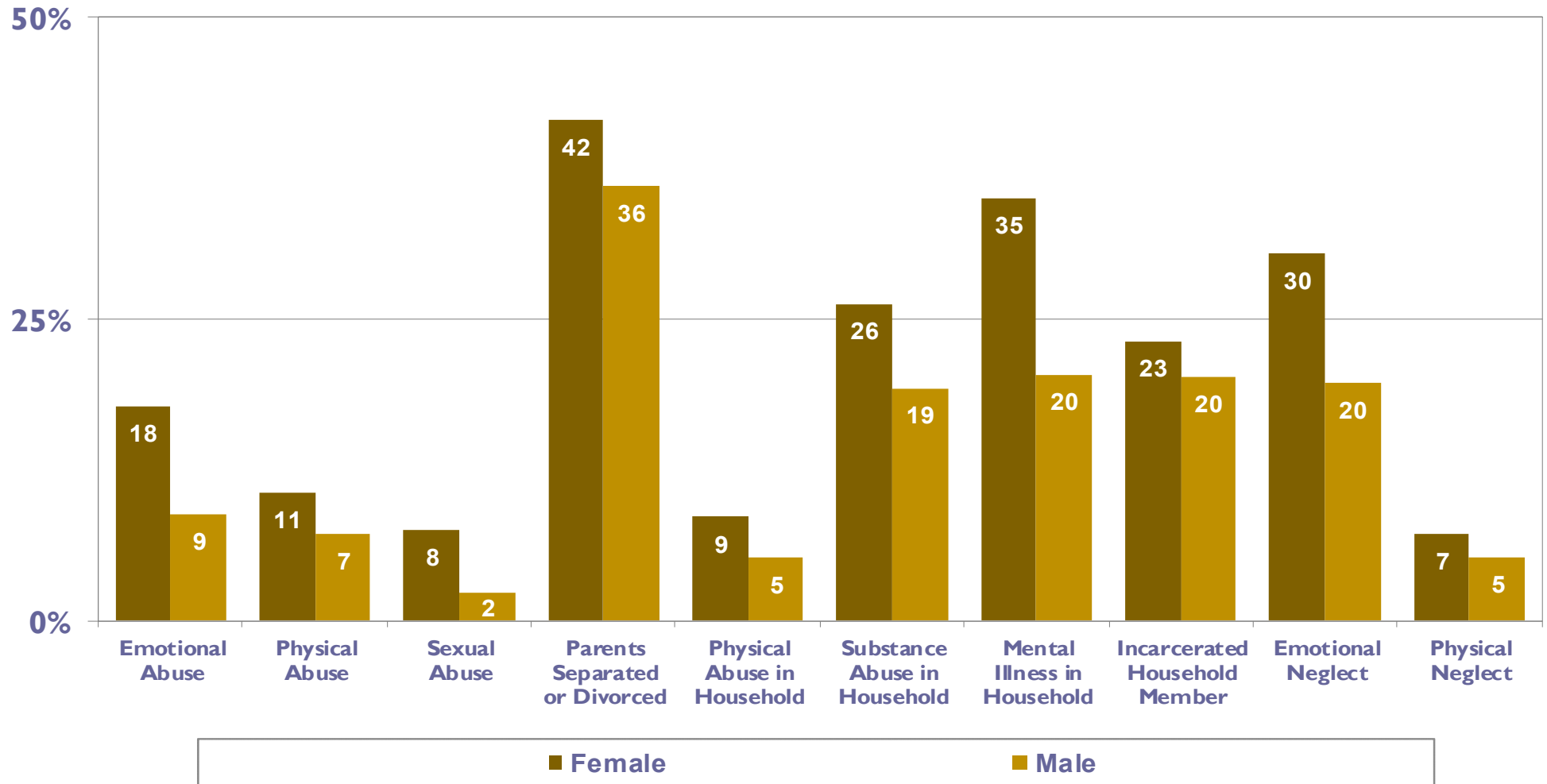


# Which Students Report High Trauma? Percentage Reporting 4 or More