

# Opioids in Cowlitz County – Youth

## Key findings

### Drug use in past month

- In the past month, 5% of Cowlitz County 10<sup>th</sup> graders used a painkiller to get high and 8% used a prescription drug not prescribed to them.
- **Use of a painkiller to get high in the past month decreased by more than 50%** in Cowlitz County and Washington State over the past 8 years.
- In Cowlitz County and Washington State, **using painkillers to get high in the past month and using a prescription in the past month not prescribed to them increases with grade level.**

### Drug use ever in lifetime

- Fourteen percent (14%) of Cowlitz County 10<sup>th</sup> graders have ever used a painkiller to get high.
- Three percent (3%) of Cowlitz County 10<sup>th</sup> graders have used ever heroin.
- In Cowlitz County and Washington State, ever having used a painkiller to get high **has not changed over time in Cowlitz County**, but has **decreased in Washington State.**
- In Cowlitz County and Washington State, **ever having used painkillers to get high increases with grade level**, while **ever having used heroin does not.**

Cowlitz County is **similar to Washington State for all indicators in this report.**

### Source of drugs

- Of the 17% of Cowlitz County 12<sup>th</sup> graders who have ever used painkillers to get high, about one-third usually got them from their own prescription, and another third usually got them from a friend.

### Social norms

- Cowlitz County 10<sup>th</sup> graders perceive that their **parents disapprove of using prescription drugs without a prescription more than their friends would**; 64% say that their friends think it would be “very wrong” to use prescription drugs not prescribed to them, while 84% say their parents feel this way.
- In Cowlitz County and Washington State, **as students get older, they see their friends as more accepting of using prescription drugs without a prescription.** **Perception of parent disapproval remains constant as students get older in Cowlitz County but decreases in Washington State.**

### Perception of risk

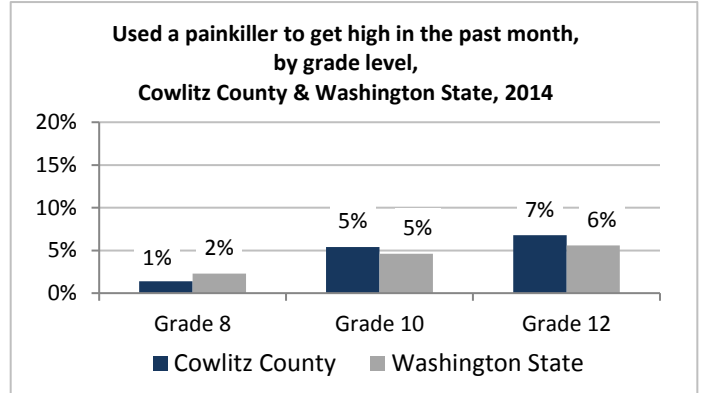
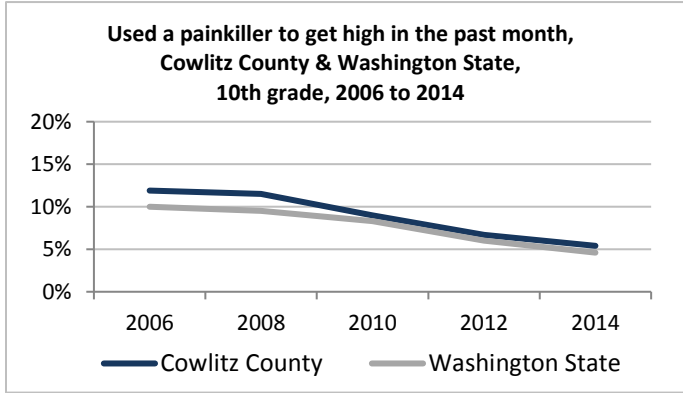
- Two-thirds (68%) of Cowlitz County 10<sup>th</sup> graders think that there is “great risk” of harm in using a prescription drug without a prescription; **this perception remains constant as students get older.**

