

STOP ACT

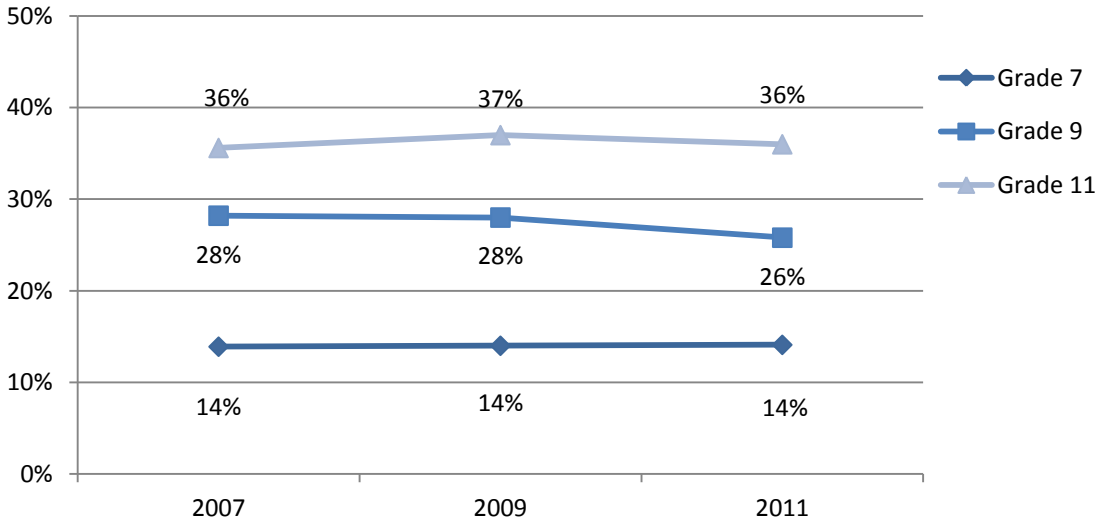
Summary of California Healthy Kids Survey (CHKS) Findings

The Carlsbad, Oceanside, and Vista Unified School Districts administered the California Healthy Kids Survey (CHKS) to students in grades 7, 9 and 11 during the 2006/07, 2008/09, and 2010/2011 academic years in order to collect information on students' health risks and resilience. Select findings¹ on CHKS items related to alcohol and other drug (AOD) use, accessibility, and perceptions of harm for these three survey administrations that were reported on in 2007, 2009, and 2011 are presented below. (See the Appendix for more comprehensive tables of findings).

Alcohol, Marijuana and Cigarette Use

The CHKS asked students how often they had consumed alcohol, marijuana, and cigarettes in the past 30 days before taking the survey in order to determine students' current use. Overall, 7th graders reported the lowest use and 11th graders the highest use. As shown in Figure 1, 14% of 7th graders, each year over a quarter of 9th graders, and over a third of 11th graders reported drinking alcohol in the previous 30 days. Alcohol use by 9th graders decreased slightly in 2011 to 26%, from 28% in 2007 and 2009. However, alcohol use remained relatively stable for 7th and 11th graders during this time period.

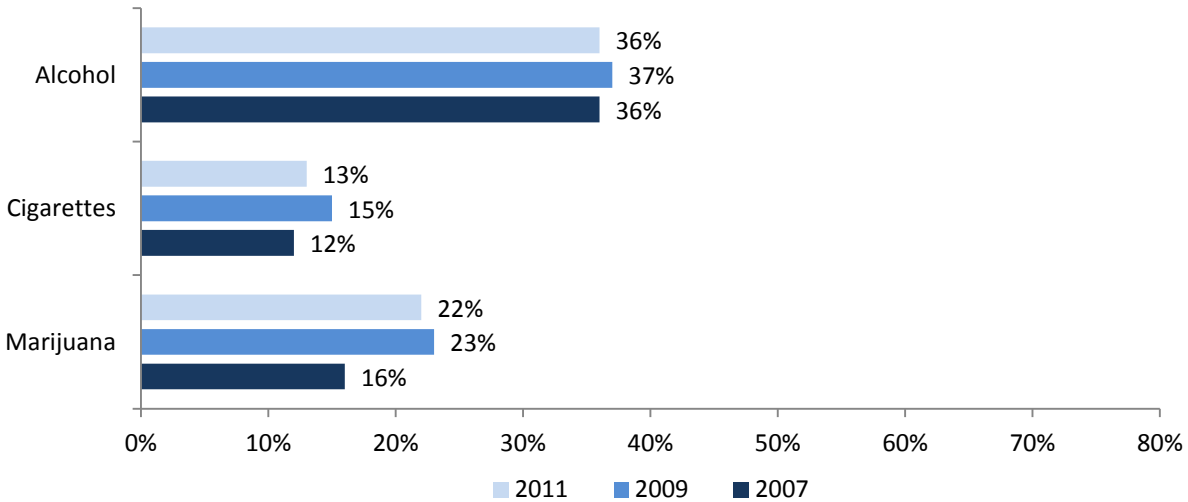
Figure 1. Reported Alcohol Use in Past 30 Days



