

In their Eyes: An Average Child's View of their World

April 2014

University of Delaware Center for Drug and Health Studies
Based on the 2013 Delaware School Surveys
And the 2013 Delaware Youth Risk Behavior Survey

The Delaware High School Youth Risk Behavior Survey

Since 1993 (CDAS has conducted since 1999)

In 2013:

2,797 Delaware Public High School Students (85% response rate)

- **Grades 9-12**
- **Substance Use**
- **Personal Safety**
- **Depressive/Suicidal Behaviors**
- **Nutrition**
- **Exercise**
- **Sexual Behaviors**



The Delaware School Survey

Since 1989 (CDAS has conducted since 1995)

In 2013

85% of **5th** grade enrollment (n=8,491)

60% of **8th** grade enrollment (n=5,968)

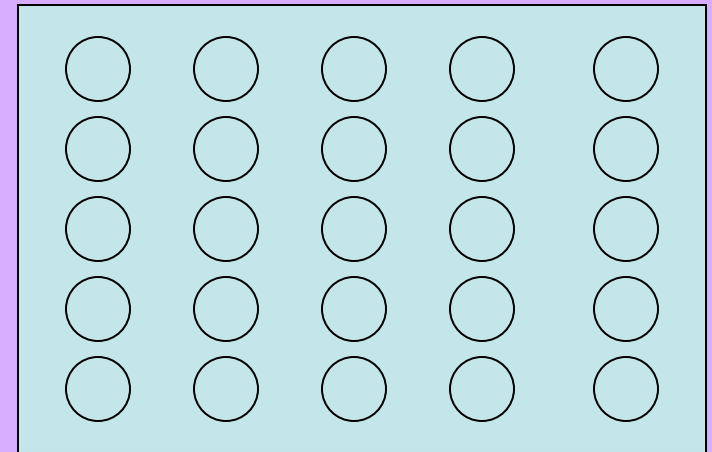
52% of **11th** grade enrollment (n=4,690)

- **Grades 5, 8, and 11 Delaware Public Schools**
- **Substance Use**
- **Delinquent Behaviors and Gambling**
- **School Climate and Family Climate**
- **Peer Behaviors**
- **Risk-Taking/Impulsivity**



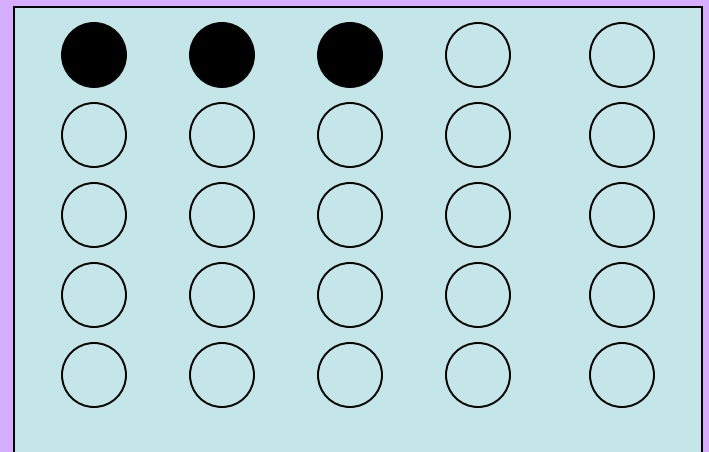


Each child, no matter what their family situation or individual behavior, is part of an average classroom of 25 students.

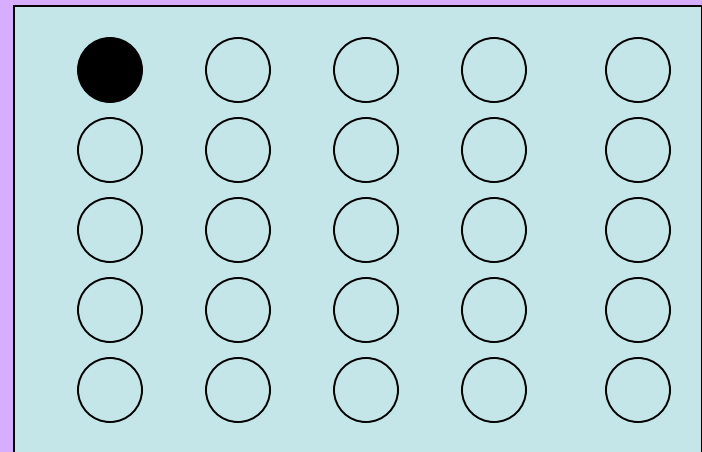


In the average 5th grade classroom:

- **11% will have tried an alcoholic drink** (not just a sip) this represents about 3 children in the average classroom; only 15% will perceive great risk in one or two drinks, and fewer than half (42%) will perceive great risk in daily use.

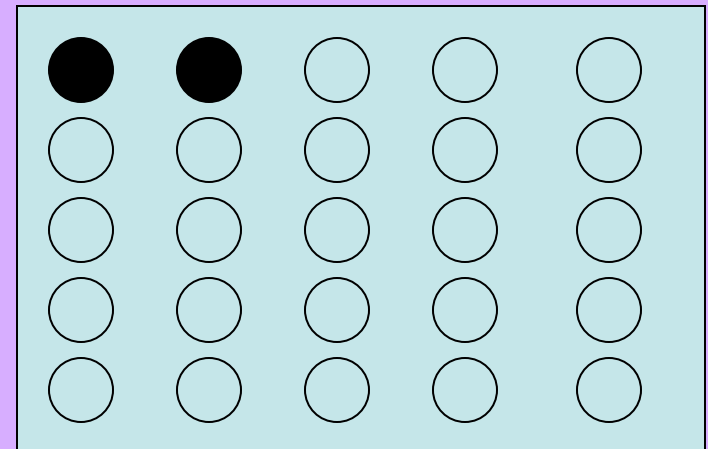


3% will have tried cigarettes (more than a few puffs); this represents 1 student in the average 5th grade classroom of 25 students; 52% will perceive great risk from smoking a pack or more per day.



- **8% of 5th graders have tried inhalants, the most commonly reported substance after alcohol—while alcohol may have been consumed in family celebration contexts, this is unlikely to be the case for inhalants**

2 students in the average classroom will have experimented with inhalants; only 18% will perceive great risk in trying them



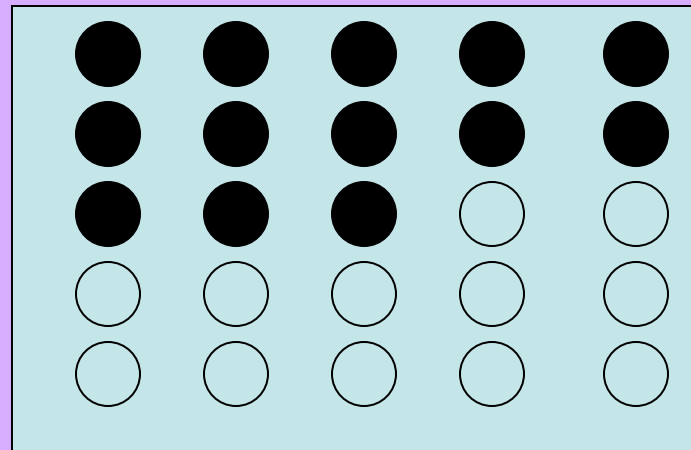


1% of 5th graders will have tried marijuana; while this number is still low, only 27% perceive great risk in trying marijuana

Approximately one in ten 5th graders reports they have seen or heard adults in their home hurting each other in the past year.

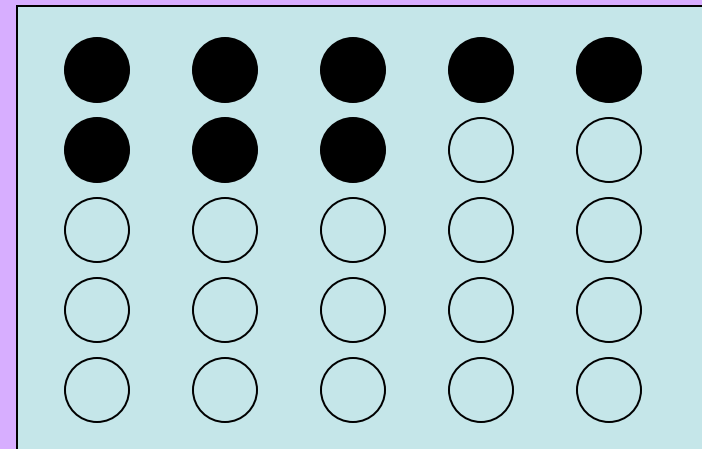
51% of 5th graders have bet money on lottery tickets, team sports, card games, Bingo, games of skill, or video games in the past year.

Source: 2008 Delaware School Survey, Center for Drug and Alcohol Studies, University of Delaware

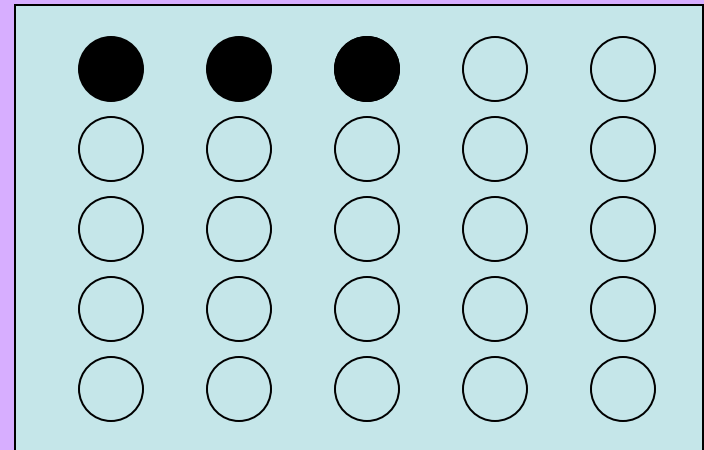


**By the time students are in 8th
grade:**

- **30% of Delaware 8th graders (about 8 of the average class of 25) drank alcohol in the past year**
- 52% do not see great risk in binge drinking
- 1 in 4 know where they can buy alcohol

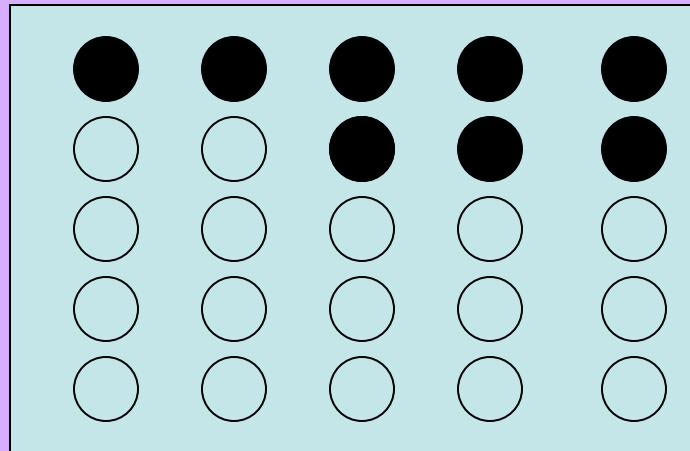


- 13% of Delaware 8th graders have smoked **marijuana** in the past year
- 82% do not see great risk in trying marijuana once or twice
- 1 in 3 know where to buy marijuana

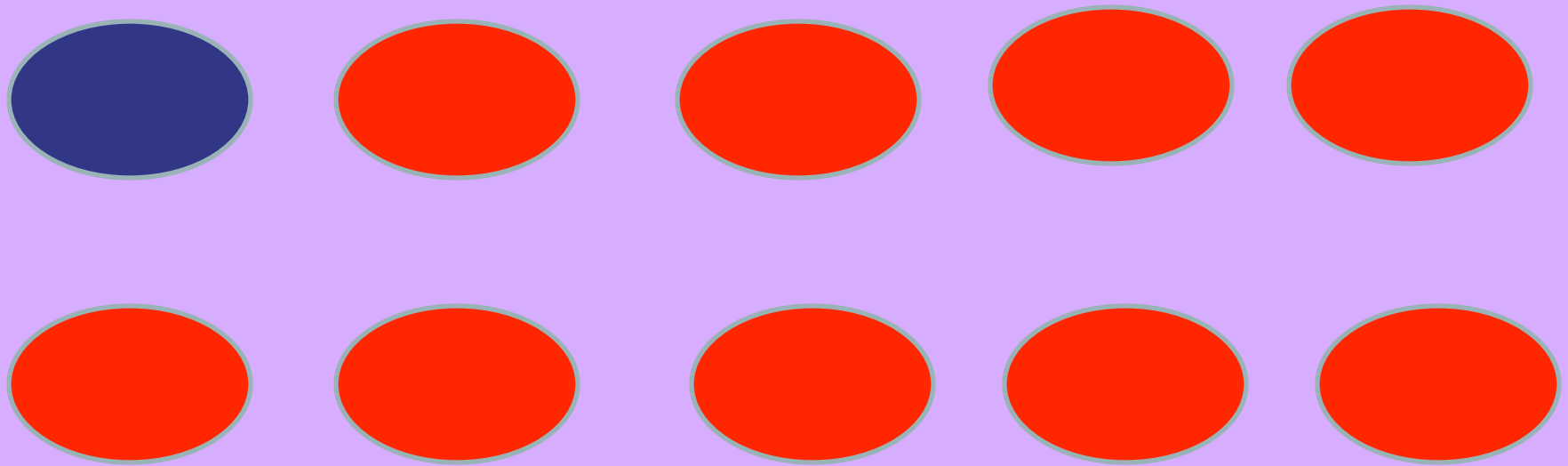


Students who drank alcohol, smoked marijuana, or used other drugs in the past thirty days are four times as likely to have skipped school and almost twice times as likely to have cheated on a test.

30% of 8th grade students have used alcohol, marijuana or other drugs in the past month.



One in ten 8th graders report
having seen violence between
adults in their home in the past
year.

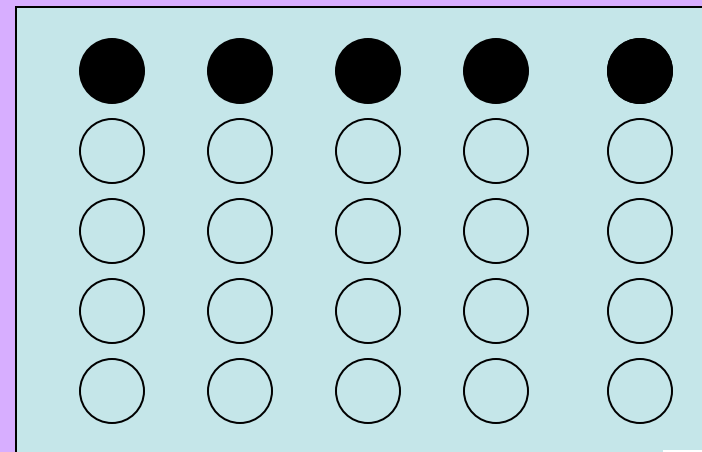


Those who have witnessed domestic violence...

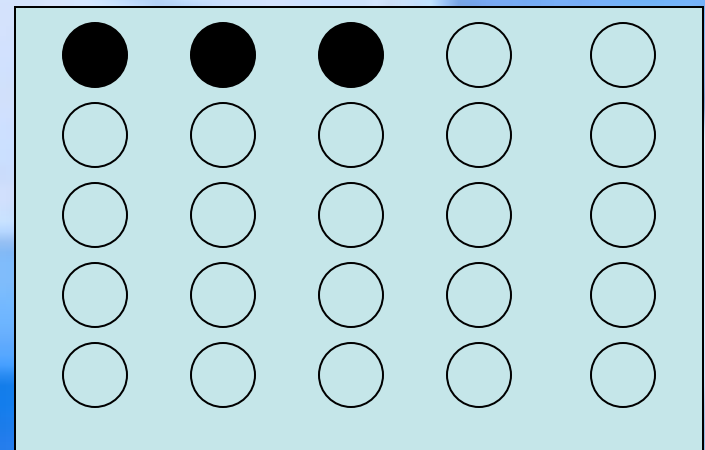
- Over 50% currently use tobacco, alcohol and other drugs
- 1 in 4 damage and destroy others' property
- 22% have skipped school and 19% have been suspended or expelled
- 44% have hit someone with the intention of hurting them in the past year
- 18% have sold drugs
- 8% earn Ds or Fs in school

20% of Delaware 8th graders report having had sexual intercourse

5 students in the average classroom
are probably sexually active



- **13% of 8th graders are medicated to help them concentrate better in school**
- **4% of her classmates are medicated for depression or anxiety**



These are the “big kids” the
younger children now look
up to.



By the time our students reach 11th grade, some of their former classmates will have left school.

