

DRUG USE

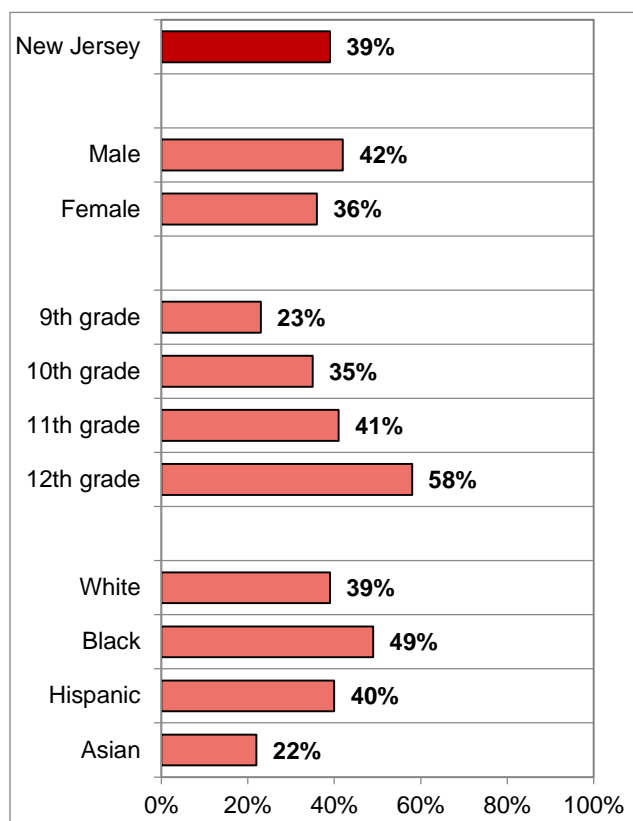
Among youth in the United States, illicit drug use is associated with heavy alcohol and tobacco use,⁽¹⁾ violence, delinquency,⁽²⁻⁵⁾ and suicide.⁽⁶⁾ All school districts prohibit illegal drug possession or use by students on school property.⁽⁷⁾ Among high school students nationwide in 2011, 40% had used marijuana, 7% had used any form of cocaine, 3% had used heroin, 4% had used methamphetamines, 8% had used ecstasy one or more times during their life, and 4% had taken steroid pills or shots without a doctor's prescription.⁽⁸⁾

2013 New Jersey Student Health Survey (NJSHS) Highlights - Marijuana Use

- *Lifetime Marijuana Use:* 39% used marijuana one or more times during their life.
- *Recent Marijuana Use:* 21% used marijuana on one or more of the past 30 days.
- *Marijuana Use Before Age 13:* 5% first used marijuana before the age of 13.
- *Lifetime Synthetic Marijuana Use:* 10% used synthetic marijuana (also called K2 or Spice) one or more times during their life.

Marijuana Use by Demographic Subgroup

Lifetime Marijuana Use



Males were more likely than females to have used marijuana, including lifetime use (42% vs. 36%), recent use (24% vs. 18%) and use before age 13 (7% vs. 3%). Additionally, males were more likely to have used synthetic marijuana during their life (13% vs. 7%). Use of marijuana increased with grade level. Among ninth graders, 23% had tried marijuana and 6% had tried synthetic marijuana, compared to 58% and 16% of twelfth graders, respectively.

While Black students were the most likely to have used marijuana during their life (49%), there was very little difference in terms of either recent marijuana use or synthetic marijuana use between Black, White and Hispanic students. However, Asian students were the least likely to have used marijuana, having the lowest rates of lifetime use (22%), recent use (12%) or synthetic marijuana use (5%). (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

NJSHS Trend Analysis: 2001-2013 Marijuana Use

Percentage of New Jersey Youth Who:		2001	2005	2009	2011	2013	Trend Analysis
Lifetime Marijuana Use <i>used marijuana 1+ times (lifetime)</i>		41%	36%	35%	37%	39%	●
Recent Marijuana Use <i>used marijuana 1+ times (past 30 days)</i>		25%	20%	20%	21%	21%	●
Marijuana Use Before Age 13 <i>first used marijuana before the age of 13</i>		9%	5%	4%	4%	5%	↘
Increase in a negative behavior	Decrease in a 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 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.							

Summary of Trend: Since 2001, rates of lifetime and recent marijuana use for New Jersey students have exhibited little change. Over this period, rates of lifetime use have fluctuated between 35% (2009) and 41% (2001), and recent use has remained between 20% (2005, 2009) and 25% (2001). However, between 2001 and 2013, reductions were observed for early initiation of marijuana use (9% vs. 5%) which is confirmed as a significant reduction by CDC statistical analysis.

