

A Community Approach to Prevention



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

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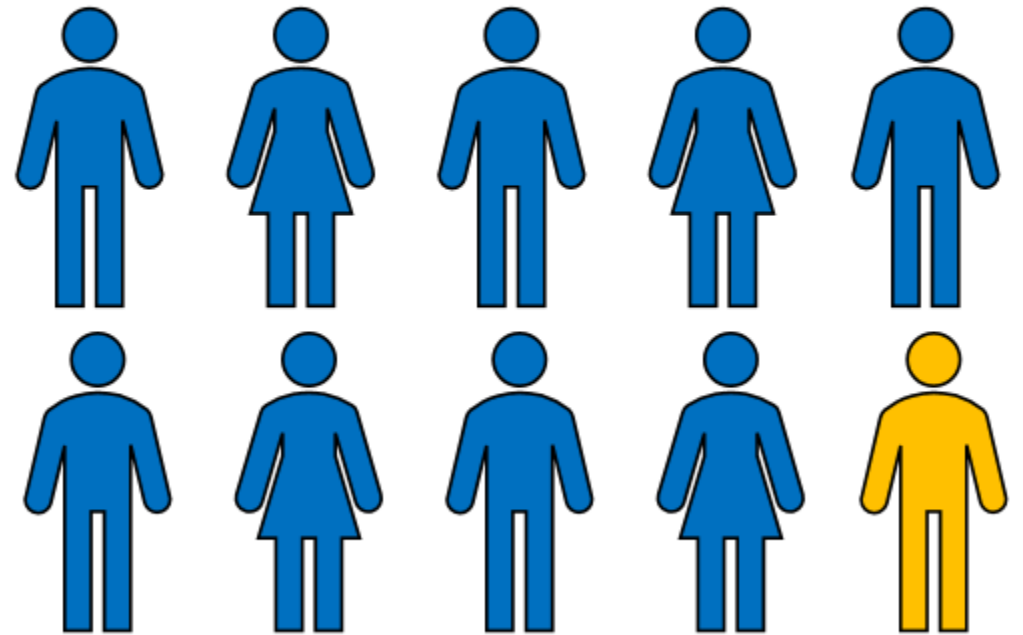
www.OneChoicePrevention.org