Among those who remain :

In the past year, out of every 10 11th graders:

- 62% used Alcohol 
- 39% used Marijuana 
- 18% smoked Cigarettes 
- 17% misused Rx 
- 41% Sexually Active (3 mo.) 
- 21% Binge Drank (2 weeks) 

Alcohol is the most commonly reported drug used and is consistently associated with other high-risk behaviors.

11th Graders who are current (past month) drinkers are:

- 5 times more likely to get in a car with a driver who has been drinking*
- Twice as likely to hit someone* and 6 times as likely to vandalize property*
- Almost 5 times as likely to smoke marijuana* and 4 times more likely to use other drugs*
- About 2 times more likely to be forced to have unwanted sexual intercourse
- 2 times more likely to have been arrested*

* Past Month

Costs of underage drinking in Delaware are over a quarter of a billion dollars annually, including medical costs, work lost and pain and suffering.



Where do they get their alcohol?



In the past year . . .

- 17% of 11th grade students have been to a party where parents bought alcohol for the kids
- 34% have been to a party with alcohol and no adults present
- 25% have had someone over 21 buy them alcohol
- 13% have taken alcohol from the house without permission, and 5% have taken it with permission

**28% of Delaware 11th Graders
meet the criteria for alcohol
dependence and or abuse:
21% abuse only
1% dependence only
6% dependence and abuse**



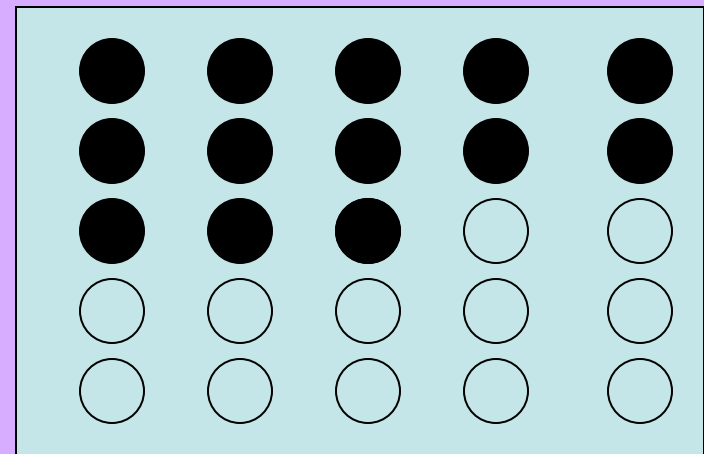
Those whose parents gave them alcohol are 3.5 times as likely to give it to other teens..

Alcohol is more of a family thing than marijuana . . .

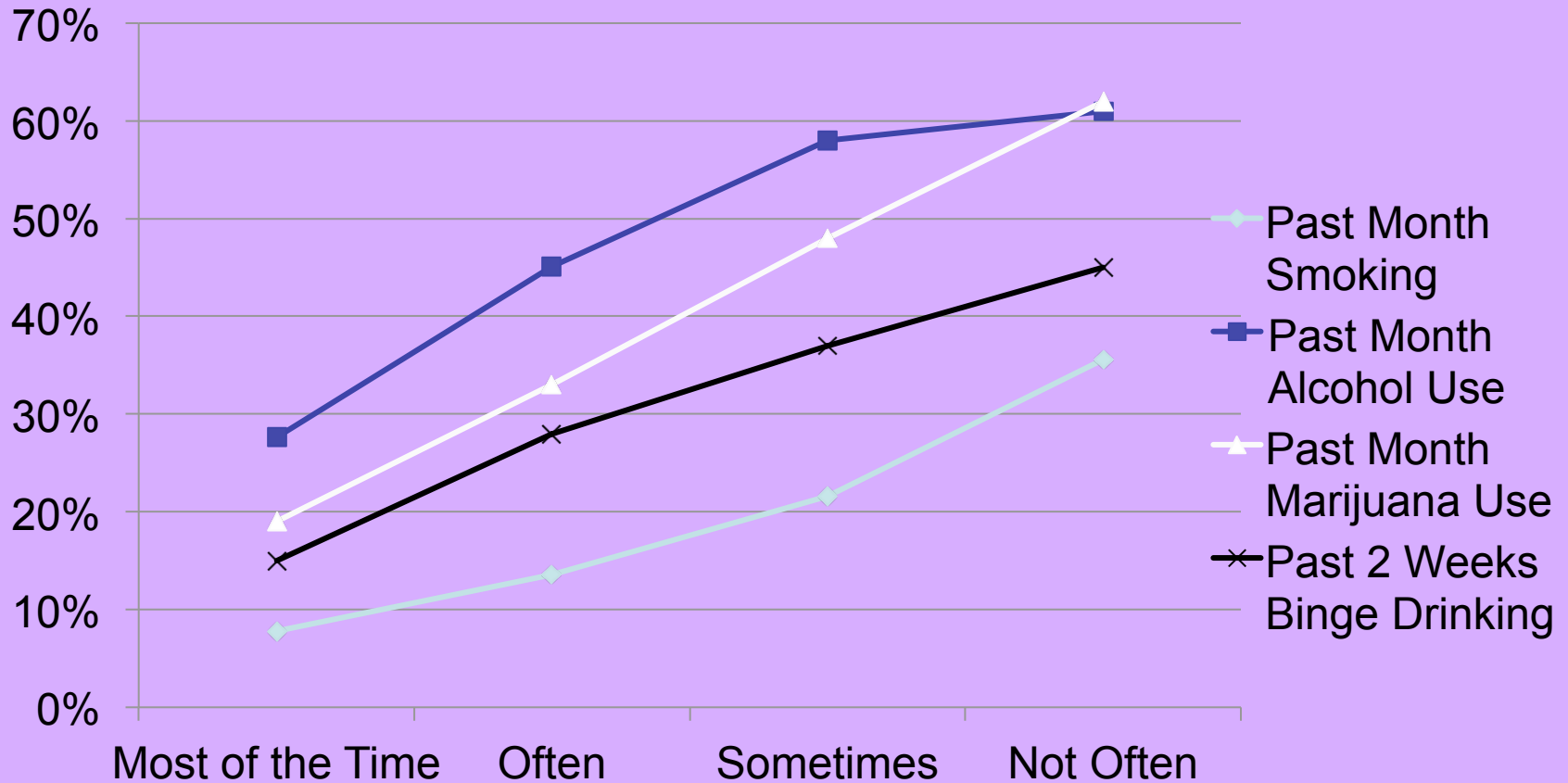
- Among teens who are current marijuana users, 9% have used with adult family members and 20% with siblings
- Among teens who are current drinkers, 17% have used with siblings, and 17% have used with adult family members.

While teens who drink with adult family members are twice as likely to give alcohol away, teens who smoke marijuana with adult family members are 4 times more likely to give it to others.

51% of Delaware 11th graders
have used alcohol, marijuana,
or other illegal drugs in the past
month.



There is a very strong relationship between whether parents know where their 11th grade child is. . .



. . . But whether the parent isn't monitoring, or the child isn't telling them honestly, we don't know.

Delaware high school students tell us that **on school property**:

- **5%** smoked cigarettes in the past 30 days
- **2%** drank alcohol in the past 30 days
- **6%** smoked marijuana in the past 30 days
- **20%** sold or gave cigarettes, alcohol, marijuana, or other illegal drugs in the past 12 months*

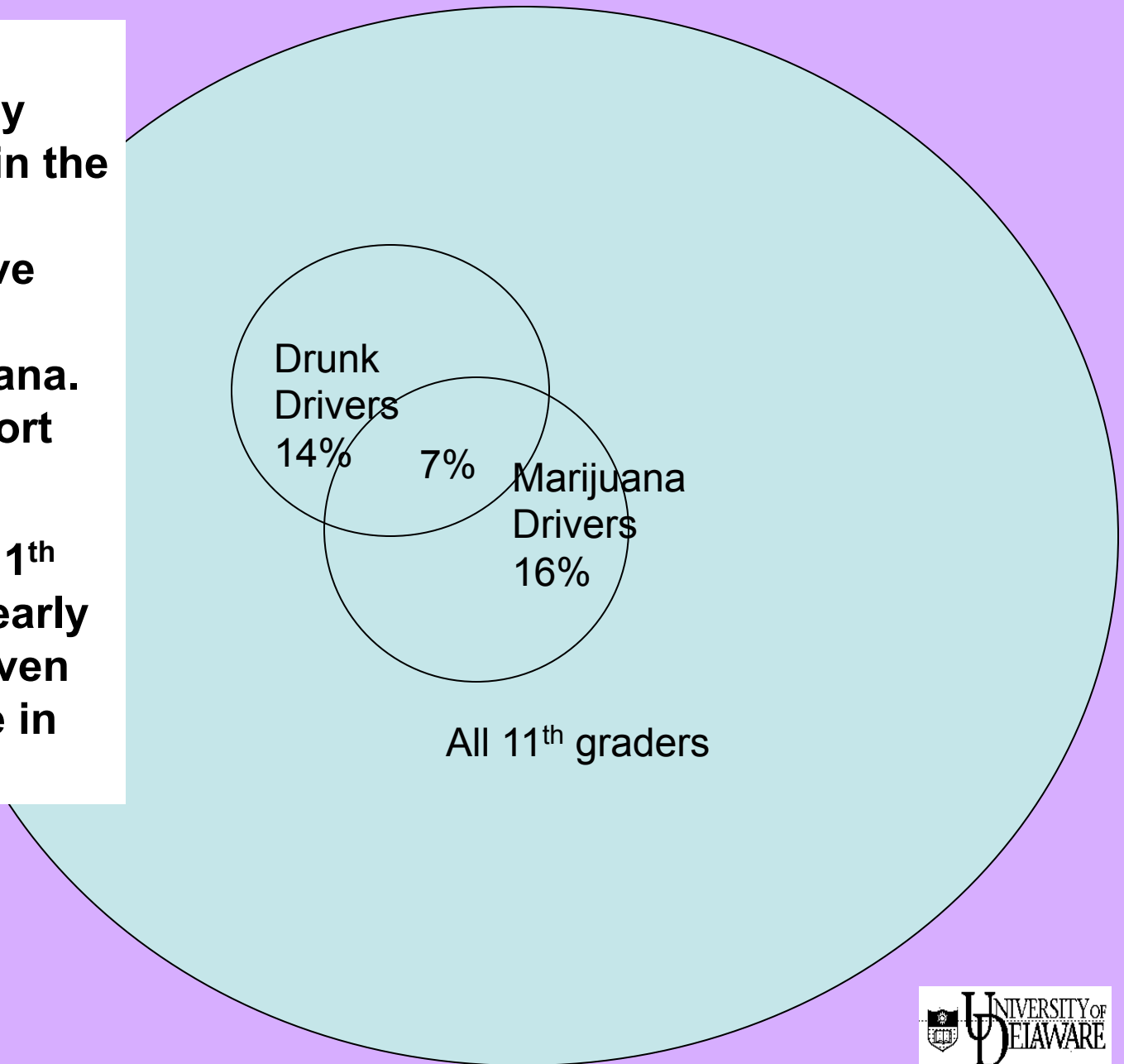
*Not limited to school property



90% of 11th grade students
drive.

14% of 11th grade students report they have driven drunk in the past year and 16% report that they have driven under the influence of marijuana. 7% of students report doing both.

Therefore, 22% of 11th grade drivers, or nearly one in four, has driven under the influence in the past year.



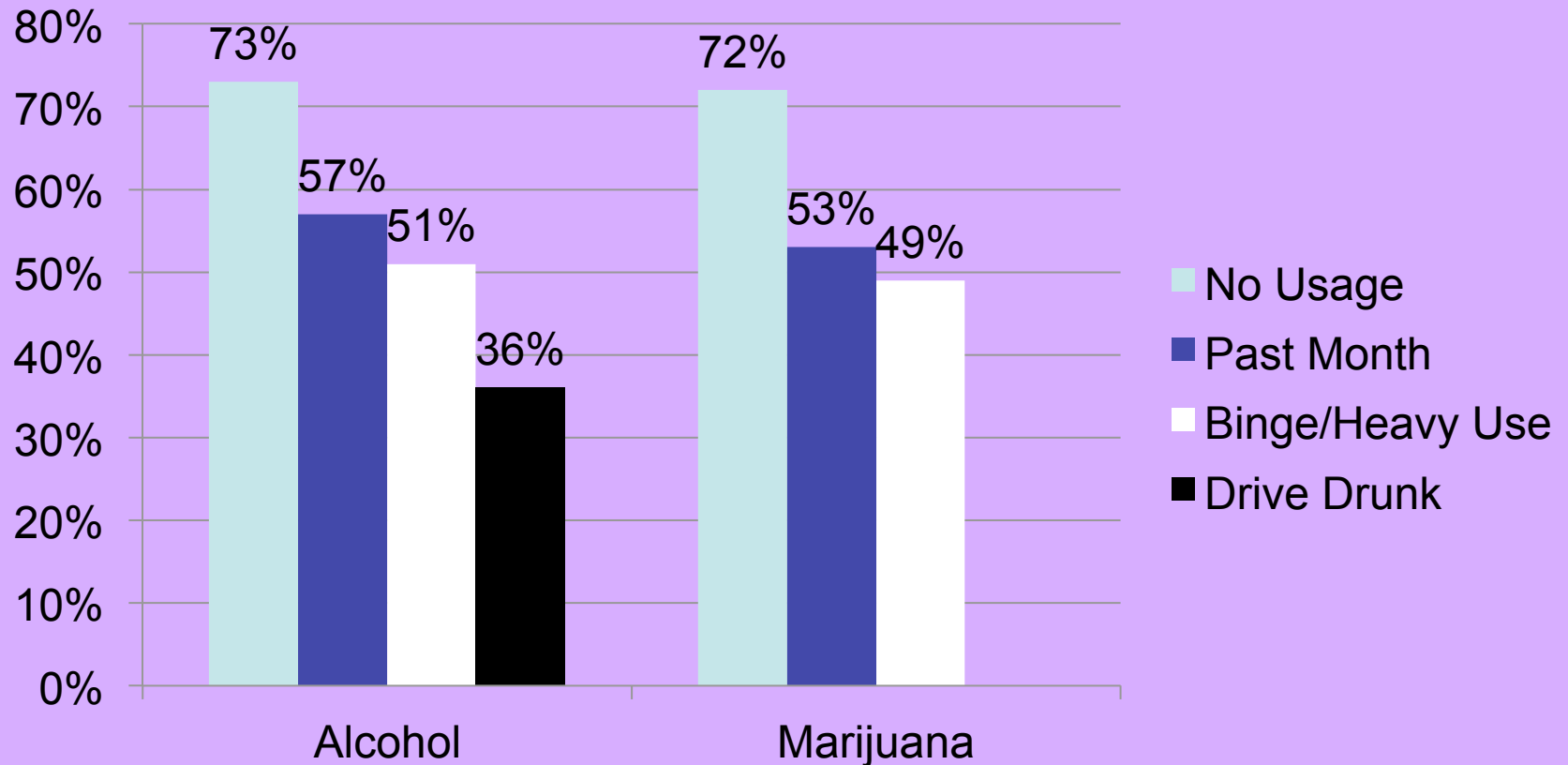
If each student who reports driving under the influence of alcohol or marijuana does it only once, that means there are 10 out there on Delaware roads each day.

And they probably don't do it
just once.

They don't do it just once and they don't do it alone. . .

