One Choice for Health: A Data-Informed, Youth-Driven Prevention Message

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No use of any alcohol, nicotine, marijuana or other drugs for reasons of health for youth under 21
Adolescence: A Critical Time

Substance Use Disorders are Pediatric-Onset Diseases

- 9 out of 10 adults – 90% – with substance use disorders began smoking, drinking or using other drugs before age 18

- The earlier and heavier the use, the more likely a person will develop later problems

DuPont, et al., 2018
Age at First Use and Later Risk

**Alcohol**

<table>
<thead>
<tr>
<th>Age at first drink</th>
<th>Percent with alcohol use disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤13</td>
<td>47</td>
</tr>
<tr>
<td>14</td>
<td>45</td>
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<tr>
<td>15</td>
<td>38</td>
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<tr>
<td>16</td>
<td>32</td>
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<td>17</td>
<td>28</td>
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<td>15</td>
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<td>19</td>
<td>17</td>
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<tr>
<td>20</td>
<td>11</td>
</tr>
<tr>
<td>≥21</td>
<td>9</td>
</tr>
</tbody>
</table>

**Marijuana**

<table>
<thead>
<tr>
<th>Age at first use</th>
<th>Percent with marijuana use disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>17</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
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<tr>
<td>17</td>
<td>11</td>
</tr>
<tr>
<td>19</td>
<td>8</td>
</tr>
<tr>
<td>≥21</td>
<td>4</td>
</tr>
</tbody>
</table>

**Opioids**

<table>
<thead>
<tr>
<th>Age at first Nonmedical Use of Prescription Drugs</th>
<th>Estimated Prevalence of Lifetime Prescription Drug Abuse (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤13</td>
<td>30</td>
</tr>
<tr>
<td>14</td>
<td>35</td>
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<tr>
<td>15</td>
<td>30</td>
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<tr>
<td>20</td>
<td>30</td>
</tr>
<tr>
<td>21+</td>
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</tr>
</tbody>
</table>

Courtesy of Sharon Levy, MD; Sources: Hingson, et al., 2006; McCabe SE et al., 2007
Teen Marijuana Use is Associated with Higher Use of Other Drugs

SAMHSA’s National Survey on Drug Use and Health, Teens Aged 12-17

No Past Month Marijuana Use vs. Yes Past Month Marijuana Use

- 8.0% with No Past Month Marijuana Use
- 44.6% with Yes Past Month Marijuana Use

5.6 times more likely to use alcohol

DuPont, et al., 2018
Teen Alcohol Use is Associated with Higher Use of Other Drugs

SAMHSA’s National Survey on Drug Use and Health, Teens Aged 12-17

No Past Month Alcohol Use

- More likely to use marijuana

- Some Alcohol Use: 5.8 times

- Heavy Alcohol Use: 15.7 times

Yes Past Month Alcohol Use

- Binge Drinking: 9.9 times

DuPont, et al., 2018
Teen Cigarette Use is Associated with Higher Use of Other Drugs

SAMHSA's National Survey on Drug Use and Health, Teens Aged 12-17

**No Past Month Cigarette Use**

- Alcohol Use: 4.4%

**Yes Past Month Cigarette Use**

- Alcohol Use: 26.7%
- Binge Alcohol Use: 6.1 times more likely to binge drink

DuPont, et al., 2018
Study provides evidence of a **generalize risk** for substances consumed by youth, based on the use of any one of the three most common drugs: marijuana, alcohol and tobacco.

Underscores the importance of screening teens for **any** substance use.

If a single screening question inquires on the use of tobacco or alcohol, a positive screen for one substance in an adolescent should routinely trigger screening for an array of substances.

Underscores the need for a clear goal for youth prevention.

DuPont, et al., 2018
Clear Message – Clear Choice

- It’s not “Just Say No”
- Youth substance use is a health issue, not a moral issue
- A clear message of no-use for health is supported by the science of the developing brain
- Promotes teen self-care and autonomy
- It **IS** possible!
Seatbelts – Another Example of a Clear Message

➢ Message and laws – wear your seatbelt ALL the time!
# of Teens NOT Using Has Been Going Up

No Use of Alcohol, Cigarettes, Marijuana and Other Illicit Drugs by US High School Seniors: 1976-2014

- 74% no past-month use
- 51% no lifetime use

2019 OUSD CHKS

Data courtesy of Lloyd Johnston, PhD; Levy, et al., 2018
Who Can Make ‘One Choice’

- Anyone and everyone
- Teens who have never used any substance
- Teens who may have used in the past but are making One Choice today
- People with substance use problems actively making One Choice, including those in early and long-term recovery
CA Healthy Kids Survey Data reports can be found at: [https://calschls.org/reports-data/search-lea-reports/](https://calschls.org/reports-data/search-lea-reports/)
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Is This a Fit for NCPC Initiative?

- **Pros:**
  - Science-based with online info/resources
    - [https://onechoiceprevention.org/](https://onechoiceprevention.org/)
  - Clear message for youth prevention
  - Not reinventing the wheel

- **Cons:**
  - Only addresses youth under 21
  - Policies are often substance specific
  - How to co-brand with NCPC?