***No use of any alcohol, nicotine, marijuana or other drugs
for reasons of health for youth under 21***

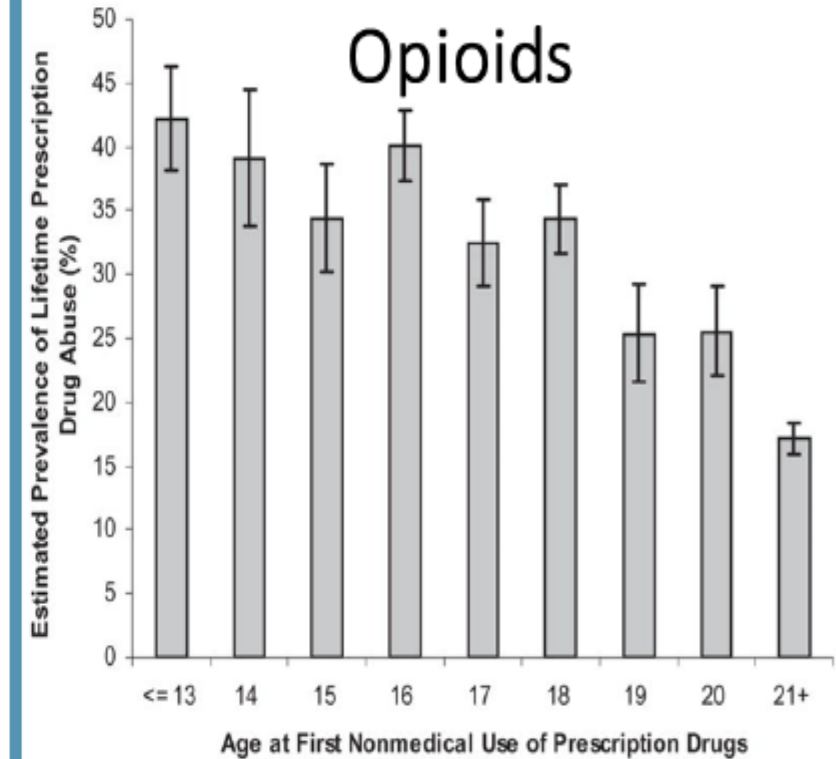
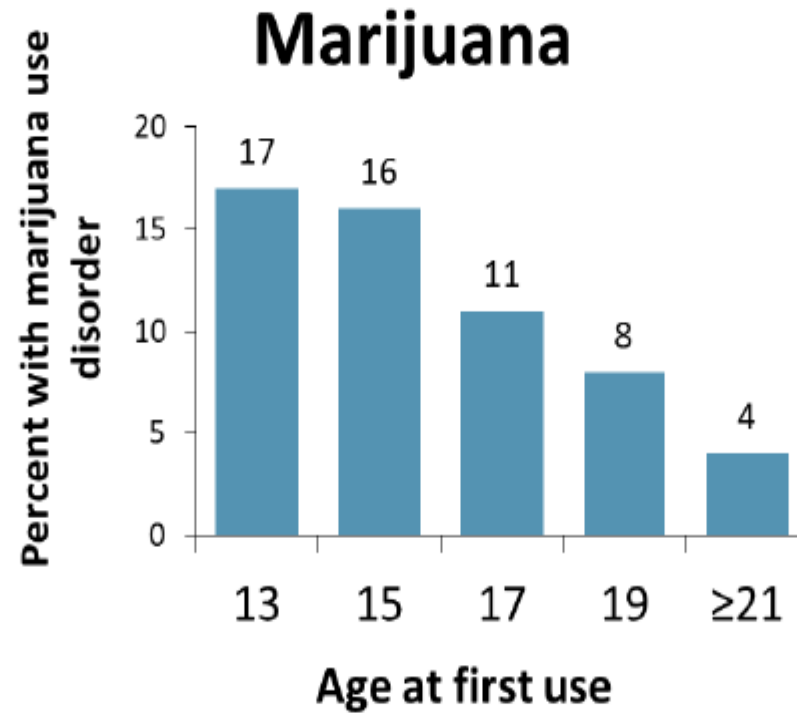
Adolescence: A Critical Time