¹ **Data Source:** California Department of Education, California Healthy Kids Survey (WestEd). <http://chks.wested.org/>

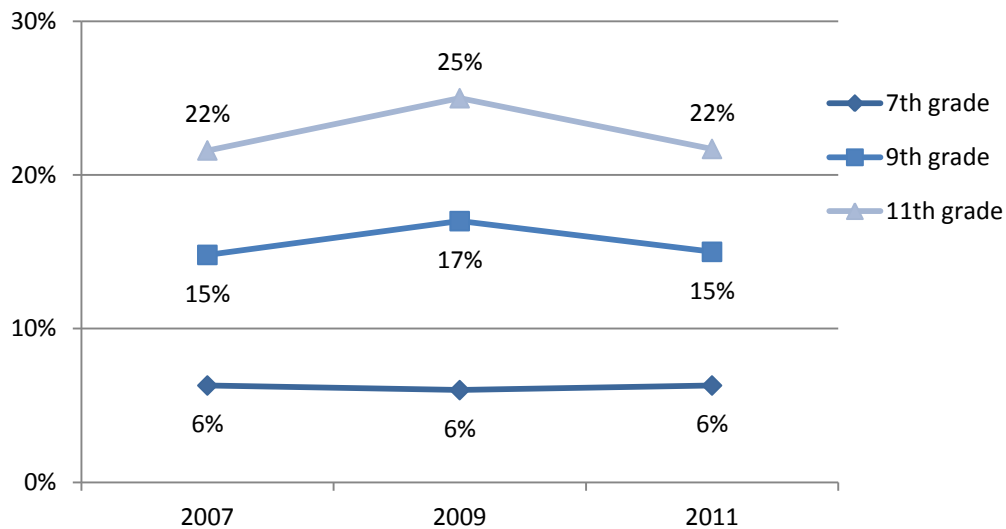
Marijuana use increased for all grades since 2007. For example, marijuana use by 9th graders increased from 12% in 2007 to 18% in 2011. Similarly as shown in Figure 2, marijuana use increased among 11th graders from 16% in 2007 to 22% in 2011. Cigarette use has changed little since 2007. In 2011, 5% of 7th graders, 11% of 9th graders, and 13% 11th graders reported having smoked cigarettes in the past 30th days.

Figure 2. Grade 11 Reported Substance Use in Past 30 Days



As shown in Figure 3, the number of students who reported binge drinking (i.e., drinking five or more drinks in a few hours) decreased slightly between 2009 and 2011 for both 9th and 11th graders, to return to levels reported in 2007. Specifically, in 2009, 17% of 9th graders reported binge drinking compared to 15% in 2011. In 2009, 25% of 11th graders reported binge drinking compared to 22% in 2011.