- In the past year, 30% of Delaware 11th graders have ridden in a car with a driver under the influence of marijuana, 17% in the past month
- In the past year, 19% of Delaware 11th graders have ridden in a car with a driver under the influence of alcohol, 6% within the past month
- This includes students who neither drink or use marijuana

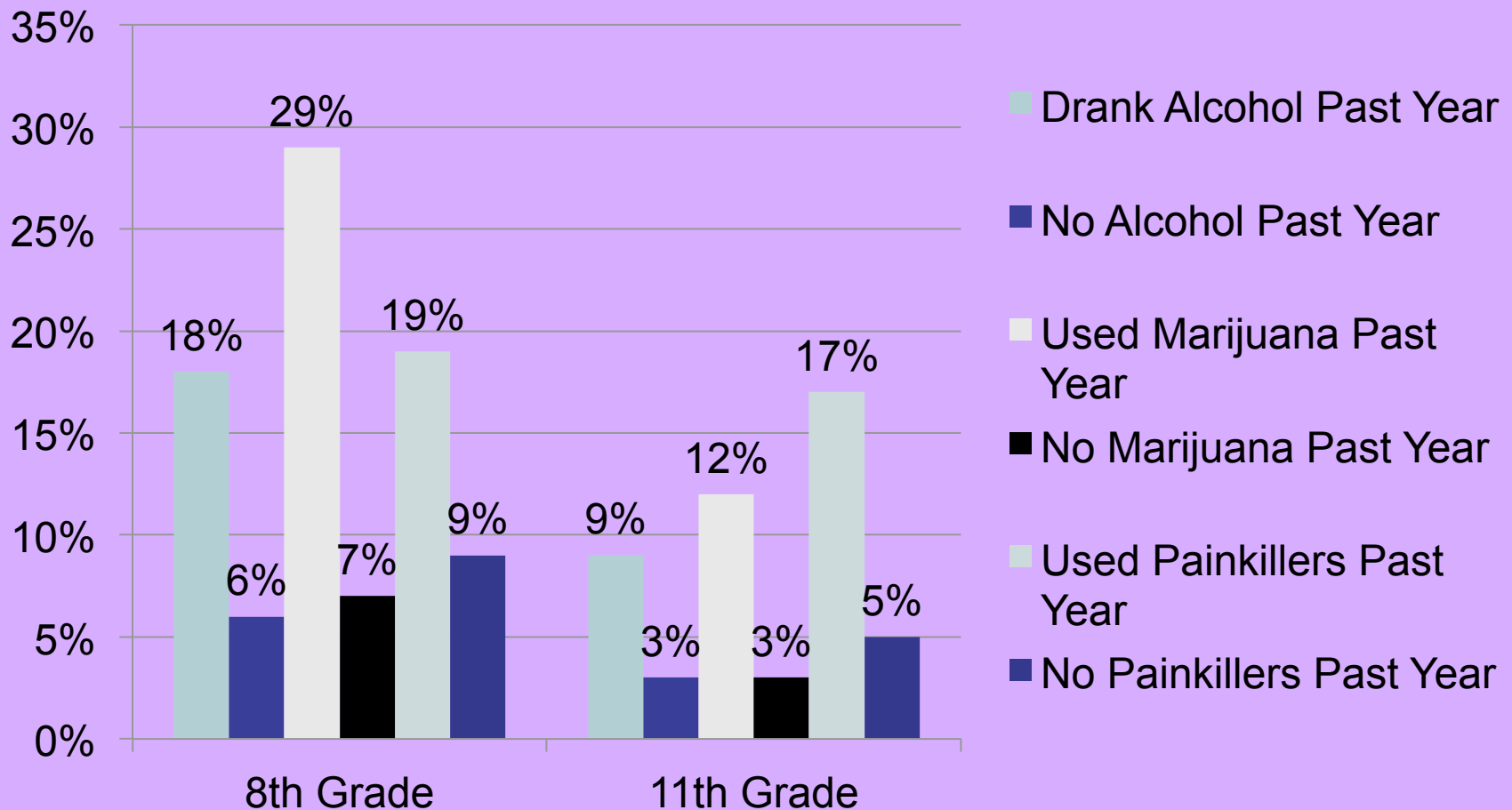
The more “under the influence” they are, the less likely they are to always use a seatbelt



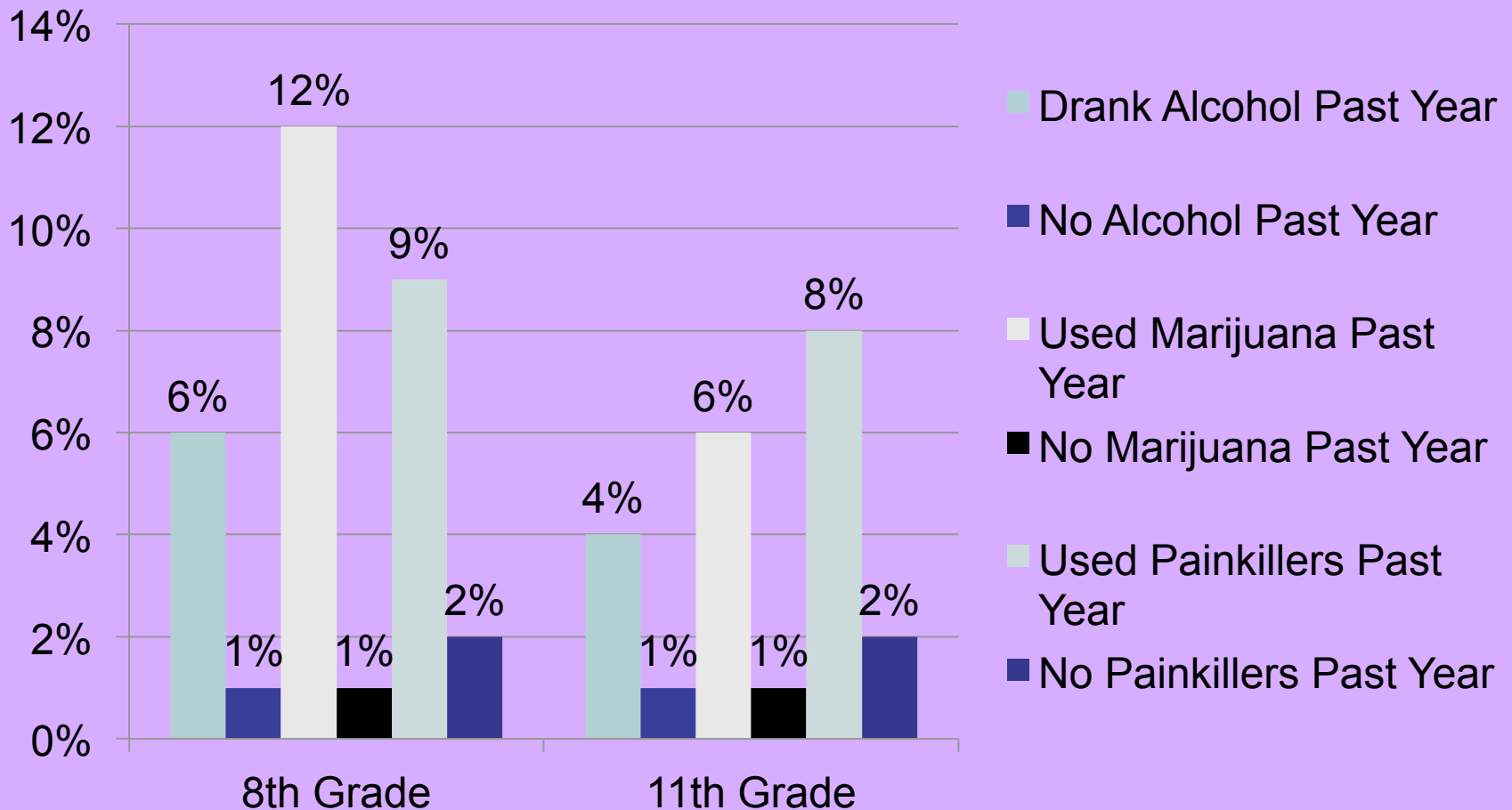
Note: Binge drinking is defined as 3 drinks at a time in the last 2 weeks, heavy marijuana use is defined as using it more than 10 times in past month.

Note: Participants are not asked about driving under the influence of marijuana

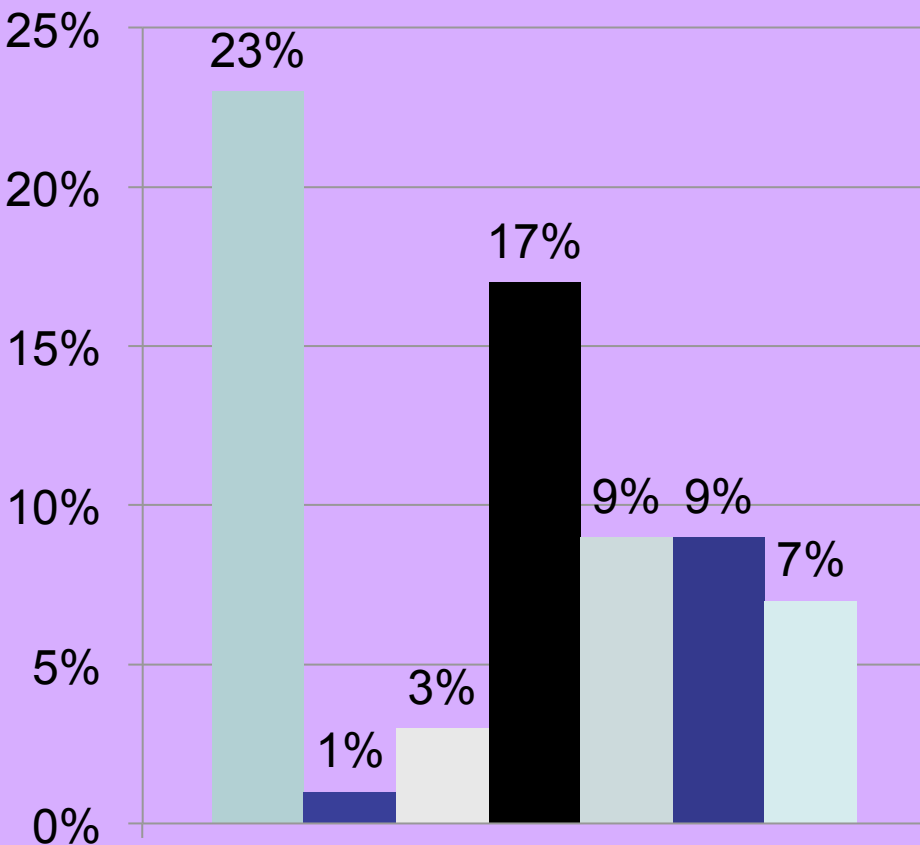
Self-Reported Juvenile Suspensions/ Expulsions from School in the Past Year



Self-Reported Juvenile Arrests in the Past Year

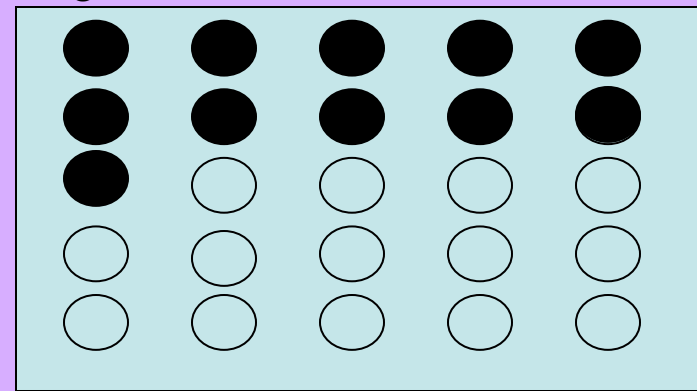


Percentage of High School Students Reporting Diagnosis of Chronic Illness



- Asthma
- Diabetes
- High Blood Pressure
- ADD/ADHS
- Depression
- Anxiety
- Chronic Allergies

44% of High School Students report being diagnosed with at least one Chronic Illness.



28% of these students diagnosed with a chronic illness take prescribed medications for their conditions, and many of these are more likely to self-medicate, using illegal drugs.

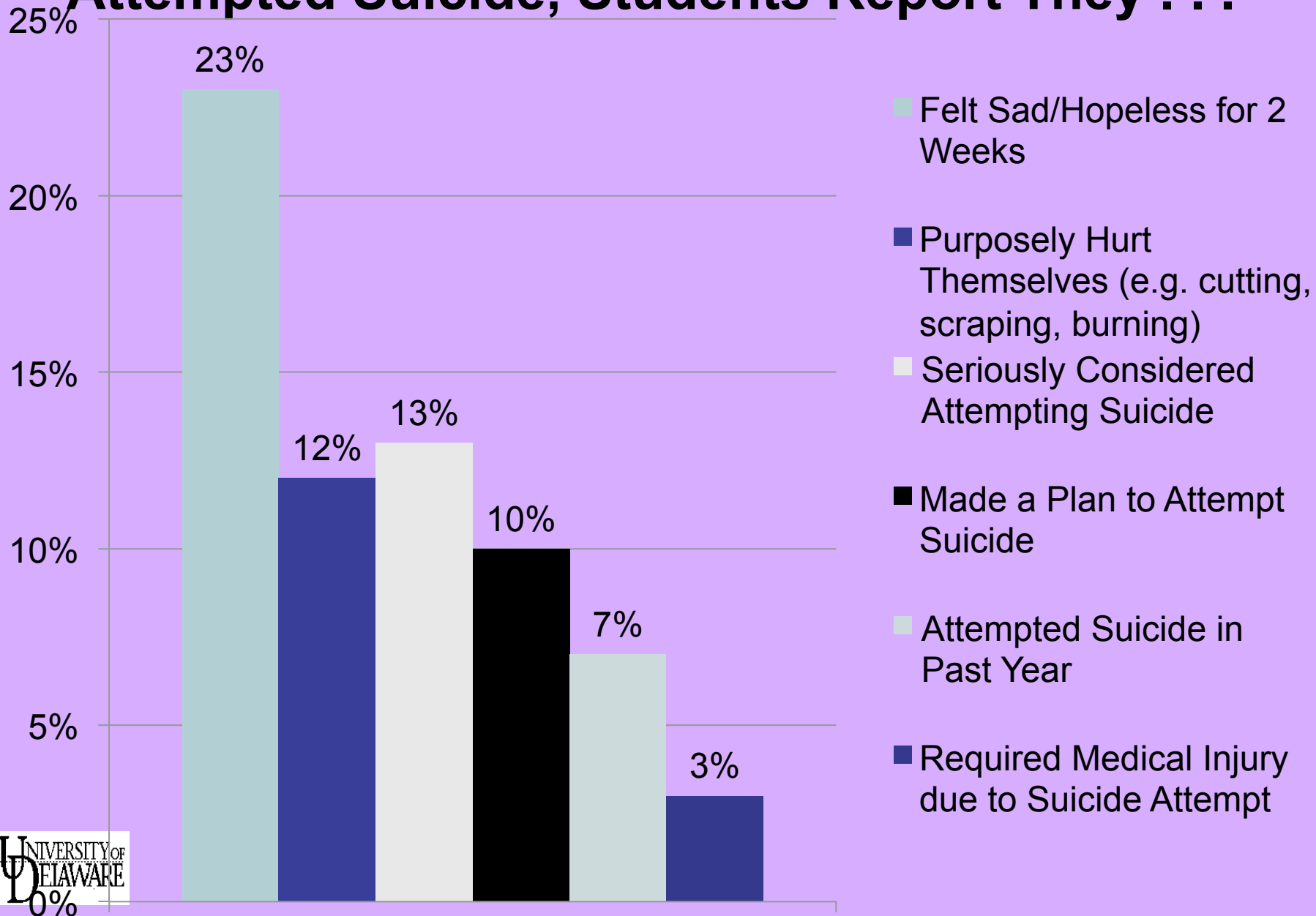
- **19% of high school students eat breakfast at most 1 time each week**
- **Less than 1 in 4 eats dinner with their family at most one time each week—and are likely to eat less vegetables**
- **45% get 6 hours or less of sleep on school nights (when research now indicates they should have 9 or more)**
- **57% have had a caffeinated drink yesterday**

20% of Delaware high school students did not exercise for more than 1 hour in the past week and less than half take Physical Education class (and only 13% get it 5 days/week), but more than half report playing video games 2 or more hours per day.