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

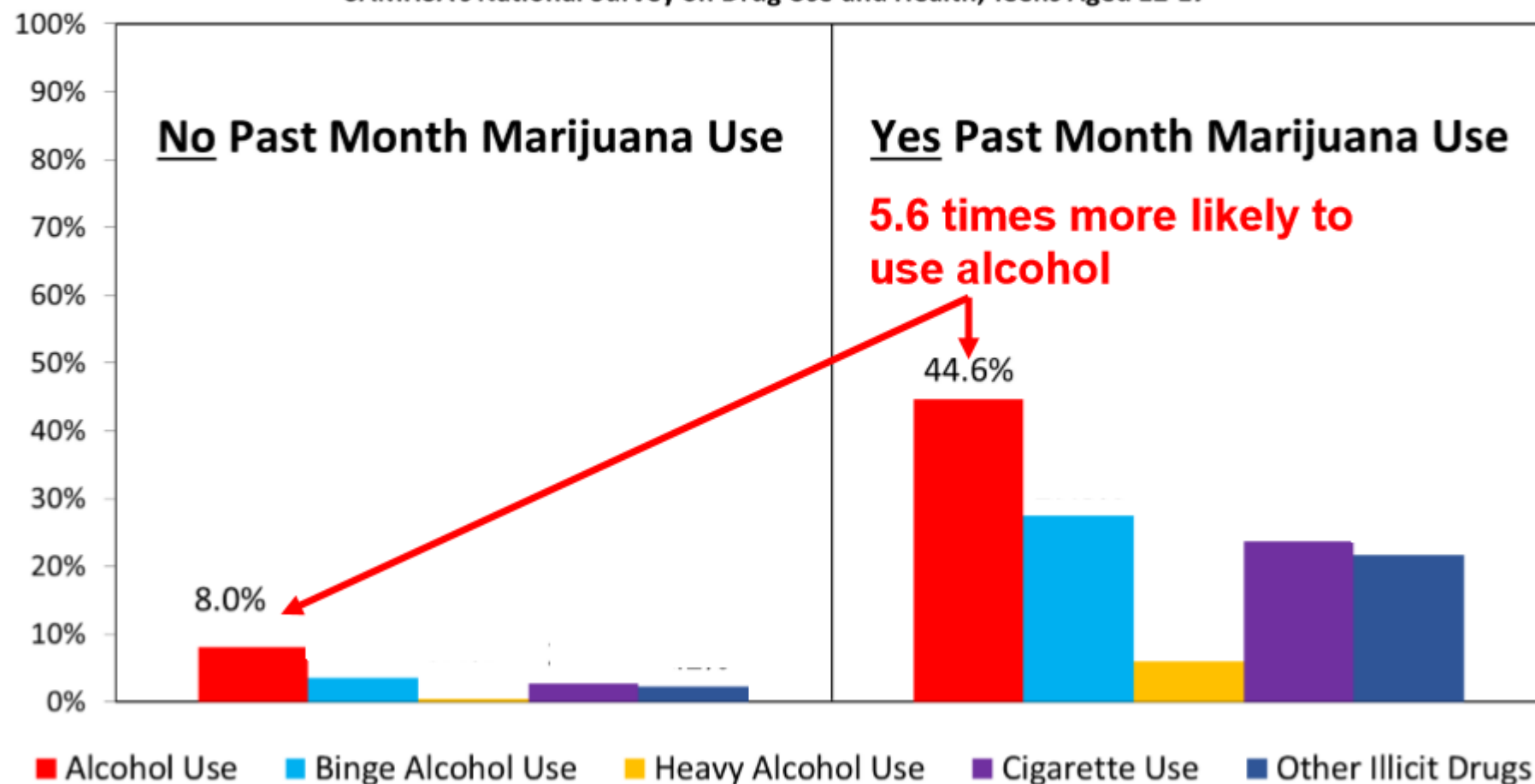


Age at First Use and Later Risk



Teen Marijuana Use is Associated with Higher Use of Other Drugs

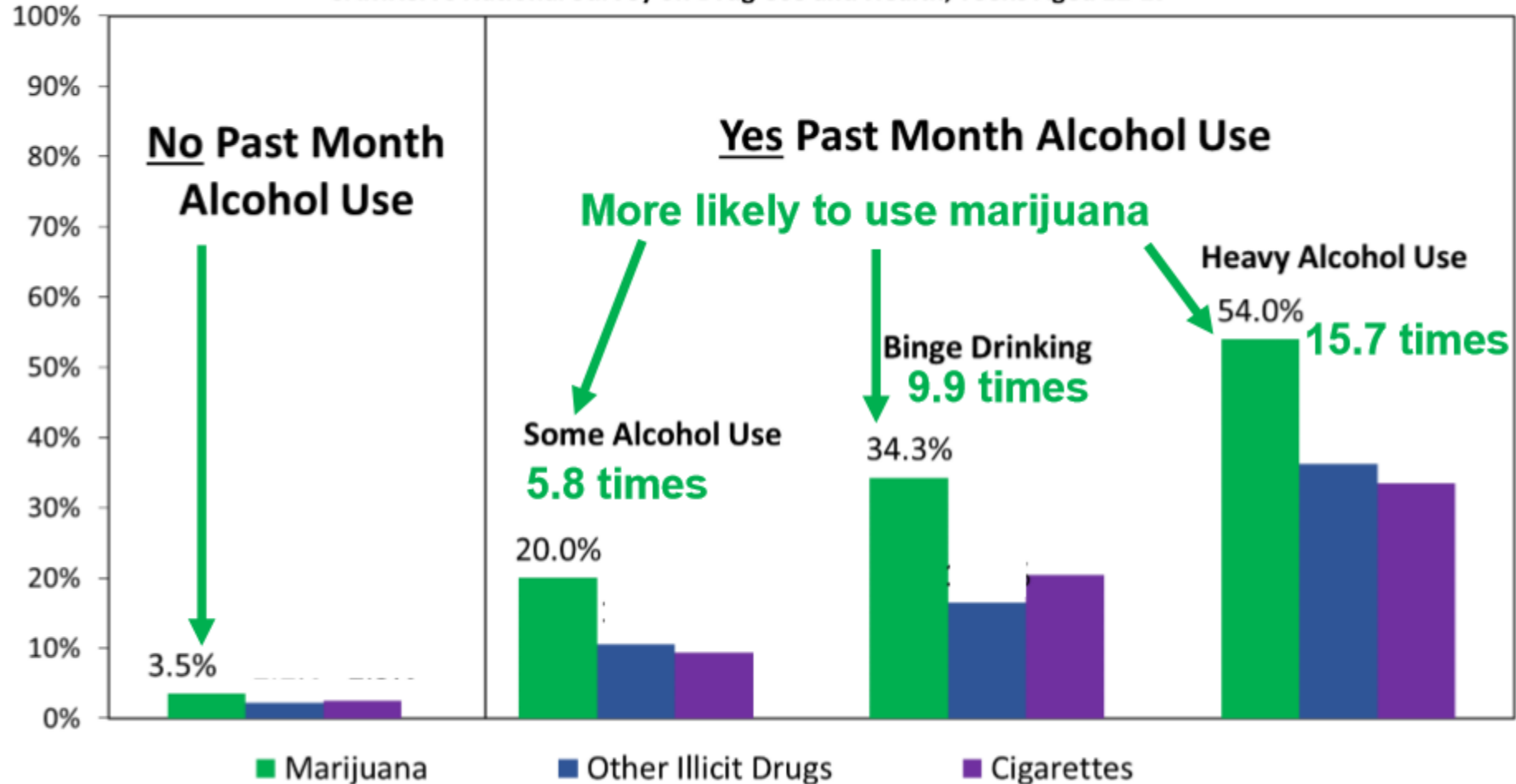
SAMHSA's National Survey on Drug Use and Health, Teens Aged 12-17



