

2021 FLORIDA YOUTH SUBSTANCE ABUSE SURVEY



October 28, 2021

Presented by: BERT ROTHENBACH, PhD
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)
5. The COVID-19 pandemic



Background and Methods

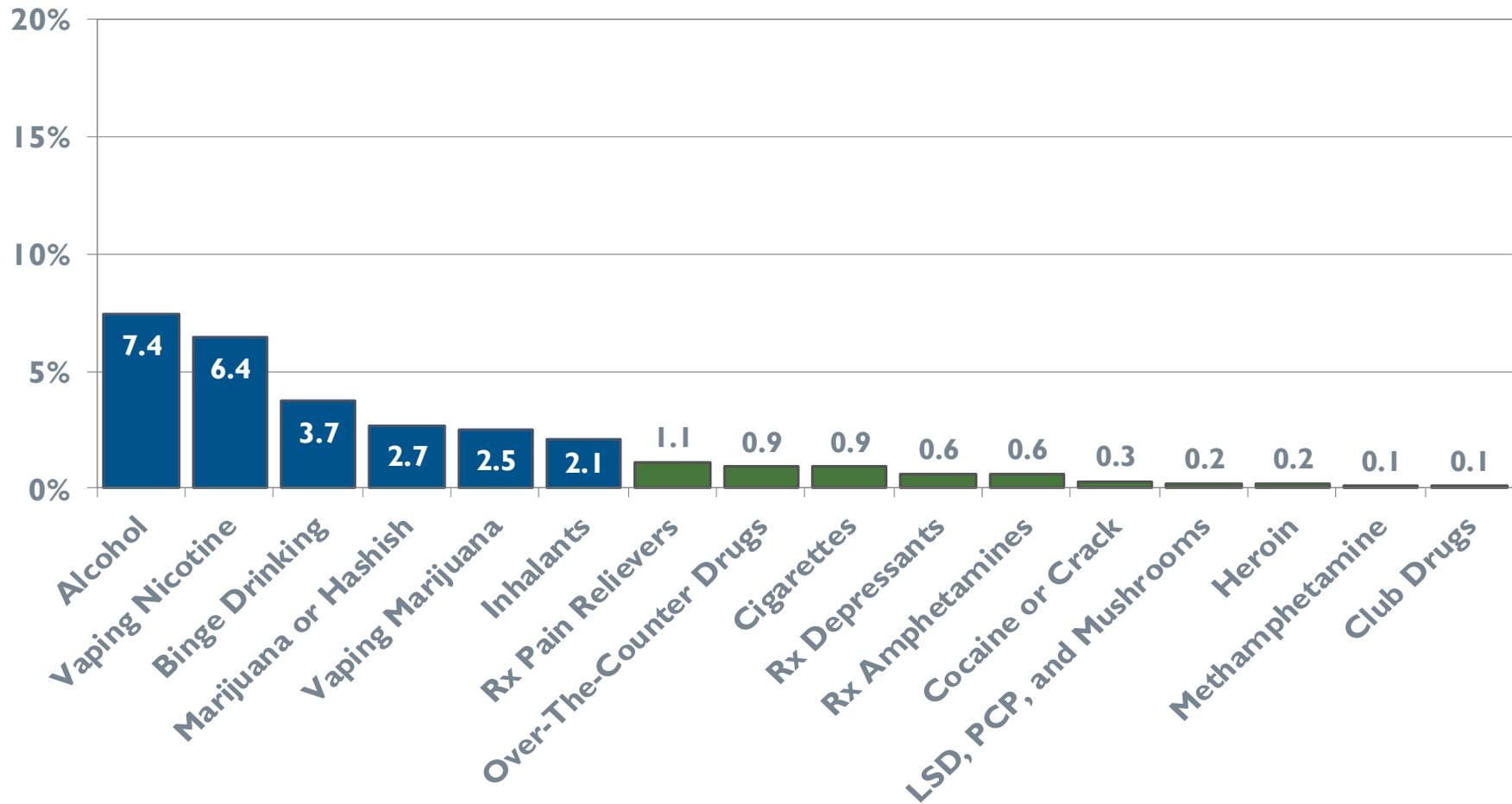
- The Florida Youth Substance Abuse Survey (FYSAS) is part of the multi-survey Florida Youth Survey (FYS) project.
- In 2021, students were surveyed in 39 out of 67 Florida counties.
- Final sample size is 8,199 across grades 6 through 12.
- 61.5% administered online and 38.5% with booklets.
- The margin of error is less than 2.0 percentage points for state-level M.S. and H.S. prevalence rates.
- The pandemic created a more challenging data collection environment, but coordinators at the state and county level put in additional effort to meet sampling targets.





Past-30-Day Prevalence

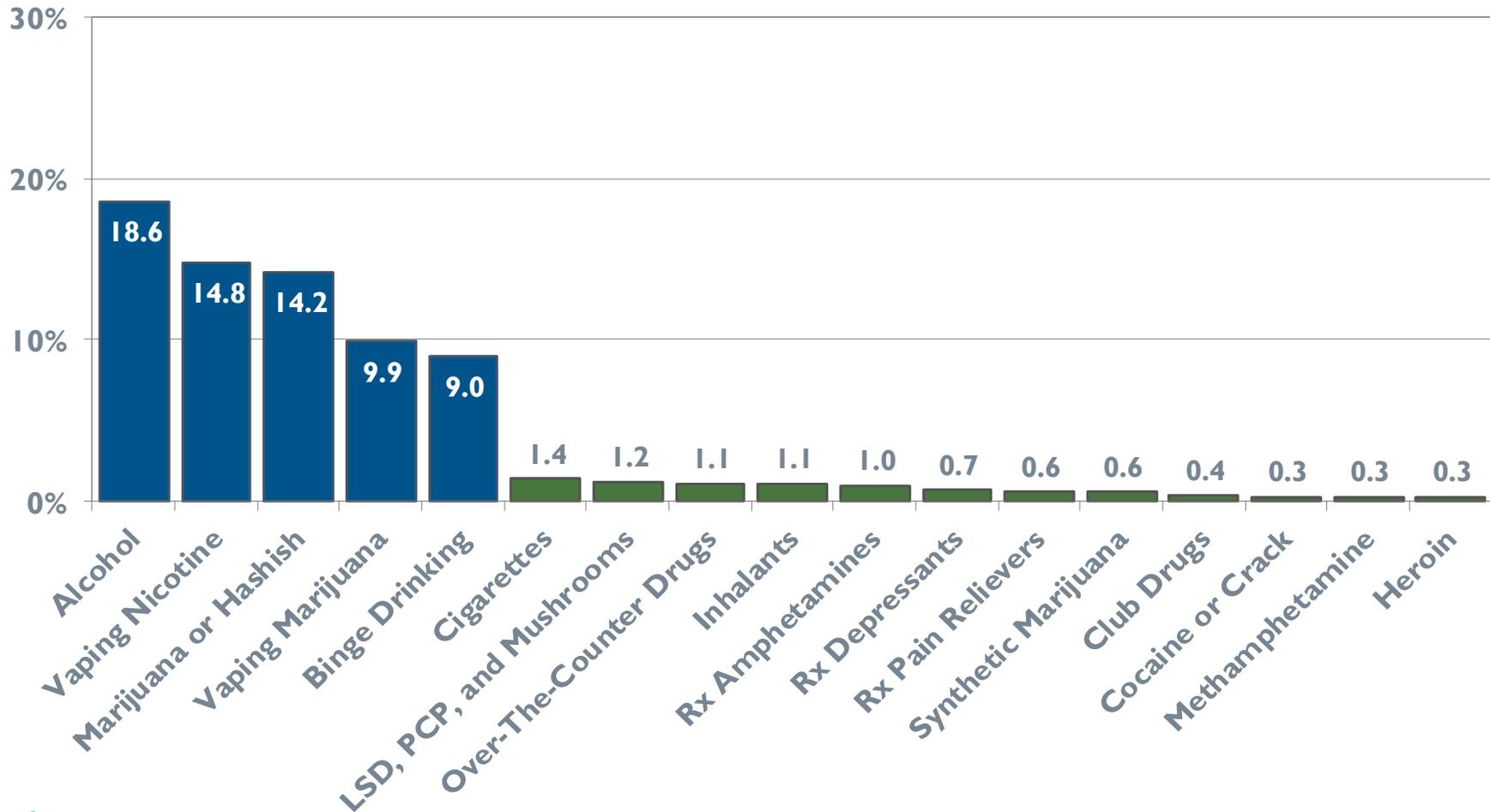
Middle School





Past-30-Day Prevalence

High School



Past-30-Day Drug Use Summary

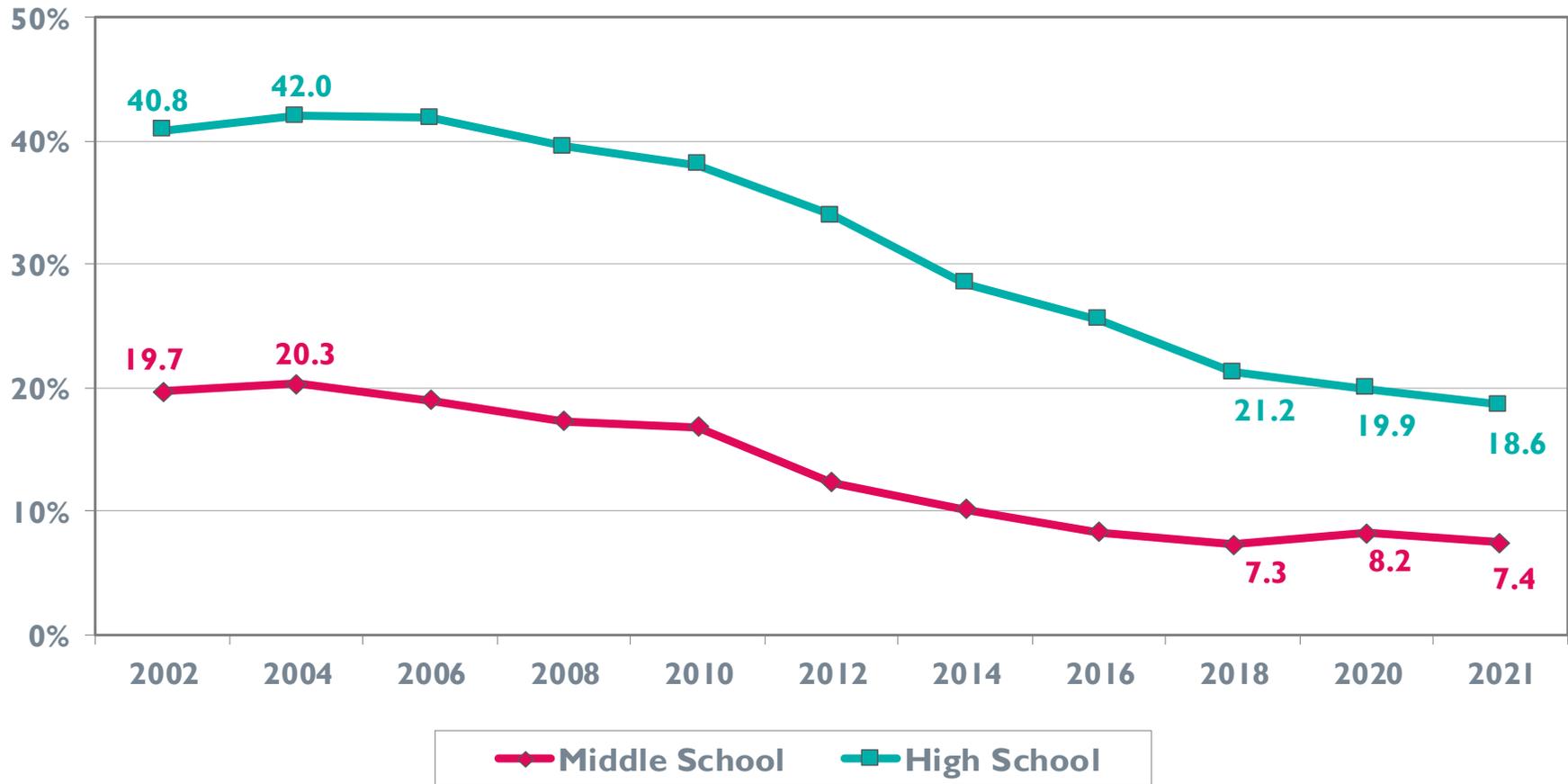
- Alcohol and vaping nicotine are the highest prevalence substance use categories across all grade levels.
- Among older students, binge drinking and marijuana use, including vaping marijuana, are also higher-prevalence.
- Rates of use for other drug categories, including cigarettes, are very low.