Figure 3. Reported Binge Drinking in Past 30 Days



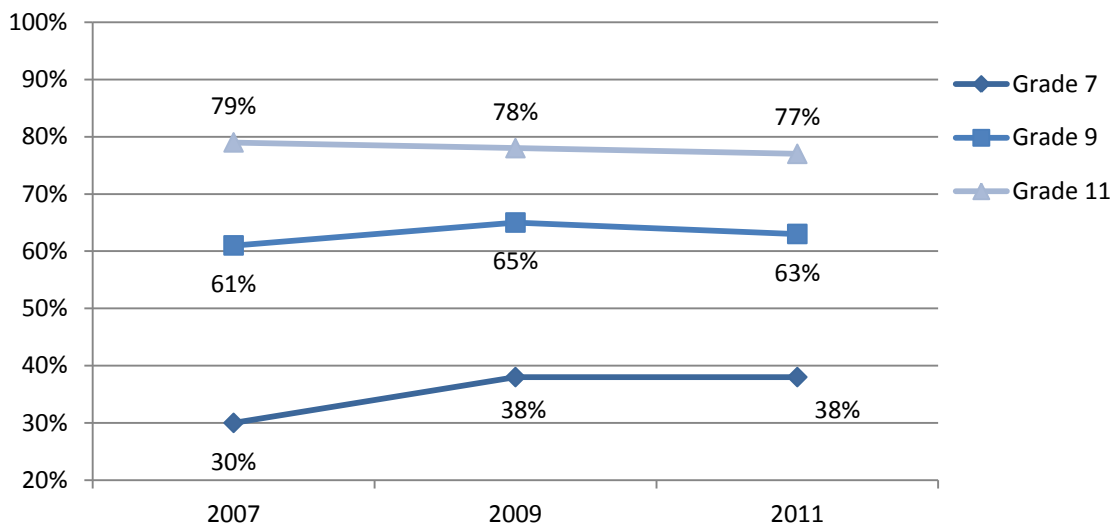


Funded in part by SAMHSA's Center for Substance Abuse Prevention through the STOP Act.

Accessibility of Alcohol, Marijuana and Cigarettes

The CHKS asked students how difficult it was for students in their grade to obtain alcohol, marijuana, and cigarettes on scale of very difficult, fairly difficult, fairly easy, very easy, or don't know. As shown in Figure 4, the ease of obtaining alcohol increased with grade in school with about three quarters of 11th graders, two-thirds of 9th graders, and one-third of 7th graders reporting alcohol was easy (indicating fairly easy or very easy) to obtain across the three survey administrations. Since 2007, ease of access to alcohol remained relatively stable for 9th and 11th graders, with 63% of 9th graders and 77% of 11th graders reporting it was easy to obtain in 2011. However, in 2009 and 2011 more 7th graders (38%) reported alcohol was easy obtain than in 2007 when 30% reported it was.

Figure 4. Percent of Students Reporting Alcohol was Easy to Obtain



The ease of obtaining alcohol, marijuana, and cigarettes for each grade across survey years is illustrated in Figures 5 – 7. Since 2007, there has been little change in how easy alcohol and cigarettes were for 11th and 9th graders to obtain. However compared to 2007, in 2011 more 7th graders reported it was easy to obtain alcohol. Further, since 2007 the percentage of students who reported marijuana was easy to obtain has increased steadily for 7th, 9th and 11th graders. For example, for 11th graders, 71% in 2007, 76% in 2009, and 78% in 2011 reported it was easy to obtain marijuana.