DuPont, et al., 2018

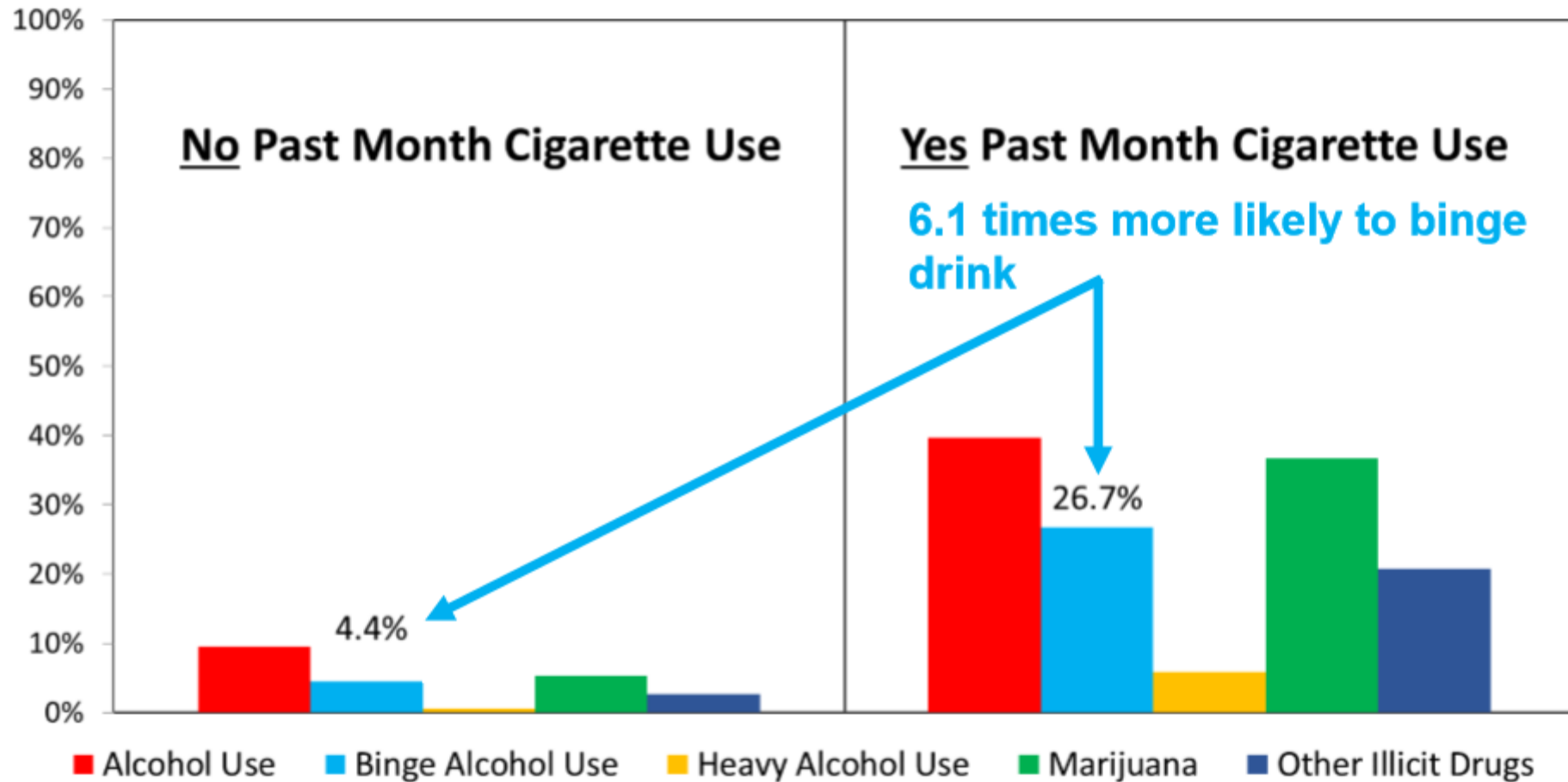
Teen Alcohol Use is Associated with Higher Use of Other Drugs