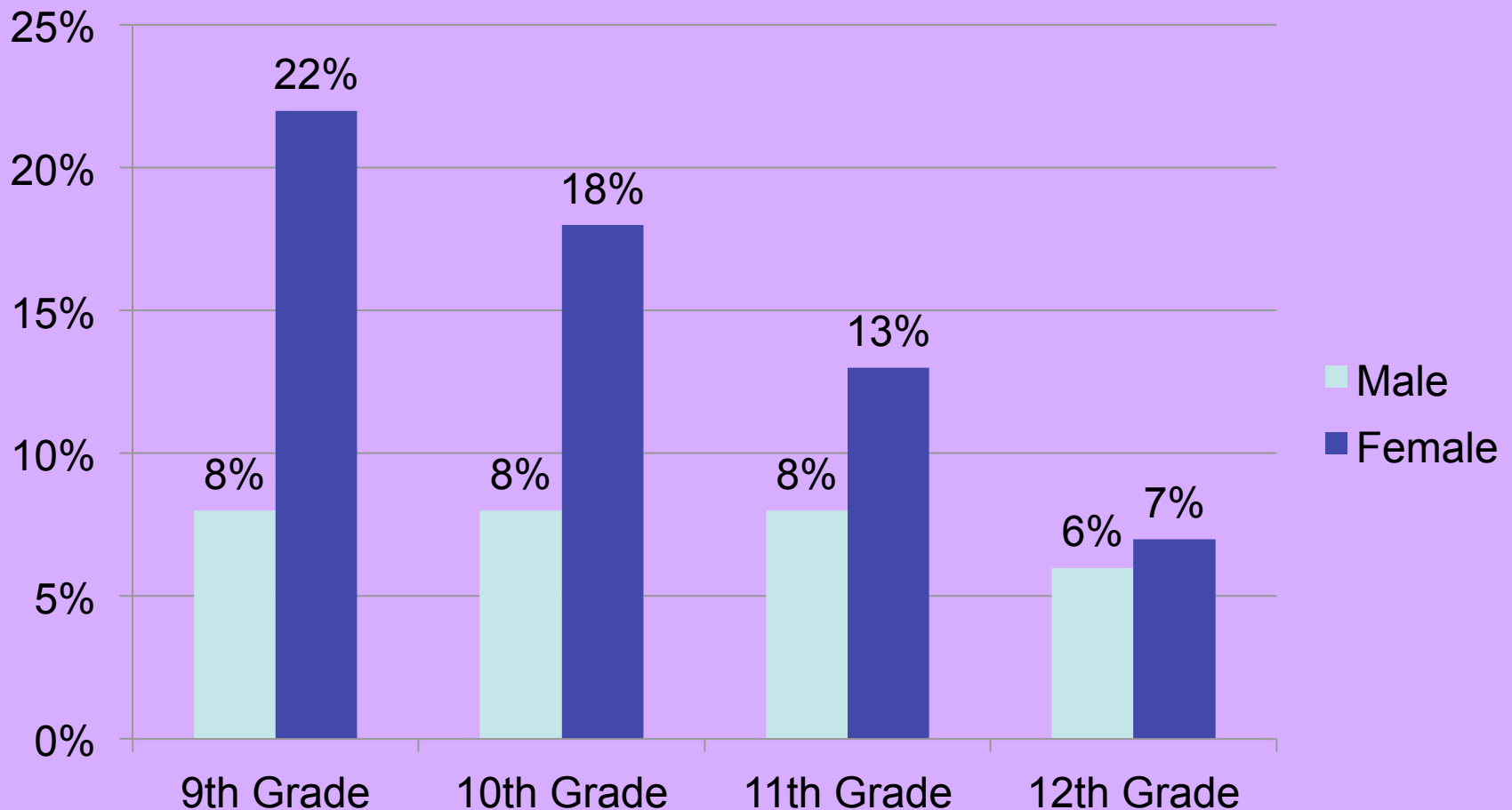
The more healthy behaviors a student has, the fewer risky behaviors that student is likely to have.

- Enough sleep
- Breakfast
- Dinner
- exercise

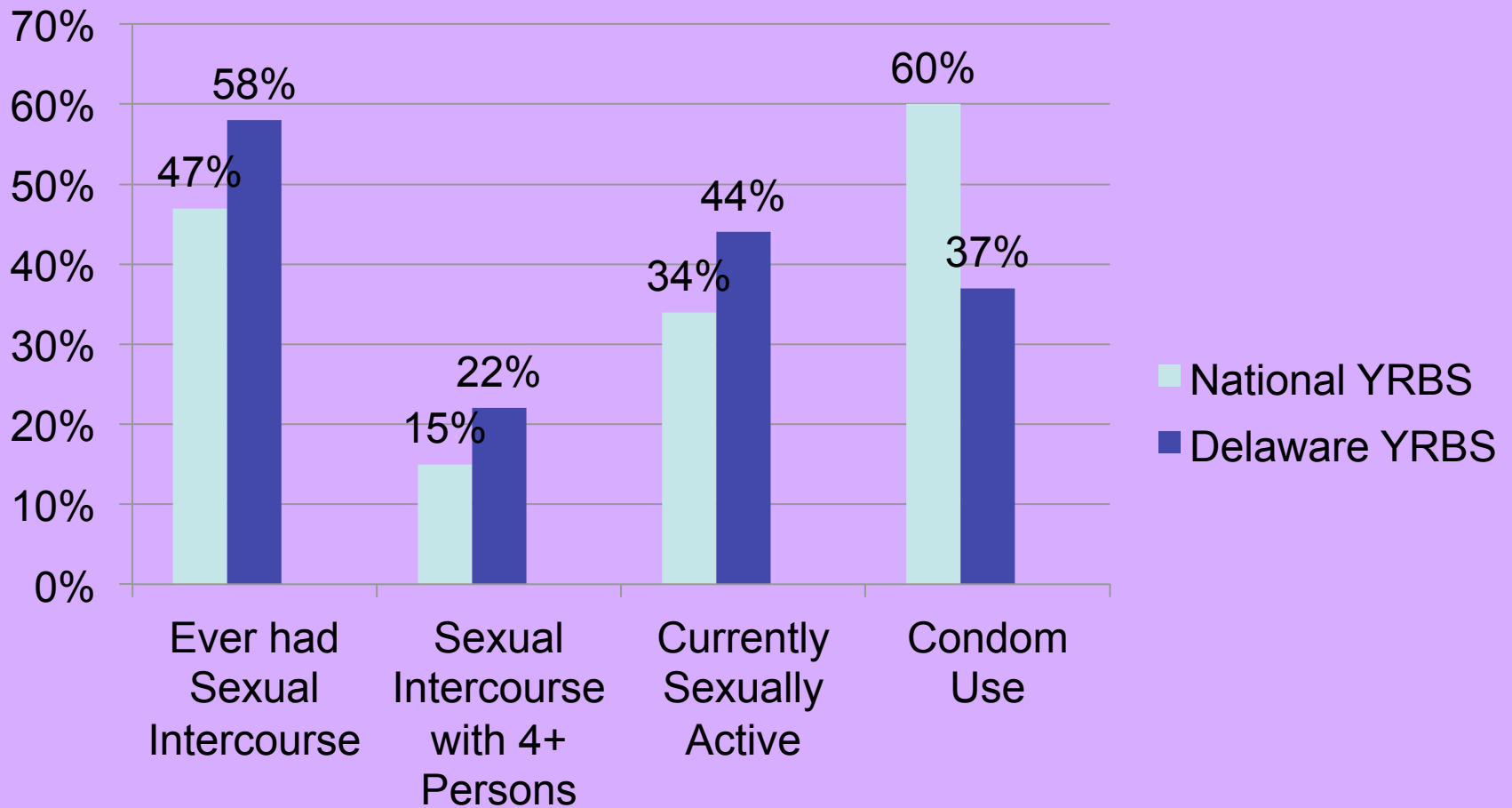
With Regard to Sad Feelings, Self- Injury, and Attempted Suicide, Students Report They . . .



Girls are most likely to intentionally cut, scrape, or burn themselves.



Delaware is consistently above National Norms on the Percentage of Students Who Reported Sexual Behaviors, 2011



¹ Had sexual intercourse during the 3 months preceding the survey.

² Among students who were currently sexually active.

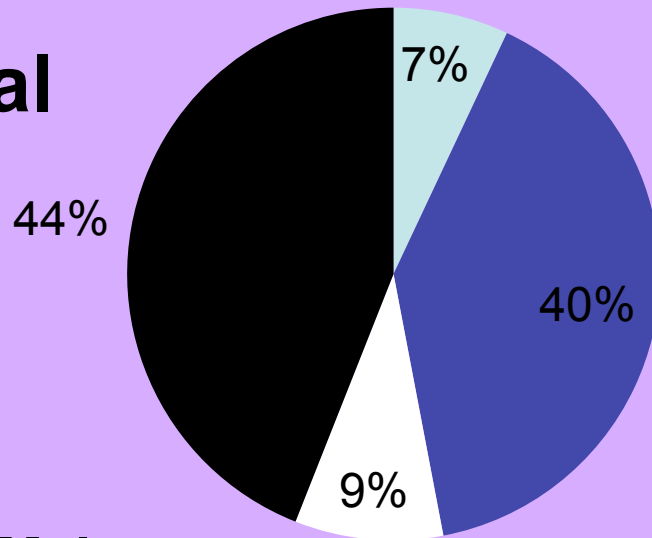
- 58% of 11th grade students reported they had given or received oral sex—46% of 9th graders have.
- 5% of 11th grade girls report having been pregnant at least once—5% of 9th grade girls.
- 2% of 11th grade students reported that they had been diagnosed with a sexually transmitted disease (STD)—1% of 9th graders have.
- Remember, these are the students still in school.

Students who report not having had sexual intercourse are most likely to report the following reasons:

- Not ready
- Sex is only for serious relationships
- Prevent pregnancy/STD's

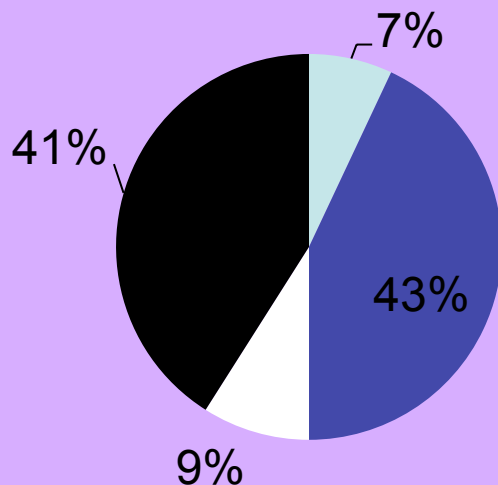
Patterns of Sexual Behavior Reported by 2013 Delaware High School Students

Total

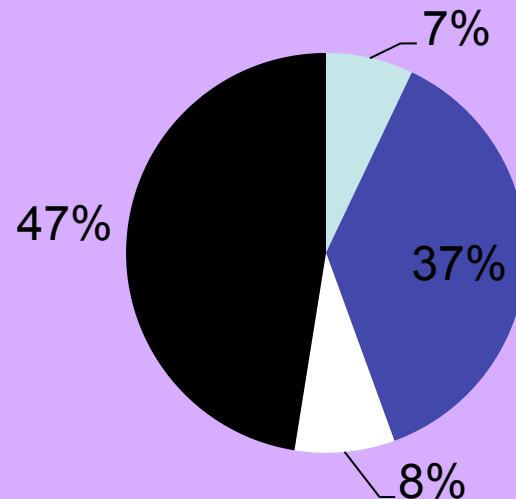


- Have had sexual intercourse but have not given/received oral sex
- Sexual Intercourse and Oral Sex
- Has not had sexual intercourse but has given/received oral sex
- Has neither had sexual intercourse nor given/received oral sex

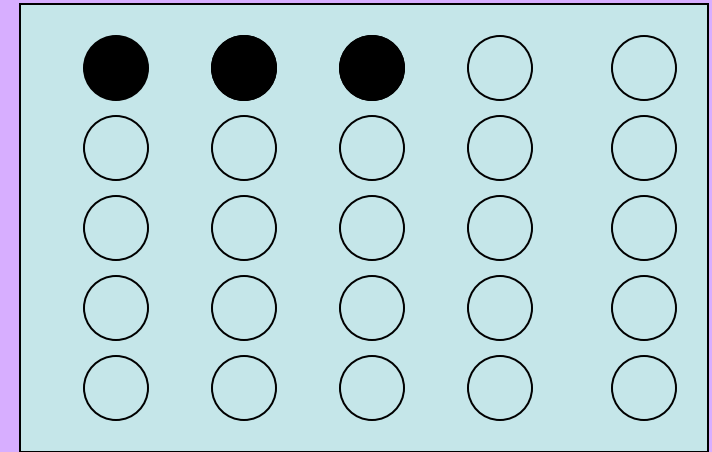
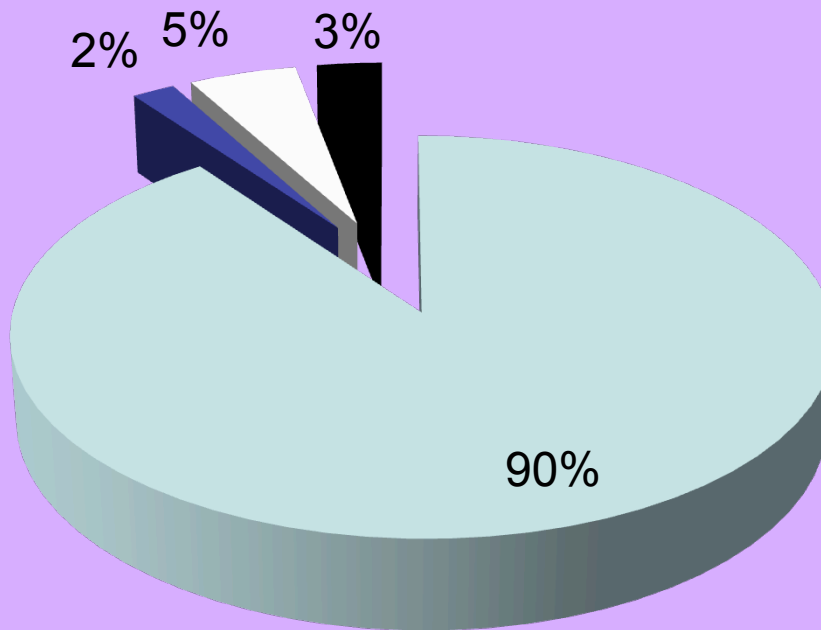
Males