Alcohol

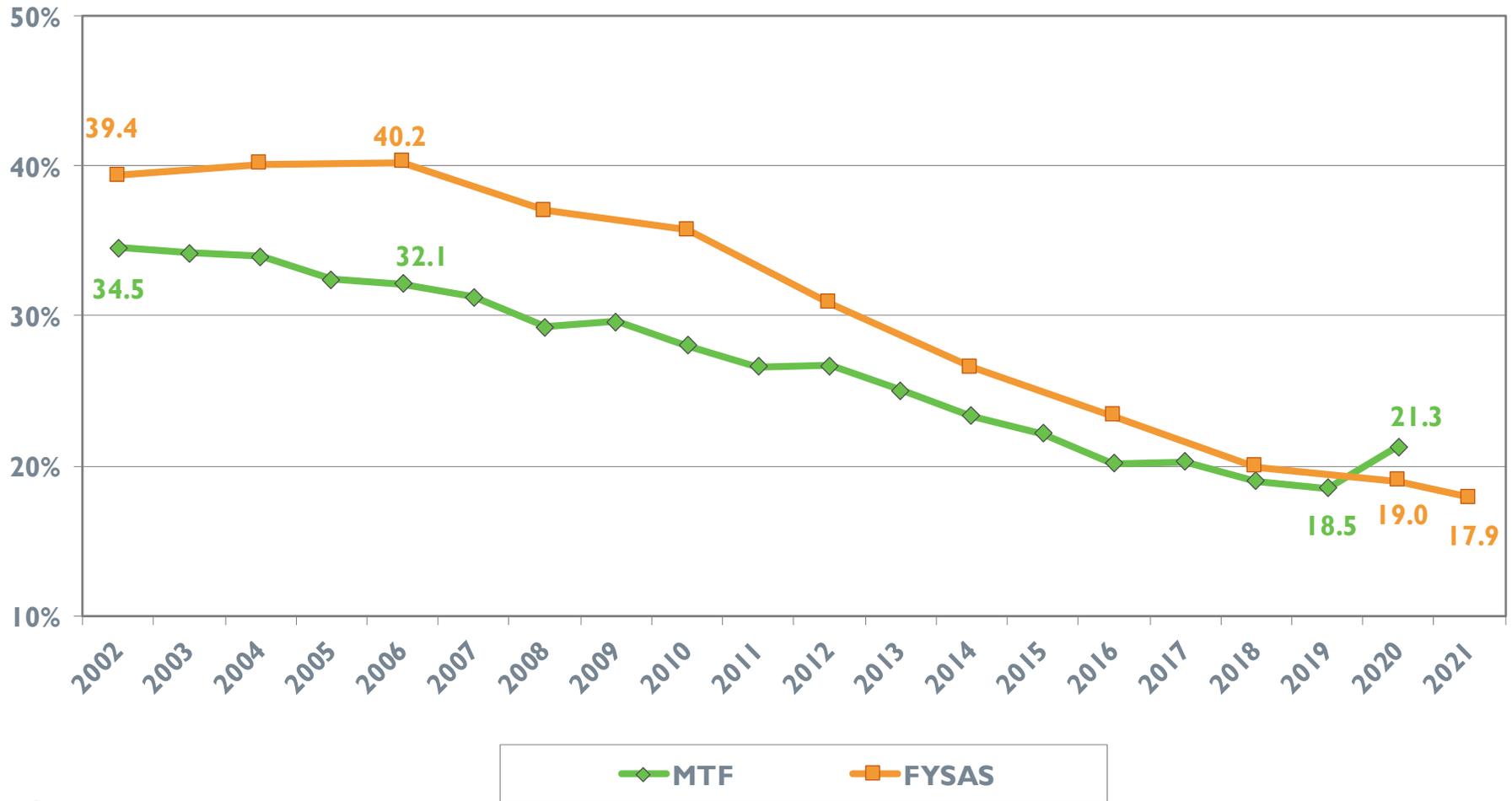
Past-30-Day Prevalence by Grade Cohort





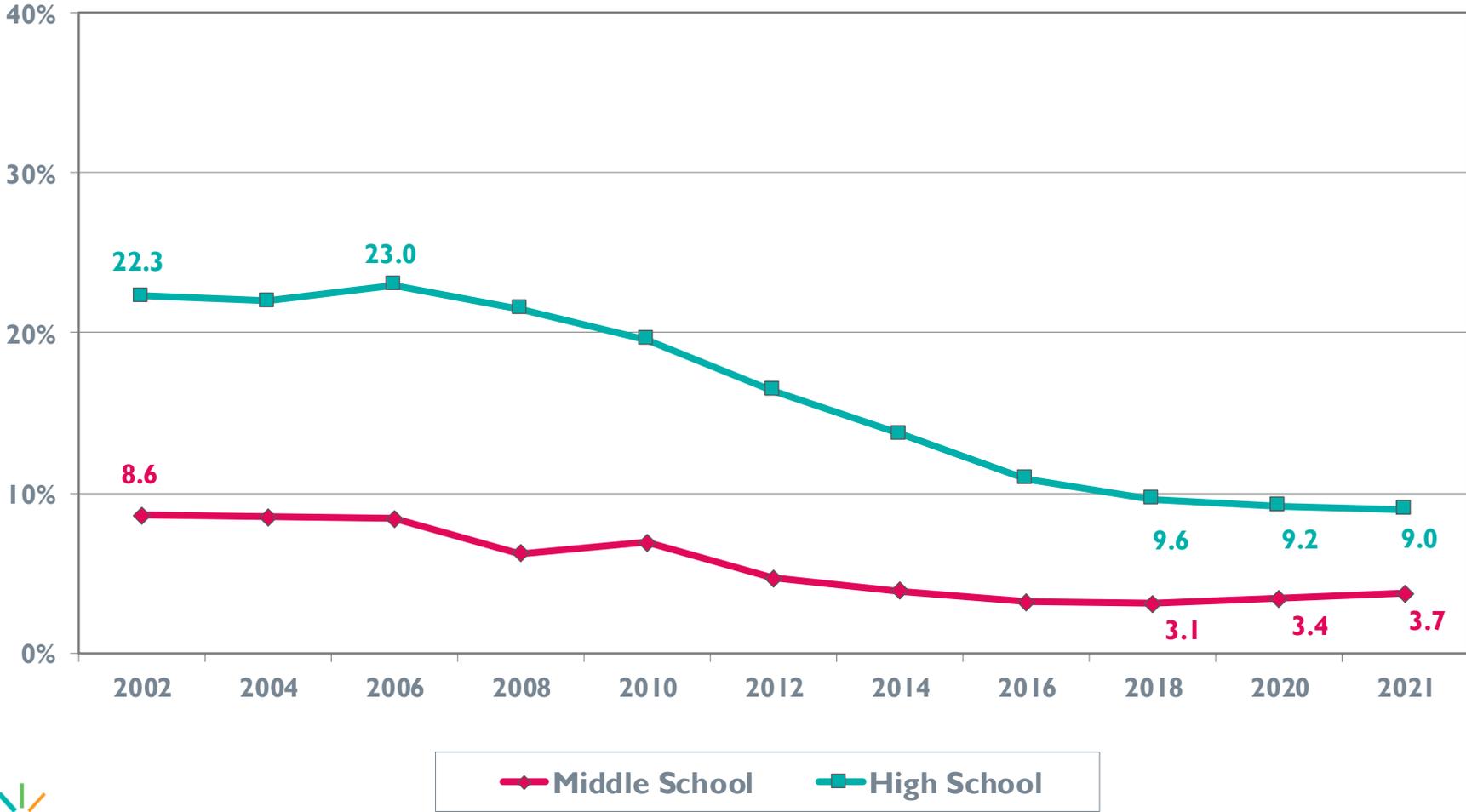
Alcohol

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



Binge Drinking

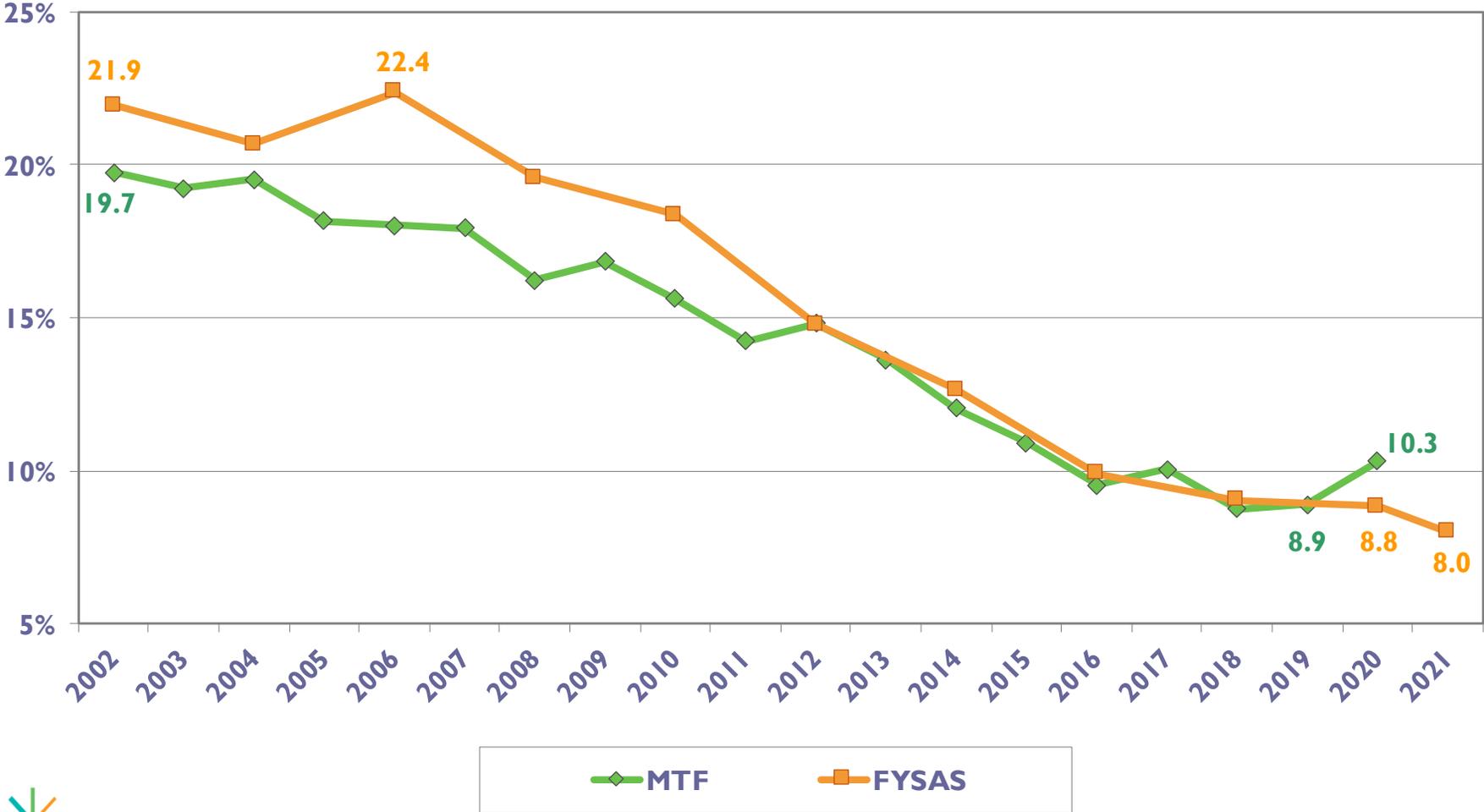
Prevalence by Grade Cohort





Binge Drinking

Prevalence for 8th, 10th and 12th Graders



ICF proprietary and confidential. Do not copy, distribute, or disclose.

Alcohol Use Trend Summary

- Among H.S. students: The long-term reduction in alcohol use continues, but has slowed considerably.
 - 23.4 percentage point reduction in past-30-day use between 2004 and 2021
 - 2.6 percentage point reduction in past-30-day use between 2018 and 2021
- Among M.S. students: The long-term reduction in alcohol use has ended, or at least stalled.
 - 12.9 percentage point reduction in past-30-day use between 2004 and 2021
 - Past-30-day use trend line is mostly flat between 2018 and 2021
 - Bring drinking increased from 3.1% in 2018 to 3.7% in 2021

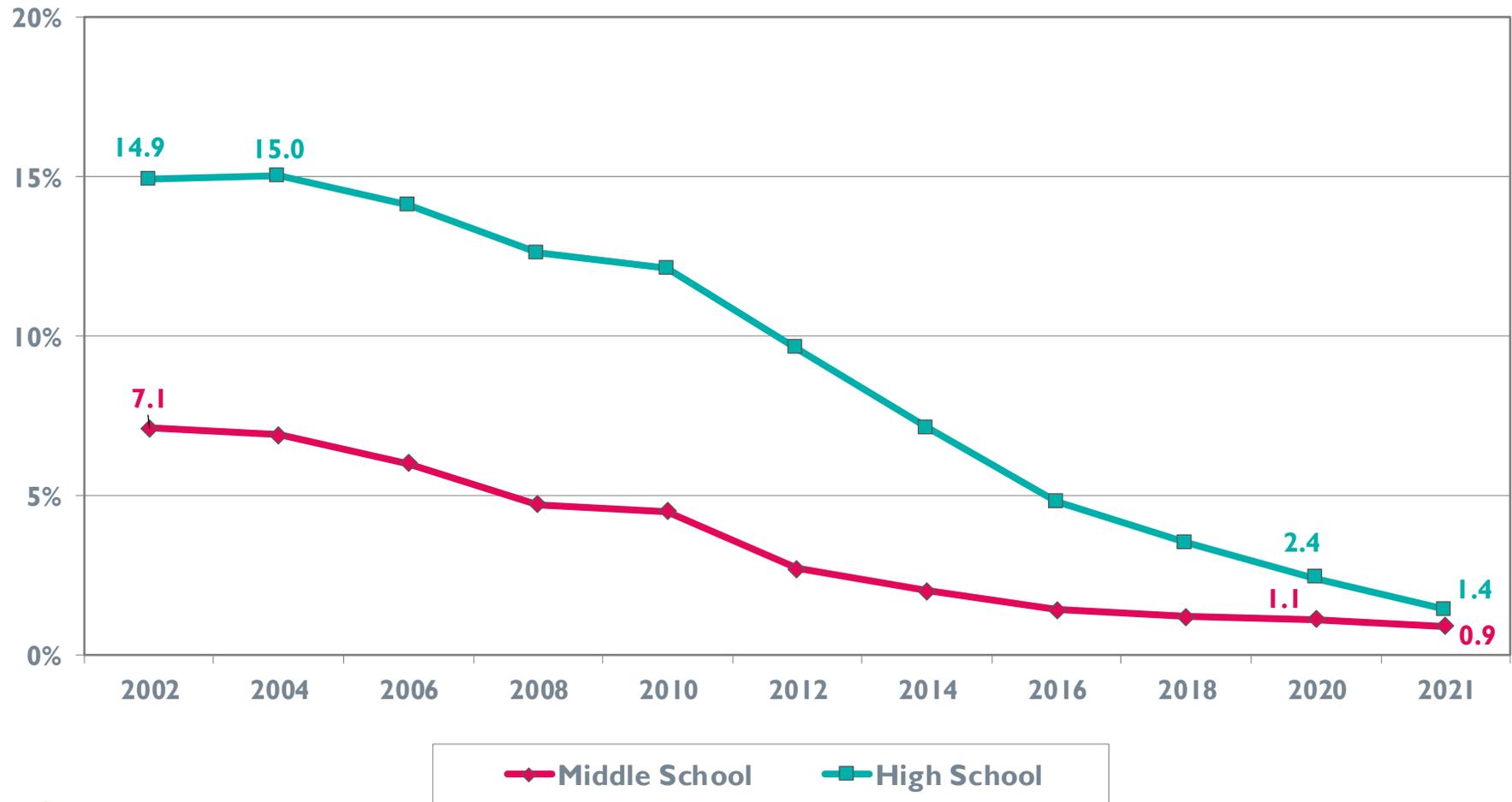
Alcohol Use Trend Summary

- Alcohol trends suggest a cohort effect, with higher rates of use originating among younger students before migrating into the upper grade levels.
- National data show increased rates of past-30-day alcohol use and binge drinking between 2019 and 2020.
 - *If this turns out to be a national shift in adolescent alcohol use, Florida will face a significant challenge.*
- Unclear how the pandemic has impacted youth substance use behavior.