## Color coding

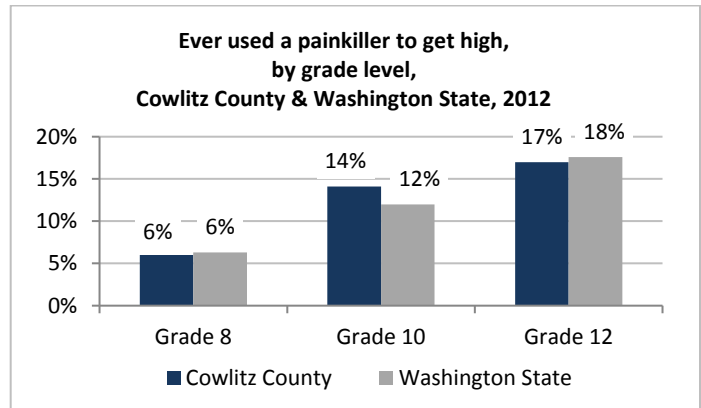
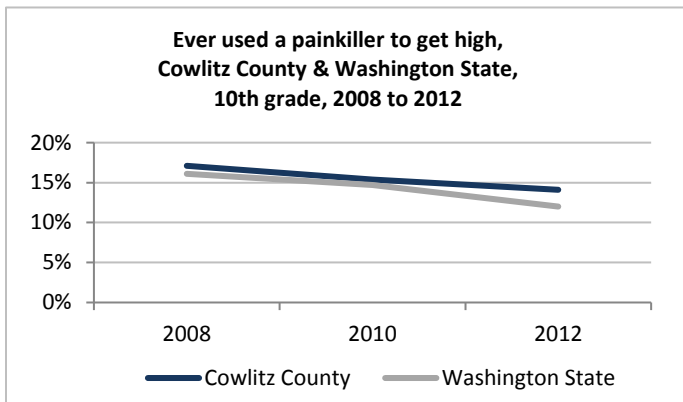
Color coding has been used to aid in interpreting these indicators. All differences between groups and changes over time identified in this report are statistically significant.

- **Black bold font** indicates that Cowlitz County is similar to Washington State, a rate is not changing over time, or does not vary by grade level.
- **Red bold font** identifies areas where Cowlitz County is faring worse than Washington State, a rate is getting worse over time, or gets worse with increasing grade level.
- **Green bold font** identifies areas where Cowlitz County is faring better than Washington State, a rate is improving over time, or improves with increasing grade level.

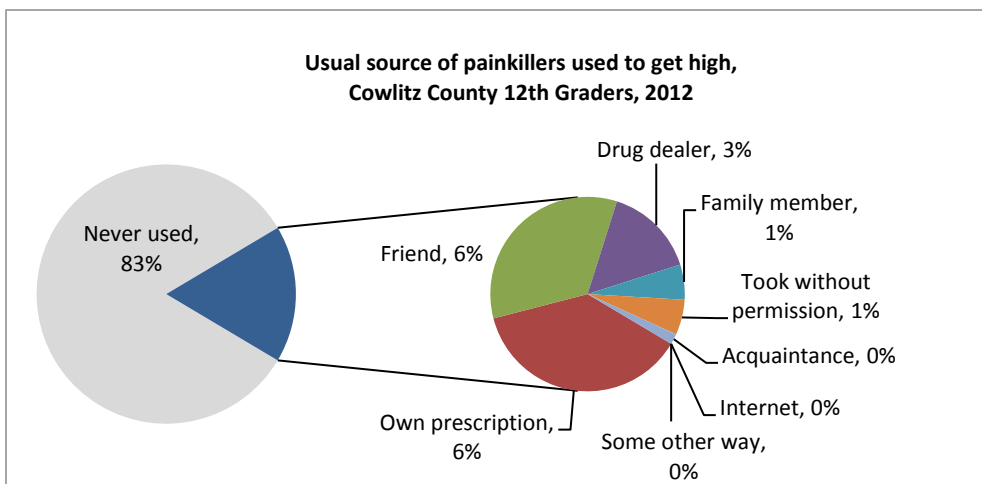
# Using a painkiller to get high



Using a painkiller to get high in the past month has **decreased by more than 50%** among 10<sup>th</sup> graders over the past 8 years in both Cowlitz County and Washington State. This indicator is **similar** between Cowlitz County and Washington State for each grade level and **increases with grade level** in both Cowlitz County and Washington State. In 2014, this figure was 5% for both Cowlitz County and Washington State 10<sup>th</sup> graders.