Figure 5. Percent of 11th Graders Reporting Substance was Easy to Obtain

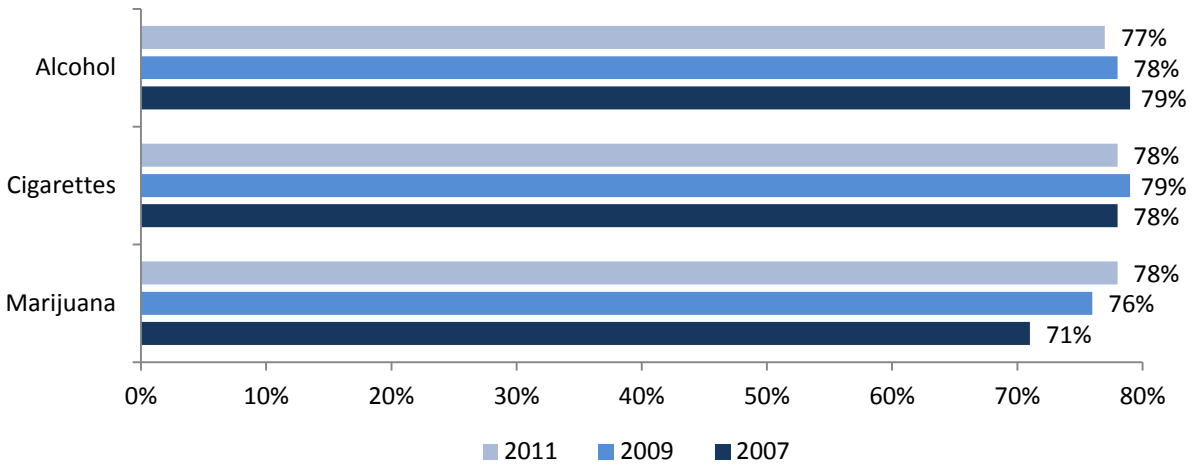


Figure 6. Percent of 9th Graders Reporting Substance was Easy to Obtain

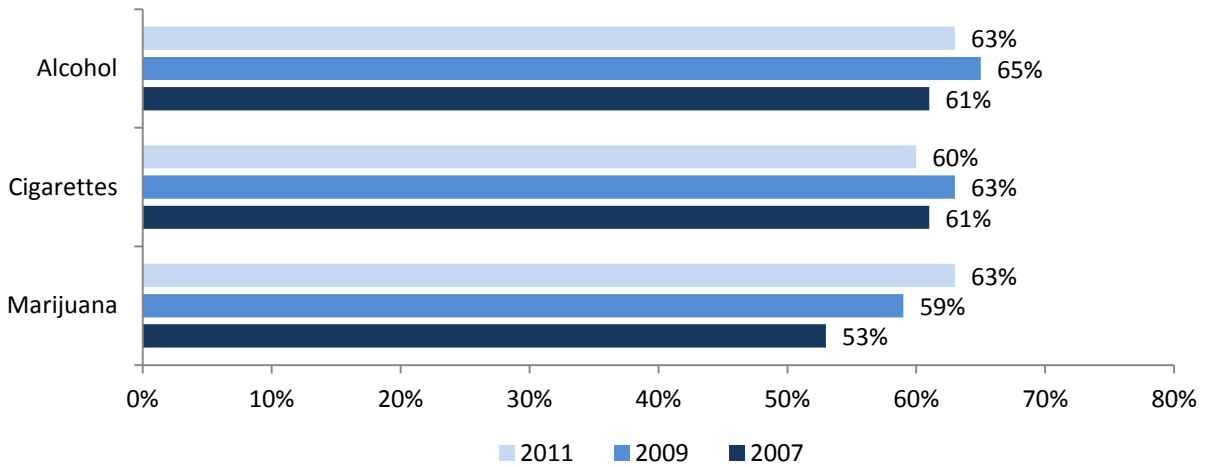
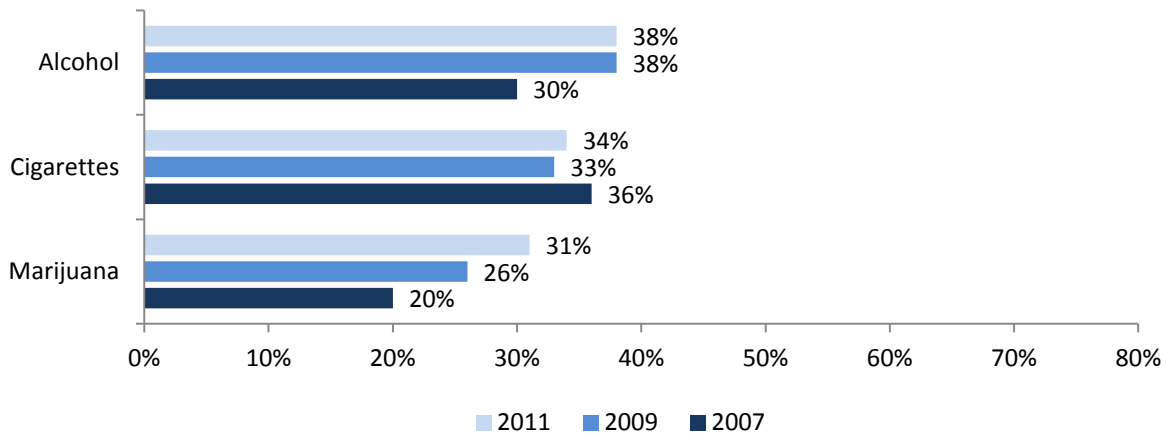


Figure 7. Percent of 7th Graders Reporting Substance was Easy to Obtain



Perceived Risk of Harm

On the 2009 and 2011 CHKS² administrations, students were asked to rate the risk of physical or other harm posed by occasional alcohol, marijuana, and cigarette use on a scale of none, slight, moderate, or great risk of harm. Over three-quarters of the students in 7th, 9th and 11th grade in both years believed occasional use of alcohol, marijuana and cigarettes posed at least slight risk (indicating slight, moderate or great risk of harm). As shown in Figure 8, there was little change in the percent of students who believed occasional use of alcohol was at least slightly harmful. The biggest change was among 7th graders, with a decrease of 77% to 75% who perceived occasional use as harmful.