Cigarettes

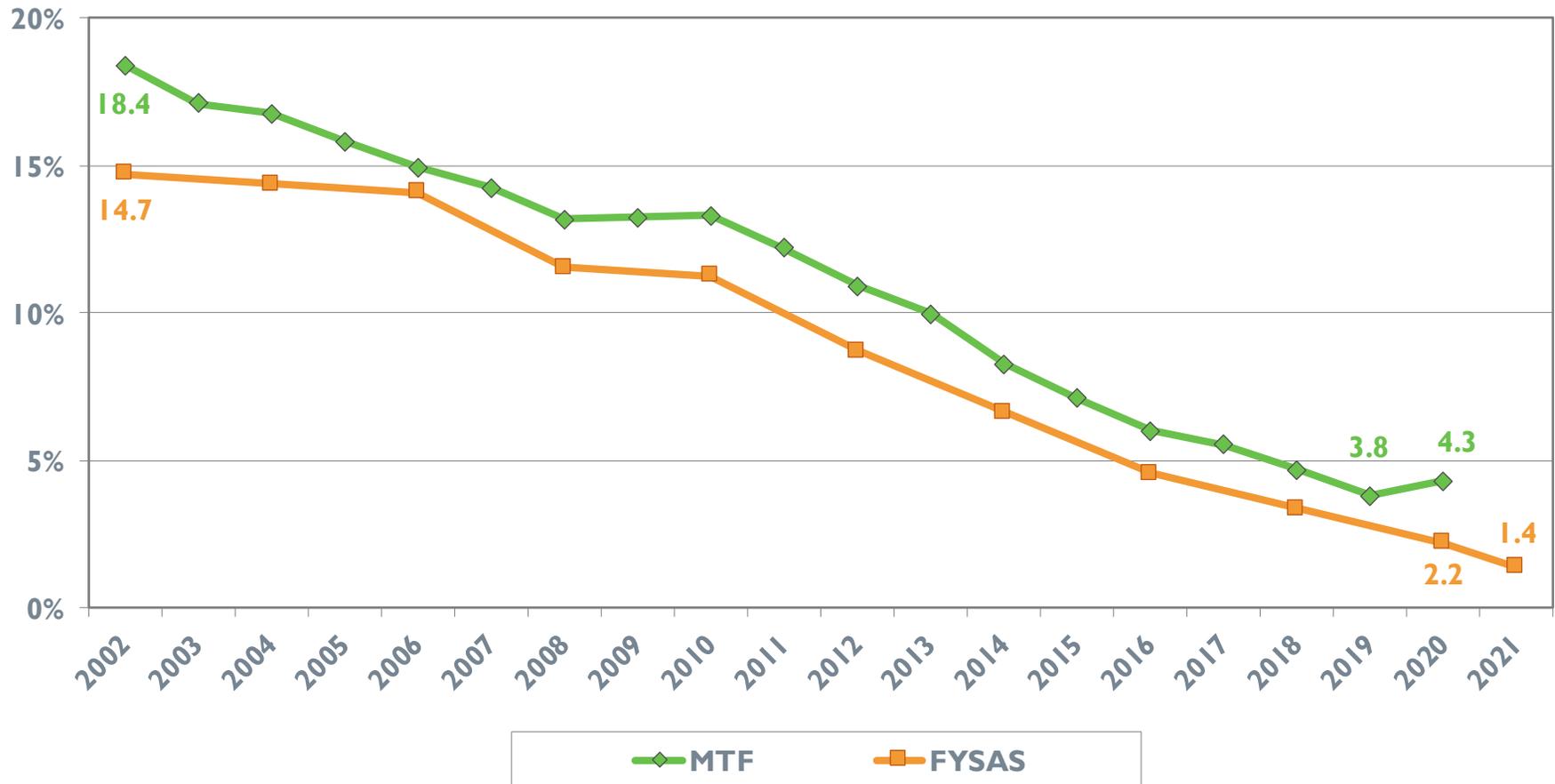
Past-30-Day Prevalence by Grade Cohort





Cigarettes

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



Cigarette Use Trend Summary

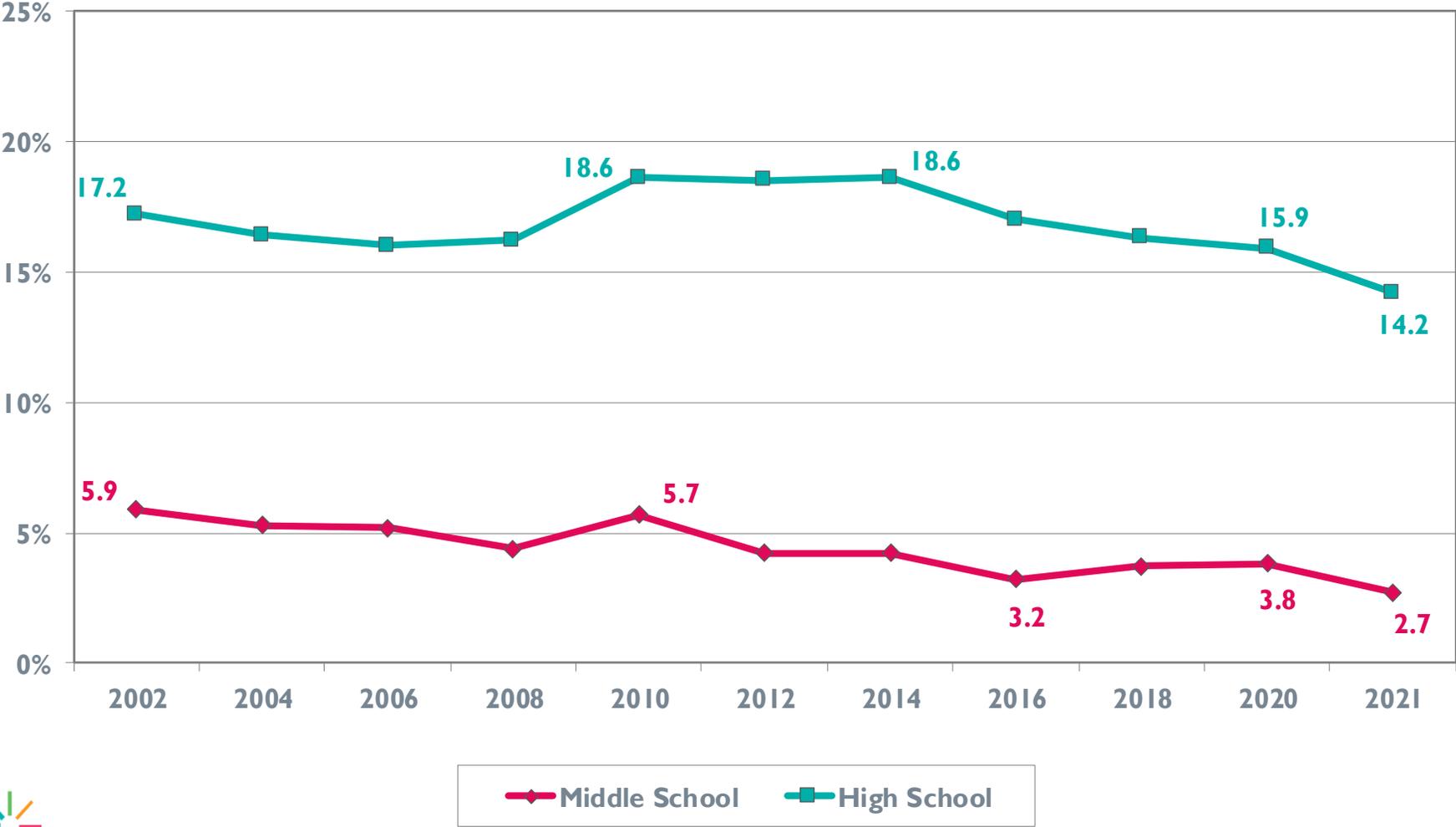
- The long-term reduction in cigarette use among Florida students continued in 2021.
- Among H.S. students, past-30-day cigarette use has dropped from 15.0% in 2004 to 1.4% in 2021.
- Among M.S. students, past-30-day cigarette use has dropped from 7.1% in 2002 to 0.9% in 2021.
- The prevalence rate for smoking cigarettes is now as low or nearly as low as the rates for “hard” drugs.





Marijuana

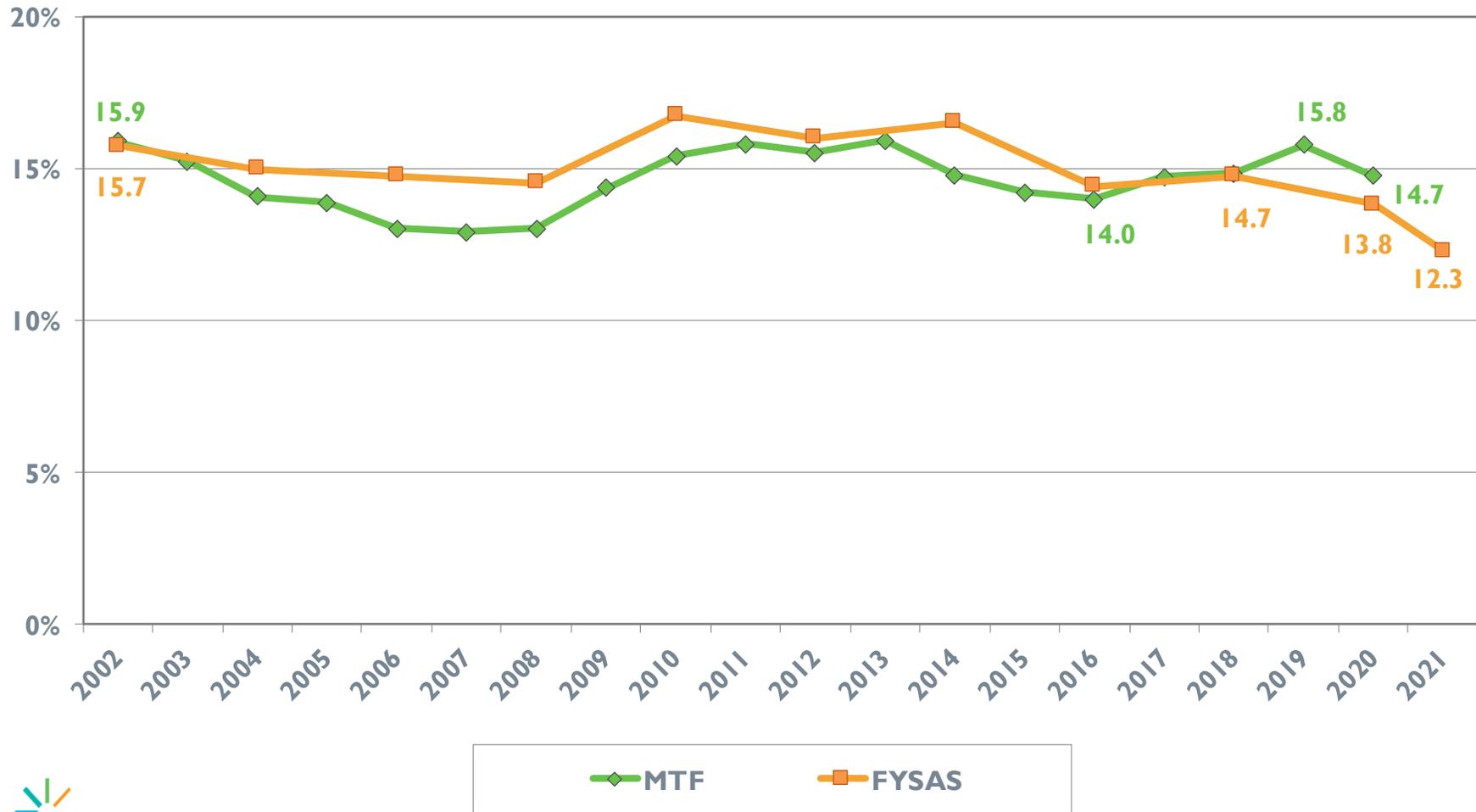
Past-30-Day Prevalence by Grade Cohort





Marijuana

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



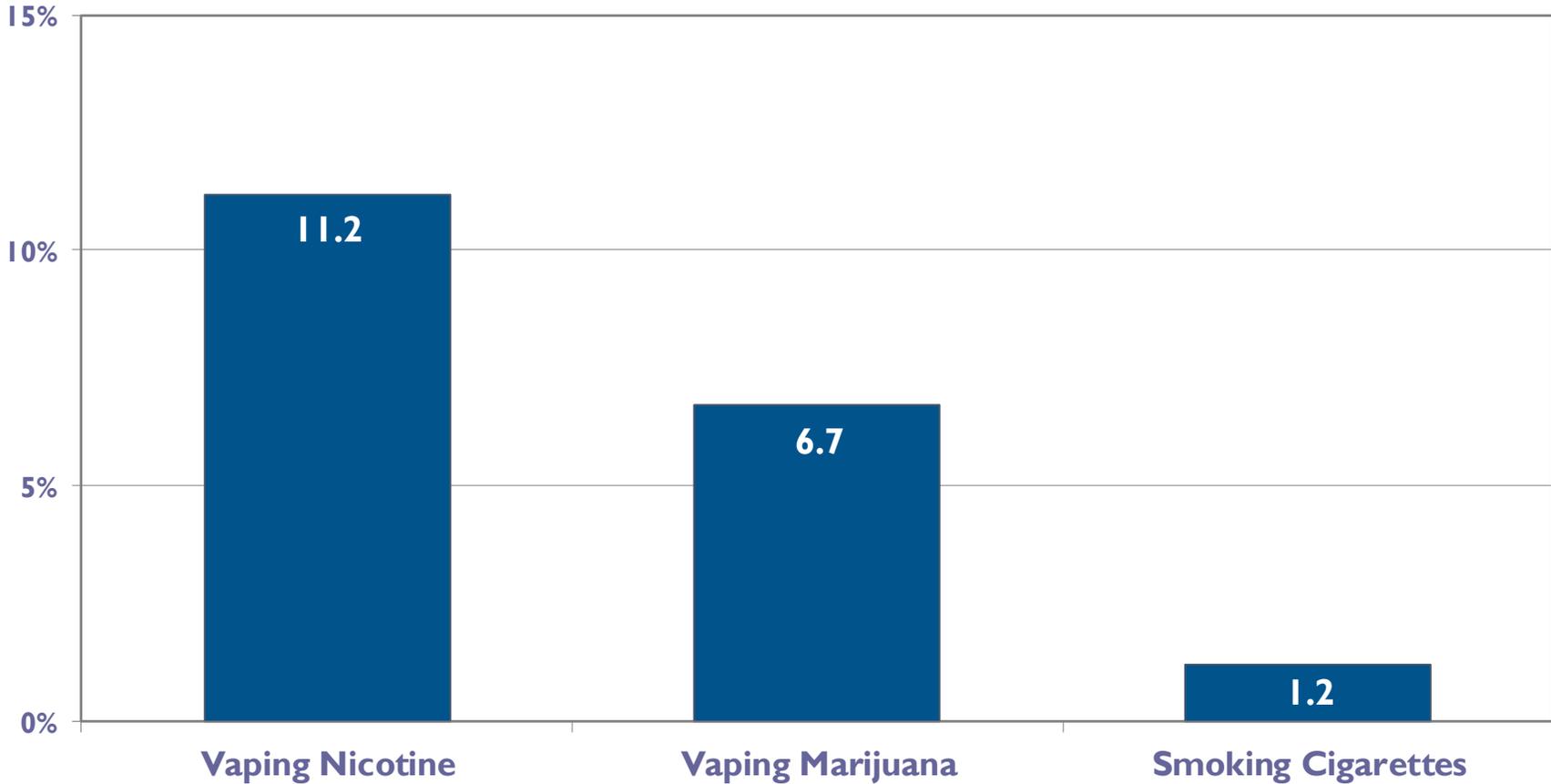
Marijuana Use Trend Summary

- Among H.S. students, 2021 data show a continuation in the reduction in marijuana use.
 - *Past-30-day use has dropped from 18.6% in 2014 to 14.2% in 2021*
- Among M.S. students, after increasing 0.6 percentage points between 2016 and 2020, past-30-day use decreased 1.1 percentage points in 2021.



