

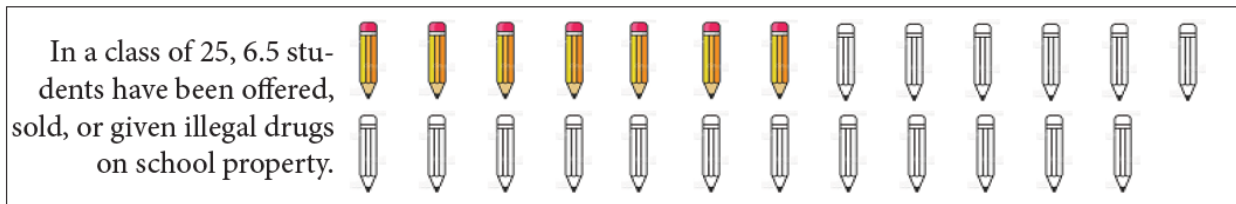
# 2019 New Jersey Student Health Survey

## DRUG USE

Among youth in the United States, illicit drug use is associated with heavy alcohol and tobacco use,<sup>(1)</sup> violence, delinquency, and suicide.<sup>(3)</sup> All school districts prohibit illegal drug possession or use by students on school property.<sup>(2)</sup> Among high school students nationwide in 2019, 3.9% had used any form of cocaine, 1.8% had used heroin, 2.1% had used methamphetamines, 3.6% had used ecstasy one or more times during their life, and 1.9% had taken steroid pills or shots without a doctor's prescription.<sup>(4)</sup>

# 26%

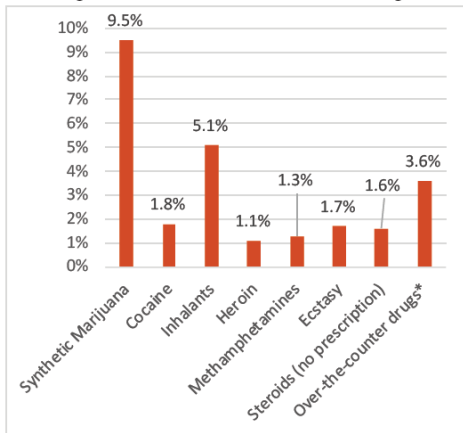
of NJ high school students have been offered, sold, or given illegal drugs on school property (in the 12 months before the survey)



### New Jersey Student Health Survey Highlights

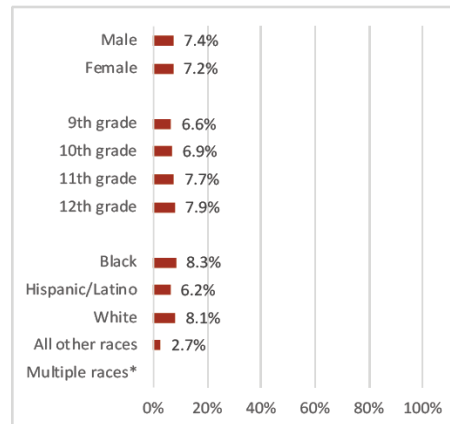
- 0.9% of students reported ever injecting an illegal drug one or more times during their life.
- The largest age group to report injecting an illegal drug is students 15 years old or younger, with 1.7% reporting needle use.
- In the 12 months before the survey, 11.1% of students attended school under the influence of alcohol or other illegal drugs 1 or 2 times.

Percentage of Students Who Ever Used Illegal Drugs



\*Over-the-counter drugs used to get high

Prescription Drug Use Without a Prescription by Demographic



\*Fewer than 100 students in this subgroup.

## Definitions

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- Prescription drug examples given in the survey are OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, and Xanax.
- Injecting an illegal drug is defined as the student using a needle to inject any illegal drug into their body, one or more times during their life.
- The survey asks about steroids taken without a doctor's prescription, either pills or shots, taken one or more times during the student's life.

## Additional Details

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- The 2009 use of other drugs by high school students one or more times was: 5.5% cocaine, 9.7% inhalants, 1.9% heroin, 2.3% methamphetamines, 5.0% ecstasy, 3.3% steroids without a prescription.
- In 2009, 32.2% of students were offered, sold, or given an illegal drug on school property.
- In 2009, 2.5% of high school students reporting ever injecting an illegal drug.

## Resources for Schools

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- Substance Abuse Prevention Parent Education Program: 973-467-2100, <http://drugfreenj.org/child-break/15-minute-child-break/>
- Operation Prevention: <https://www.operationprevention.com/opioid-and-prescription-drugs>
- PrescribeToPrevent -- Opioid Antidote Education Materials: <https://prescribetoprevent.org/patient-education/materials/>
- OJJDP Model Programs Guide: 202-307-5911, <https://ojdp.ojp.gov/model-programs-guide/home>
- New Jersey Prevention Network: <https://www.njpn.org/regional-prevention-coalitions>
- L.E.A.D -- Law Enforcement Against Drugs: 609-259-2500, <https://www.leadrugs.org/>
- School Based Programs -- Partnership for a Drug-Free New Jersey: 973-467-2100, <http://drugfreenj.org/school/school-based-programs/>
- NIDA--Preventing Drug Use Among Children and Adolescents: [https://www.drugabuse.gov/sites/default/files/preventingdruguse\\_2\\_1.pdf](https://www.drugabuse.gov/sites/default/files/preventingdruguse_2_1.pdf)

## Resources for Parents

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- DEA Parent Resource -- How Teens Misuse Medicine: 1-800-222-1222, [https://www.dea.gov/sites/default/files/2018-11/DEA\\_PrescriptionForDisaster-2018ed\\_508.pdf](https://www.dea.gov/sites/default/files/2018-11/DEA_PrescriptionForDisaster-2018ed_508.pdf)
- Hazelden Betty Ford Foundation: 1-800-257-7810, <https://www.hazeldenbettyford.org/>
- Parent-To-Parent: 856-983-3328, <http://www.parent2parentnj.org/index.php>
- Project Medicine Drop: 800-242-5846, <https://www.njconsumeraffairs.gov/meddrop/Pages/default.aspx>
- Partnership for Drug-Free Kids: Text CONNECT to 55753, <https://drugfree.org/>
- ReachNJ -- Facing Addiction Taskforce: 1-844-ReachNJ, <https://nj.gov/humanservices/reachnj/>
- Family Check Up: 800-662-4357, <https://www.drugabuse.gov/publications/family-checkup/introduction>

## References

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1. Substance Abuse and Mental Health Services Administration. Key Substance Use and Mental Health Indicators in the United States: Results from the 2019 National Survey on Drug Use and Health. NSDUH Series H-54, HHS Publication No. PEP19-5068. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2019. <http://www.samhsa.gov/data/NSDUH/2k10NSDUH/2k10Results.pdf>. Accessed November 2021
2. Everett Jones S, Fisher CJ, Greene BZ, Hertz MF, Pritzl J. Healthy and safe school environment, part I: results from the School Health Policies and Programs Study 2006. *Journal of School Health* 2007;77(8):522-543.
3. Centers for Disease Control and Prevention. (2020). *Adolescent and School Health: Youth High-Risk Drug Use is Linked to Risky Health Behaviors and Experiences*. U.S. Department of Health and Human Services. <https://www.cdc.gov/healthyyouth/substance-use/hrsu.htm>. Accessed November 2021
4. Centers for Disease Control and Prevention. (2020). Youth Risk Behavior Surveillance—United States, 2019. *MMWR Suppl* 2020;69(1):1-83.