ACEs



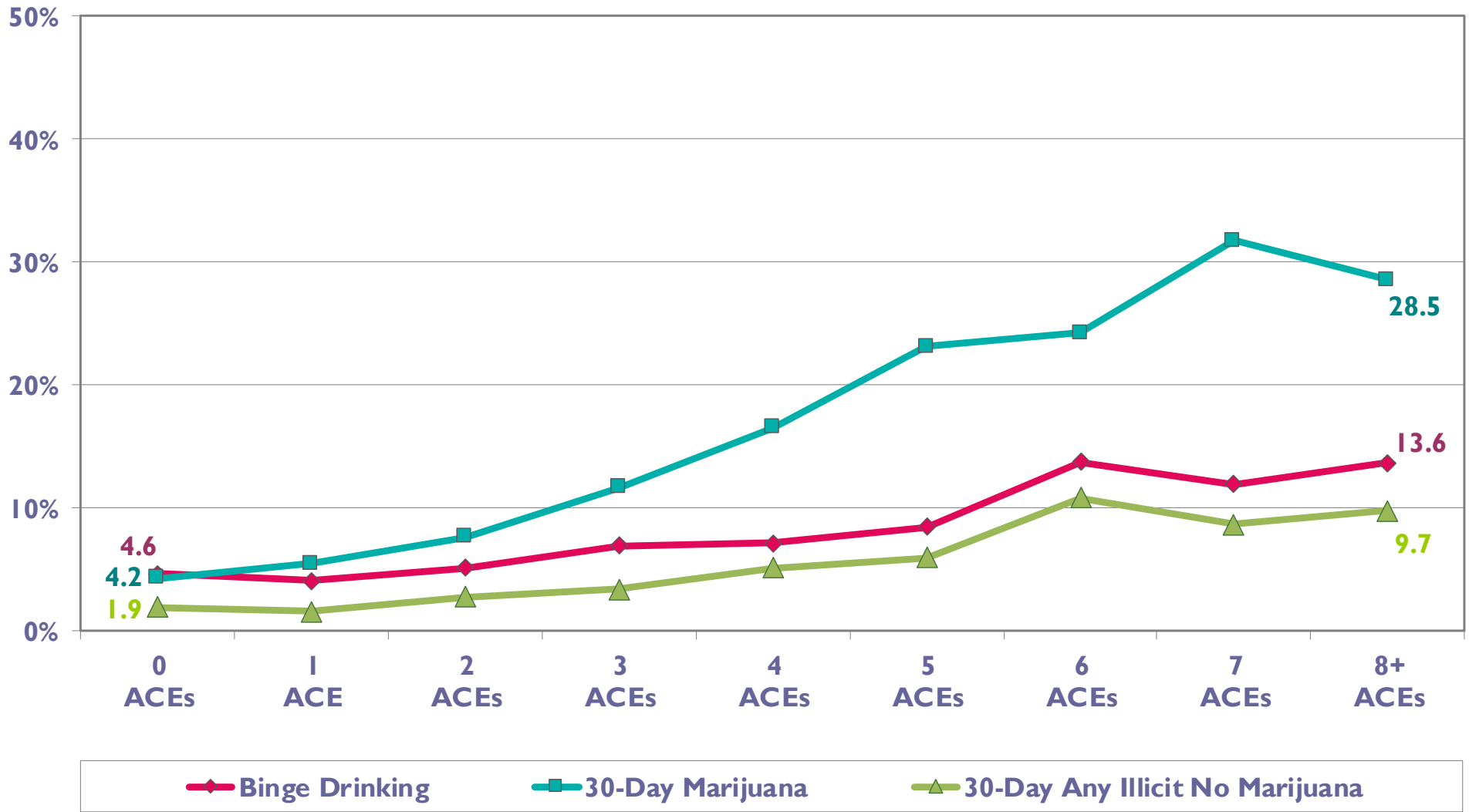
# ACEs and Gender

## High School Students



# Trauma and Substance