Vaping and Cigarette Use

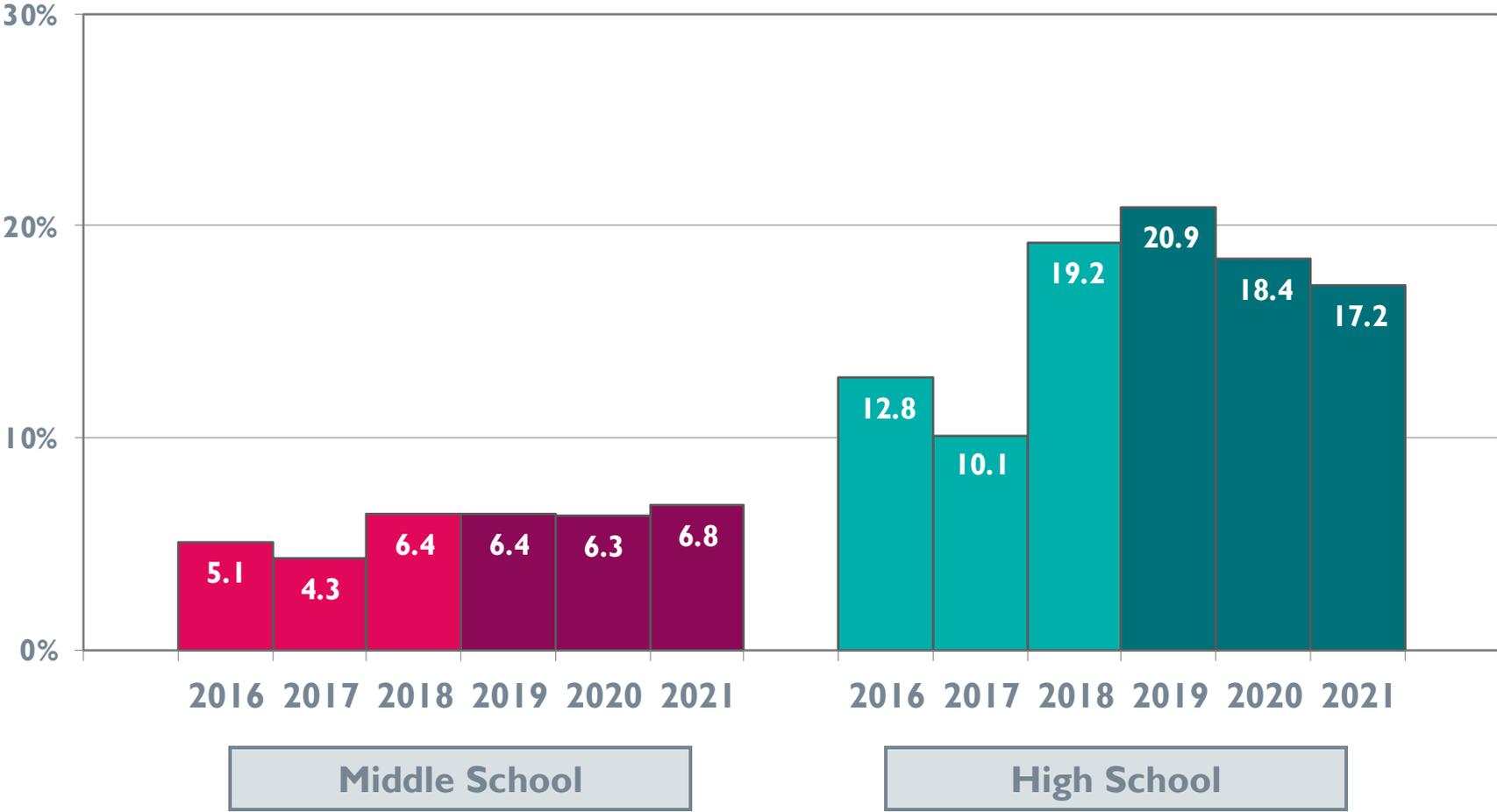
Past-30-Day Prevalence





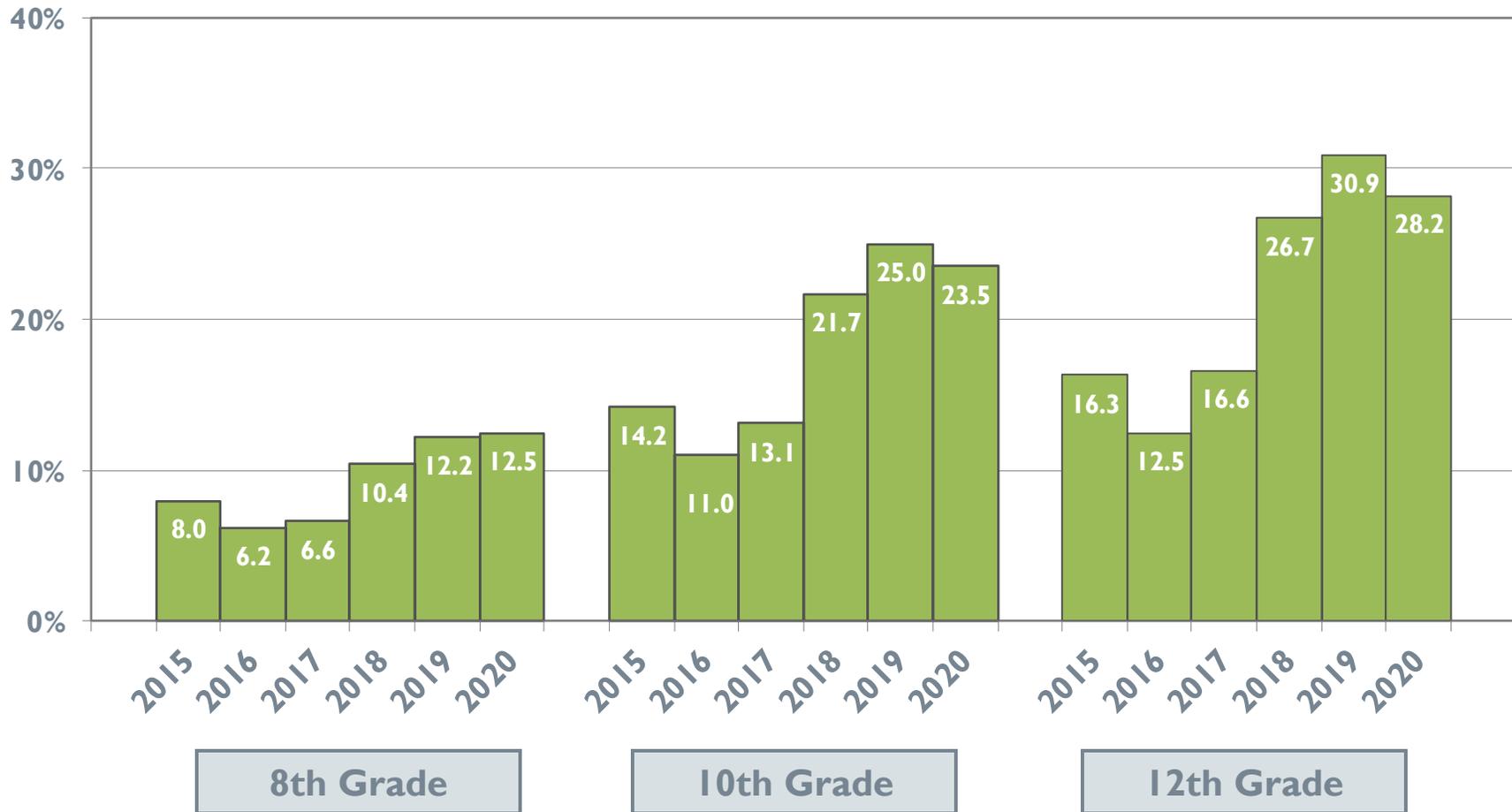
Any Vaping

Past-30-Day Prevalence



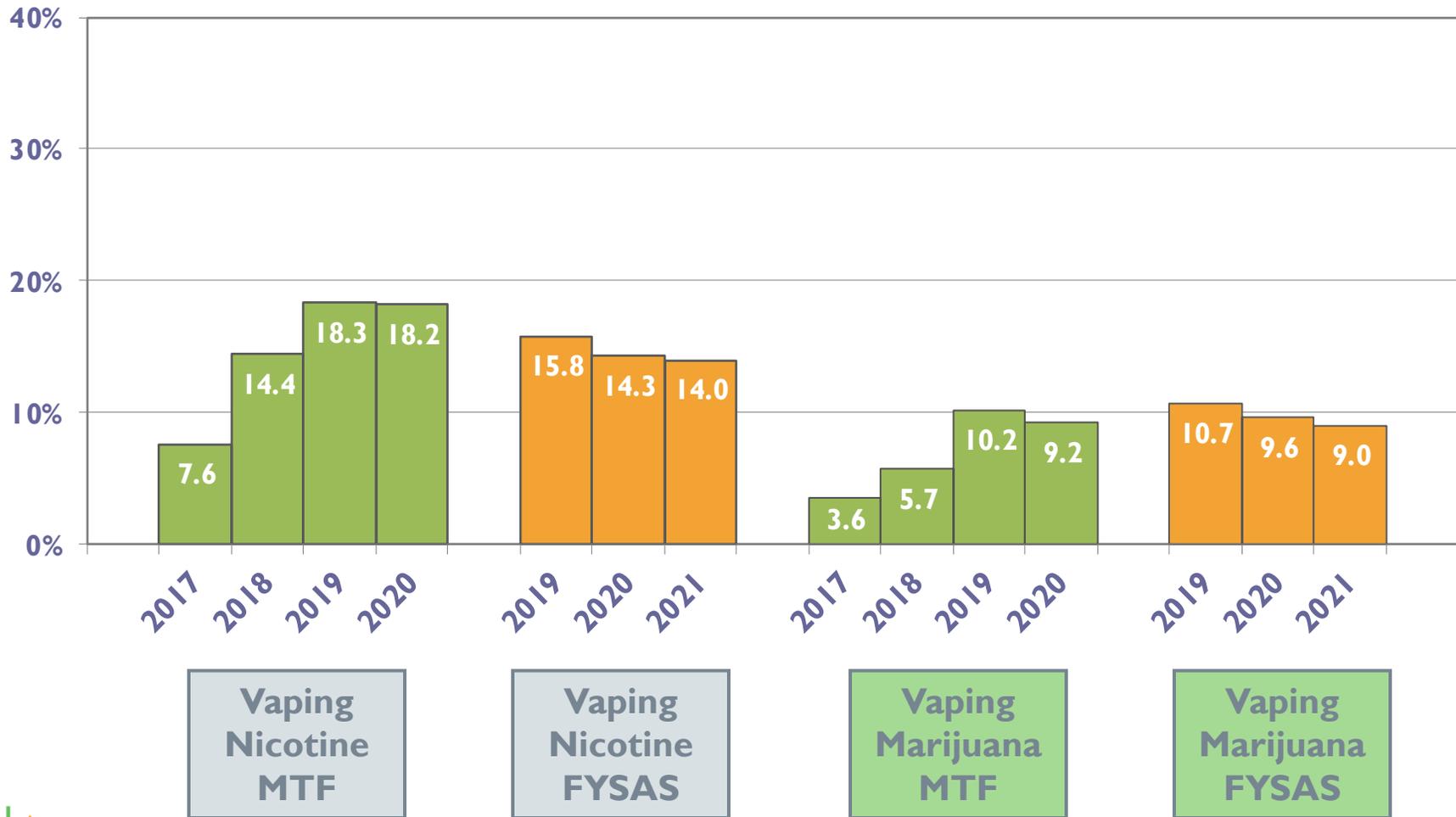
Any Vaping National Trend

MTF, Past-30-Day Prevalence



Vaping Trend: MTF and FYSAS

8th, 10th, and 12th Grades, Past-30-Day Prevalence

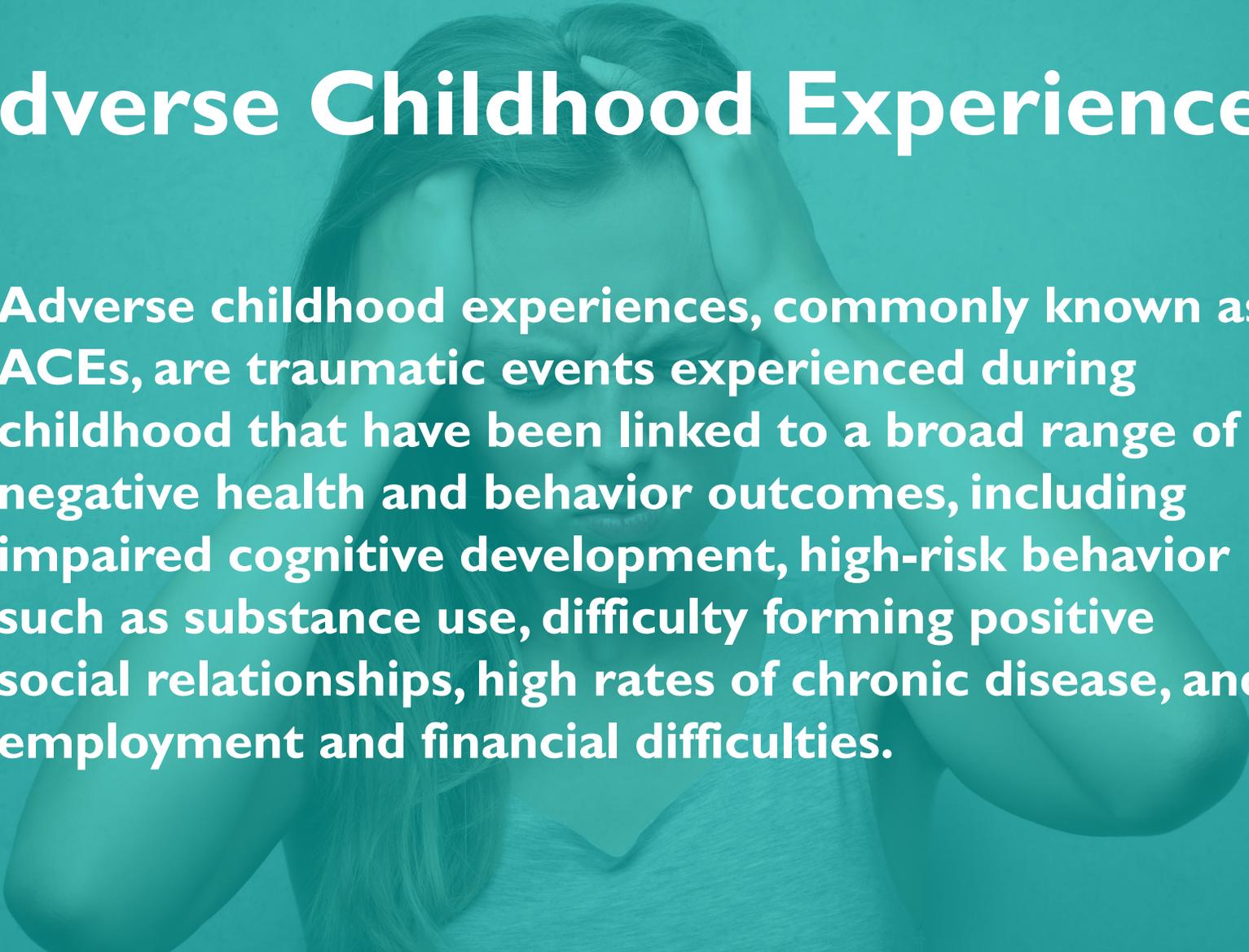


Vaping Summary

- Vaping nicotine is 10 times more prevalent than smoking cigarettes.