2013 NJSHS Highlights – Other Illicit Drug Use

- *Lifetime Ecstasy Use:* 7% used ecstasy one or more times during their life.
- *Lifetime Hallucinogen Use:* 6% used hallucinogens one or more times during their life.
- *Lifetime Cocaine Use:* 5% used cocaine one or more times during their life.
- *Lifetime Methamphetamines Use:* 3% used methamphetamines one or more times during their life.
- *Lifetime Heroin Use:* 2% used heroin one or more times during their life.
- *Lifetime Needle Use:* 2% used a needle to inject an illegal drug one or more times during their life.

Other Illicit Drug Use by Demographic Subgroups

Overall, a small number of students had used any of the five additional drugs (ecstasy, hallucinogens, methamphetamines, cocaine and heroin) asked about in the survey during their life or had injected any illegal drug with a needle. Thus, it is difficult to make meaningful comparisons by demographic subgroups, especially for race/ethnicity. However, the rate of lifetime use for these other illicit drugs was generally higher for male students and students in a higher grade. For example, males were more likely than females to have used cocaine (7% vs. 3%), and twelfth graders were also more likely to have tried cocaine than ninth graders (8% vs. 2%).

NJSHS Trend Analysis: 2001-2013 Other Illicit Drug Use

Percentage of New Jersey Youth Who:	2001	2005	2009	2011	2013	Trend Analysis
Lifetime Ecstasy Use <i>used Ecstasy 1+ times (lifetime)</i>	--	5%	5%	7%	7%	↗
Lifetime Hallucinogen Use <i>used hallucinogens 1+ times (lifetime)</i>	--	7%	6%	--	6%	--
Lifetime Cocaine Use <i>used cocaine 1+ times (lifetime)</i>	9%	6%	6%	4%	5%	↘
Lifetime Methamphetamine Use <i>used methamphetamines 1+ times (lifetime)</i>	8%	3%	2%	3%	3%	↘
Lifetime Heroin Use <i>used heroin 1+ times (lifetime)</i>	4%	1%	2%	2%	2%	↘
Lifetime Needle Use <i>injected any illegal drug 1+ times (lifetime)</i>	3%	1%	3%	2%	2%	●
Increase in a negative behavior	Decrease in a 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 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.						

Summary of Trend: Use of these five other illicit drugs among New Jersey students has remained low and relatively stable over the years. In 2013, cocaine (5%), methamphetamine (3%) and heroin (2%) use were down from the rates of 9%, 8% and 4%, respectively, in 2001. While the use of cocaine, methamphetamine and heroin has changed little since 2005, the decline in their use was deemed statistically significant from 2001 rates. On the other hand, ecstasy's rise from 5% in 2005 to 7% in 2013 was deemed significant by CDC trend analysis, and hallucinogen use exhibited no overall change in this period.

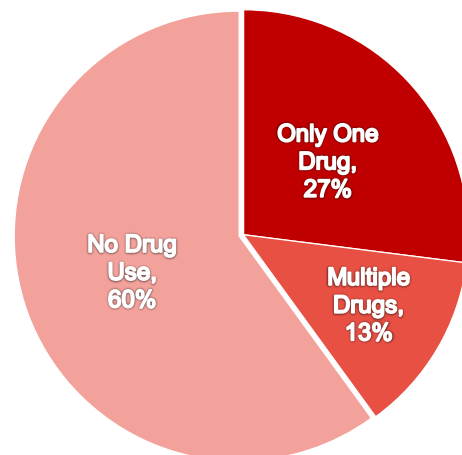
Additional 2013 NJSHS Highlights: Drug Use

Lifetime substance use questions were asked in 2013 for seven drugs: marijuana, synthetic marijuana, crack/cocaine, heroin, ecstasy, methamphetamines and hallucinogens. Students were then divided into three groups: those who had not used drugs of any kind, those who had used one drug, and those who had used multiple drugs during their life. Overall, the majority of students (60%) had not used any drug, 27% used only one drug, and 13% used two drugs or more.

When asked about illicit drugs on school property, around three in ten students (31%) were offered, sold or given drugs at school during the past 12 months. Additionally, 15% of students attended school while under the influence of alcohol or drugs during the past 12 months. (This question was asked for the first time in 2013.)

Lifetime Substance Use

among all students



2013 NJSHS Highlights - Other Substance Use

- *Lifetime Prescription Drug Use:* 12% took a prescription drug without a doctor's prescription one or more times during their life.
- *Lifetime Inhalant Use:* 10% used inhalants to get high one or more times during their life.
- *Lifetime Over-the-Counter Use:* 8% took over-the-counter drugs to get high one or more times during their life.
- *Lifetime Steroid Use:* 2% took steroid pills or shots without a doctor's prescription one or more times during their life.

Other Substance Use by Demographic Subgroup









Overall, patterns of other substances by demographic subgroup differed mainly with regards to grade. For example, variation by grade was observed most notably with respect to prescription drug use, which was higher for twelfth graders (18%) than for those in ninth grade (8%). Gender differences were limited to steroid use where males were slightly more likely than females to have used steroids (4% vs. 1%). The small sample size prevents any conclusions from being drawn with respect to race/ethnicity on the use of these other substances.

