



# Washington State Liquor and Cannabis Board



## 2023 Results Snapshot

**Tyler Watson, PhD, MPH**

Research Specialist



# Washington State Liquor and Cannabis Board

## Agenda

1. Describe HYS 2023 background and context
2. Review HYS 2023 results for substance use

## Statewide Collaboration



- Kristen Haley
- Sarah Okey
- Tyler Watson



- Sarah Mariani
- Rebecca Ruiz
- Sandy Salivaras
- Jaymie Vandagriff



- Cathy Wasserman
- Maayan Simckes
- Hannah Gorman



- Dixie Grunenfelder
- Matthew Frizzell
- Doua Kha



- Joe Kabel
- Susan Richardson

### Statewide Partners

- Schools
- CPWI Coalitions & Schools
- ESDs
- Local Health Jurisdictions
- Tribes

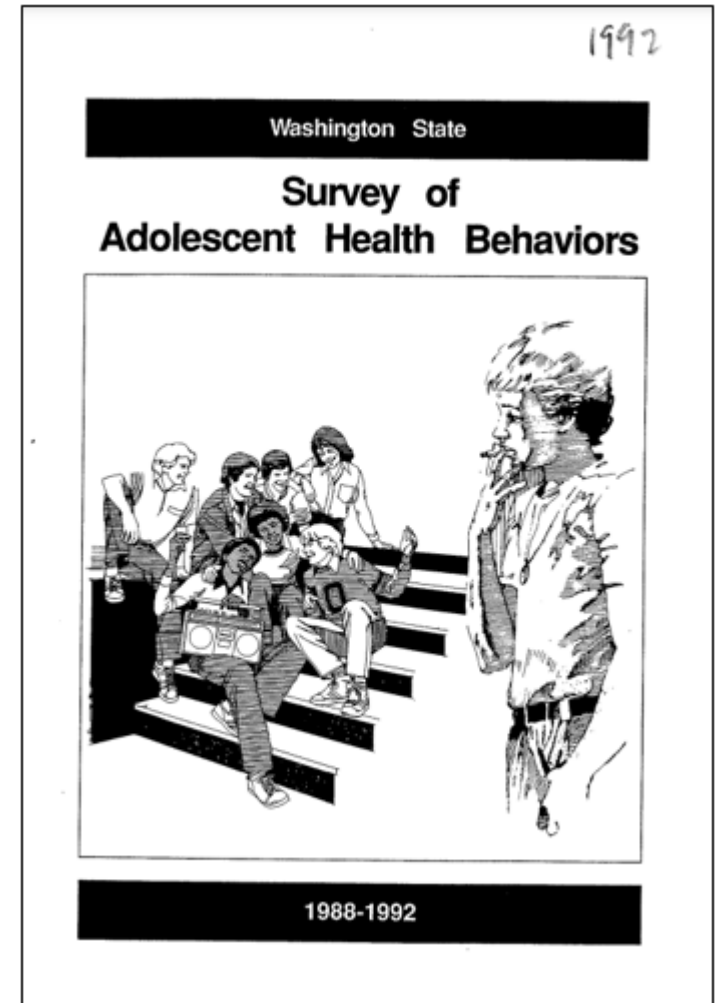
### Communications Team

- HCA: Melissa Thoemke
- DOH: Marisol Mata Somarribas
- OSPI: Zac Murphy
- LCB: Kristen Haley, Julie Graham



## HYS Background

- Adolescent health behaviors
- Content from established surveys & partners
- Administered since 1988
- Every other year
- Grades 6, 8, 10, 12
- Legislative mandate (2012)
- State appropriation from DCA (2015)





## HYS 2023 Context

- HYS 2020 postponed to 2021
  - Changed “grade cohort”
- Methodology changes for 2023
  - Fully electronic (no paper-and-pencil)
  - Remote option remained
  - Core/bank questions w/randomization
  - Display and skip logic

*“Trend data from before and during/after the pandemic should be interpreted with caution.”*



# HYS Timeline

## 2024

- Spring: Results sharing
- Spring/Summer: Survey revision
- Fall: Student focus groups

## 2025

- Spring/Summer: Recruitment and registration
- Fall: Administration



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## HYS Participation 2018-2023


Participation	2018	2021	2023
All Students	234,694	208,638	217,546
<i>Percent of enrolled public school students</i>	<i>71%</i>	<i>69%</i>	<i>61%</i>
All Schools	970	877	873
<i>Public Schools</i>	<i>966</i>	<i>870</i>	<i>864</i>
<i>Private/Charter Schools</i>	<i>2</i>	<i>6</i>	<i>5</i>
<i>Tribal Schools</i>	<i>2</i>	<i>1</i>	<i>4</i>
Districts	145	146	143
Counties	39	39	39
ESDs	9	9	9




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## HYS Results

[www.AskHYS.net/SurveyResults](http://www.AskHYS.net/SurveyResults)

- Public: state, ESD, county
  - Not public: school district, schools
1. Frequency Reports (by question)
  2. Fact Sheets (by topic) 
  3. QxQ Analysis Tool (cross-tabulation)
  4. Other Reports (detailed analysis)
  5. Data Dashboard (NEW!)