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



Teen Cigarette Use is Associated with Higher Use of Other Drugs

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



What Does This Mean?

- 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

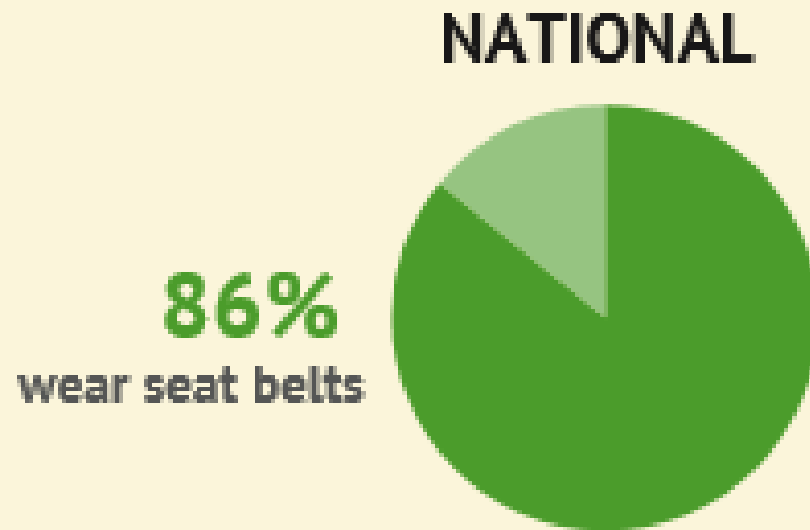
Clear Message – Clear Choice

- 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!

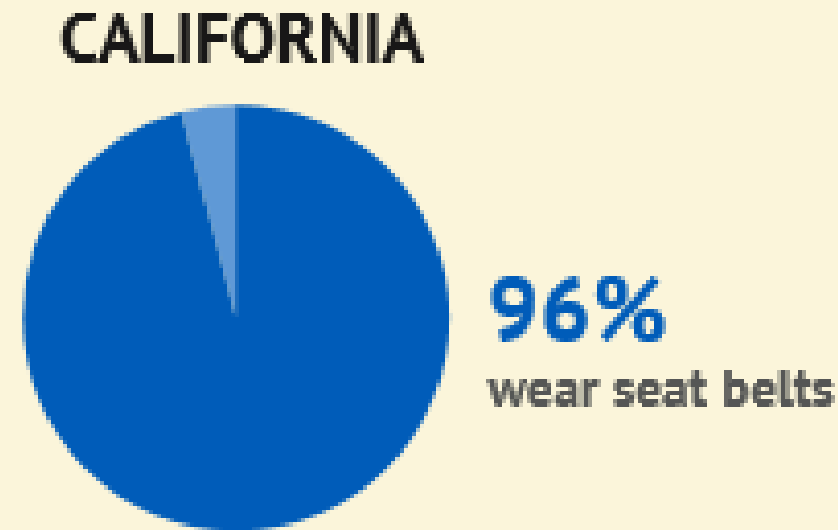
Seatbelts – Another Example of a Clear Message

— RESTRAINT USE

Percentage of Drivers and Front Seat Passengers Wearing Seat Belts



Source: National Occupant Protection Use Survey (NOPUS), 2012.