Use

## Prevalence Rate by ACE Score



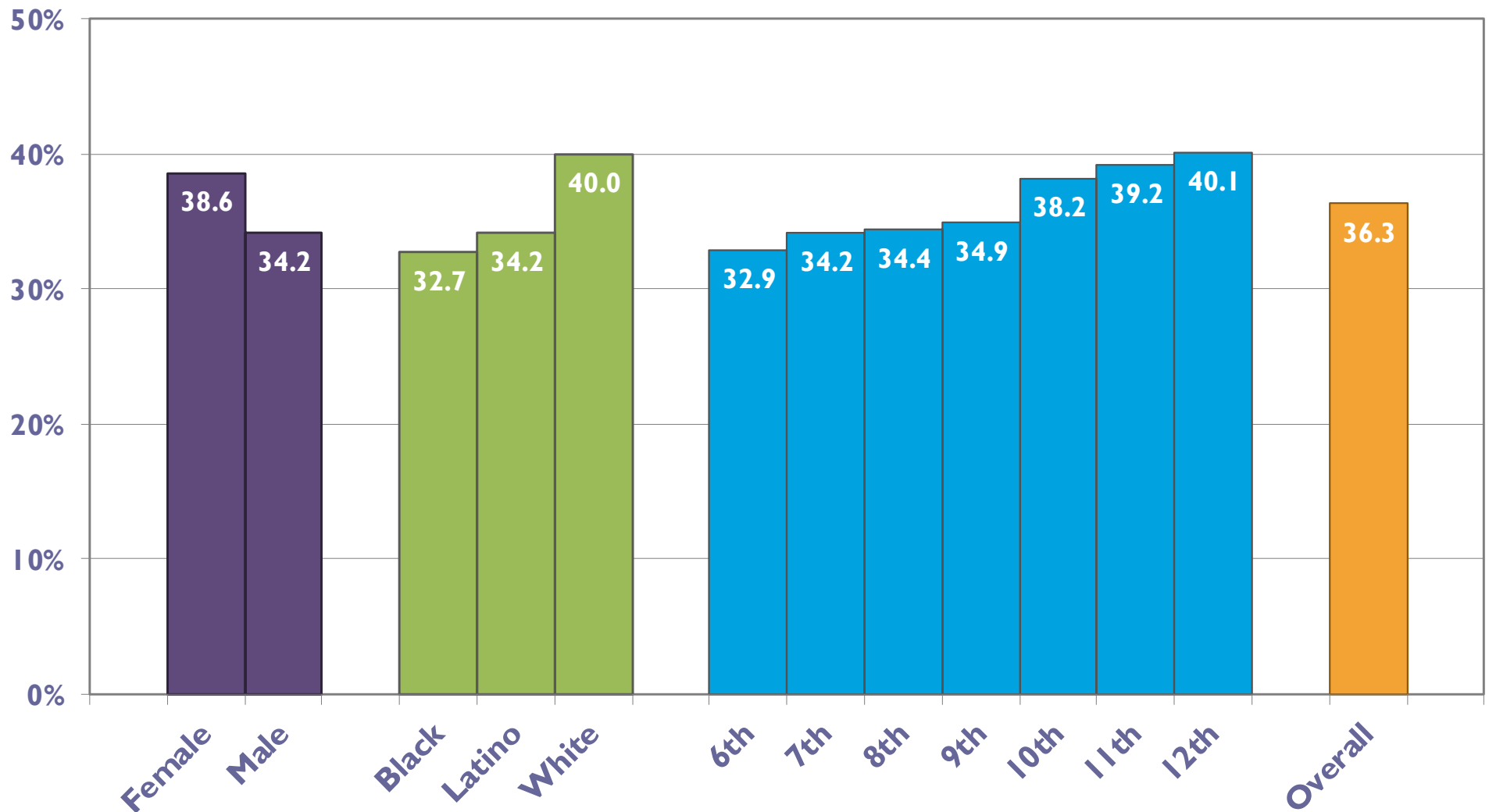


# ACEs Summary

- 18.0% 