Females

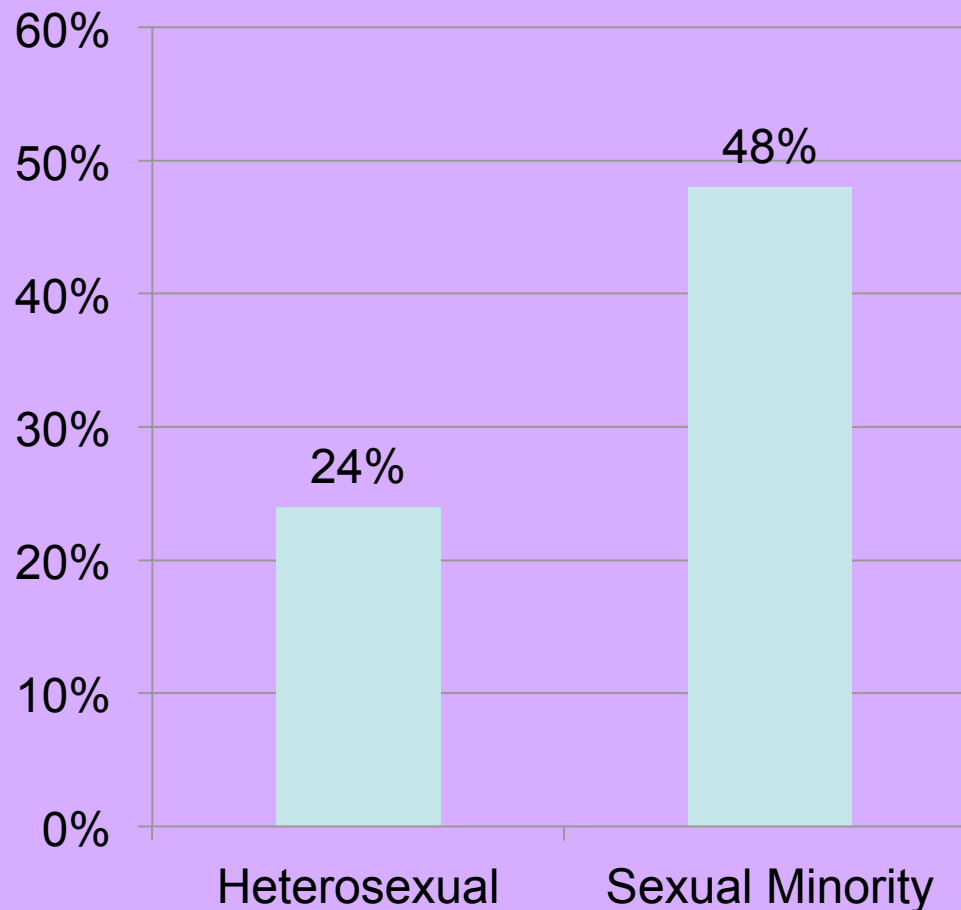


Small Numbers of Delaware High School Youth Report Minority Sexual Orientation

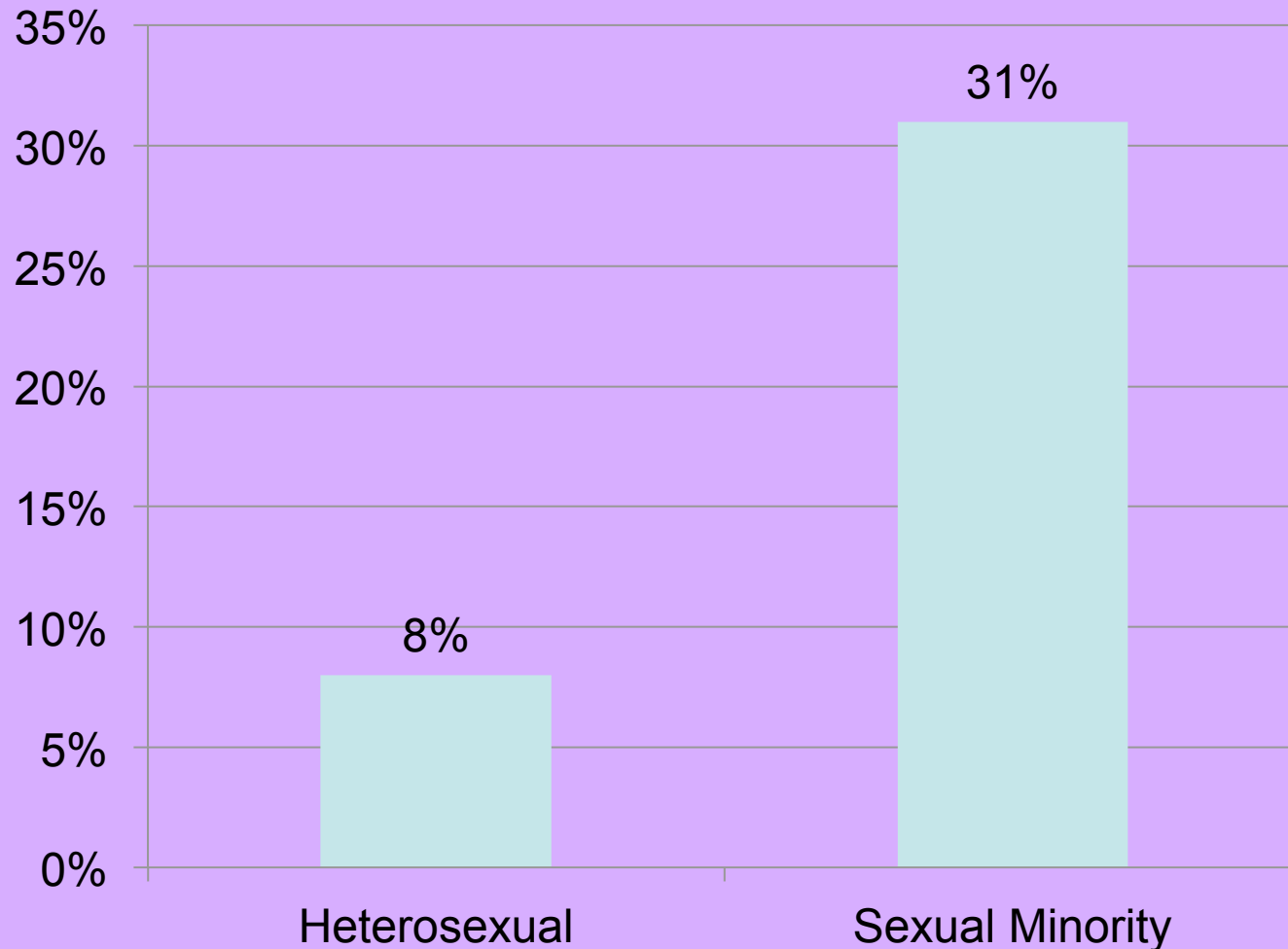


-  Heterosexual
-  Homosexual
-  Bisexual
-  Not Sure

**These students are significantly more at risk.
They are more likely to report smoking
marijuana during the past month:**



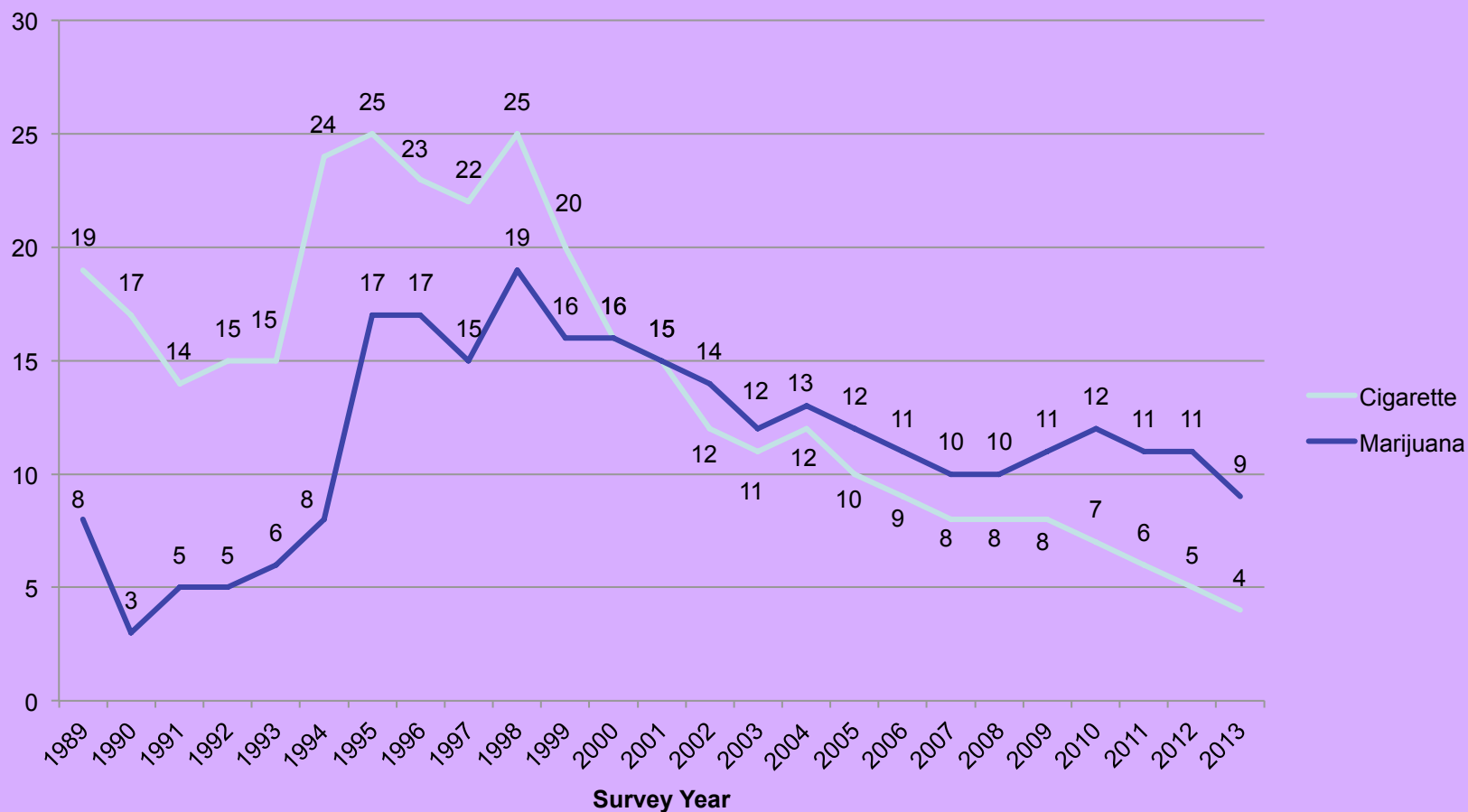
And they are more likely to report that within the past year they made a plan about how to attempt suicide.



Age of Onset

- Delaware is 11th out of 44 states participating in the 2011 YRBS in the percentage of students who report using alcohol before the age of 13: 23%. The average age of onset reported by 8th graders is 11.9 years.
- Delaware is 6th out of 44 states participating in the 2011 YRBS in the percentage of students who report marijuana use before age 13: 10%. The average age of onset reported by 8th graders is 12.3 years.

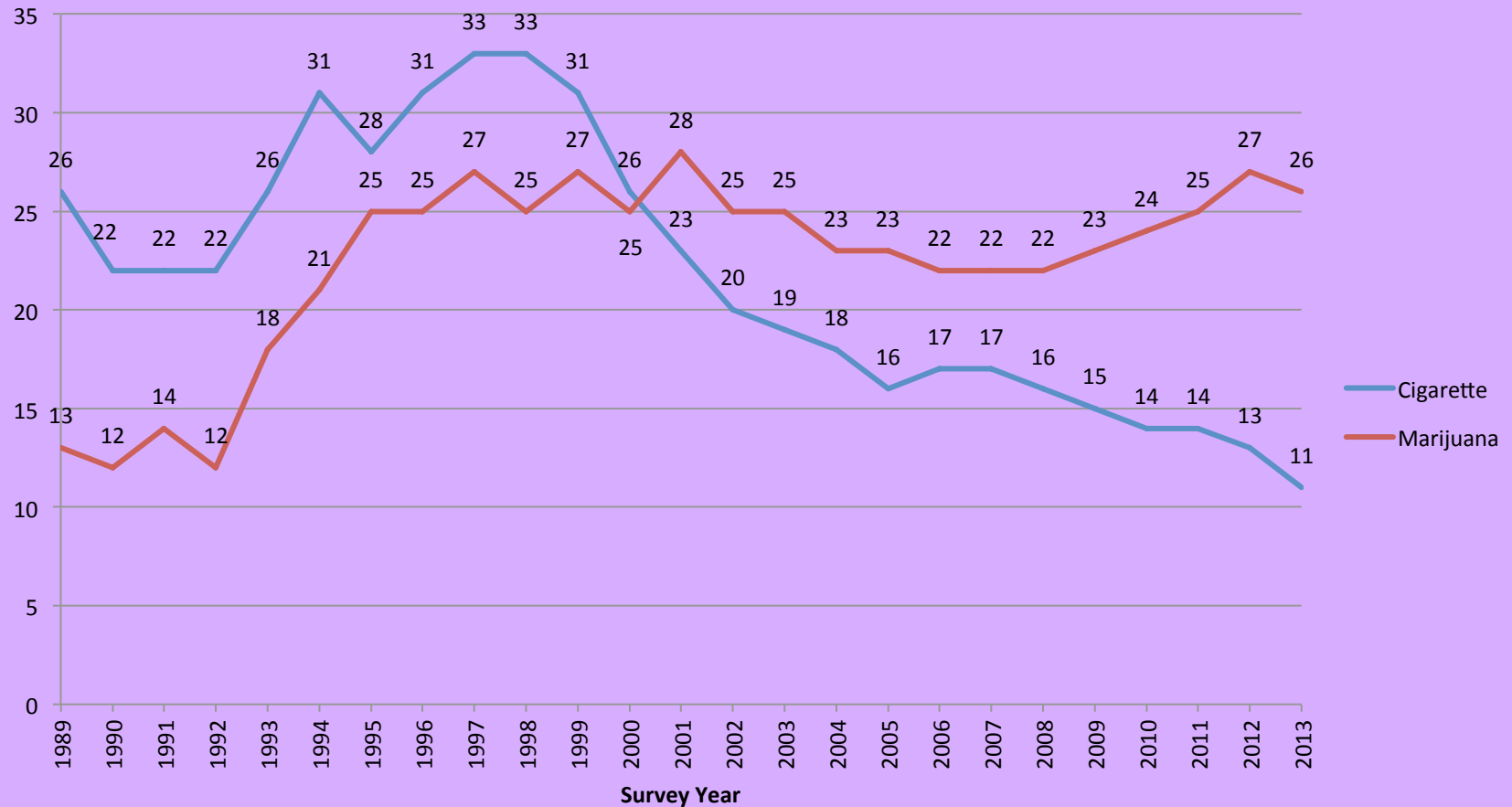
Trends in Delaware 8th Grade Students' Substance Use Self-Reported Regular Use*, 1989-2013



Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.

Source: Data Base/Diagnostics Plus (1989-1993); Department of Public Instruction, 1994; 1995-2013 Delaware School Survey. Center for Drug and Alcohol Studies, University of Delaware.

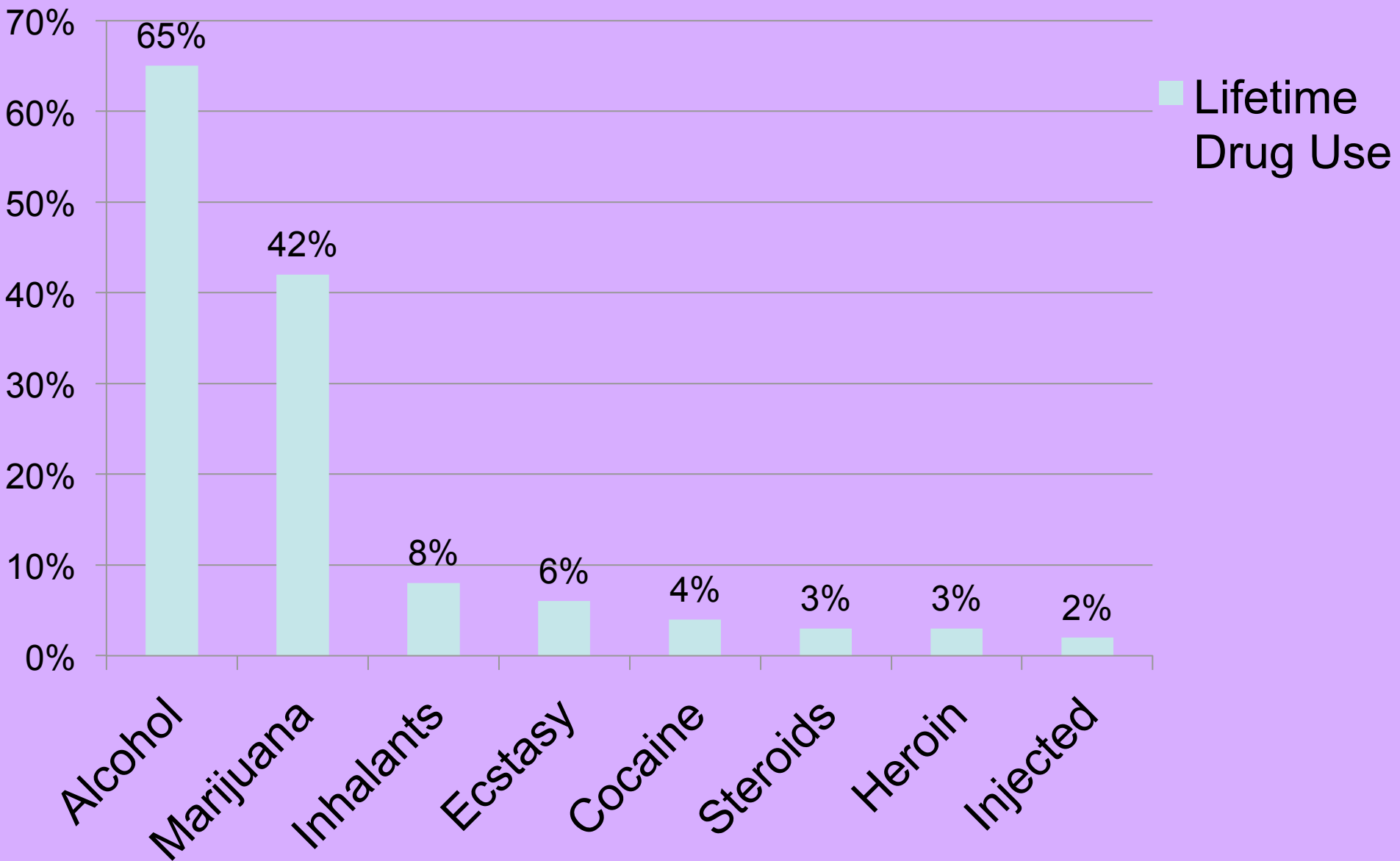
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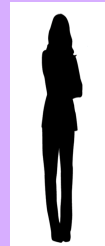
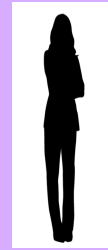
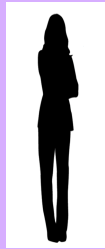
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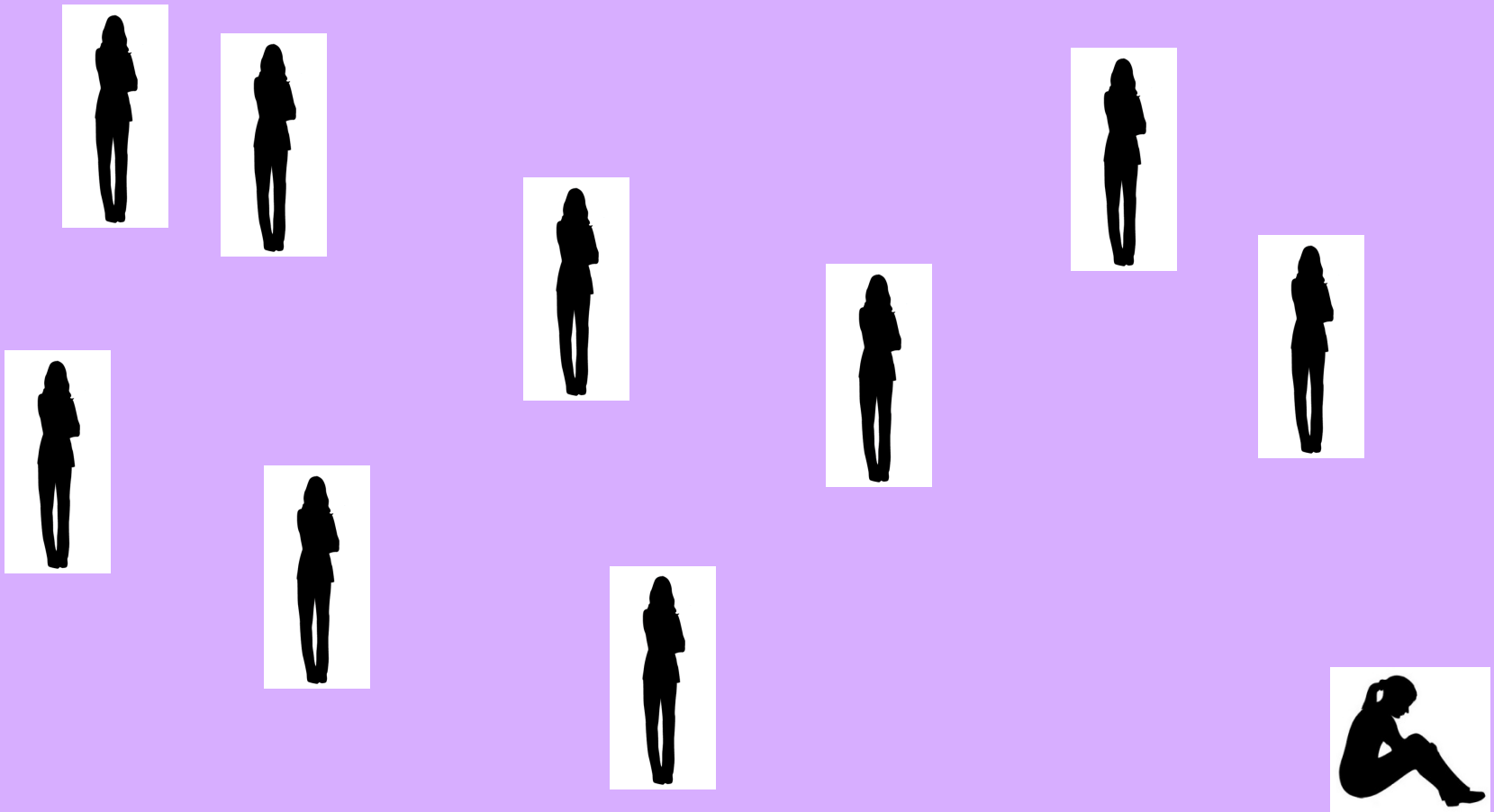
Lifetime Drug Use