Figure 8. Percent of Students Reporting Risk of Harm from Occasional Use of Alcohol

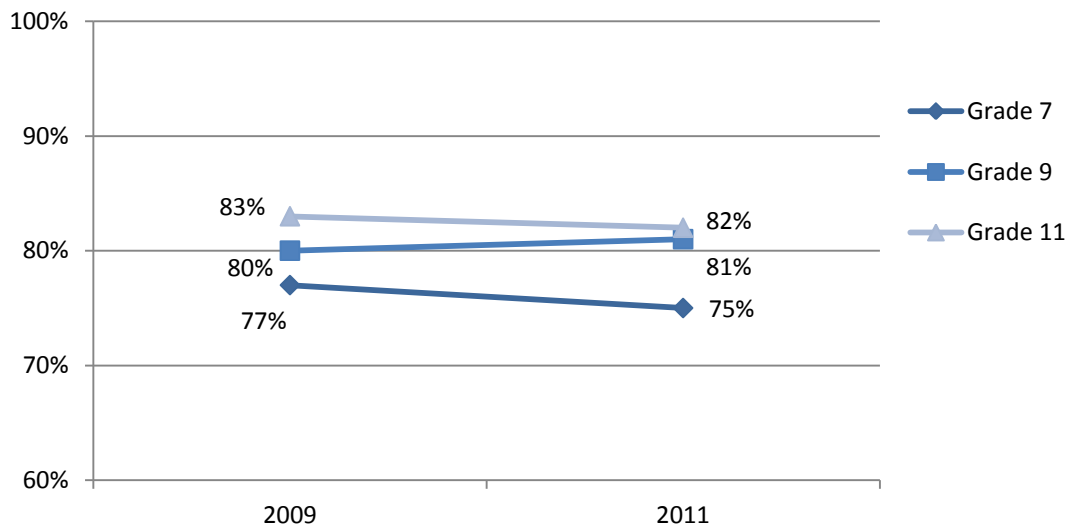
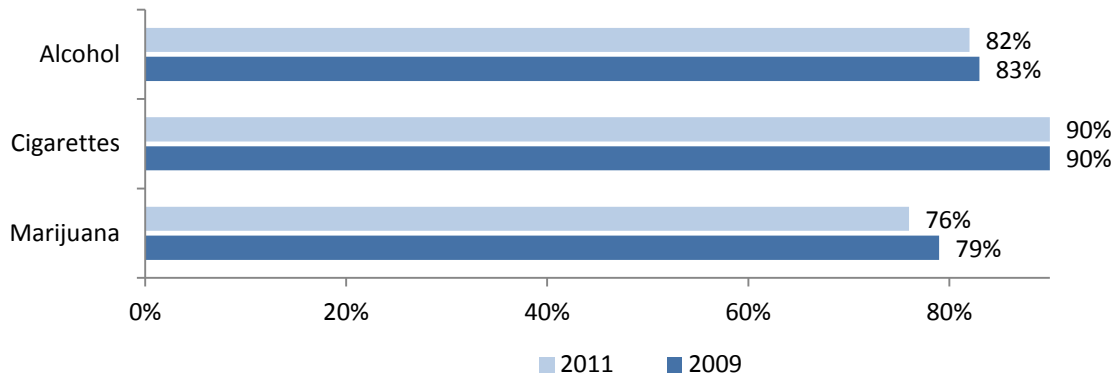


Figure 9 illustrates that of the three substances, 11th graders considered occasional use of cigarettes as most harmful (90% in both years). Slightly fewer 11th graders perceived occasional use of marijuana as harmful in 2011 (76%) than in 2009 (79%).

² Students were not asked this question in 2007



Figure 9. Percent of 11th Graders Reporting Risk of Harm from Occasional Substance Use



When asking students how much risk heavy and frequent consumption posed to substance users, the CHKS questions and response options varied across survey administrations. In 2007, students rated the risk of daily or almost daily use of alcohol, marijuana, and cigarettes on a scale of harmless, mainly harmless, somewhat harmful, harmful, or extremely harmful. In 2009 and 2011, students rated the risk of binge drinking, once or twice a week marijuana use, and 1 to 2 pack a day cigarette use on a scale of none, slight, moderate, or great. Table 1 shows the percent of students in 2007 who indicated usage was somewhat harmful, harmful or extremely harmful, and the percent of students in 2009 and 2011 who indicated the usage posed slight, moderate, or great risk of harm. There were few changes between 2009 and 2011. For example, the percentage of students who believed binge drinking posed as least slight harm was relatively unchanged in 2011 compared to 2009. However, compared to younger students, 11th graders perceived greater harm of binge drinking (91% in 2011 and 92% in 2009). One difference between 2009 and 2011 was a small decrease from 84% to 80% in 11th graders who perceived smoking marijuana once or twice a week as at least slightly harmful.