### Fact Sheet

#### Marijuana Use for Washington State

Year: 2023    Grade: 10    Sex: All    Number of Students Surveyed: 7,103

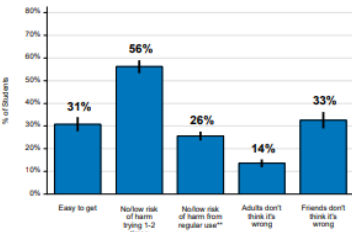
**Background:**

- Research shows between 10 and 30% of marijuana users develop some degree of addiction. Those who start using earlier may be more likely to develop an addiction (<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>).
- Marijuana use can impact brain development. Brain development continues until 25 years of age.
- Marijuana use can cause deficits in learning and memory. Teens who use marijuana are more likely to receive failing grades in school.

**For More Information:**

- To learn more, go to the Start Talking Now website: [www.StartTalkingNow.org](http://www.StartTalkingNow.org). To find out about prevention coalitions in your area and how to get involved, go to [https://www.theathenaforum.org/cplw\\_coalitions](https://www.theathenaforum.org/cplw_coalitions).
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse <http://adaiclearinghouse.net> or call (206) 221-8325.
- For 24 hour help for mental health, substance use or misuse, and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

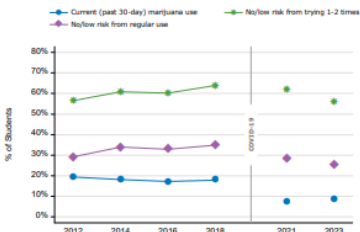
**Attitudes about Marijuana Use  
Grade 10, 2023**



Easy to get	31%
No/low risk of harm from trying 1-2 times	56%
No/low risk of harm from regular use**	26%
Adults don't think it's wrong	14%
Friends don't think it's wrong	33%

In 2023, 26% of 10th graders in our state thought there was little or no risk of using marijuana regularly.

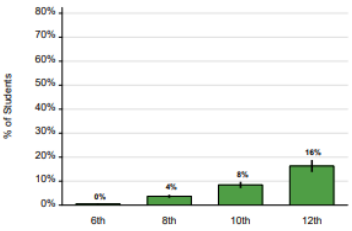
**Marijuana Use and Perception of Harm 2012-2023  
Grade 10**



Prevalence	2012	2014	2016	2018	2021	2023
Current (past 30-day) marijuana use	19% ±2	18% ±2	17% ±2	18% ±2	7% ±1*	8% ±1
No/low risk from trying 1-2 times	56% ±3	61% ±3*	60% ±3	64% ±2	62% ±3	56% ±3*
No/low risk from regular use**	29% ±2	34% ±2*	33% ±3	35% ±3	28% ±2*	26% ±2

\*\*"Smoke" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.

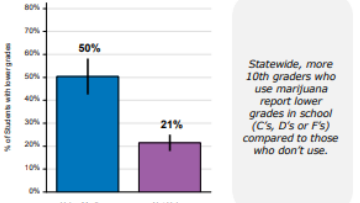
**Current (past 30-day) Marijuana Use  
Statewide, All Grades, 2023**



6th	8th	10th	12th
0%	4%	8%	16%

Prevalence	6th	8th	10th	12th
State	0% ±0	4% ±1	8% ±1	16% ±2

**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 10, 2023**



Using Marijuana	50%
Not Using	21%

Statewide, more 10th graders who use marijuana report lower grades in school (C's, D's or F's) compared to those who don't use.





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## 2023 Healthy Youth Survey results offer signs of hope and resiliency among Washington students

For immediate release: March 13, 2024 (24-029)

Report shows improved mental health amongst Washington students

Andru Zodrow NonStop Local Digital Journalist Mar 14, 2024 Updated Mar 14, 2024

NEWS

Washington youth mental health shows best improvement in 20 years

Healthy Youth Survey shows signs of hope for young people

Mar 20, 2024

Washington's 2023 Healthy Youth Survey results show improved health behaviors among students in grades 6 through 12



## HYS 2023 Substance Use Themes (Grade 10)

- Substance use remains **50%+ lower** than pre-pandemic (2018)
- Past 30-day substance use for alcohol, marijuana\*, vaping, and cigarettes had **no significant change** from 2021 to 2023
  - **Lower** than comparable national results (MTF)
  - Perception of harm for marijuana and vaping **increased** from 2021 to 2023

*\*HYS 2023 used the word "marijuana" based on student input on survey comprehension*