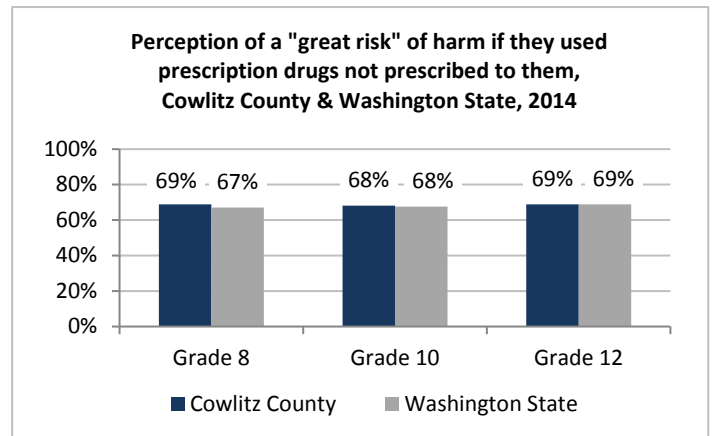
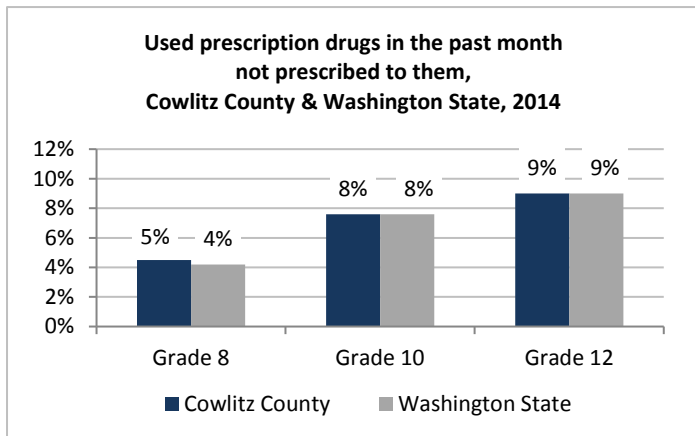


Ever having used a painkiller to get high **decreased by 25%** from 2008 to 2012 among 10<sup>th</sup> graders in Washington State but **did not change** in Cowlitz County. This indicator is **similar** between Cowlitz County and Washington State for each grade level and **increases with grade level** in both Cowlitz County and Washington State. In 2012, this figure was 14% and 12% for Cowlitz County and Washington State 10<sup>th</sup> graders, respectively.

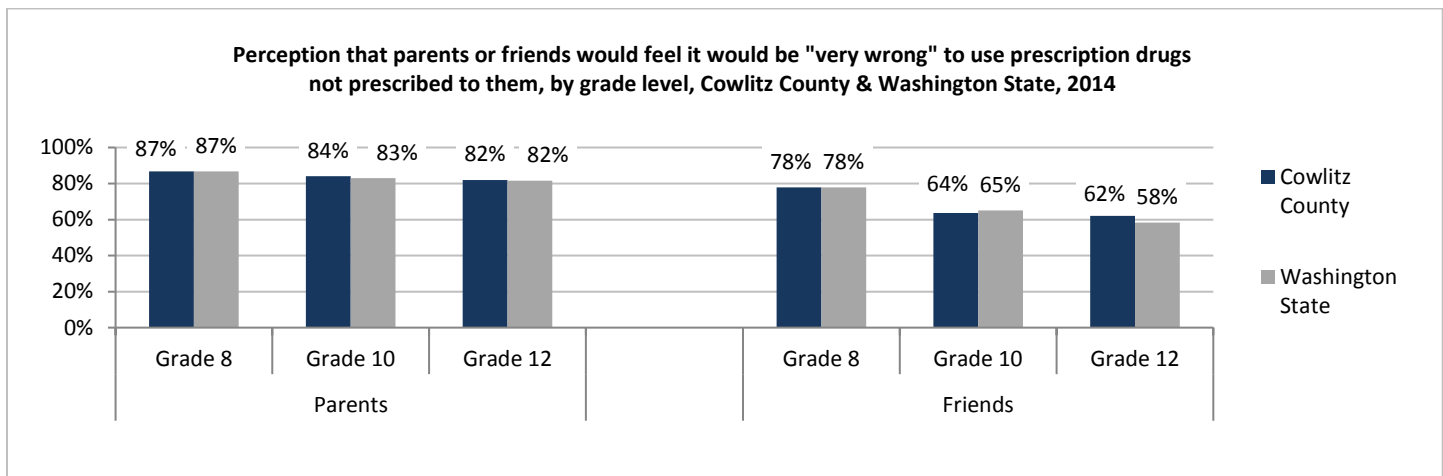


In 2012, students were asked if they had ever used painkillers to get high, and, if so, where they usually got them from. Six percent (6%) of Cowlitz County 12<sup>th</sup> graders got them from their own prescription from a doctor or dentist, and another 6% got them from a friend. Other sources include drug dealer (3%), family member (1%), and taking without permission (1%). Less than 1% got painkillers from an acquaintance, the internet, or some other way.