***Almost one in ten (8%) have been
physically forced to have sexual
intercourse when they did not want to.***



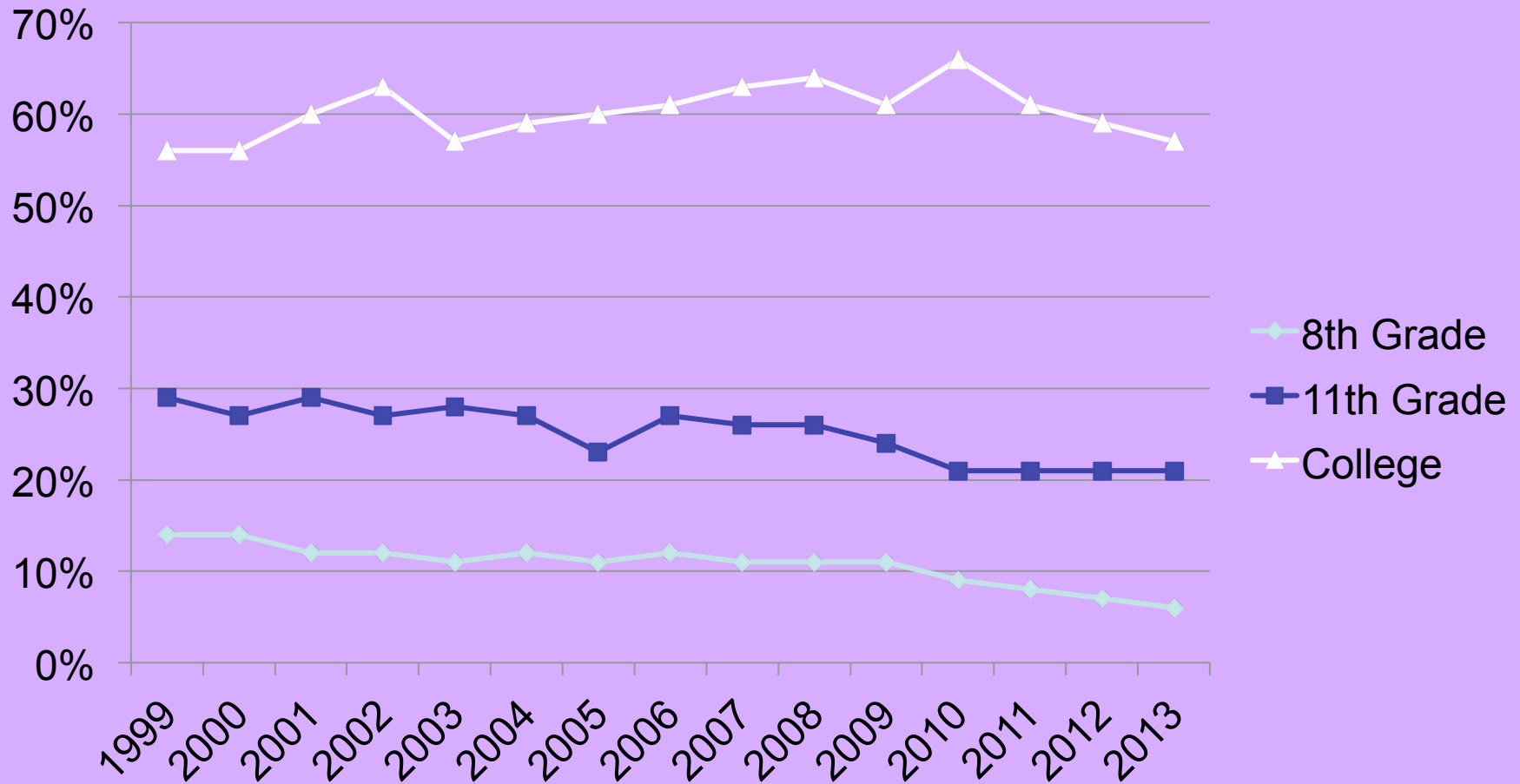
Almost one in ten (7%) of students say they attempted suicide one or more times in the past 12 months.



And then there's college



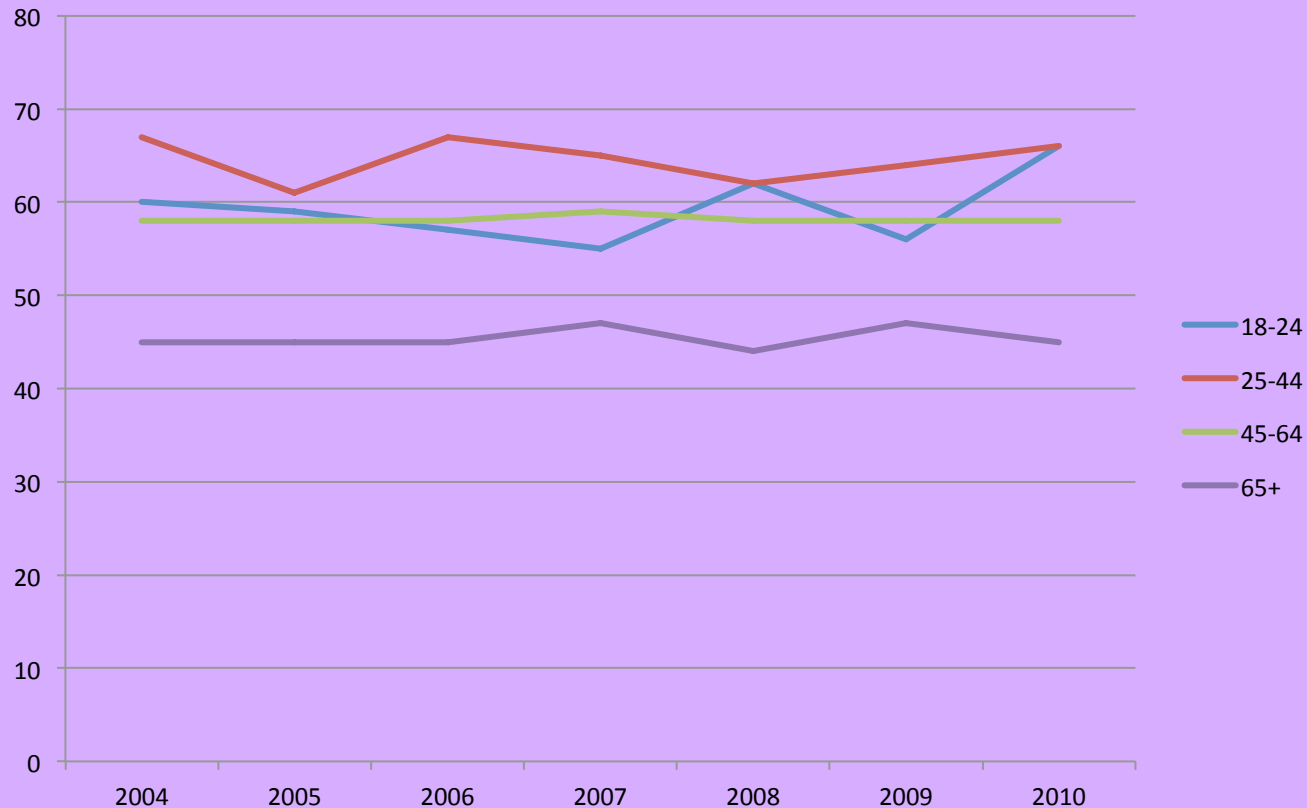
Binge Drinking, Delaware 8th Grade-College (percentages)



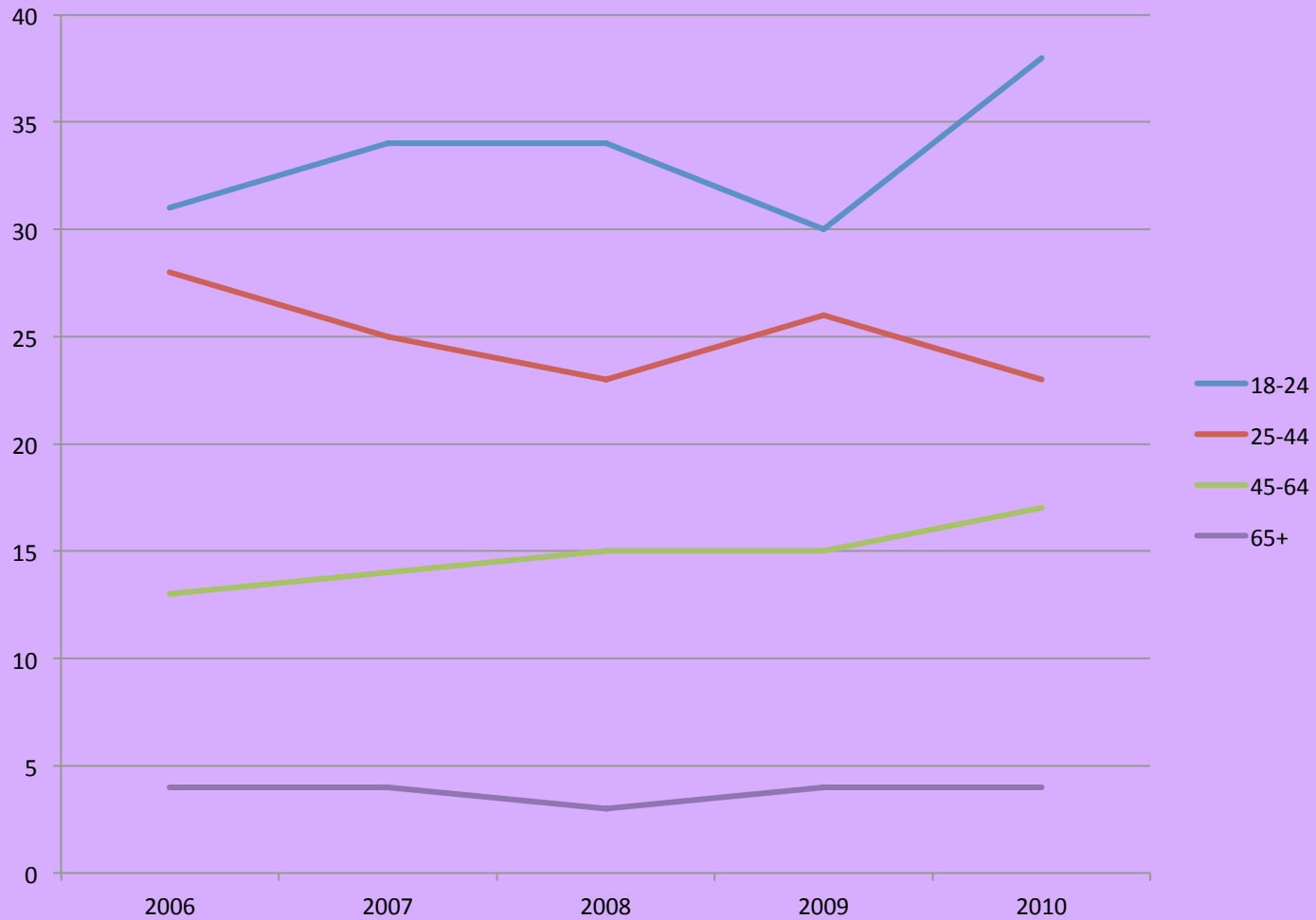
University students binge drink at a rate nearly 30% higher than the national rate of 45%.



Past 30 Day Alcohol Use by Age Group: Delaware BRFSS 2004-2010



Binge Drinking by Age Group, Delaware BRFSS



Alcohol sales in Delaware were
36% higher per capita than national
sales.



Adult Prevalence

- 18-25 year olds are highest for past month alcohol use—64% and binge drinking 43%
- 18-25 year olds are highest for past month marijuana use—21%
- 18-25 year olds are highest for other illicit drug use—9%
- 18-25 year olds are highest for non-medical pain reliever use—12%
- All of the above are higher than national norms

Delaware is in the top quartile for drinking and binge drinking among women aged 18-44 (child bearing age). There is no data on the number of children born with Fetal Alcohol Spectrum Disorder.



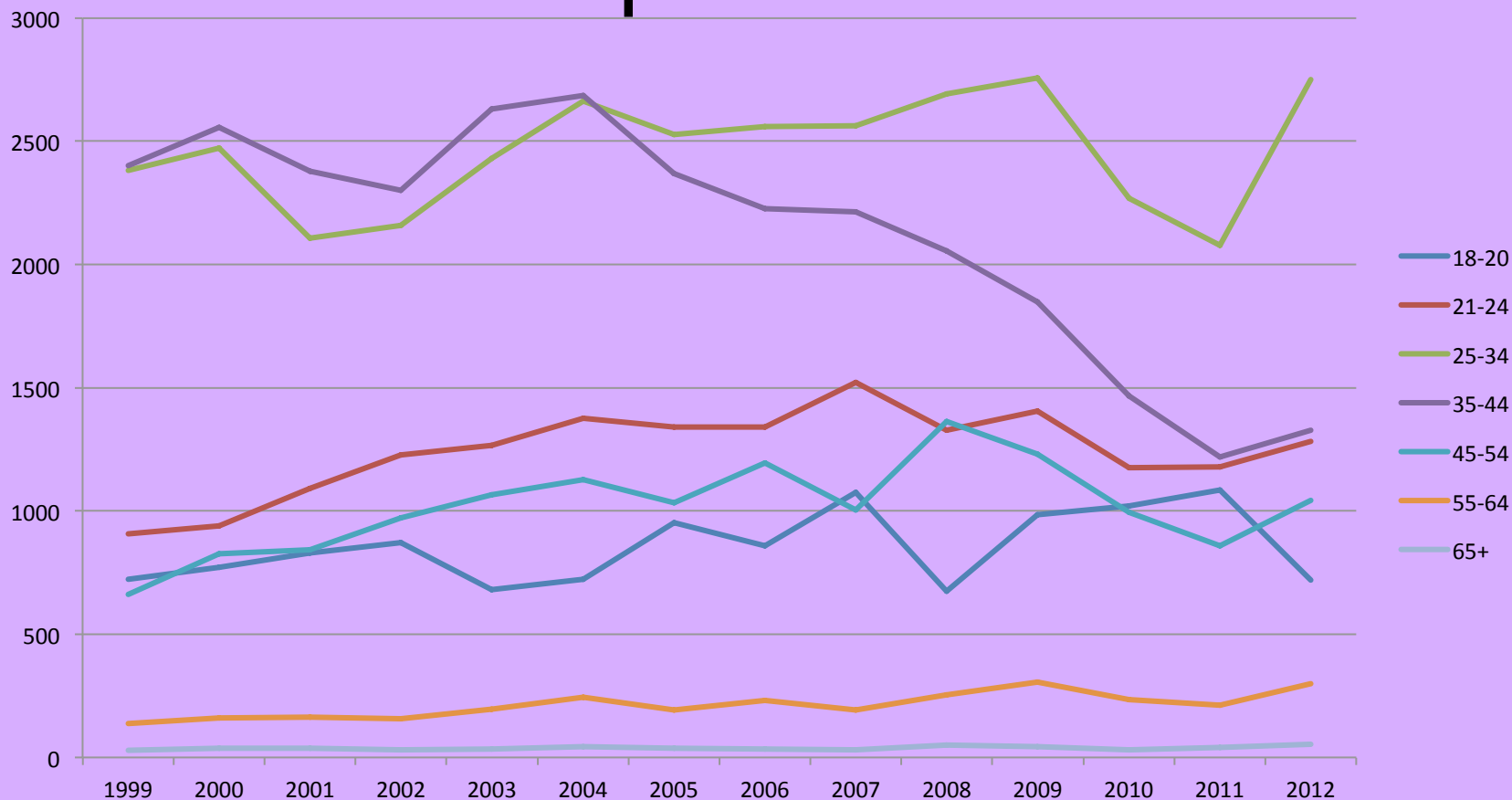
Delaware's alcohol-related robbery rate is estimated to be 16% higher than the national average.