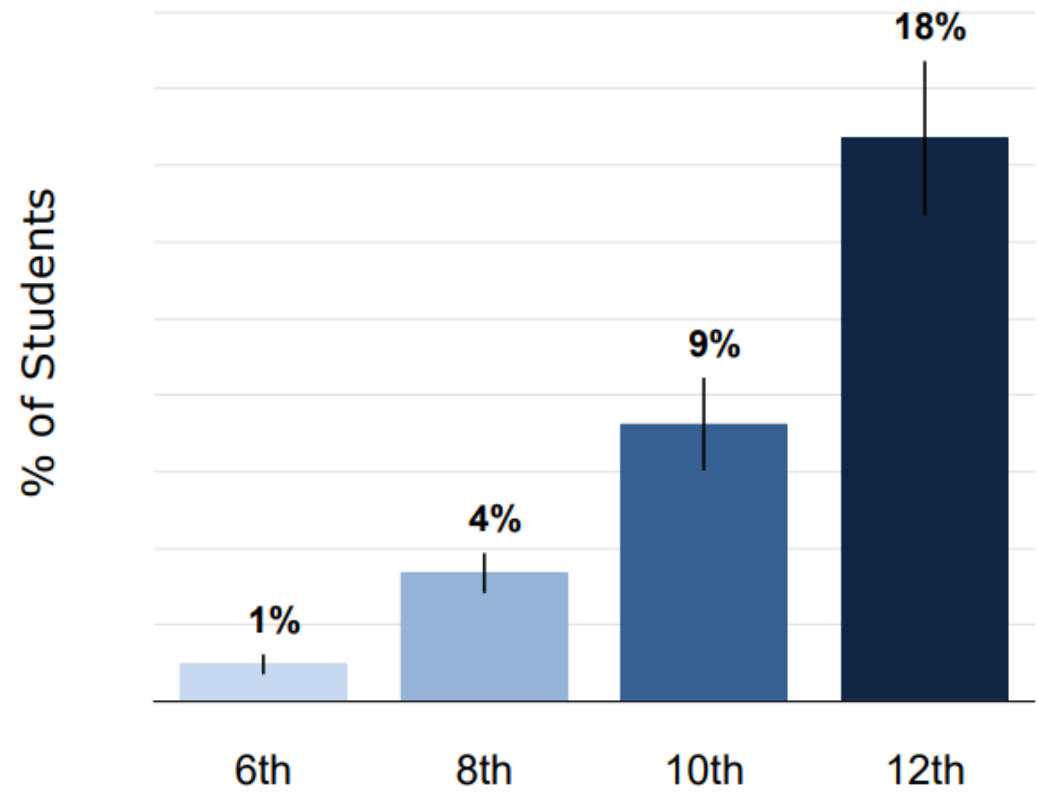


## Current (30-Day) Substance Use (Grade 10)

- **Alcohol: 9%**
- **Marijuana: 8%**
- **Vaping: 8%**
- **Smokeless tobacco: 3%**
- **Cigarettes: 2%**

# Current (30-Day) Alcohol Use

Students who report drinking at least once in the past month





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## Current (30-Day) Alcohol Use Has Decreased Over Time (Grade 10)

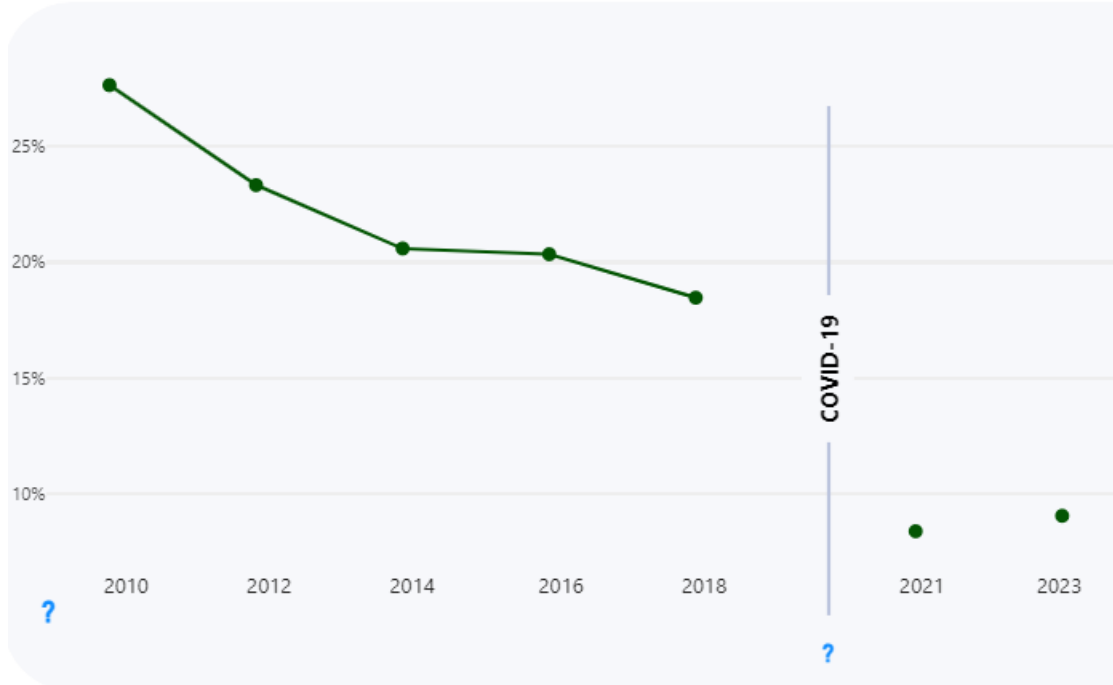
### Healthy Youth Survey Data Dashboard



Measure: **Current Alcohol Drinking**

Location: Statewide Sample **Grade: 10**

Survey Years: 2010 - 2023



#### Survey Trend

Year	State
2010	27.6% (+/-1.9%)
2012	▼ 23.3% (+/-1.6%)
2014	20.6% (+/-1.6%)
2016	20.3% (+/-1.4%)
2018	18.5% (+/-1.7%)
2021	▼ 8.4% (+/-1.6%)
2023	9.1% (+/-1.5%)

to the left of the values, a ▲ arrow means there was a significant increase in the Statewide value from the previous year and a ▼ arrow means there was a significant decrease in the Statewide value from the previous year



