

# 2021 New Jersey Student Health Survey

## DRUG USE

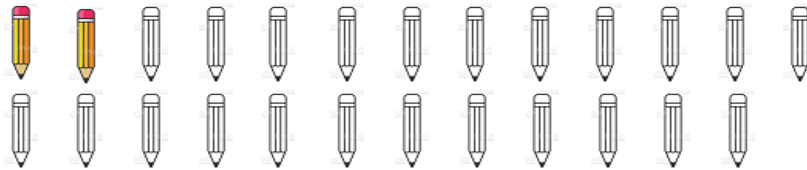
Among youth in the United States, illicit drug use is associated with heavy alcohol and tobacco use,<sup>(1)</sup> violence, delinquency, and suicide.<sup>(3)</sup> All school districts prohibit illegal drug possession or use by students on school property.<sup>(2)</sup> Among high school students nationwide in 2021, 2.5% had used any form of cocaine, 1.3% had used heroin, 1.8% had used methamphetamines, 2.9% had used ecstasy one or more times during their life, and 12.2% had misused prescription opioids.<sup>(4)</sup>

# 7%

of high school students ever took a prescription drug without a doctor's prescription

**10-Year Linear Trend: Decreasing**

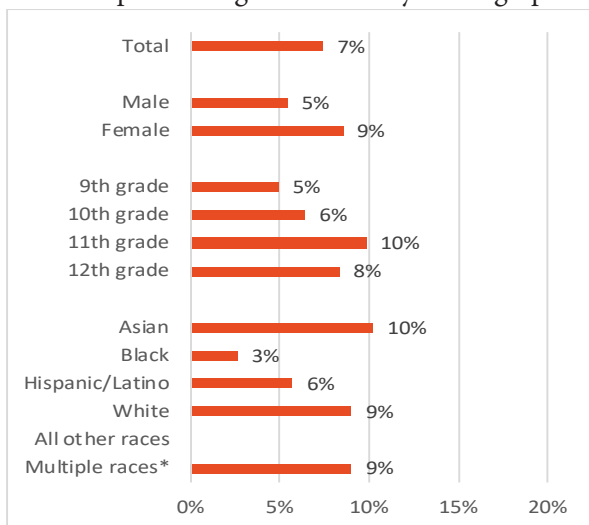
In a class of 25, almost 2 students currently took a prescription drug without a doctor's prescription.



### New Jersey Student Health Survey Highlights

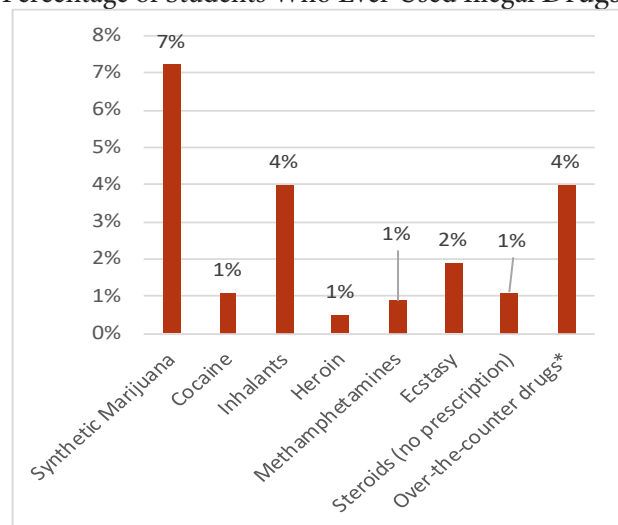
- *Injected Drug Use:* 1% ever injected any illegal drug.
- *Steroid Use:* 1% ever took steroid pills or shots without doctor's prescription.
- *Lifetime Prescription Drugs:* 7% ever took prescription drugs without a doctor's prescription.
- *Current Prescription Drugs:* 4% currently took prescription drug without a doctor's prescription.
- *Lifetime Over-the-counter Drugs:* 4% ever took over-the-counter drugs to get high.

Prescription Drug Use No Rx by Demographic



\*Fewer than 100 students in this subgroup.

Percentage of Students Who Ever Used Illegal Drugs



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

## NJSHS 10-Year Trend Analysis: 2011-2021 Drug Use

Percentage of New Jersey Youth Who:			2011	2013	2019	2021	Trend Analysis 2011-2021
Ever took steroid pills or shots without a doctor's prescription			2%	2%	2%	1%	
Ever took prescription drugs without a doctor's prescription			15%	12%	7%	7%	
Currently took a prescription drug without a doctor's prescription			—	—	3%	4%	
Ever took over the-counter-drugs to get high			8%	8%	4%	4%	
Ever injected any illegal drug			2%	2%	1%	1%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior		No change in behavior		Trend not reported by CDC
Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.							

### Additional New Jersey Student Health Survey Findings

- The largest age group to report injecting an illegal drug is students 15 years old or younger, with 1% reporting needle use.
- In the 12 months before the survey, 10% of students attended school under the influence of alcohol or other illegal drugs 1 or 2 times.
- Current prescription drug use without a prescription was at 3% for students self-identified as heterosexual and 7% for students self-identified as gay, lesbian, or bisexual. Lifetime usage rates are 7% and 10%, respectively.

### Definitions

- 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.

### Resources

- ReachNJ -- Facing Addiction Taskforce: 1-844-ReachNJ (New Jersey's 24/7 Addiction Helpline), <https://nj.gov/humanservices/reachnj/>
- New Jersey Prevention Network: <https://www.njpn.org>
- DEA Parent Resource -- How Teens Misuse Medicine: [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)
- Parent-To-Parent: <http://www.parent2parentnj.org/index.php>
- L.E.A.D -- Law Enforcement Against Drugs: <https://www.leadrugs.org/>
- School Based Programs -- Partnership for a Drug-Free New Jersey: <http://drugfreenj.org/school/school-based-programs/>