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.*

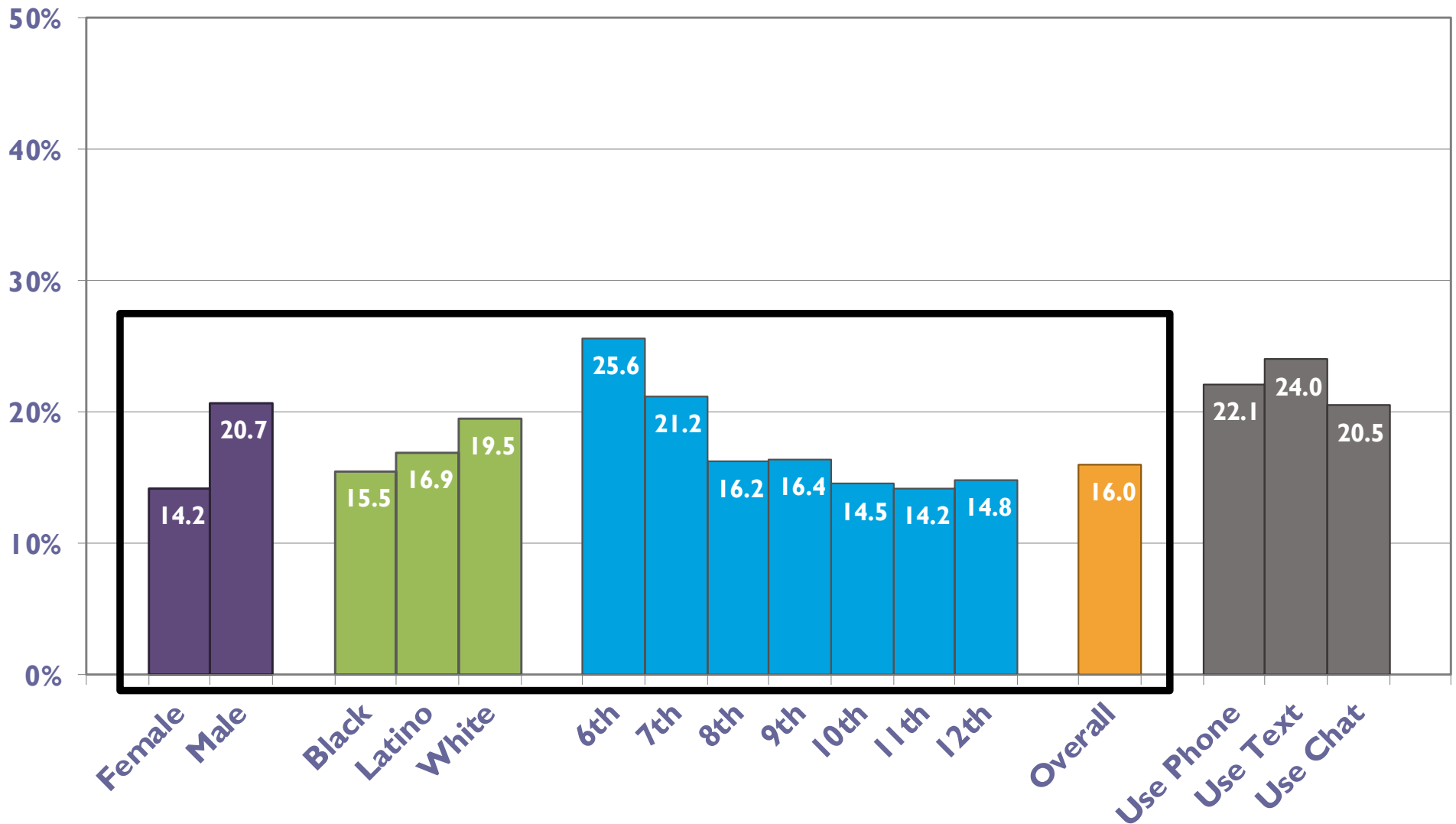
# “One Pill Can Kill”