Alcohol positive fatal vehicle accidents (all ages) are 8% above the national average.

Health data

- Seventh in the nation in HIV-AIDS rates
- High levels of liver disease
- High rates of cancer and heart disease
- Youth who report alcohol or drug use on state surveys are much more likely to also report mental health problems, intentional and unintentional injuries as well as aggression

Delaware Drug and Alcohol Treatment Admissions by Age Group 1999-2012



Percent Change:

18-20: 0%

45-54: 58%

21-24: 41%

55-64: 120%

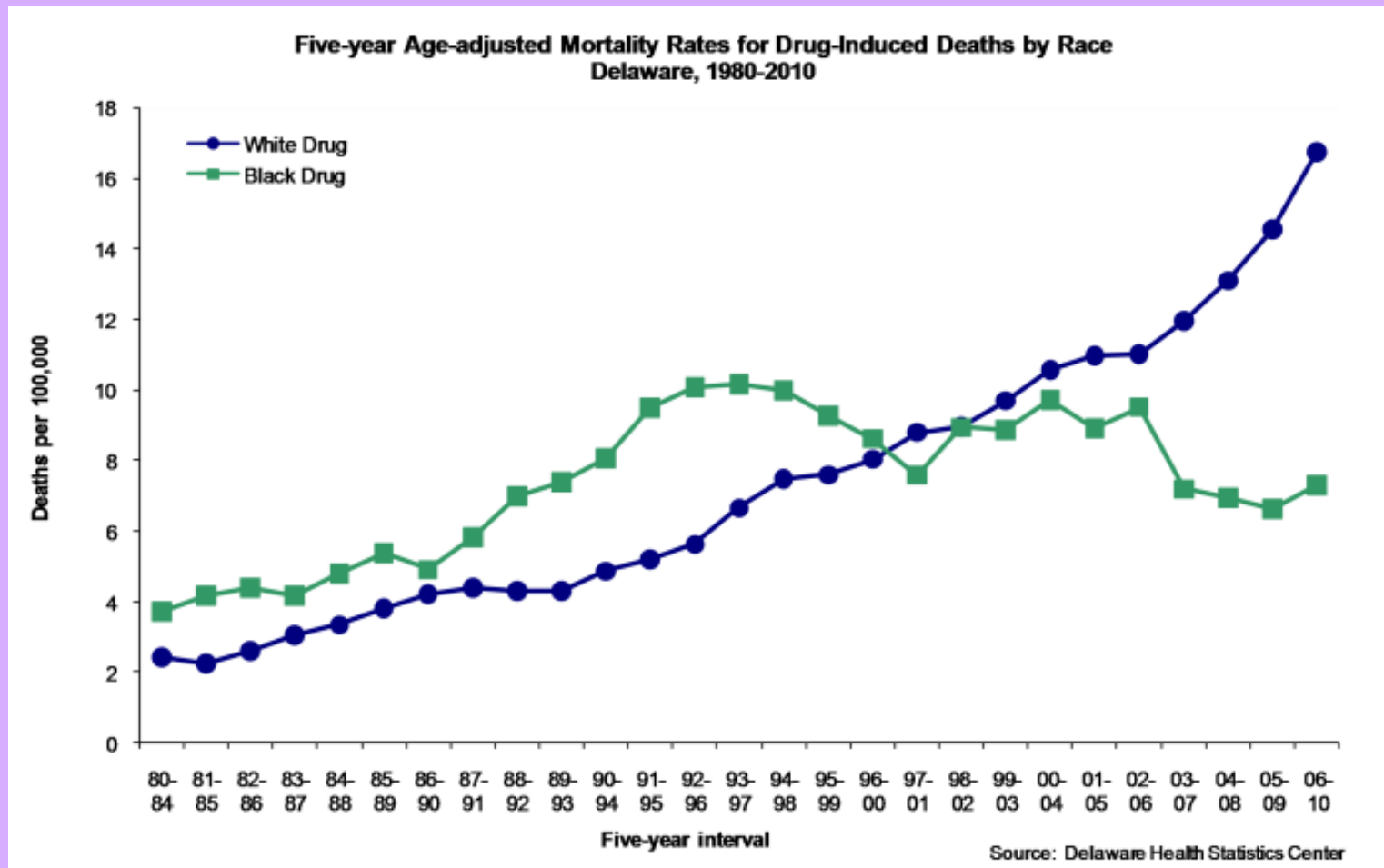
25-34: 15%

65+: 86%

35-44: -45%

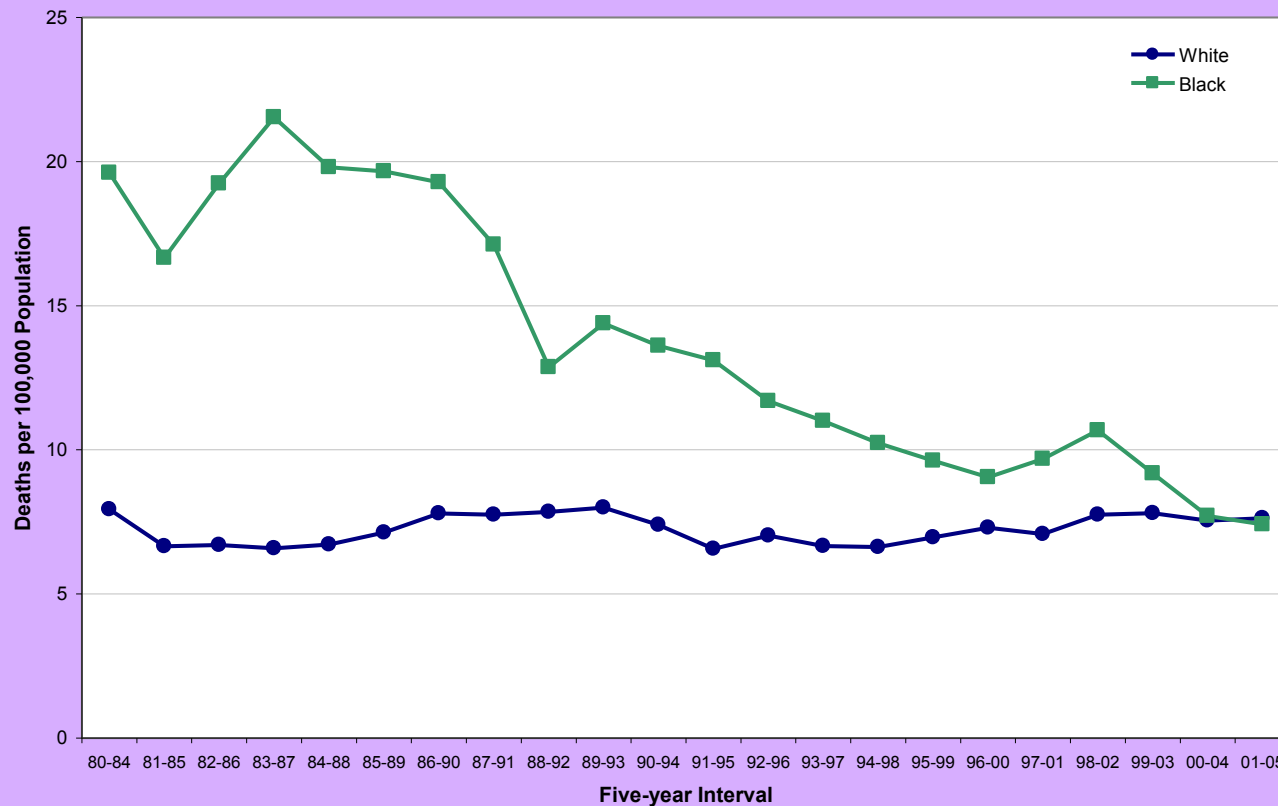


Drug-induced Deaths – Rates



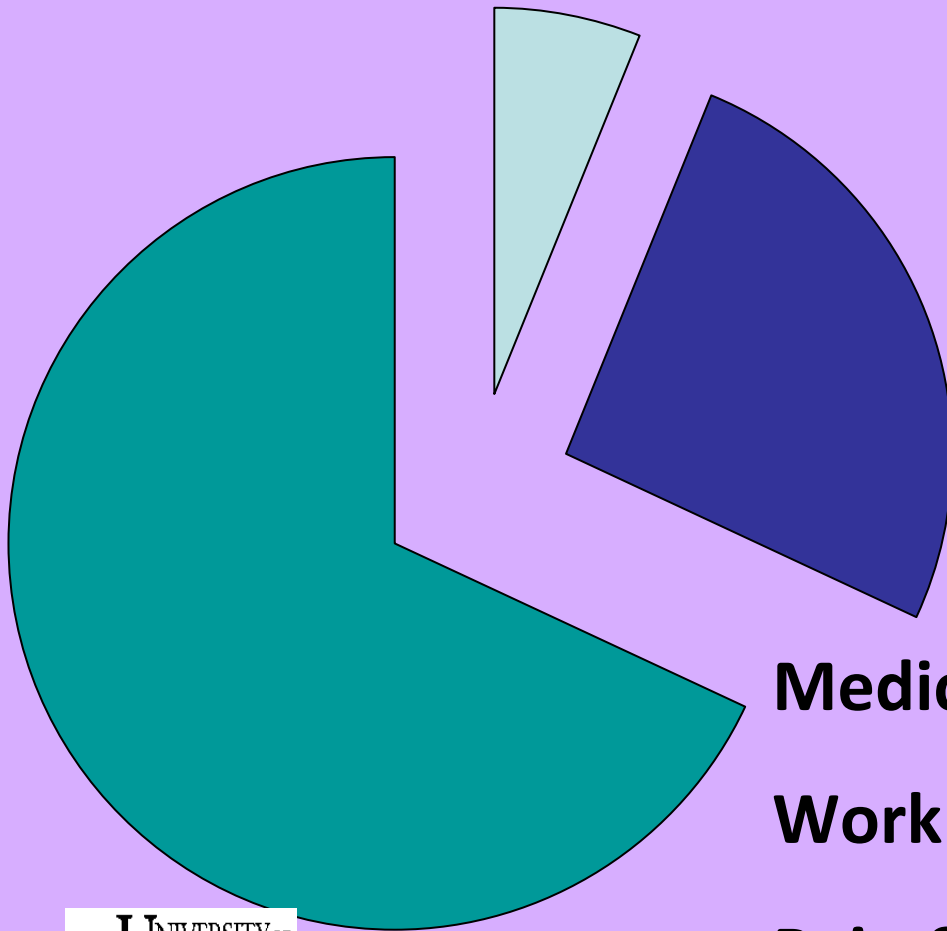
Alcohol-induced Deaths – Rates

Five-year Age-adjusted Mortality Rates for Alcohol-Induced Deaths by Race
Delaware, 1980-2005



Source: Delaware Health Statistics Center

Costs of Underage Drinking in Delaware = \$172 Million Annually



Medical = \$10,000,000

Work Lost = \$44,000,000

Pain & Suffering=\$118,000,000



Delaware's Bottom Line:

- Costs of underage drinking = \$172,000,000
- Industry profits on underage
(from total sales of \$51,000,000)=25,000,000
- Funds for combatting = 11,000,000

Total Loss = \$136,000,000

Who gets the profit?
Who pays the remainder?



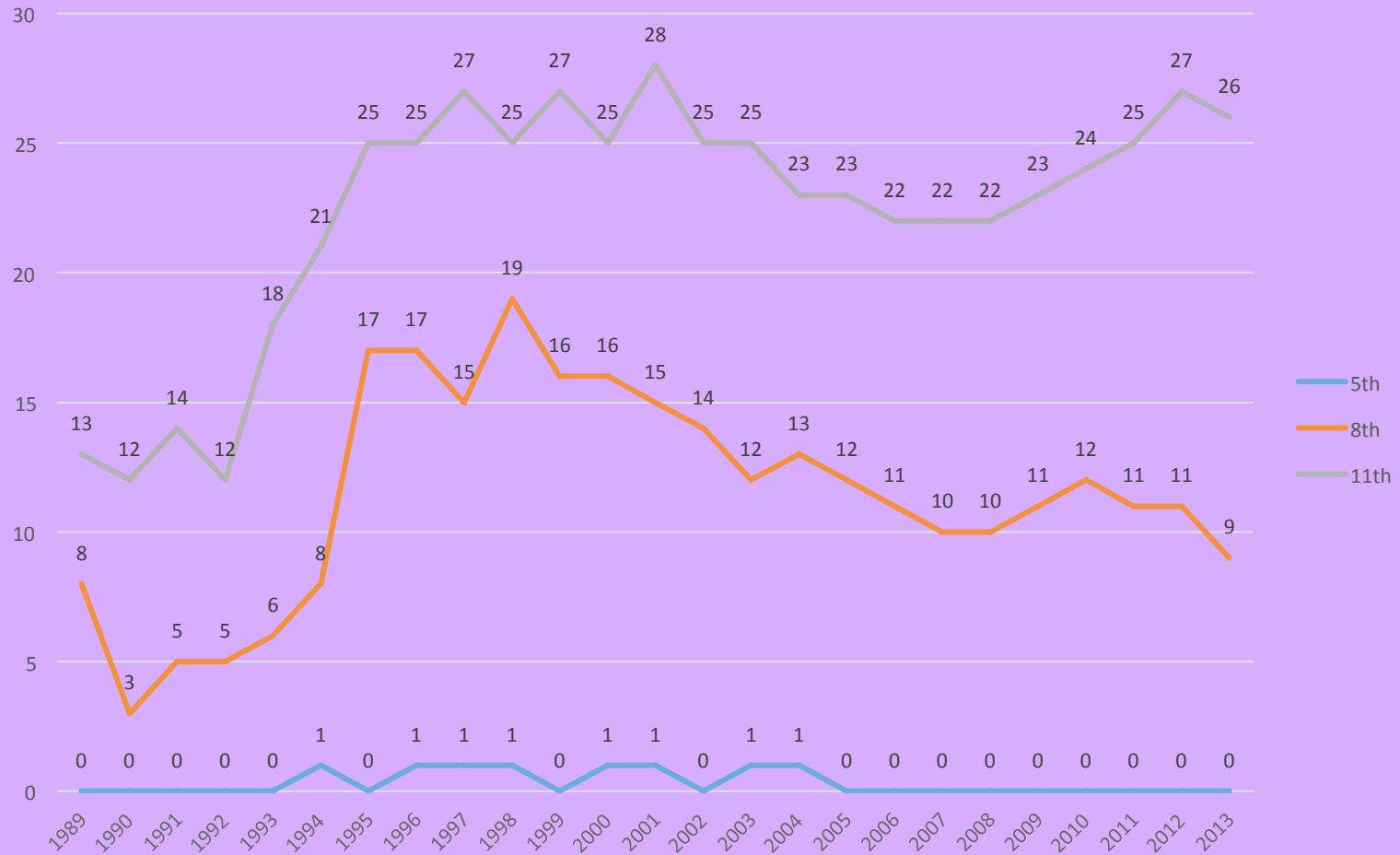
Costs are shared in:

- **Health Insurance**
- **Car Insurance**
- **Property Insurance**
- **State Taxes**
- **Municipal Taxes**

**Federal Taxes on Alcohol,
when adjusted for inflation,
have declined 33% since 1992
(beer tax is 63% lower than
1970 rates):**

- Federal beer and wine taxes are currently 7-10 cents per drink**
- Federal liquor tax is currently 20-25 cents per drink**

Trends in Delaware Students' Marijuana Use by Grade Self-Reported Regular Use*. 1989-2013