NJSHS Trend Analysis: 2001-2013 Other Substance Use

Percentage of New Jersey Youth Who:	2001	2005	2009	2011	2013	Trend Analysis	
Lifetime Prescription Drug Use <i>took prescription drug without a prescription 1+ times (lifetime)</i>	--	--	--	15%	12%		
Lifetime Over-the Counter Drug Use <i>took over-the-counter drugs to get high 1+ times (lifetime)</i>	--	--	--	8%	8%		
Lifetime Inhalants Use <i>used inhalants to get high 1+ times (lifetime)</i>	13%	10%	10%	10%	10%		
Lifetime Steroid Use <i>took steroid pills/shots without a prescription 1+ times (lifetime)</i>	5%	2%	3%	2%	2%		
Increase in a negative behavior	Decrease in a negative behavior		Increase in a positive behavior	Decrease in a positive behavior		No change in behavior	Trend not reported by CDC
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Trend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.							

Summary of Trend: While prescription drug use and over-the-counter drug use have only been measured for the last two survey administrations, CDC statistical analysis shows no significant change of use among New Jersey students for these substances. There has also not been a statistically significant change in student use of inhalants during the longer period of 2001 to 2013. Steroid use has been measured since 2001, exhibiting a slight, statistically significant decline from 5% in 2001 to 2% in 2013.

NJSHS Trend Analysis: 2001-2013: Risk Factors

Percentage of New Jersey Youth Who Perceive:	2001	2005	2009	2011	2013	Trend Analysis		
Great Risk From Smoking Marijuana <i>people at great risk of harm if they use marijuana regularly</i>	--	28%	--	36%	28%			
Great Risk From 1-2 Drinks Per Day <i>people at great risk of harm from 1 or 2 drinks of alcohol nearly every day</i>	--	33%	--	29%	30%			
Great Risk From Smoking 1+ Packs Per Day <i>people at great risk of harm if they smoke 1+ packs of cigarettes per day</i>	--	70%	--	69%	68%			
Parental Attitude Toward Cigarettes <i>parents feel it's very wrong for student to smoke cigarettes</i>	--	--	--	76%	77%	--		
Parental Attitude Toward Alcohol <i>parents feel it's very wrong for student to drink alcohol once/twice a month</i>	--	--	--	40%	41%	--		
Parental Attitude Toward Marijuana <i>parents feel it's very wrong for student to smoke marijuana</i>	--	--	--	77%	72%	--		
Increase in a negative behavior	Decrease in a negative behavior		Increase in a positive behavior		Decrease in a positive behavior		No change in behavior	Trend not reported by CDC
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Trend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.								

Summary of Trend: The NJSHS has included questions related to various risk factors that have been shown in past research⁽⁹⁻¹⁴⁾ and in past NJSHS administrations⁽¹⁵⁾ to be correlated with the initiation of substance use and other anti-social behaviors. In 2013, the NJSHS repeated the use of six questions that are common to two risk factors – perceived risks of drug use and parental attitudes toward drug use.

Perceptions of risk among students for smoking cigarettes, drinking alcohol and smoking marijuana have all remained relatively stable since 2005. About seven in ten students considered smoking a pack or more of cigarettes per day to be a great risk – ranging from 70% in 2005 to 68% in 2013. Hispanic (58%), Black (65%) and male (65%) students were least likely to consider smoking a great risk. About three in ten students considered having one or two alcoholic drinks per day to be a great risk – ranging from 33% in 2005 to 30% in 2013. White (25%), twelfth grade (26%) and male (26%) students were least likely to have considered having one or two drinks a day to be a great risk. Smoking marijuana regularly was perceived as a great risk for 28% of students in 2005, up to 36% in 2011, and then back down to 28% in 2013. Twelfth grade (18%) and male (23%) students were least likely to have considered smoking marijuana regularly a great risk.

Student perception of parental attitudes toward smoking cigarettes and drinking alcohol have not changed much since 2011, but there has been a decline in student perception of parental attitudes toward using marijuana. Over three-quarters of students believed their parents consider smoking cigarettes to be very wrong in both 2013 (77%) and 2011 (76%). Twelfth graders (66%) were least likely to think their parents held this view. Four in ten students (41%) thought their parents considered it very wrong if they used alcohol once or twice a month, similar to 2011 (40%). Twelfth grade (23%) and White students (36%) were least likely to think their parents thought drinking was very wrong. Meanwhile, 72% of students thought their parents felt it was very wrong to smoke marijuana, down from 77% in 2011. Twelfth graders (62%) were least likely to have believed this was so.

For a complete set of fact sheets on all 2013 NJSHS topics and [citations](http://www.state.nj.us/education/students/yrbs/index.html/), visit: <http://www.state.nj.us/education/students/yrbs/index.html/>.