## Percentage of Students Who Have Heard or Seen this Message



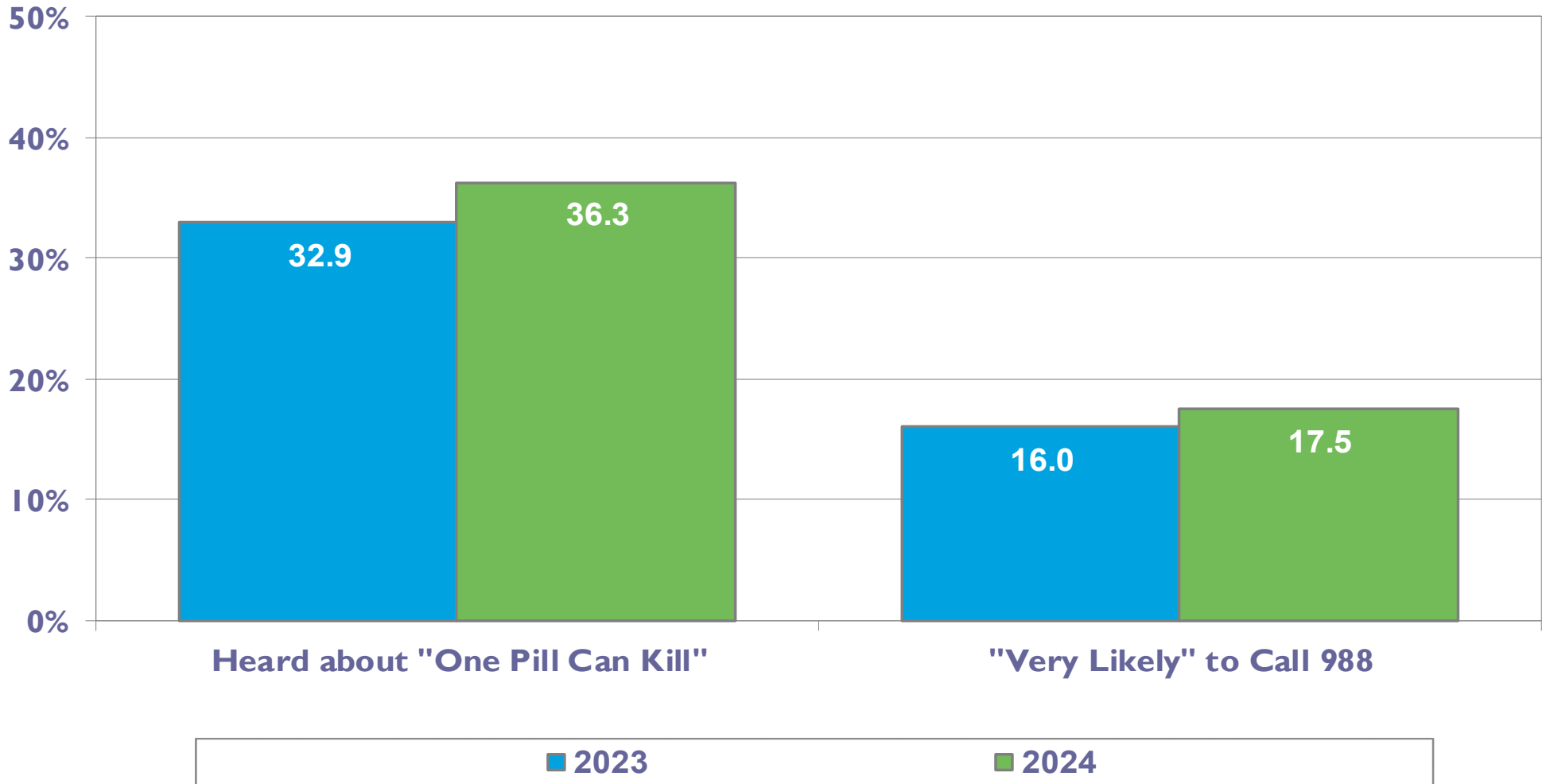
# 988 Crisis Counseling Line

Percentage of Students Who are “Very Likely” to Use



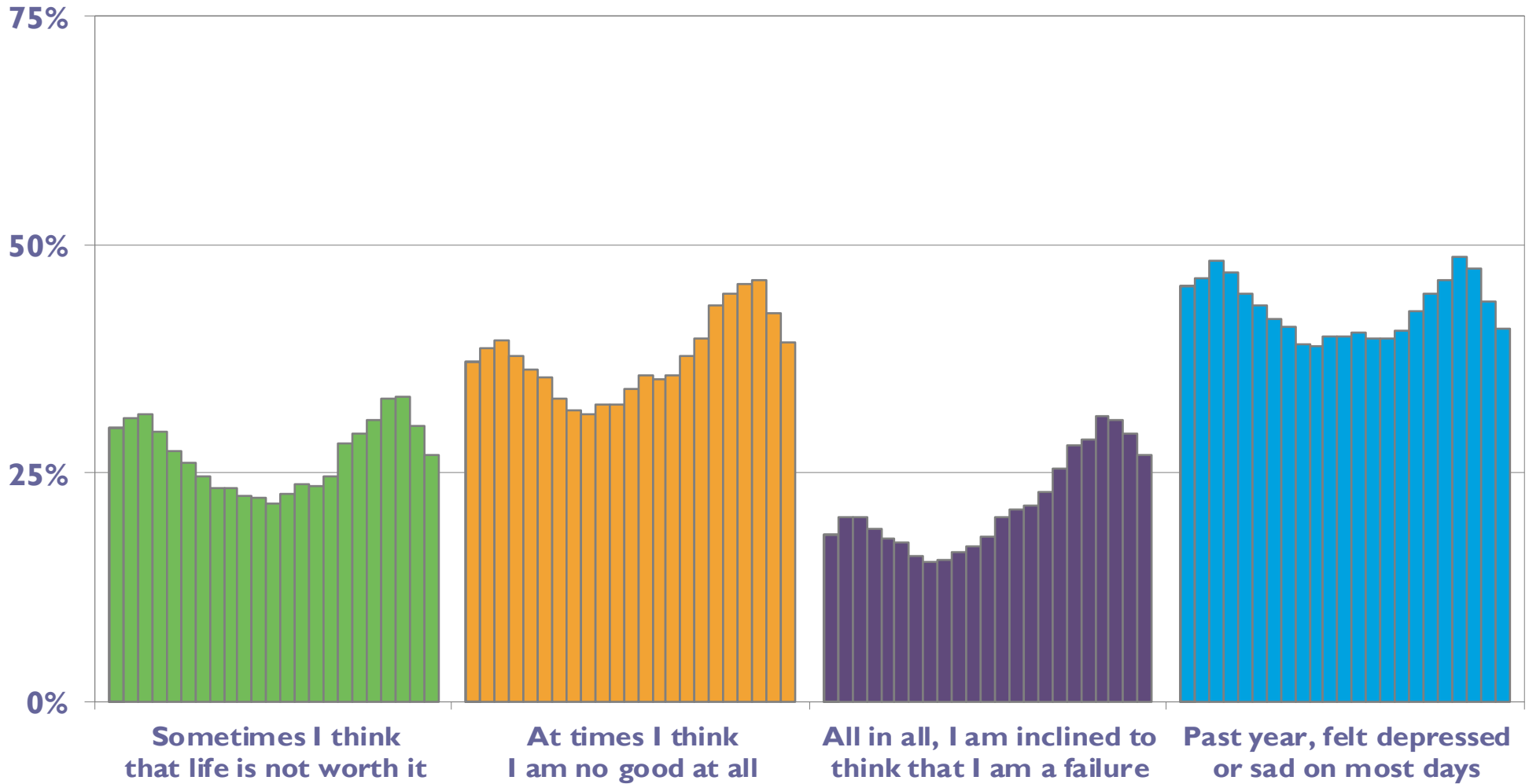