- Among Florida H.S. students, the vaping epidemic peaked in 2019, with rates for both vaping nicotine and vaping marijuana decreasing modestly between 2019 and 2021.
 - *Among M.S. students, vaping rates have been relatively stable since 2019.*
- National data also show a 2019 vaping peak.



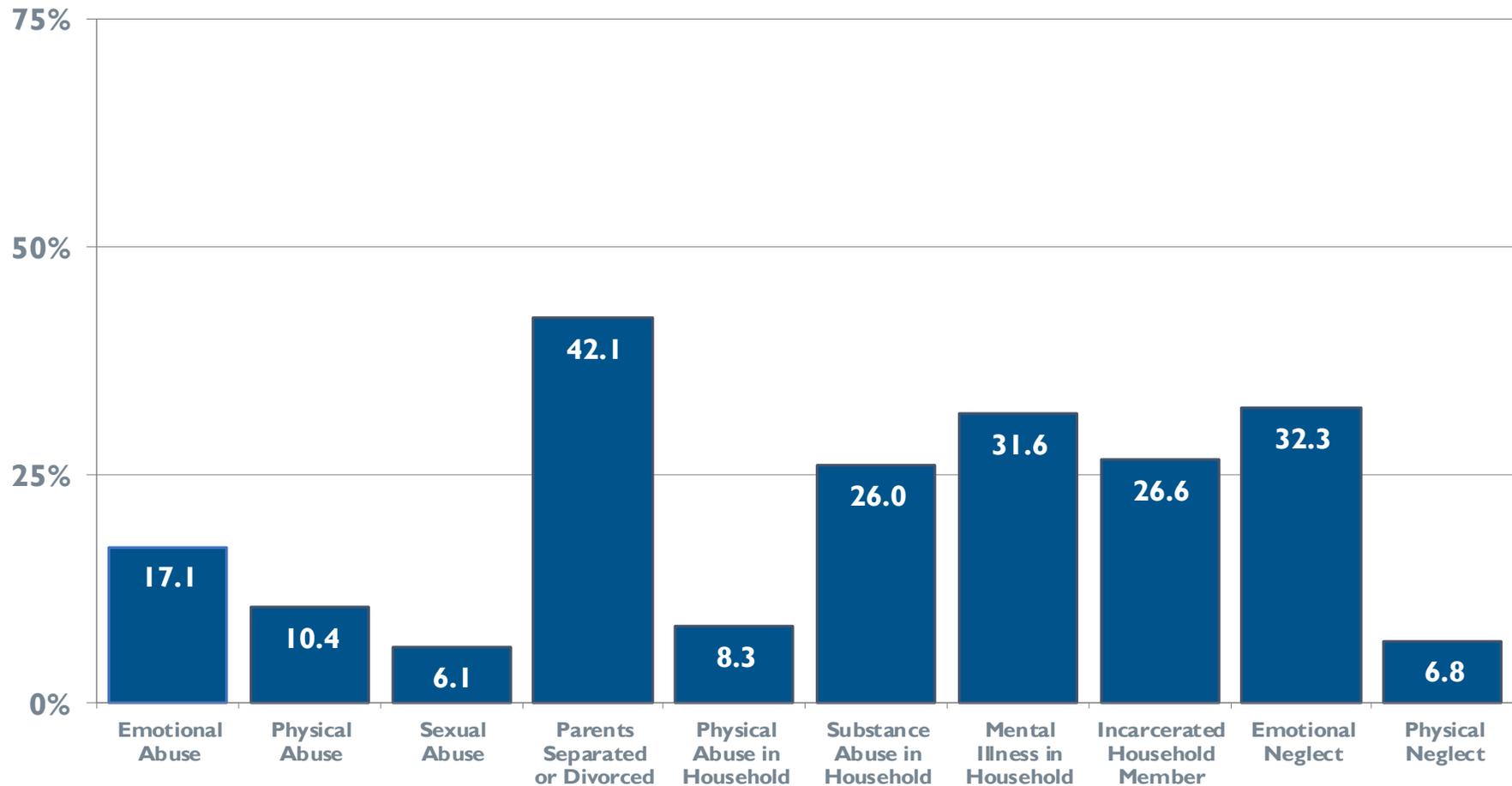
Adverse Childhood Experiences



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.

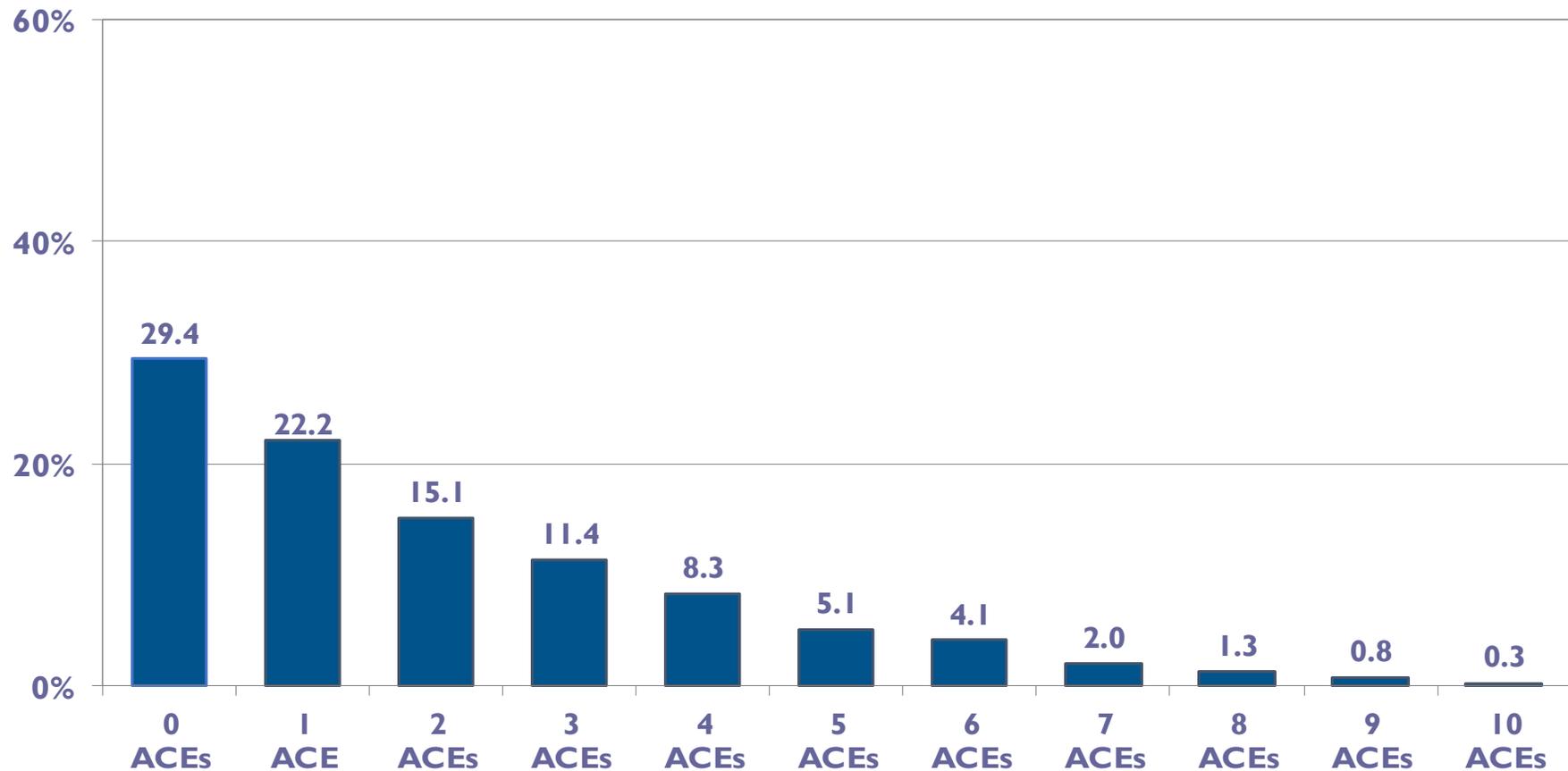
How Prevalent is Childhood Trauma?