Table 1. Percent of Students Reporting Perception of Harm from Frequent Heavy Use

	2007	2009	2011
Marijuana Use	Daily or Almost Daily	Once or Twice a Week	
Grade 7	82%	79%	78%
Grade 9	86%	82%	80%
Grade 11	90%	92%	91%
Cigarette Use	Daily or Almost Daily	1-2 Packs a Day	
Grade 7	93%	79%	79%
Grade 9	93%	87%	87%
Grade 11	96%	92%	92%

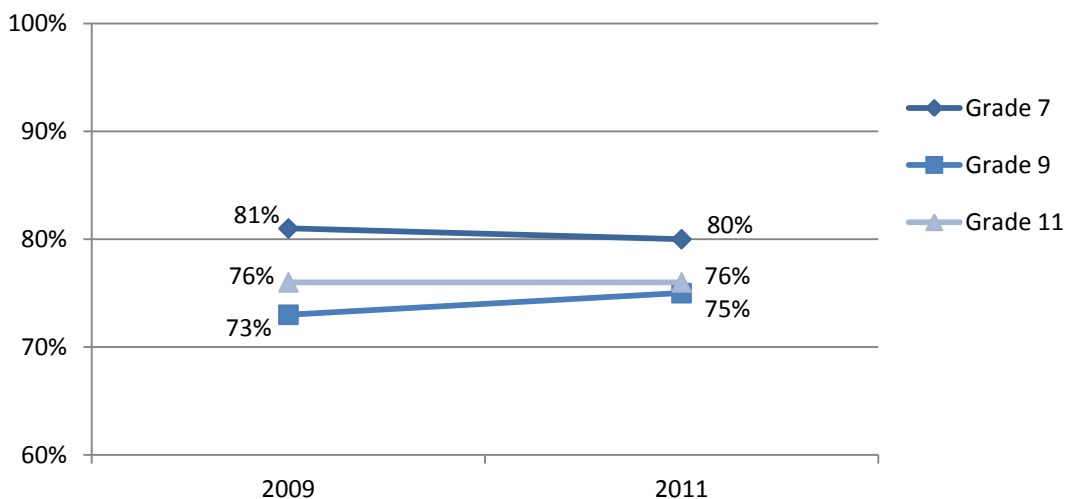
Grade 11	85%	84%	80%
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Note: Harm is considered a rating of somewhat harmful, harmful, or extremely harmful on the 2007 survey, and slight, moderate, or great on the 2009 and 2011 surveys

Disapproval of Substance Use

With slight variations in the wording of the questions, the CHKS in 2009 and 2011³ asked students whether they strongly disapprove, somewhat disapprove, or neither approve or disapprove of someone their age drinking alcohol every day⁴, smoking one or more packs of cigarettes a day, using marijuana once a month or more, and using marijuana or hashish once or twice in their life. The percentage of students disapproving of peer use (indicating somewhat disapprove or strongly disapprove) remained relatively constant between 2009 and 2011. For example, as shown in Figure 10, 80% of 7th graders in 2011 compared to 81% in 2009 disapproved of daily drinking by peers. There was a slight increase from 73% to 75% of 9th graders who disapproved of daily drinking.

Figure 10. Percent of Students Disapproving of Peers Drinking Alcohol Daily

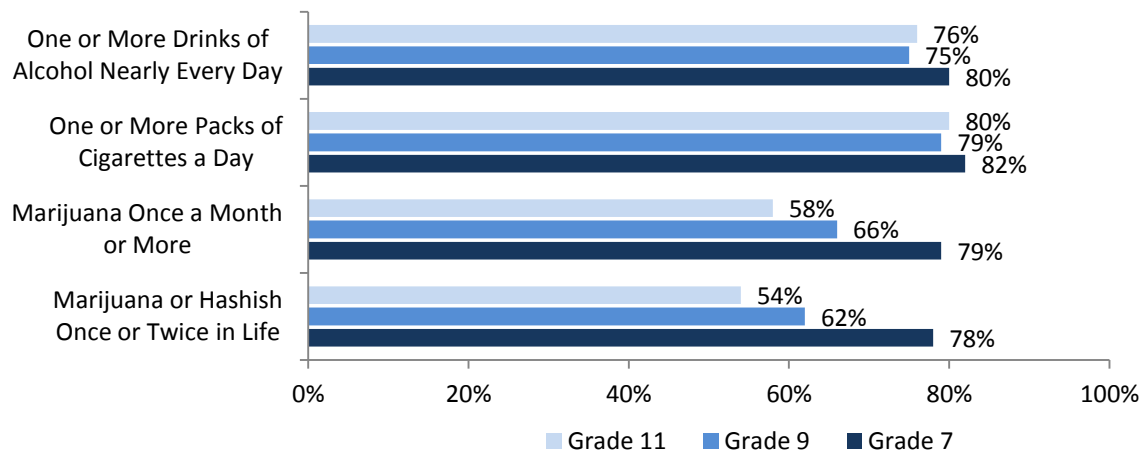


As illustrated in Figure 11, the percentage of students in 2011 who disapproved of peer substance use varied by substance, particularly among older students. Approximately 80% of 7th graders disapproved of all types of substance use, whereas 9th and 11th graders were less disapproving of marijuana use than of cigarette and alcohol use. Specifically, only 66% of 9th graders and 58% of 11th graders disapproved of using marijuana once a month or more, compared to over 75% disapproving of daily alcohol and cigarette use.