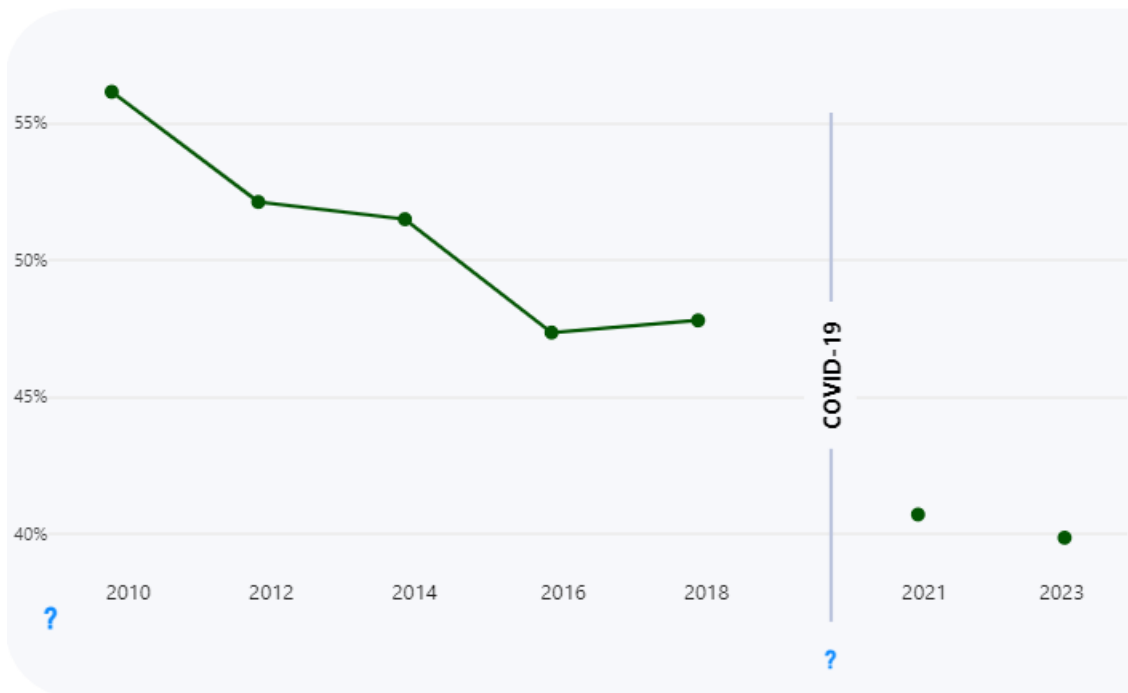
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## Easy\* Access to Alcohol Has Decreased Over Time (Grade 10)

### Healthy Youth Survey Data Dashboard



Measure: **Access to Alcohol**      Location: Statewide Sample      Grade: 10      Survey Years: 2010 - 2023



Survey Trend	
Year	State
2010	56.2% (+/-2.6%)
2012	52.1% (+/-2.1%)
2014	51.5% (+/-2.1%)
2016	47.4% (+/-2.7%)
2018	47.8% (+/-1.7%)
2021	40.7% (+/-3.0%)
2023	39.9% (+/-2.5%)

to the left of the values, a ▲ arrow means there was a significant increase in the Statewide value from the previous year and a ▼ arrow means there was a significant decrease in the Statewide value from the previous year

\*Percentage of students who answered “sort of easy” or “very easy”



## Current (30-Day) Alcohol Use by Type (Grade 10)

*“What type of alcohol did you usually drink?”*

1. Hard liquor (45%)
2. Flavored malt beverages (19%)
3. Beer (15%)
4. I do not have a usual type (9%)
5. Wine (6%)
6. Unsure what type (4%)
7. Some other type (2%)