ACEs Among High School Students

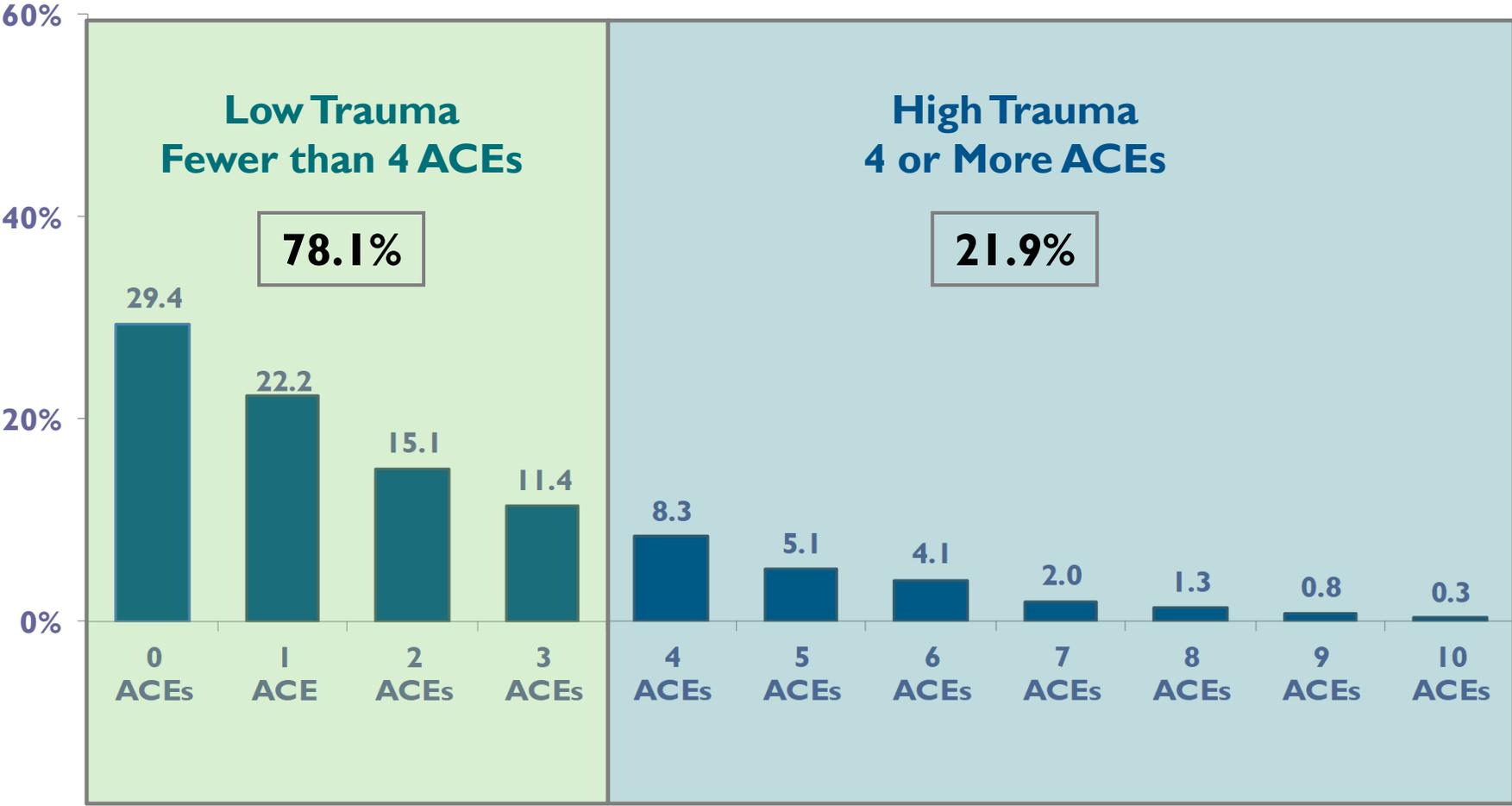




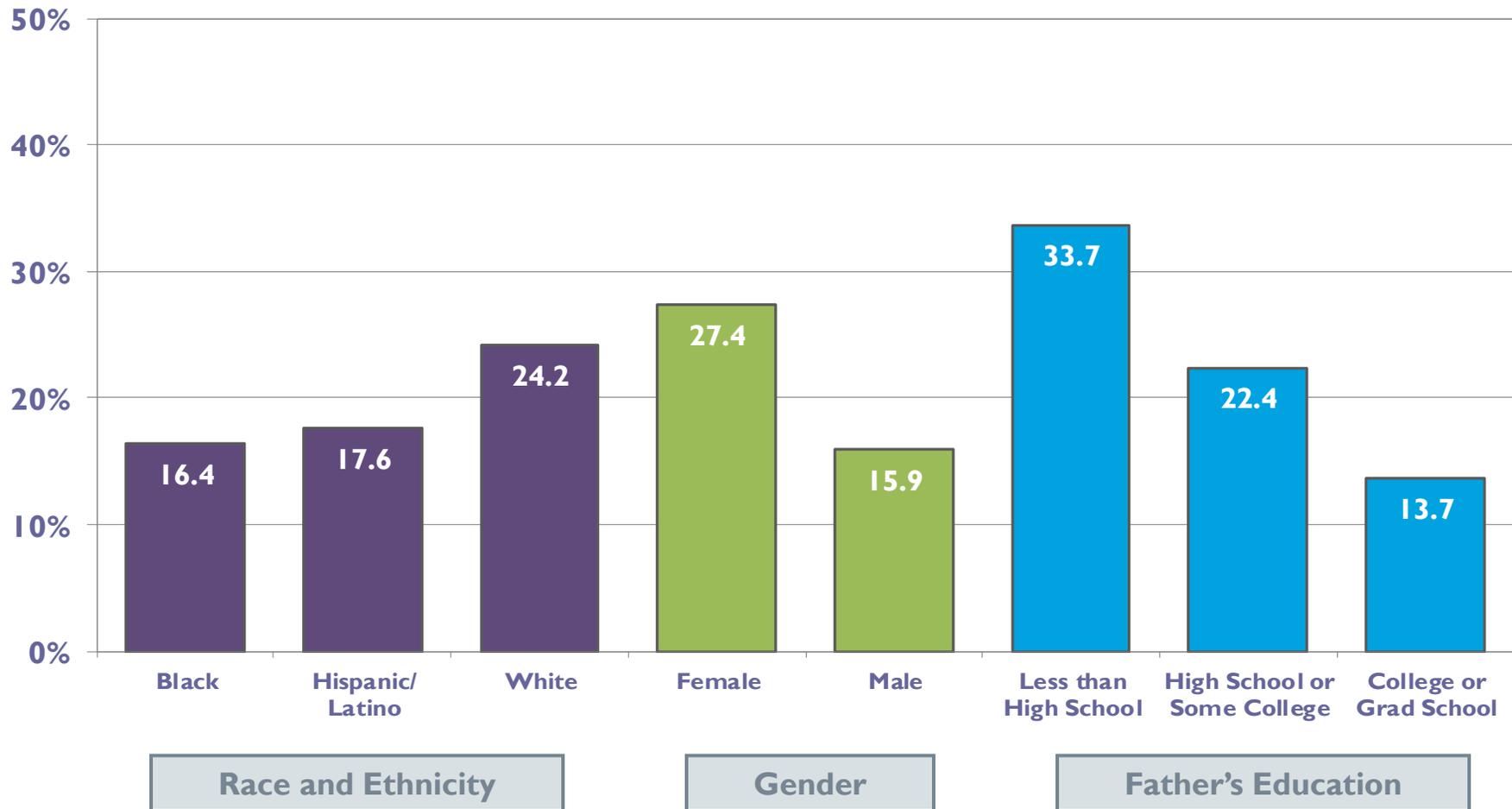
Number of Adverse Childhood Experiences High School Students



Low Trauma and High Trauma High School Students



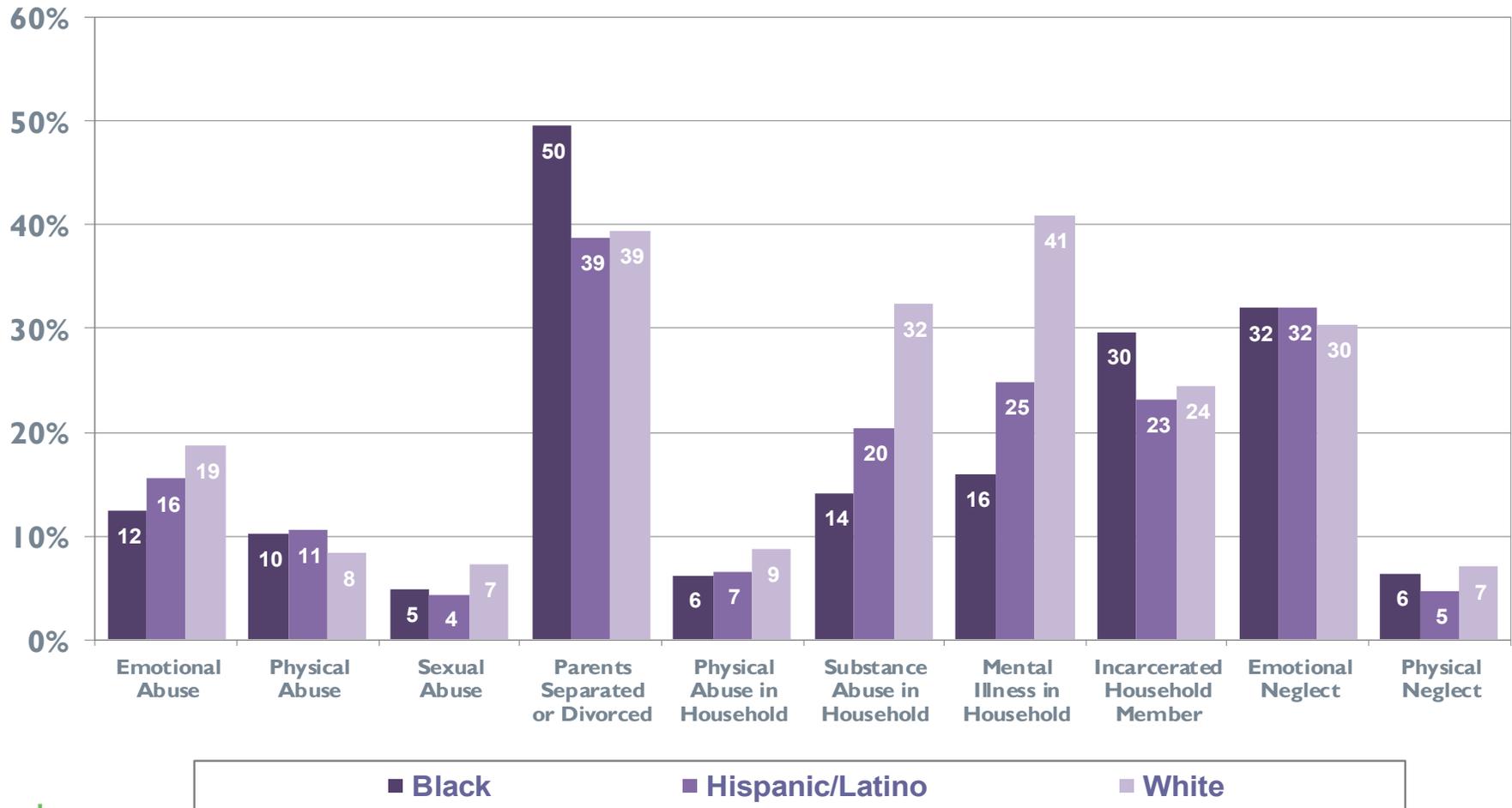
Which Students Experience High Trauma? Percentage Reporting 4 or More ACEs