# “One Pill Can Kill” and 988 Crisis

## 2023 versus 2024



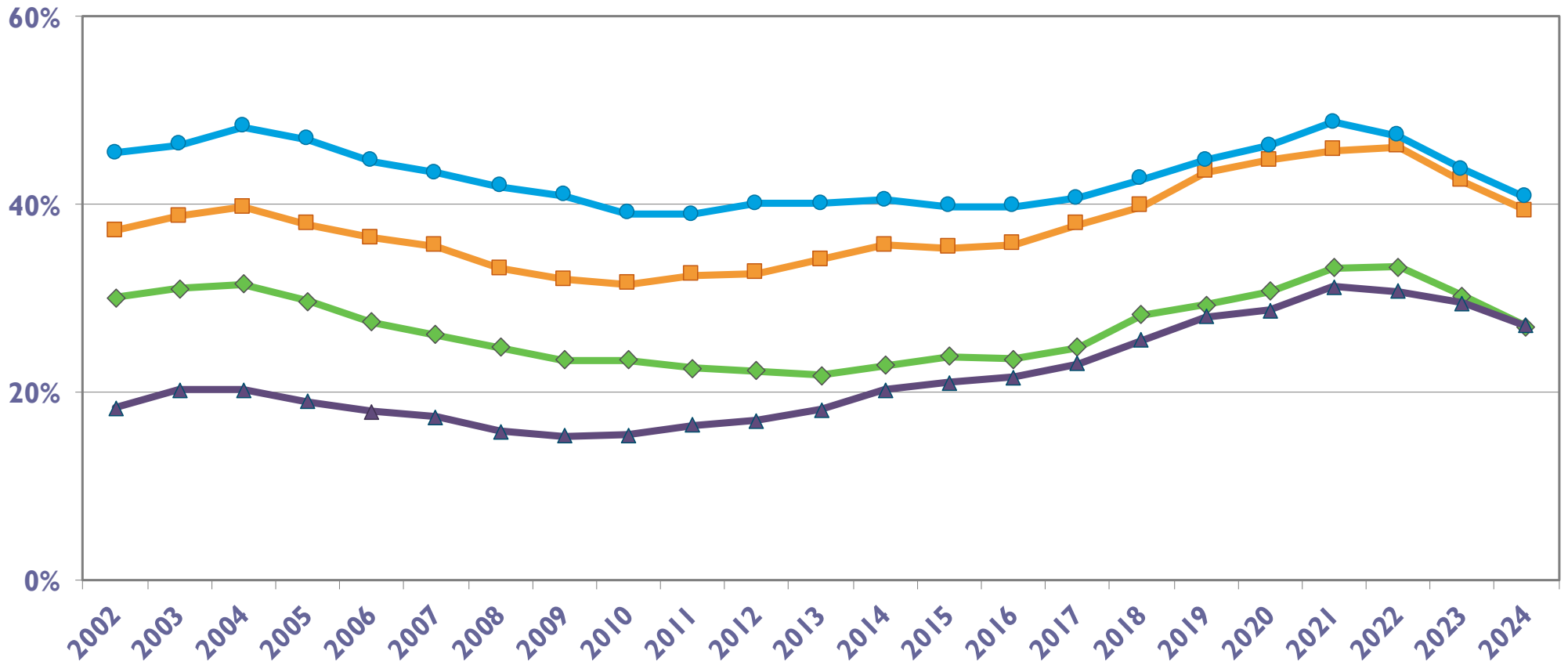
# Symptoms of Depression Trends

Percentage saying “yes” or “Yes!” | 2002 to 2024



# Symptoms of Depression Trends

Percentage saying “yes” or “Yes!” | 2002 to 2024