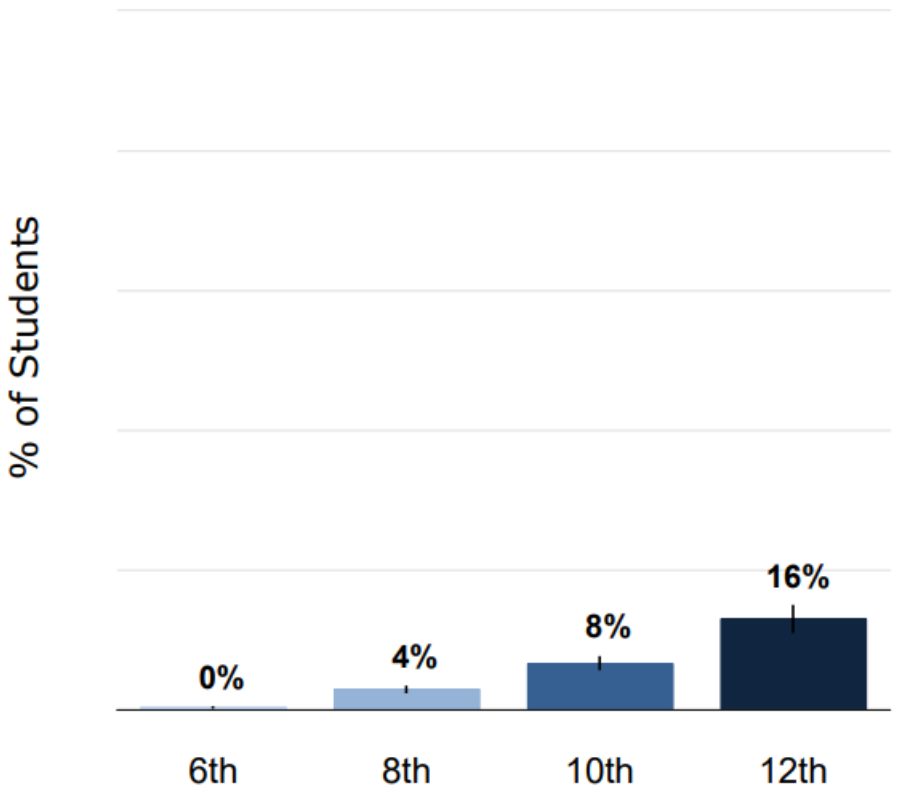
## Current Alcohol Sources (Grade 10)

1. From friends (43%)
2. At a party (33%)
3. From home with permission (29%)
4. From home without permission (26%)
5. From someone older not related to me (16%)
6. Some other way (16%)
7. Gave money to someone (14%)
8. **Stole it from a store (13%)**
9. From older sibling (10%)
10. Someone sold it to me (10%)
11. **Bought it from a store (5%)**



# Current (30-Day) Marijuana Use

"I have used marijuana at least once in the past month."





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## Current (30-Day) Marijuana Use Has Decreased Over Time (Grade 10)