ACEs and Race/Ethnicity

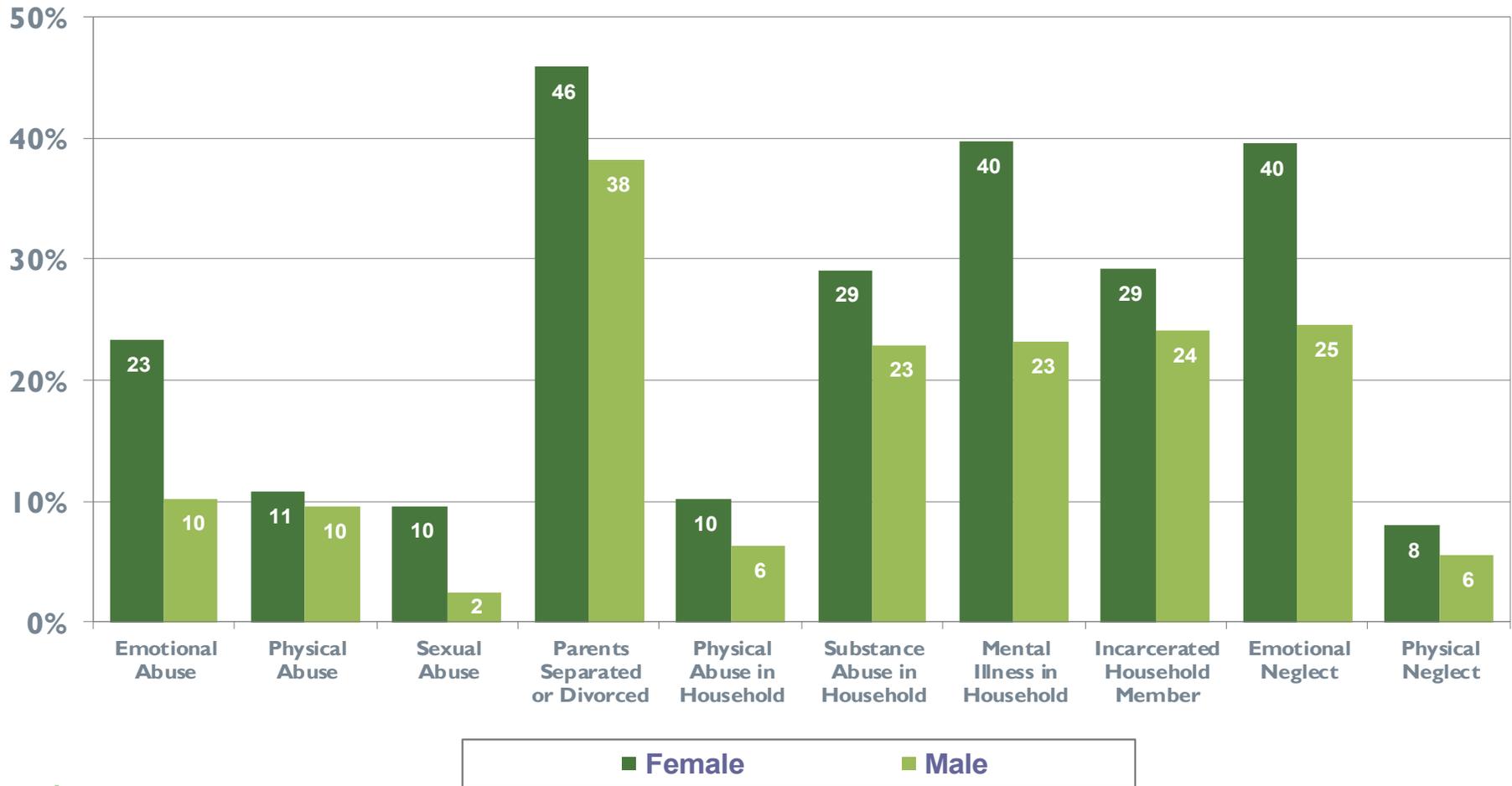
High School Students





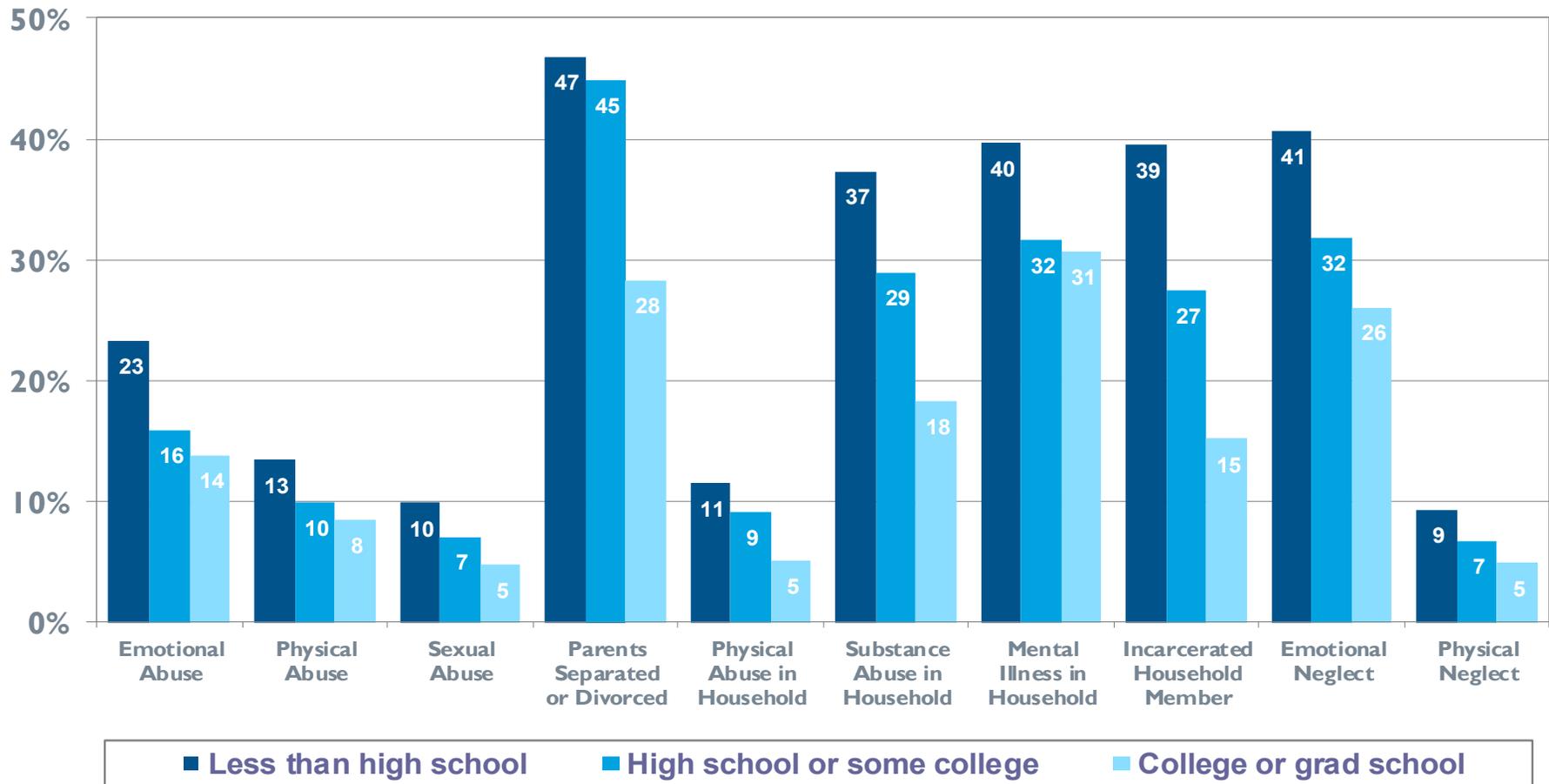
ACEs and Gender

High School Students



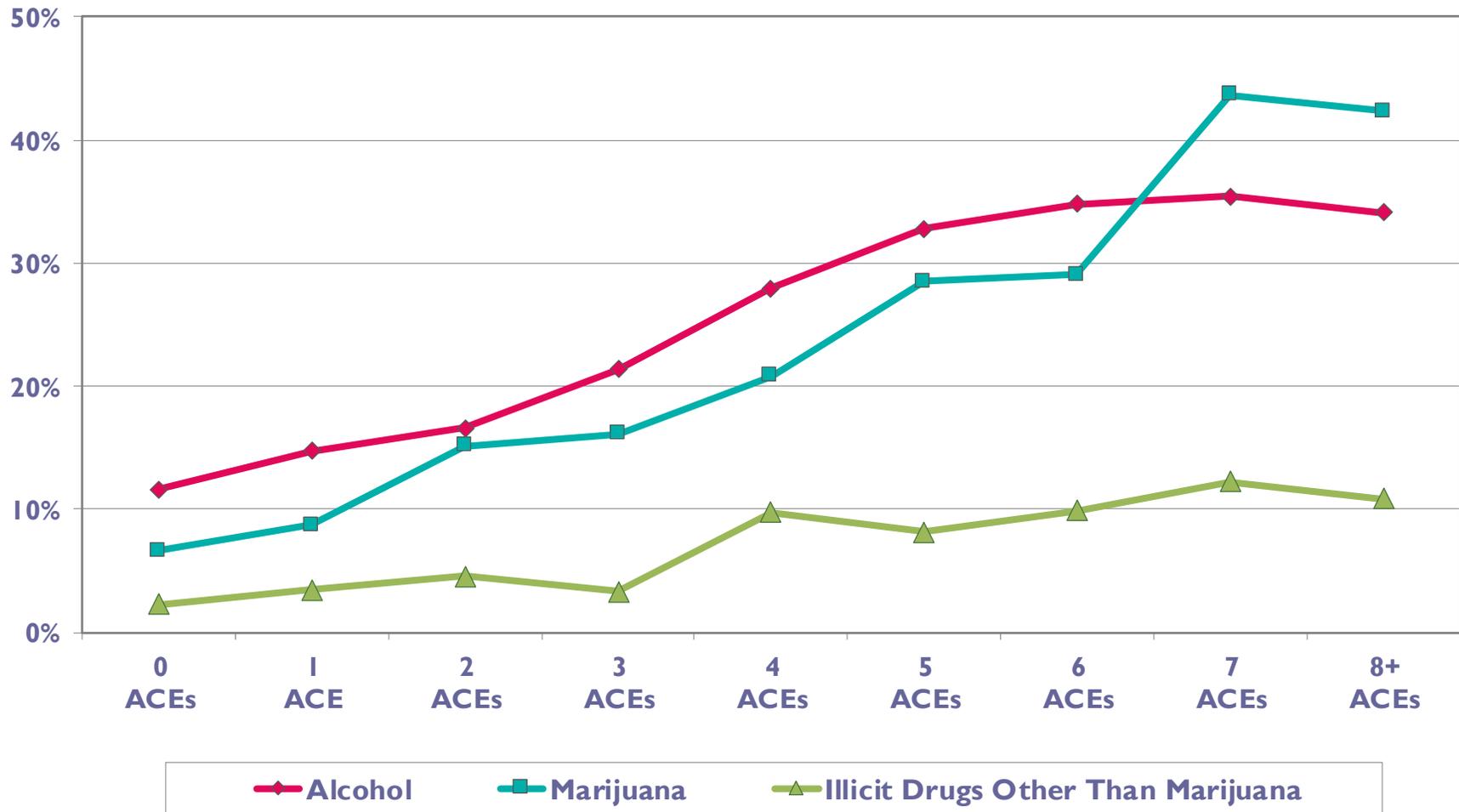
ACEs and Socioeconomic Status

High School Students



Trauma and Substance Use

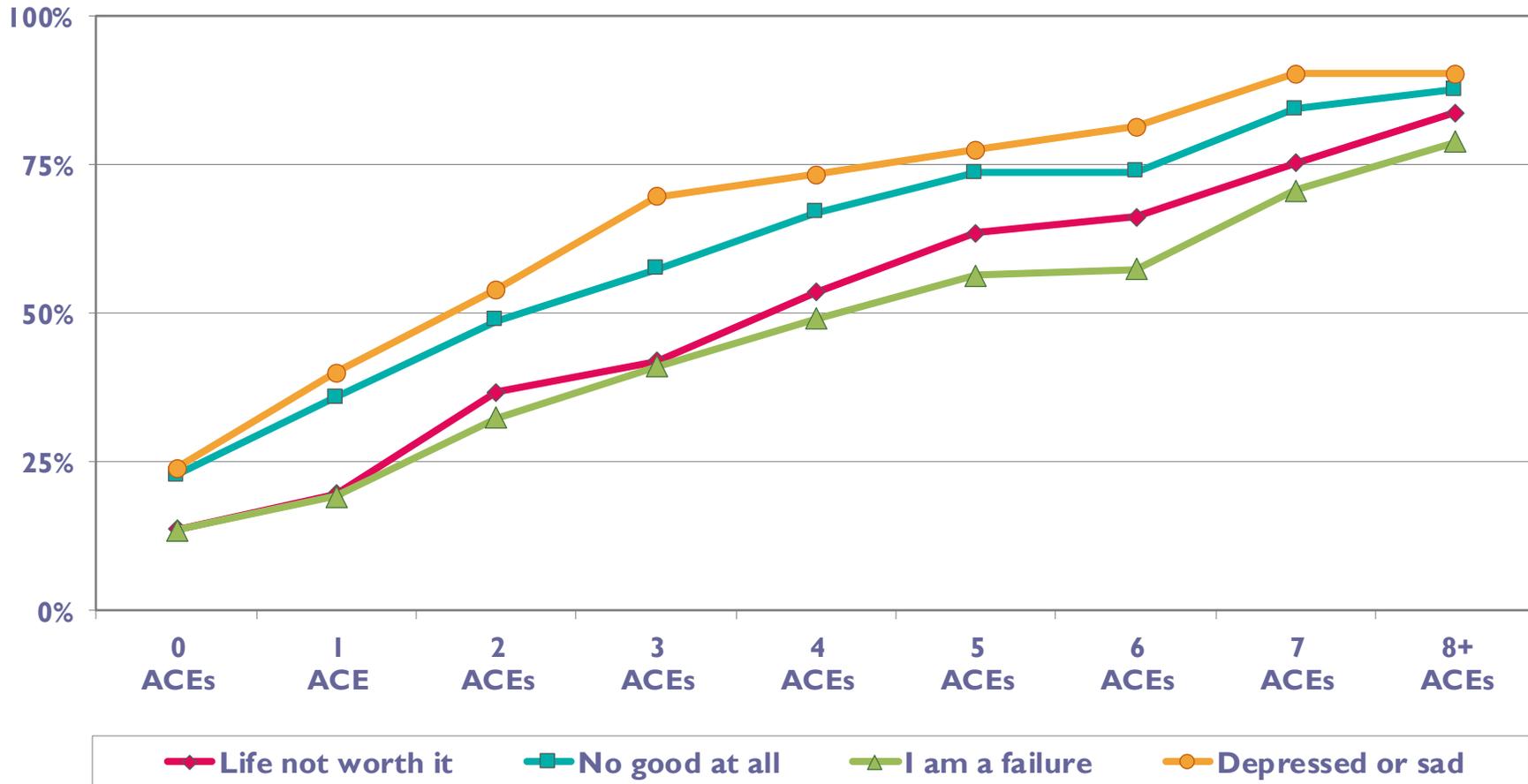
Past-30-Day Prevalence by ACE Score





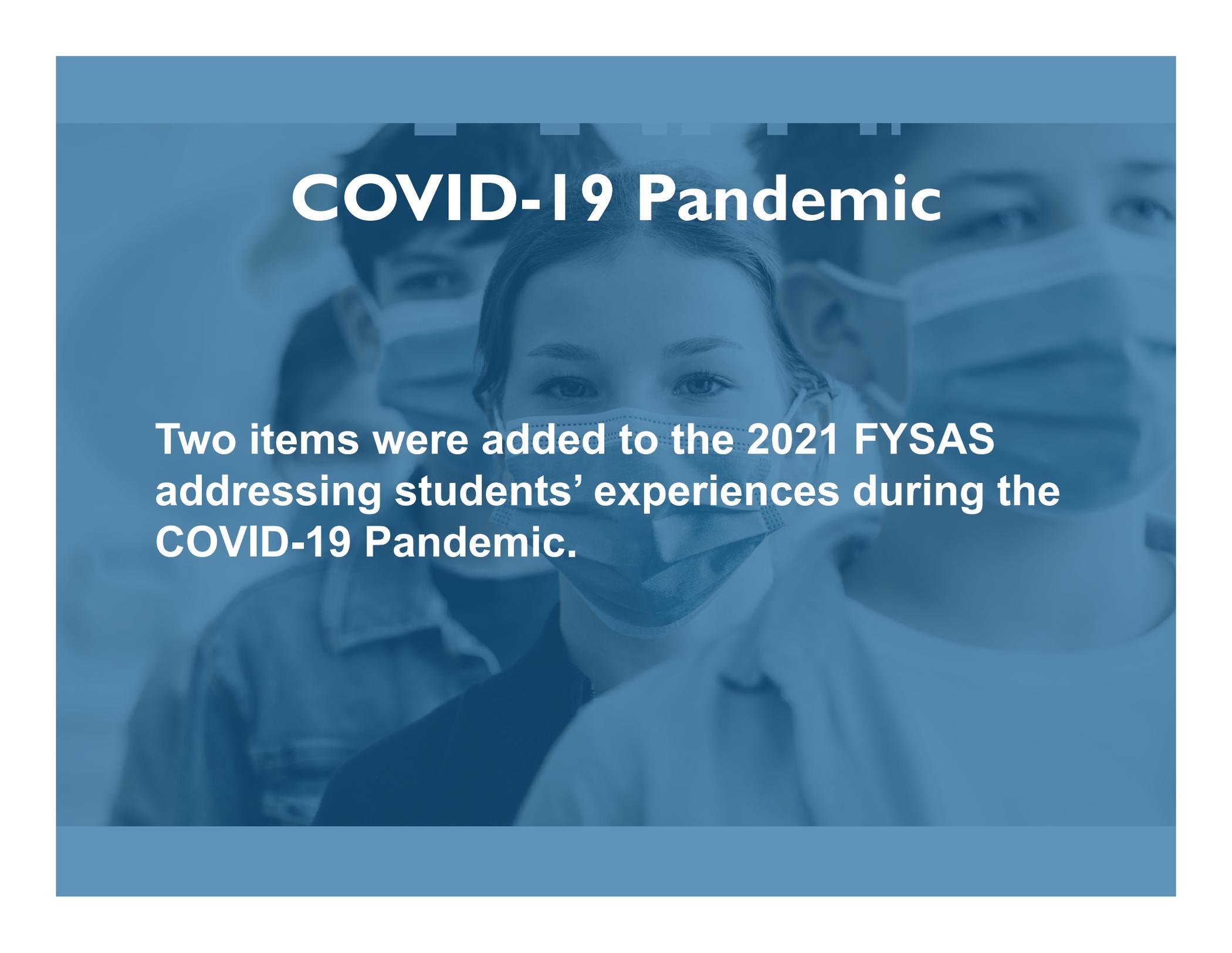
Trauma and Symptoms of Depression

Past-30-Day Prevalence by ACE Score



ACEs Summary

- 21.9% 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.*

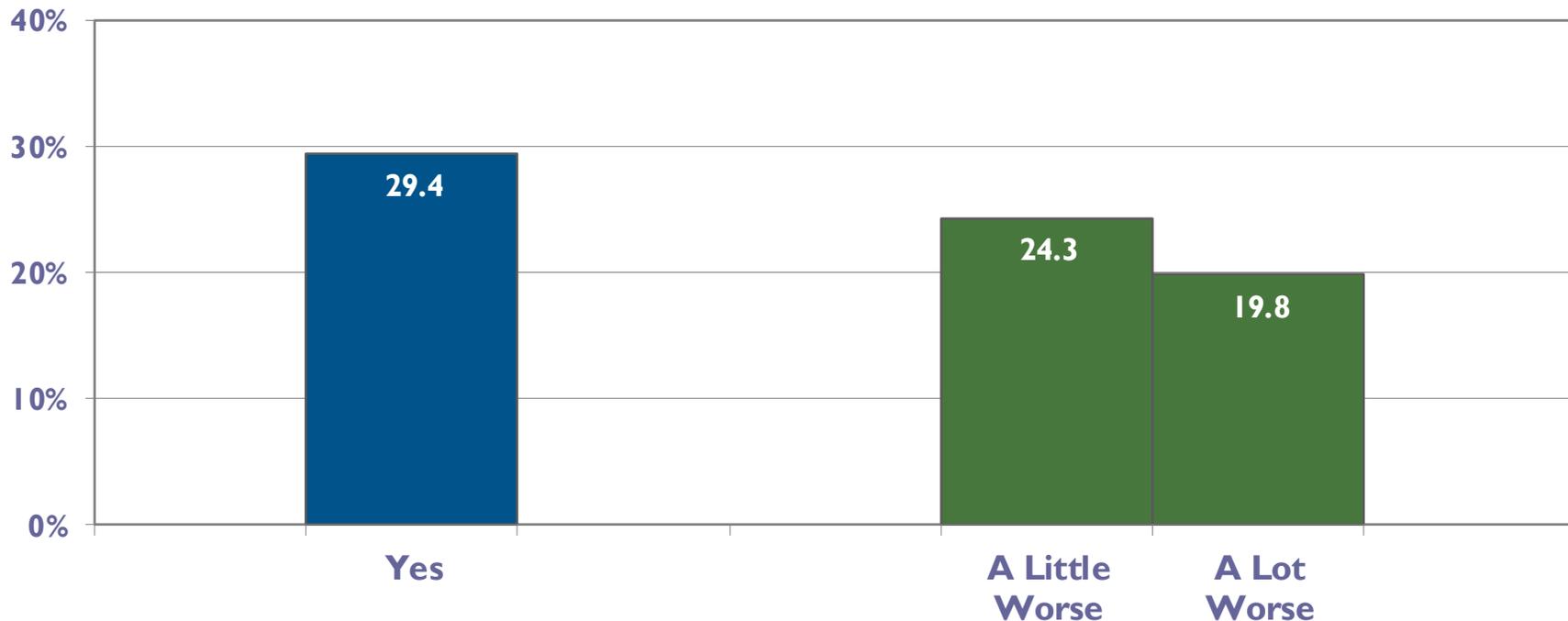


COVID-19 Pandemic

Two items were added to the 2021 FYSAS addressing students' experiences during the COVID-19 Pandemic.

The COVID-19 Pandemic

Impact on Florida Students

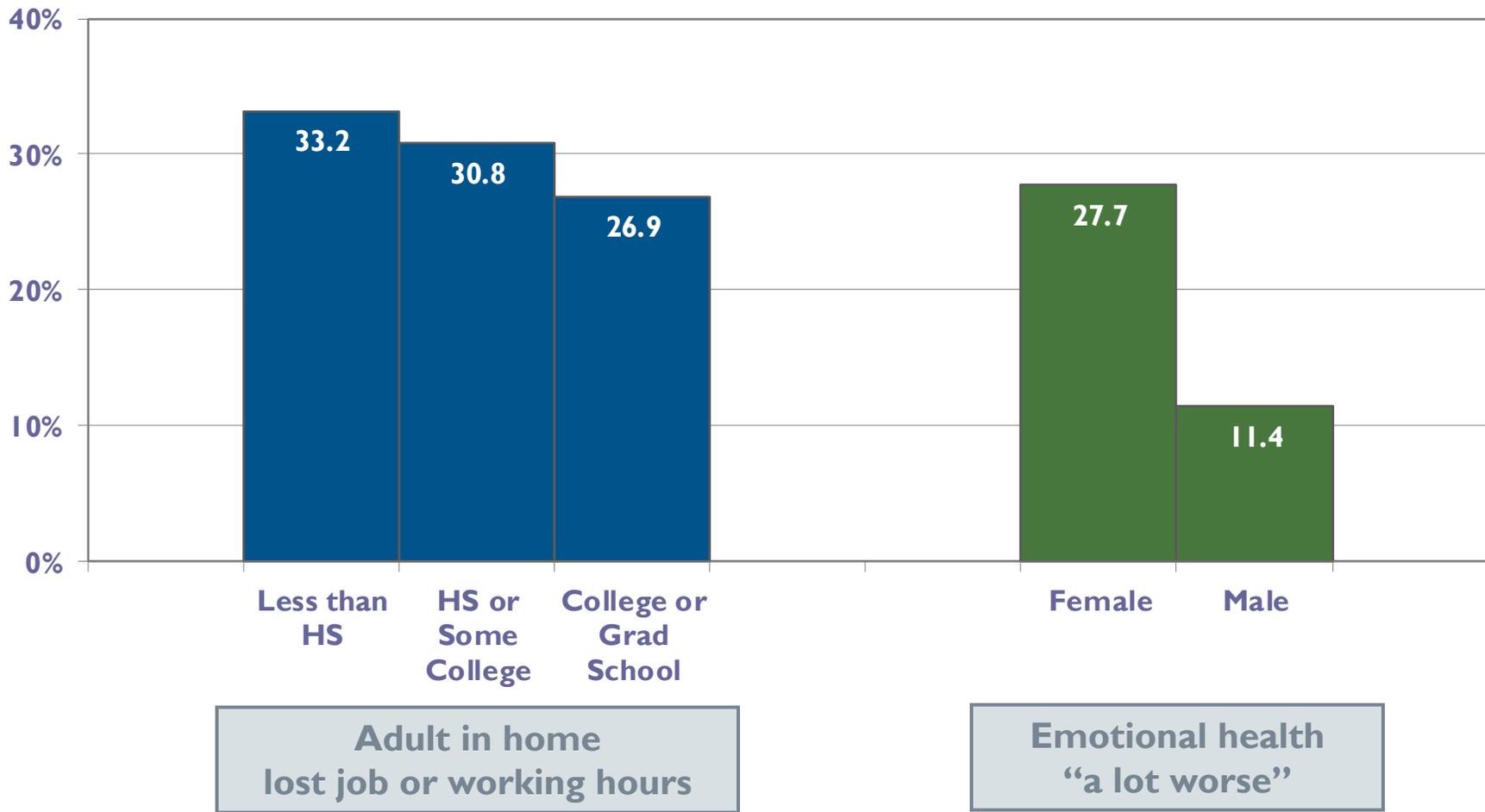


During the pandemic, did a parent or other adult in your home lose their job or have their hours reduced?

How has your emotional health (level of stress, anxiety, and depression) changed during the pandemic?