◆ Sometimes I think that life is not worth it

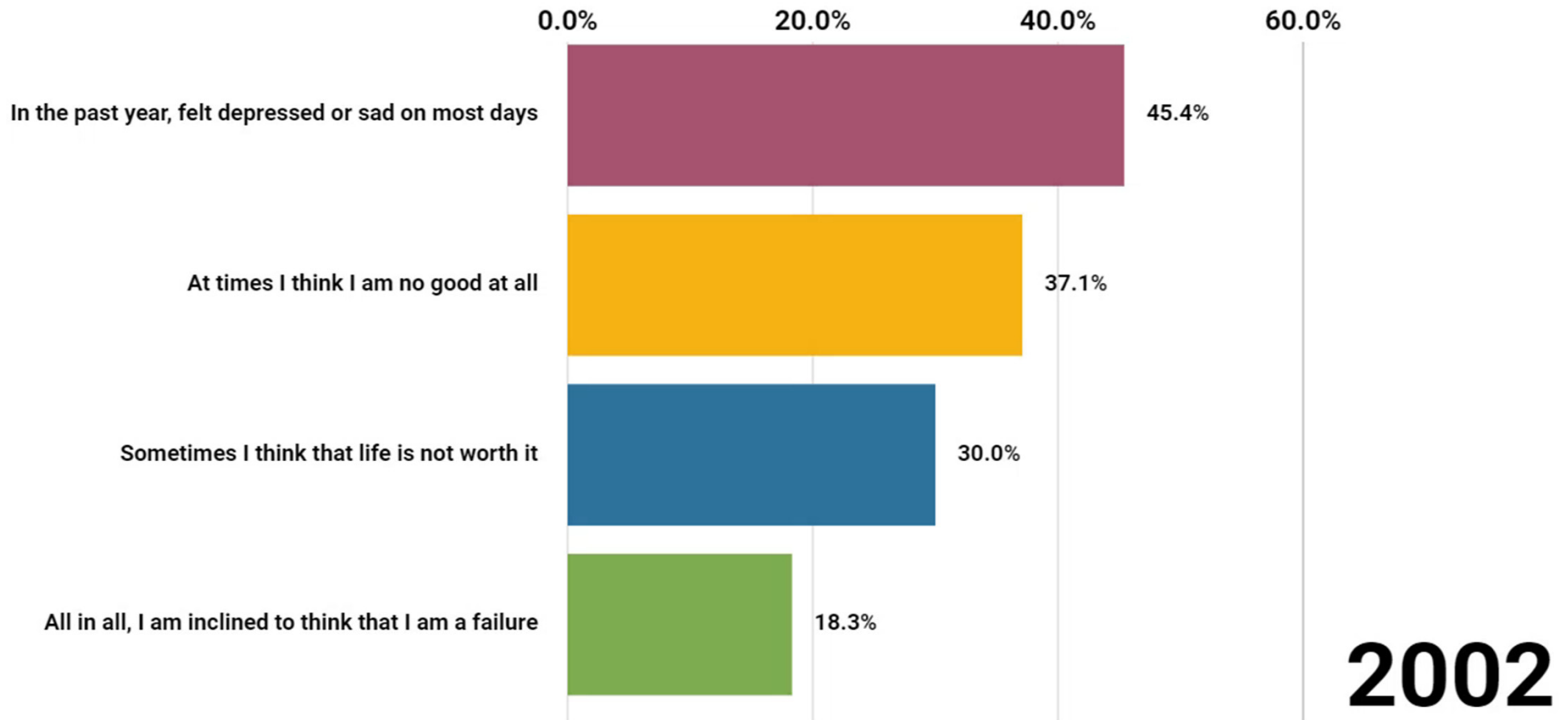
■ At times I think I am no good at all

▲ All in all, I am inclined to think that I am a failure

● Past year, felt depressed or sad on most days

# Symptoms of Depression

Percentage saying “yes” or “Yes!” | 2022 to 2024 Bar Race





# Thank you!

Bert Rothenbach

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Florida Youth Survey information/support

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