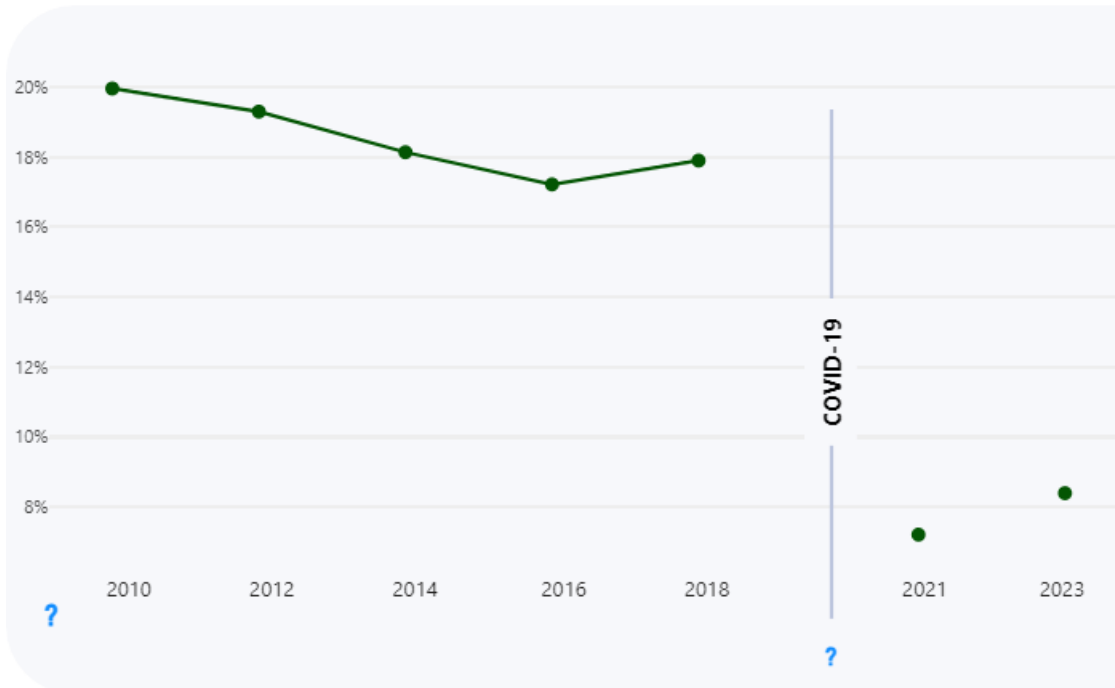
### Healthy Youth Survey Data Dashboard



Measure: **Current Marijuana Use**

Location: Statewide Sample **Grade: 10**

Survey Years: 2010 - 2023



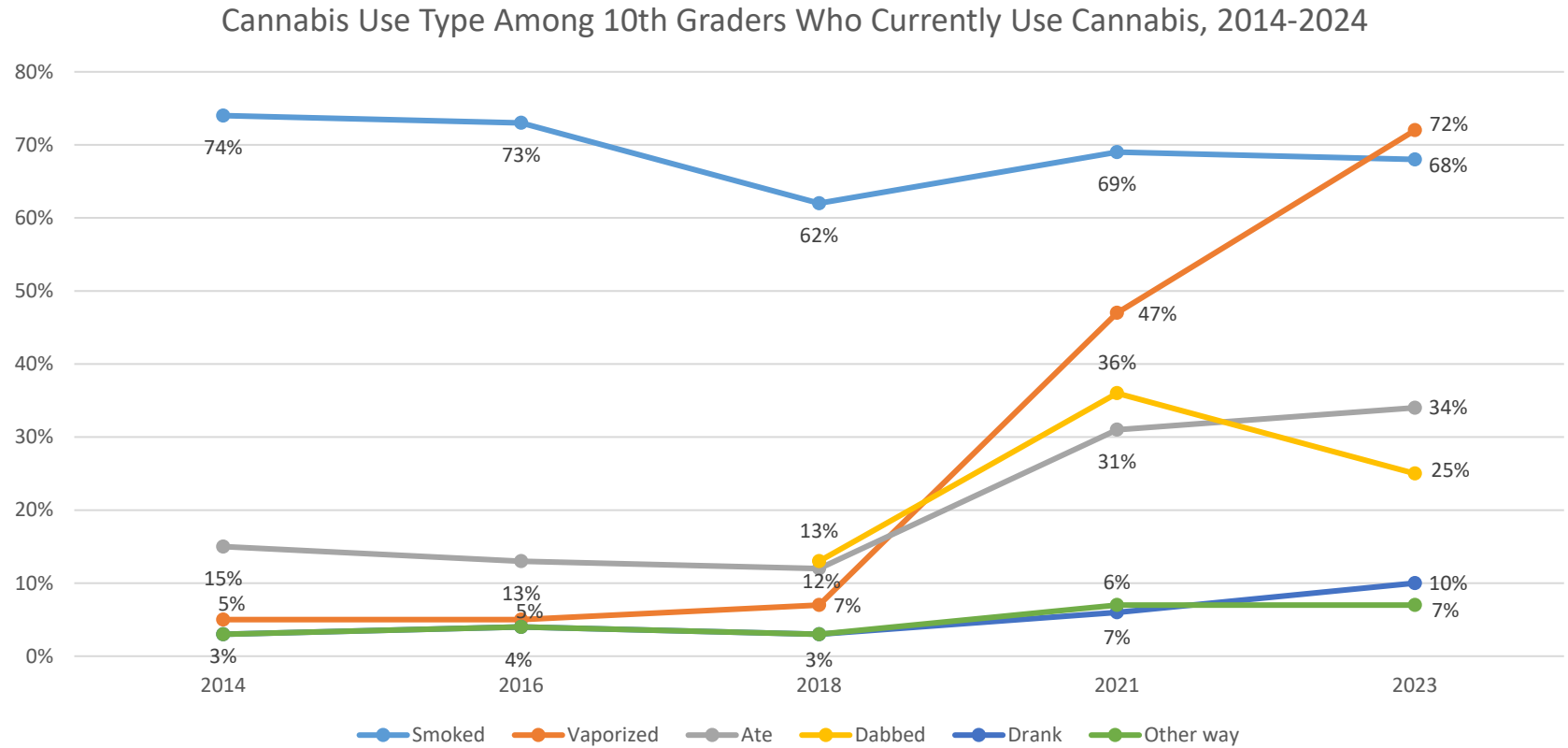
#### Survey Trend

Year	State
2010	20.0% (+/-1.8%)
2012	19.3% (+/-1.7%)
2014	18.1% (+/-1.7%)
2016	17.2% (+/-1.6%)
2018	17.9% (+/-1.7%)
2021	▼ 7.2% (+/-1.2%)
2023	8.4% (+/-1.3%)

to the left of the values, a ▲ arrow means there was a significant increase in the Statewide value from the previous year and a ▼ arrow means there was a significant decrease in the Statewide value from the previous year

## Current (30-Day) Marijuana Use by Type (Grade 10)

1. Vaporized (72%)
2. Smoked (68%)
3. Ate (34%)
4. Dabbed (25%)
5. Drank (10%)
6. Some other way (7%)





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## Easy\* Access to Marijuana Has Decreased Over Time (Grade 10)