## Using prescription drugs not prescribed to them

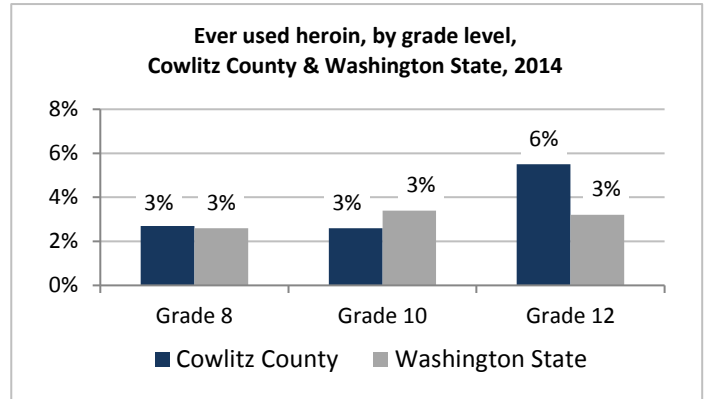
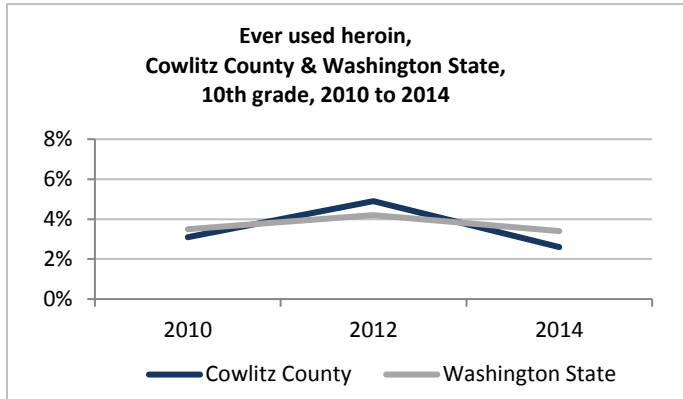


Using prescription drugs not prescribed to them in the past month **increases with grade level in Washington State** but **not Cowlitz County**; in 2014, this figure was 8% for Cowlitz County and Washington State 10<sup>th</sup> graders. Perception of harm **does not change with grade level**; just over two-thirds of Cowlitz County and Washington State 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders perceive a “great risk” of harm if they used prescription drugs not prescribed to them. These figures are **similar** between Cowlitz County and Washington State for each grade level for both of these indicators.



Perception that parents would feel it would be “very wrong” to use prescription drugs not prescribed to them **decreases with grade level in Washington State** but **not Cowlitz County**; in 2014, this figure was 84% and 83% for Cowlitz County and Washington State 10<sup>th</sup> graders, respectively. This perception of friends’ attitudes **decreases with grade level** in both Cowlitz County and Washington State; in 2014, this figure was 64% and 65% for Cowlitz County and Washington State 10<sup>th</sup> graders, respectively. Cowlitz County is **similar** to Washington State for each grade level for both of these indicators.

# Heroin



From 2010 to 2014, ever having used heroin **did not change** among 10<sup>th</sup> graders in Cowlitz County or Washington State. This indicator is **similar** between Cowlitz County and Washington State for each grade level and **did not change with grade level** in Cowlitz County or Washington State. In 2014, this figure was 3% for Cowlitz County and Washington State 10<sup>th</sup> graders.

## Data sources

The following is a list of Healthy Youth Survey Reports cited in this report, with grade- and year-specific participation rates in (parentheses). Higher participation rates give us more confidence in the accuracy of the data.

- Healthy Youth Survey 2006, Survey Results, Grade 10 (74%)
- Healthy Youth Survey 2008, Survey Results, Grade 8 (89%)
- Healthy Youth Survey 2008, Report of Participating Schools, Grade 10 (61%)
- Healthy Youth Survey 2008, Report of Participating Schools, Grade 12 (58%)
- Healthy Youth Survey 2010, Survey Results, Grade 10 (77%)
- Healthy Youth Survey 2012, Report of Results, Grade 8 (85%)
- Healthy Youth Survey 2012, Report of Participating Schools, Grade 10 (60%)
- Healthy Youth Survey 2012, Report of Participating Schools, Grade 12 (47%)
- Healthy Youth Survey 2014, Report of Results, Grade 8 (81%)
- Healthy Youth Survey 2014, Report of Results, Grade 10 (78%)
- Healthy Youth Survey 2014, Report of Participating Schools, Grade 12 (42%)