Figure 11. Percent of 2011 Students Disapproving of Peer Substance Use

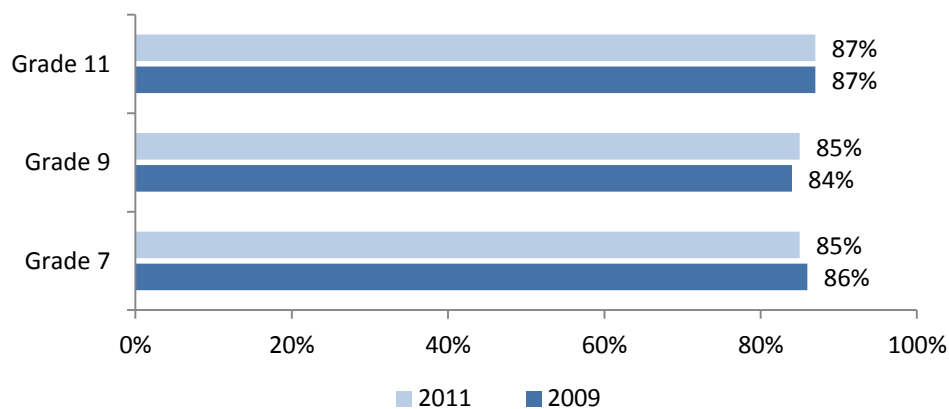
³ Students were not asked this in 2007

⁴ In 2009 students were asked, *How do you feel about someone your age having one or two drinks of alcohol nearly every day?*



The 2009 and 2011⁵ CHKS also asked students how disapproving their close friends would be about their smoking. As shown in Figure 12, between 80% and 90% of 7th, 9th and 11th graders believed their peers would disapprove (indicating either somewhat disapproved or strongly disapproved) of their smoking one or more packs of cigarettes a day. Survey results for 2009 and 2011 are very similar.

Figure 12. Percent of Students Who Believe Peers Would Disapprove of their Smoking

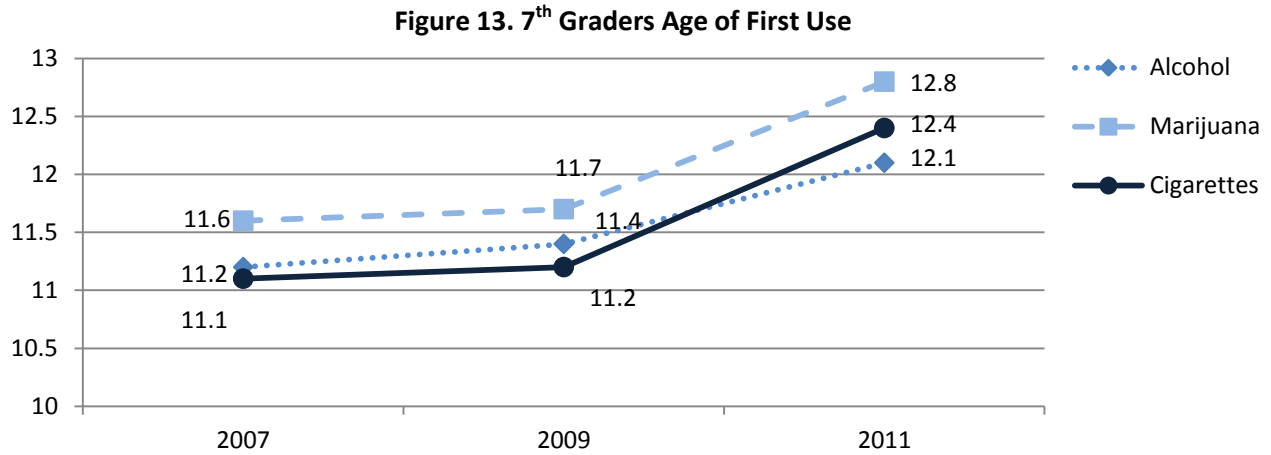


Age of First Use

Students who had used alcohol, marijuana and/or cigarettes were asked how old they were when they first used that substance. Because rates of use increase between 7th and 11th grade, the average age of first use rises from 7th to 11th grade. There was little change in the age of first use by 9th and 11th graders between 2007 and 2011. For example, the age of first use for alcohol use among 9th graders was 12.6 in 2007, 12.1 in 2009, and 12.4 in 2011. For 11th graders, the age of first alcohol use was 13.8 in 2007, dipped to 12.1 in 2009, but rose back to 13.7 in 2011. However, as shown in Figure 13, for 7th graders the age of first use increased over time for alcohol, marijuana and cigarettes. Specifically, for 7th graders