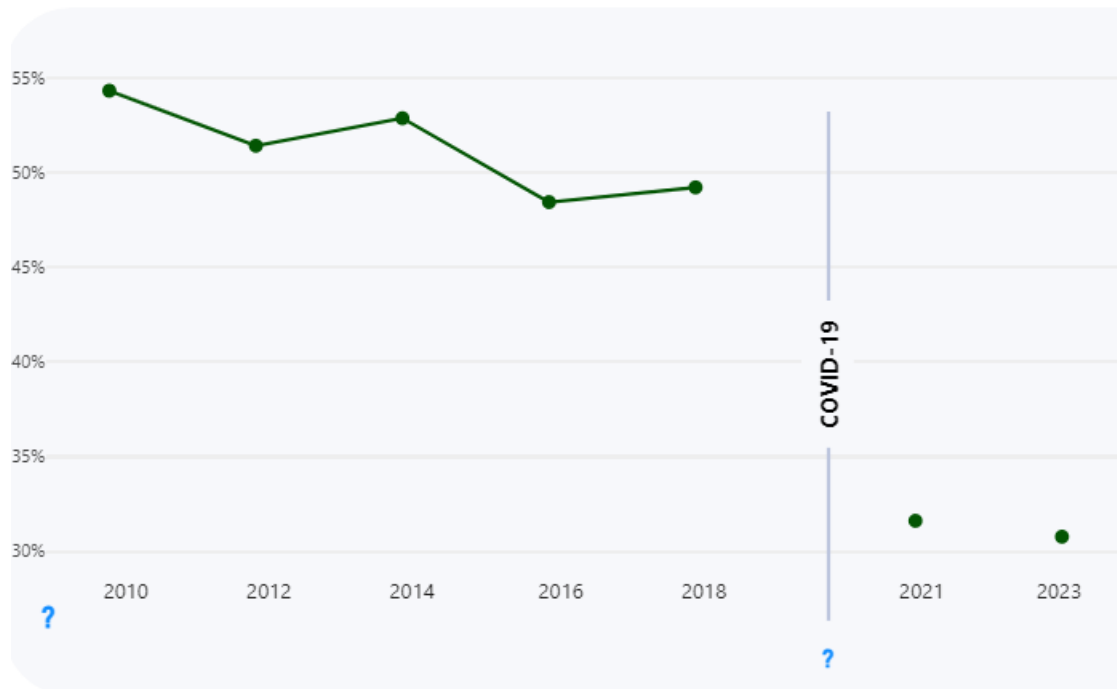
### Healthy Youth Survey Data Dashboard



Measure: **Access to Marijuana**

Location: Statewide Sample **Grade: 10**

Survey Years: 2010 - 2023



#### Survey Trend

Year	State
2010	54.3% (+/-2.8%)
2012	51.4% (+/-3.0%)
2014	52.9% (+/-2.7%)
2016	48.4% (+/-3.0%)
2018	49.2% (+/-2.6%)
2021	31.6% (+/-2.5%)
2023	30.8% (+/-3.1%)

to the left of the values, a ▲ arrow means there was a significant increase in the Statewide value from the previous year and a ▼ arrow means there was a significant decrease in the Statewide value from the previous year

\*Percentage of students who answered “sort of easy” or “very easy”



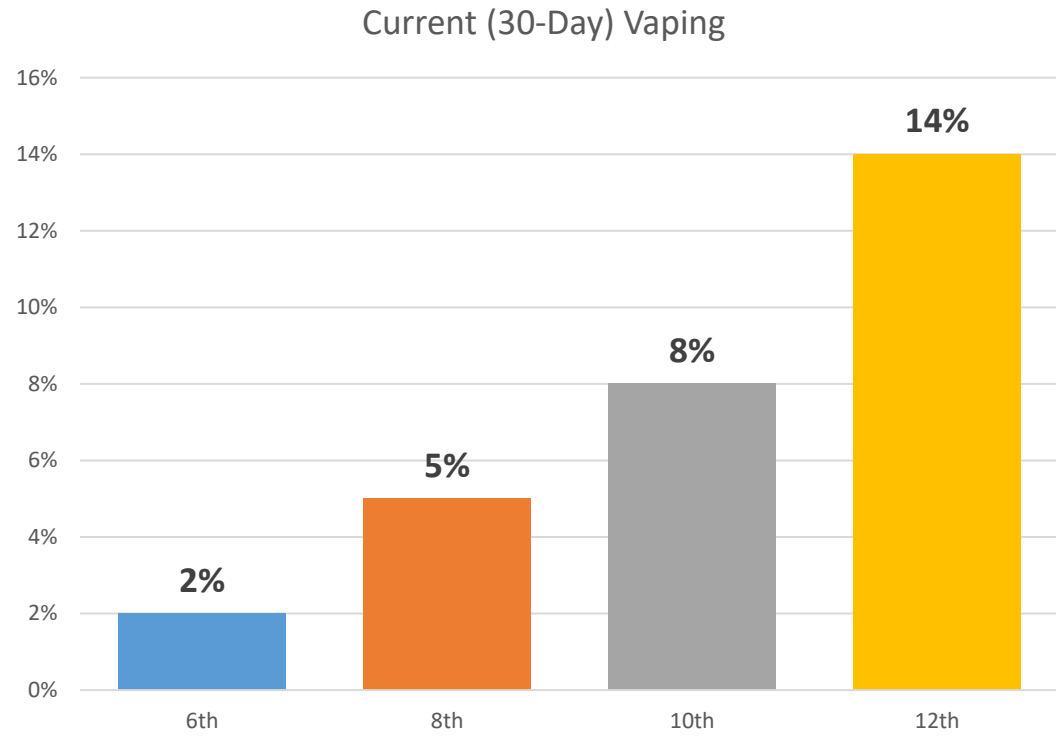
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## Current Marijuana Sources (Grade 10)

1. From friends (61%)
2. Other way (25%)
3. Someone sold it to me (21%)
4. Gave money to someone (21%)
5. From someone older not related to me (17%)
6. From home without permission (14%)
7. From home with permission (13%)
8. From older sibling (12%)
9. At a party (12%)
- 10. Bought it from a store (9%)**
- 11. Stole it from a store (2%)**



# Current (30-Day) Vaping





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## Current (30-Day) Vaping Has Varied Over Time (Grade 10)