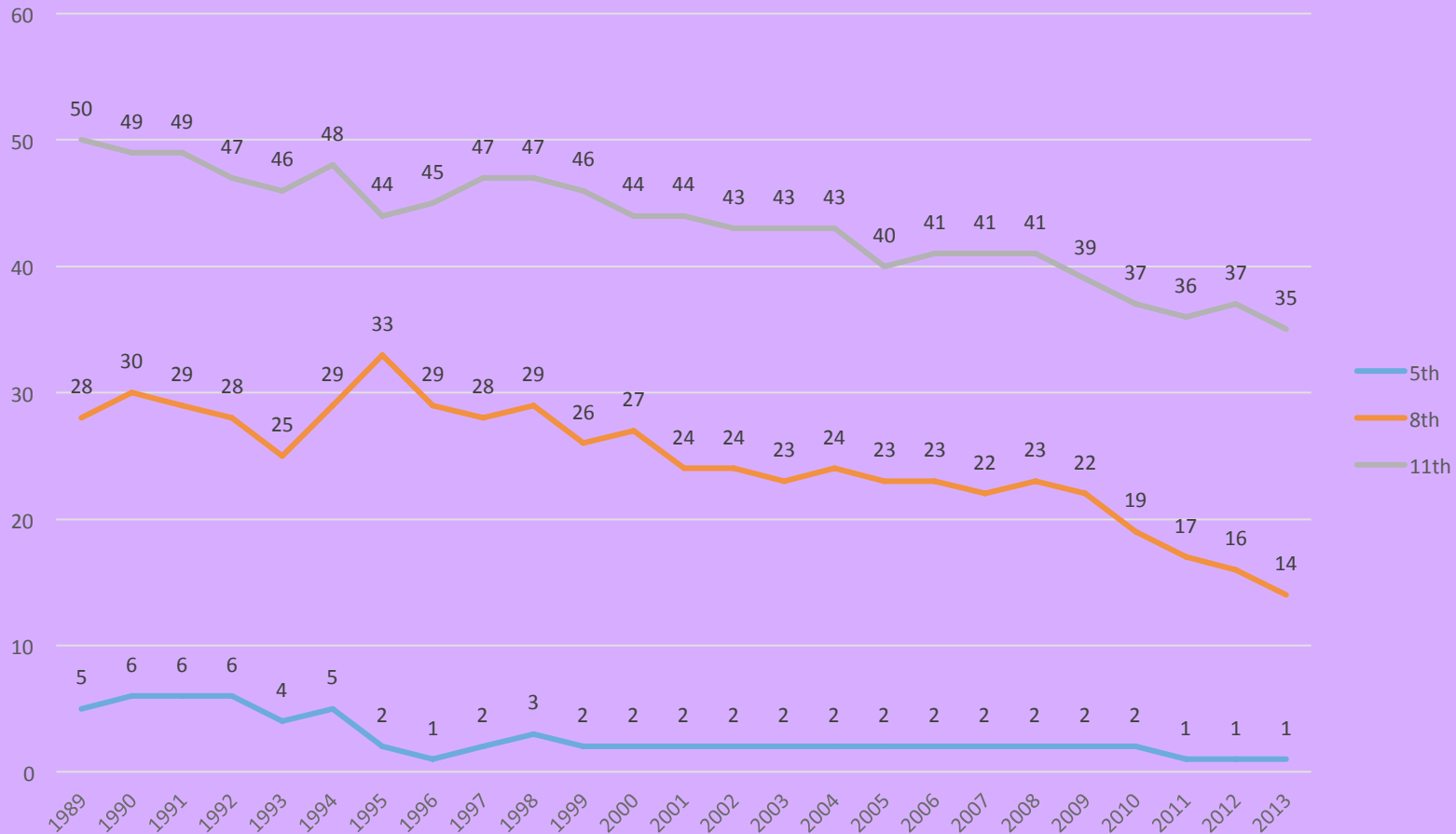


Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.

Source: Data Base/DiagnosticsPlus (1989-1993); Department of Public Instruction, 1994; 1995-2013 Delaware School Survey, Center for Drug and Alcohol Studies, University of Delaware.

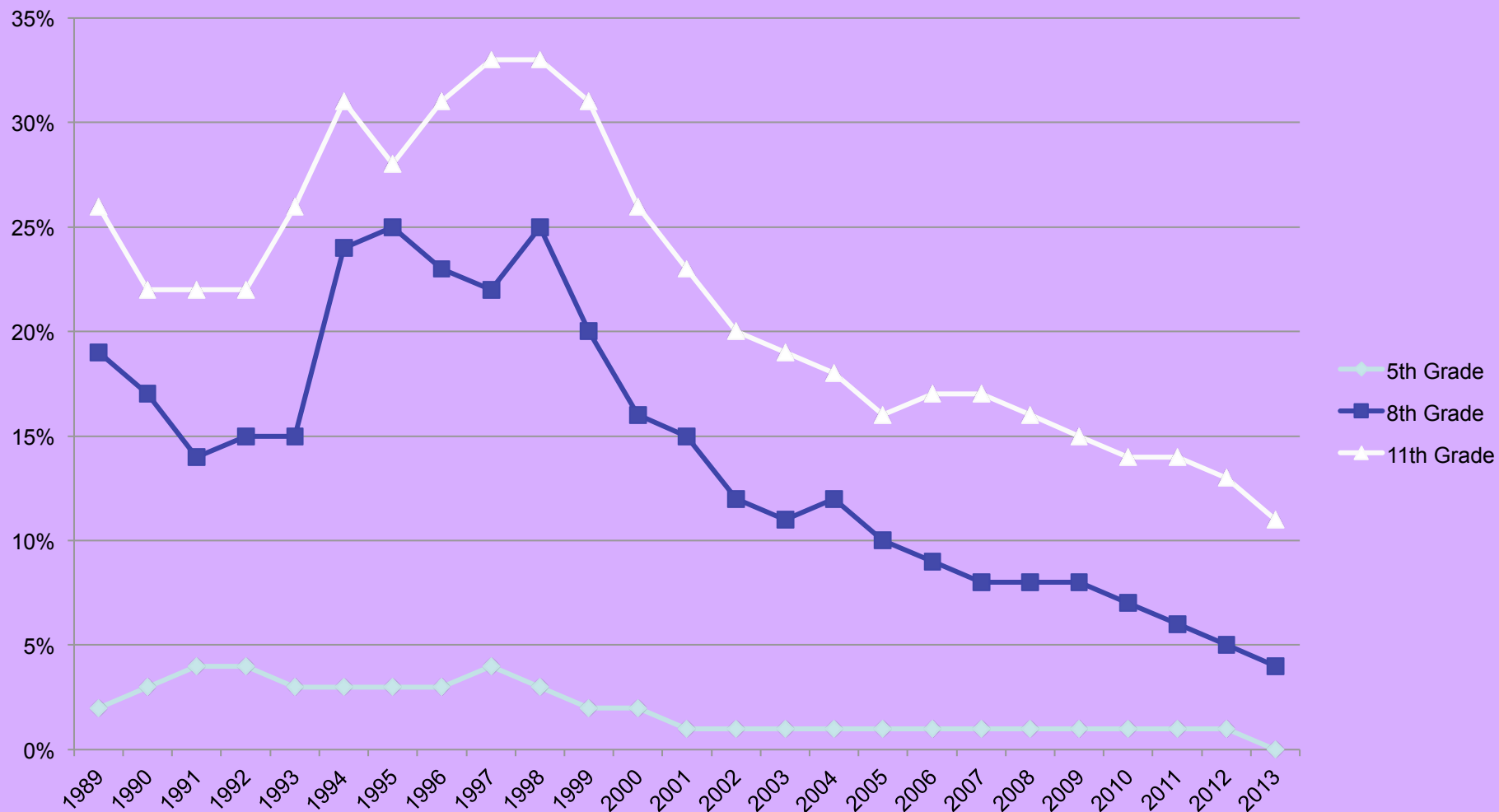


Trends in Delaware Students' Alcohol Use by Grade Self-Reported Regular Use*, 1989-2013



Note: *Regular use is defined as reports of about once a month or more often; see note, page 18a
Source: Data Base/ DiagnosticsPlus (1989 - 1993); Department of Public Instruction, 1994;
 University of Delaware Surveys, 1995-20013.

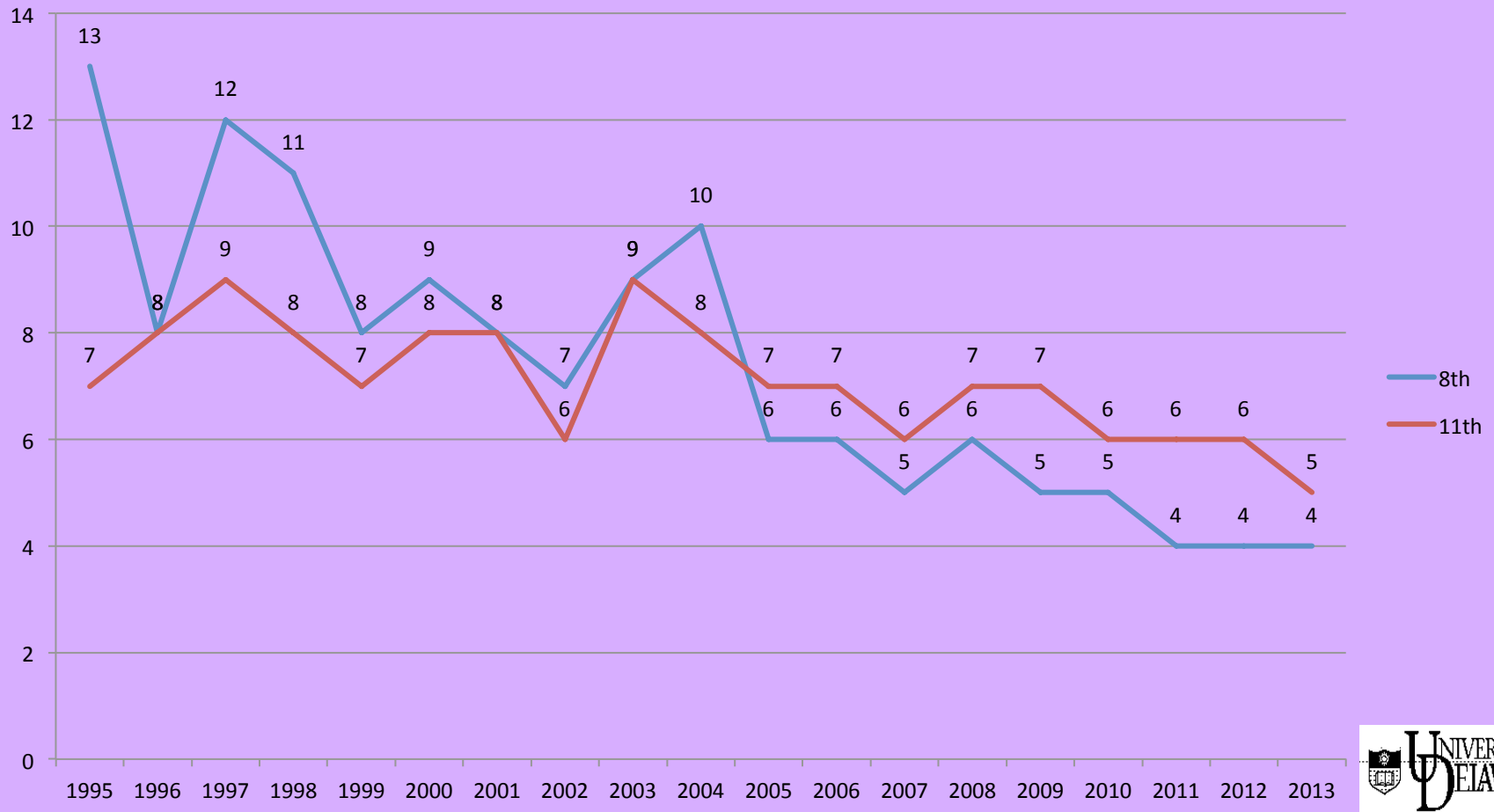
TRENDS IN DELAWARE STUDENTS' CIGARETTE USE BY GRADE **SELF-REPORTED REGULAR USE*, 1989-2013**



Source: Data Base/ DiagnosticsPlus (1989 - 1993); Department of Public Instruction 1994; University of Delaware Surveys 1995-2013

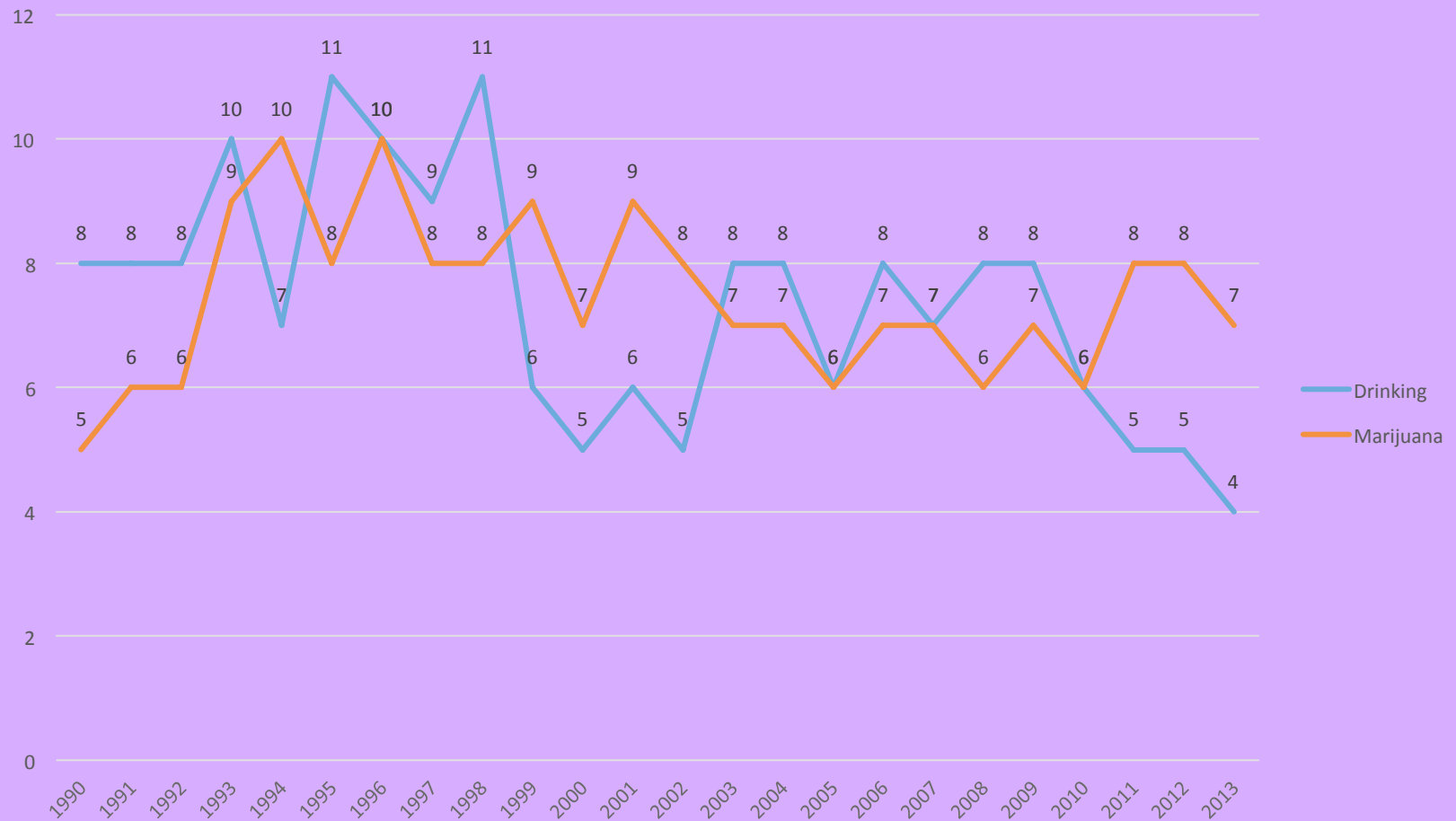


TRENDS IN DELAWARE PERCENTAGE OF ELEVENTH AND EIGHTH GRADERS' REPORTS OF PAST MONTH USE OF OTHER ILLEGAL DRUGS, 1995-2013



“Other Illegal Drugs” includes prescription downers, prescription uppers, inhalants, hallucinogens, ritalin (to get high), pain killers, designer drugs, heroin and cocaine.

Trends in Delaware Eleventh Graders' Reports of Past Month Drinking and Driving and Report of Smoking Marijuana and Driving, 1990-2013



Source: Data Base/ DiagnosticsPlus (1990-1993); Department of Public Instruction 1994; University of Delaware Surveys 1995-2013.