⁵ Students were not asked this question in 2007

the age of first use of alcohol increased from 11.2 in 2007 to 12.1 in 2011. The age of first use of cigarettes for 7th graders increased from 11.1 to 12.4 and for marijuana from 11.6 to 12.8.



Appendix

Table A. Percent of Students Reporting AOD Use in Past 30 Days

	2007	2009	2011
Alcohol (at least one drink)			
Grade 7	14%	14%	14%
Grade 9	28%	28%	26%
Grade 11	36%	37%	36%
Cigarettes			
Grade 7	5%	5%	5%
Grade 9	11%	12%	11%
Grade 11	12%	15%	13%
Marijuana			
Grade 7	5%	7%	8%
Grade 9	12%	16%	18%
Grade 11	16%	23%	22%

Table B. Percent of Students Reporting Binge Drinking in Past 30 Days

	2007	2009	2011
Binge Drink in past 30 days			
Grade 7	6%	6%	6%
Grade 9	15%	17%	15%
Grade 11	22%	25%	22%

Note: Binge drinking is defined as having 5 or more drinks in a couple of hours

Table C. Percent of Students Reporting Substance was Easy to Obtain



Funded in part by SAMHSA's Center for Substance Abuse Prevention through the STOP Act.

	2007	2009	2011
Alcohol			
Grade 7	30%	38%	38%
Grade 9	61%	65%	63%
Grade 11	79%	78%	77%
Cigarettes			
Grade 7	36%	33%	34%
Grade 9	61%	63%	60%
Grade 11	78%	79%	78%
Marijuana			
Grade 7	20%	26%	31%
Grade 9	53%	59%	63%
Grade 11	71%	76%	78%

Note: Easy is considered a rating of very easy or fairly easy

Table D. Percent of Students Reporting Perception of Harm from Occasional Use

	2009	2011
Alcohol		
Grade 7	77%	75%
Grade 9	80%	81%
Grade 11	83%	82%
Cigarettes		
Grade 7	80%	79%
Grade 9	85%	86%
Grade 11	90%	90%
Marijuana		
Grade 7	77%	78%
Grade 9	80%	77%
Grade 11	79%	76%

Note: Harm is considered a rating of slight, moderate, or great; students were not asked this question in 2007.

Table E. Percent of Students Reporting Disapproval of Peer Use

	2009	2011
One or More Drinks of Alcohol Nearly Every Day		
Grade 7	81%	80%
Grade 9	73%	75%
Grade 11	76%	76%
One or More Packs of Cigarettes a Day		
Grade 7	83%	82%
Grade 9	79%	79%
Grade 11	79%	80%
Marijuana Once a Month or More		
Grade 7	79%	79%
Grade 9	65%	66%
Grade 11	58%	58%
Marijuana or Hashish Once or Twice in their Life		
Grade 7	79%	78%
Grade 9	64%	62%
Grade 11	54%	54%

Note: Students were not asked this question in 2007; disapproval represents those indicating somewhat disapprove or strongly disapprove; in 2009 students were asked, *How do you feel about someone your age having one or two drinks of alcohol nearly every day?*

Table F. Percent of Students who Believe Peers Would Disapprove

	2009	2011
How do you think your close friends would feel about your smoking one or more pack of cigarettes a day?		
Grade 7	86%	85%
Grade 9	84%	85%
Grade 11	87%	87%

Note: Students were not asked this question in 2007; disapprove represents those indicating somewhat disapprove or strongly disapprove.

Table G. Age of First Use

	2007	2009	2011
Alcohol			
Grade 7	11.2	11.4	12.1
Grade 9	12.6	12.1	12.4
Grade 11	13.8	12.1	13.7
Cigarettes			
Grade 7	11.1	11.2	12.4
Grade 9	12.4	12.4	12.4
Grade 11	13.5	13.8	13.8
Marijuana			
Grade 7	11.6	11.7	12.8
Grade 9	13	12.7	12.9
Grade 11	14.1	14.1	14.1