The COVID-19 Pandemic

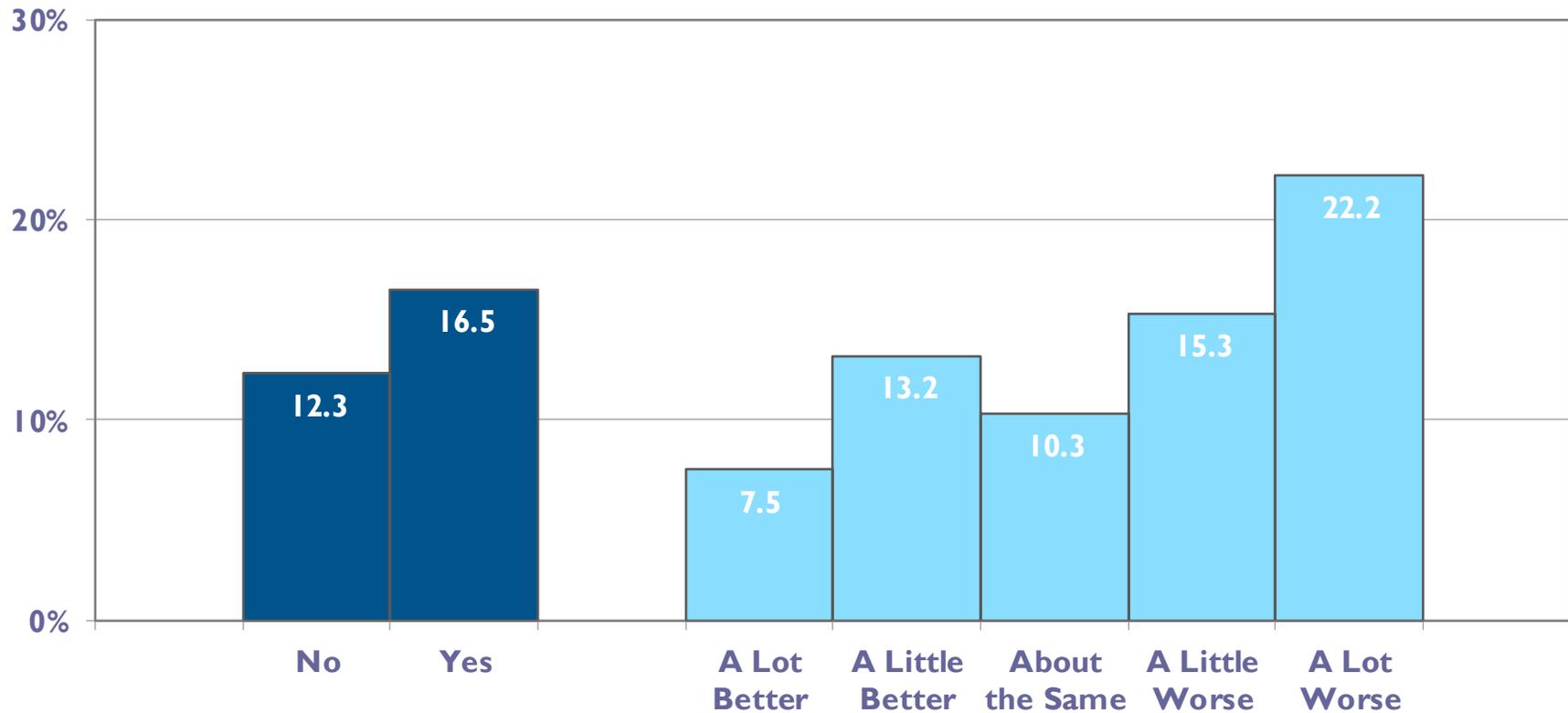
Impact on Students by Parent Education (SES) and Gender





The COVID-19 Pandemic

Percentage of Students Reporting Alcohol Use in the Past 30 Days



Adult in home
lost job or working hours

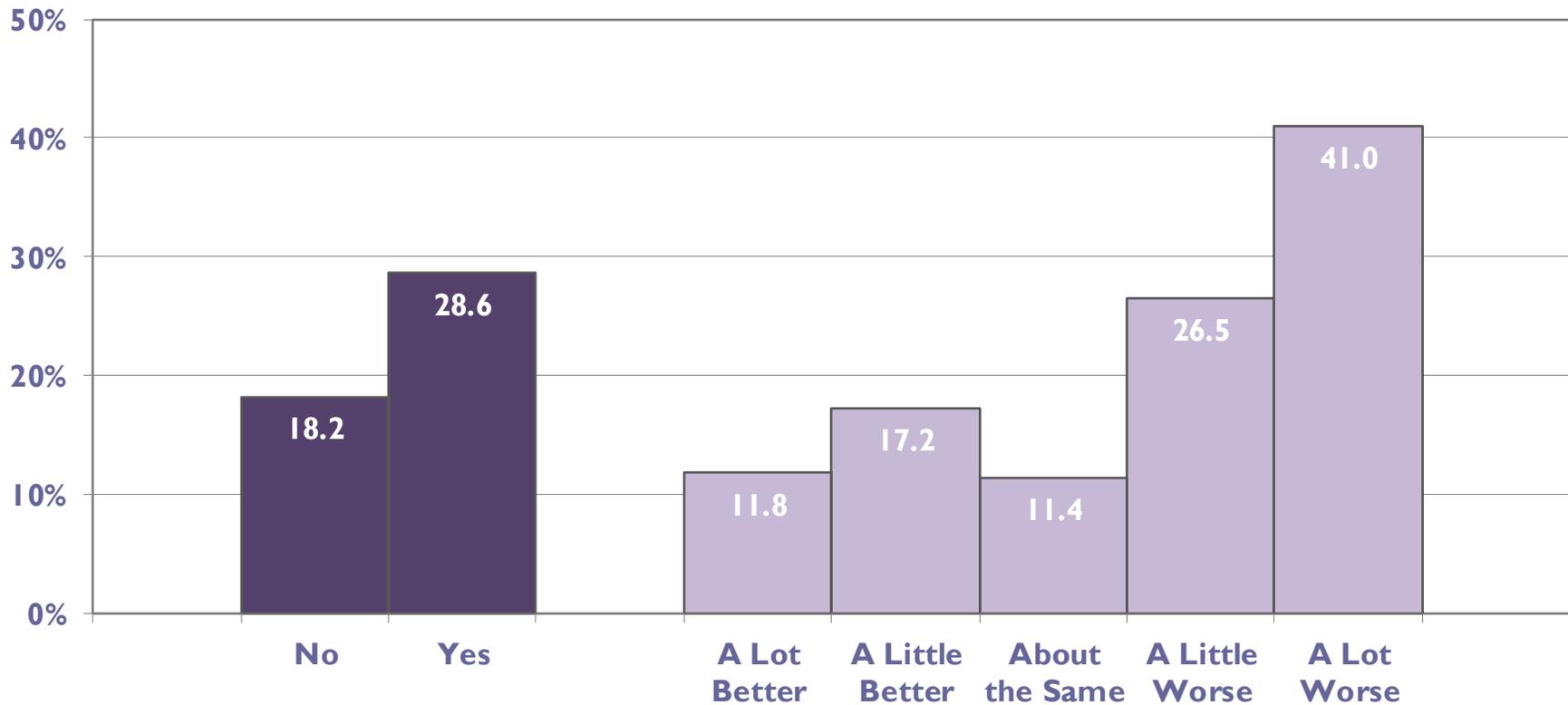
Change in emotional health
during pandemic





The COVID-19 Pandemic

Percentage of Students Reporting High Levels of Trauma (4+ ACEs)



Adult in home
lost job or working hours

Change in emotional health
during pandemic



COVID-19 Summary

- 29.4% of Florida students come from families that lost work, and 44.1% reported a deterioration in emotional health.
- Pandemic impacts were not evenly distributed across the population.
 - *Low SES families were more likely to lose work*
 - *Female students were more likely to report emotional health problems*
- Students with negative pandemic impacts also reported higher rates of substance use and higher ACE levels.

Thank you!



ICF proprietary and confidential. Do not copy, distribute, or disclose.