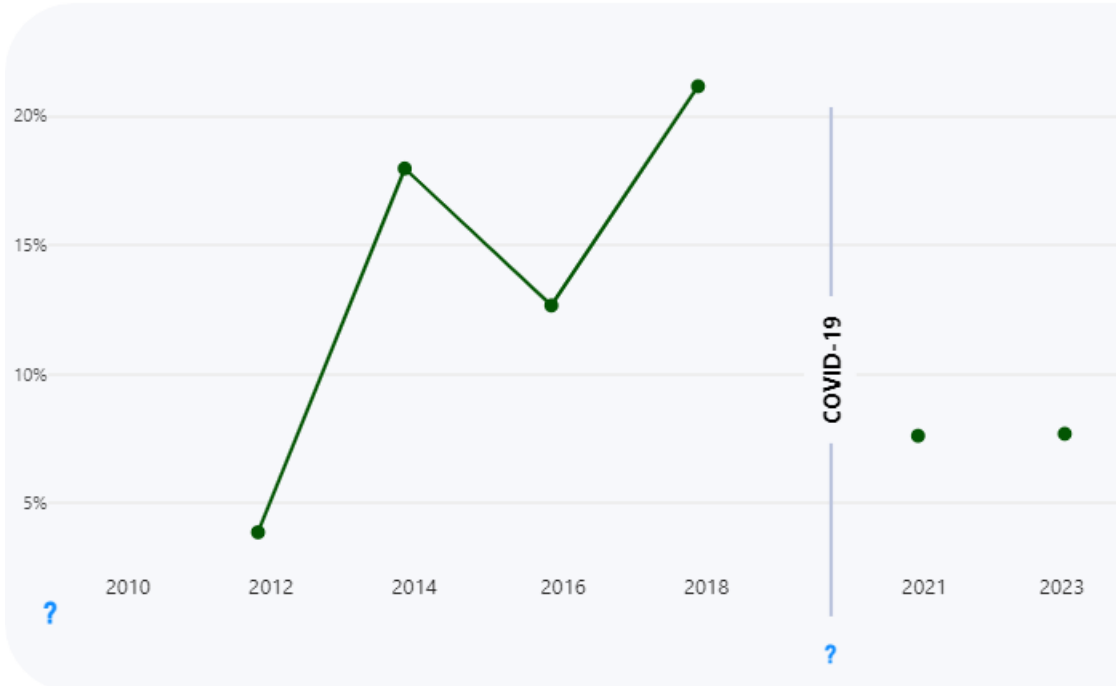
### Healthy Youth Survey Data Dashboard



Measure: **Current E-Cigarette/Vape Use**

Location: Statewide Sample **Grade: 10**

Survey Years: 2010 - 2023



#### Survey Trend

Year	State
2010	
2012	3.9% (+/-1.0%)
2014	▲ 18.0% (+/-1.6%)
2016	▼ 12.7% (+/-1.9%)
2018	▲ 21.2% (+/-2.7%)
2021	▼ 7.6% (+/-1.3%)
2023	7.7% (+/-1.4%)

to the left of the values, a ▲ arrow means there was a significant increase in the Statewide value from the previous year and a ▼ arrow means there was a significant decrease in the Statewide value from the previous year



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## Current (30-Day) Vaping by Type (Grade 10)

1. Nicotine (75%)
2. THC (52%)
3. Unknown (14%)
4. Flavor only (5%)





## Current Tobacco or Vape Product Sources (Grade 10)

1. Borrowed (or bummed) from someone else (43%)
2. Some other way (37%)
3. Gave someone else money to buy them (29%)
4. A person 21 years old or older gave them to me (17%)
5. Took them from a store or family member (11%)
6. **Bought from a store (9%)**
7. Got them from the Internet (6%)
8. Bought from vending machine (3%)



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## Current (30-Day) Vaping is Unequal Among Student Demographic Groups (Grade 10)

- Sexually or gender diverse: **2x more likely**
- Migratory working family: **2x more likely**
- Having one or more disability: **3x more likely**



## HYS 2023 Substance Use Themes (Grade 10)

- *Substance use remains **50%+ lower** than pre-pandemic (2018)*
- Past 30-day substance use for other illegal drugs, painkillers, and prescription drugs **increased** from 2021 to 2023
  - Remains  $\leq 3\%$
  - **Higher** than comparable national results (MTF) Grade 12
  - Perception of harm from prescription drugs **decreased** from 2021 to 2023



## HYS 2023 New Substances (Grade 10)

- Marijuana products (Delta-8, Delta-10, etc.): **2.0%**
- Psilocybin: **1.3%**
- Fentanyl: **0.8%**
- Synthetic products (K2, spice, kronic): **0.4%**
- Bath salts: **0.4%**
- Kratom: **0.3%**



## Key Takeaways

- Substance use is down 50%+ from pre-pandemic
- Most substance use remained stable 2021 to 2023
  - Continued trend of decrease over time (with a few exceptions)
  - Increase in perception of harm over time (with a few exceptions)
- Easy access is also greatly decreased from pre-pandemic
- Adolescents most often source substances from peers or older people
- Large disparities among student demographic groups



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## Questions?

- [www.AskHYS.net](http://www.AskHYS.net)
- [tyler.watson@hca.wa.gov](mailto:tyler.watson@hca.wa.gov)