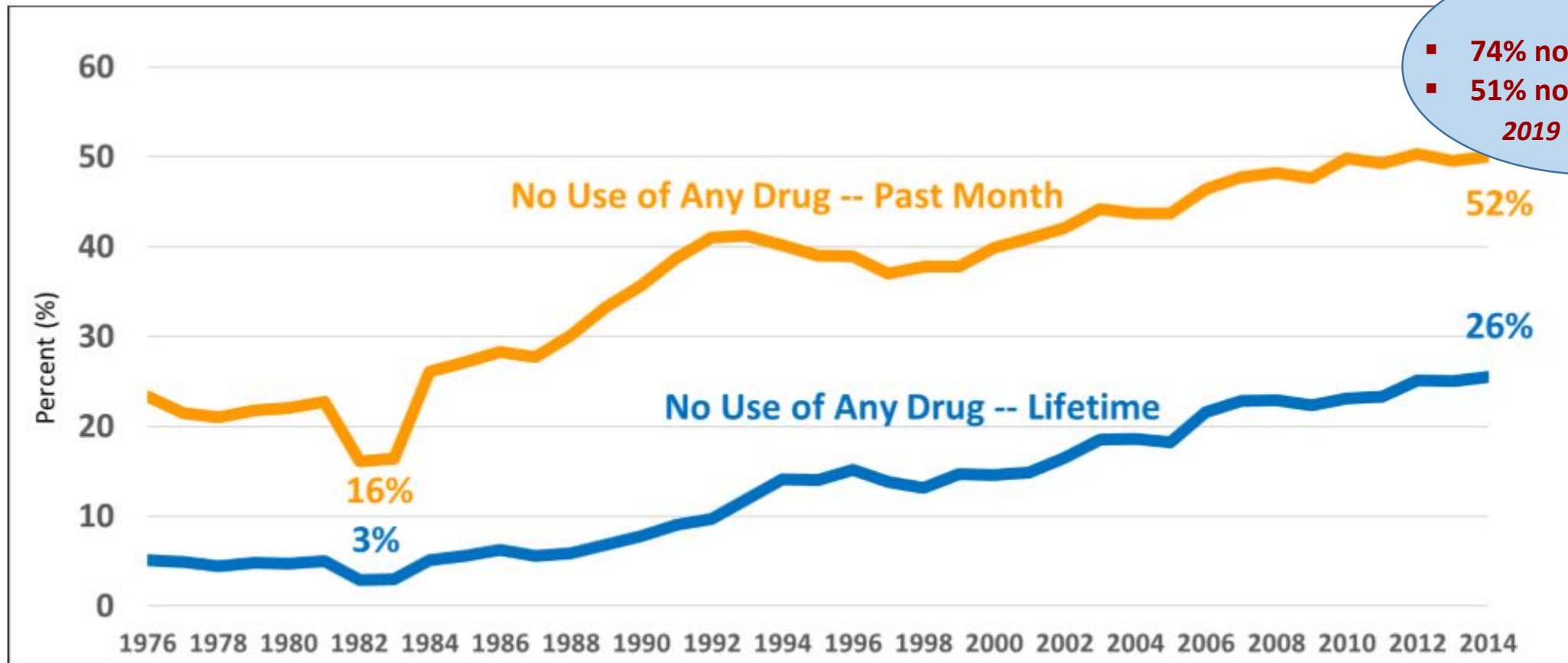


Source: State Observational Survey of Seat Belt Use, 2012.

➤ ***Message and laws – wear your seatbelt ALL the time!***

of Teens NOT Using Has Been Going Up

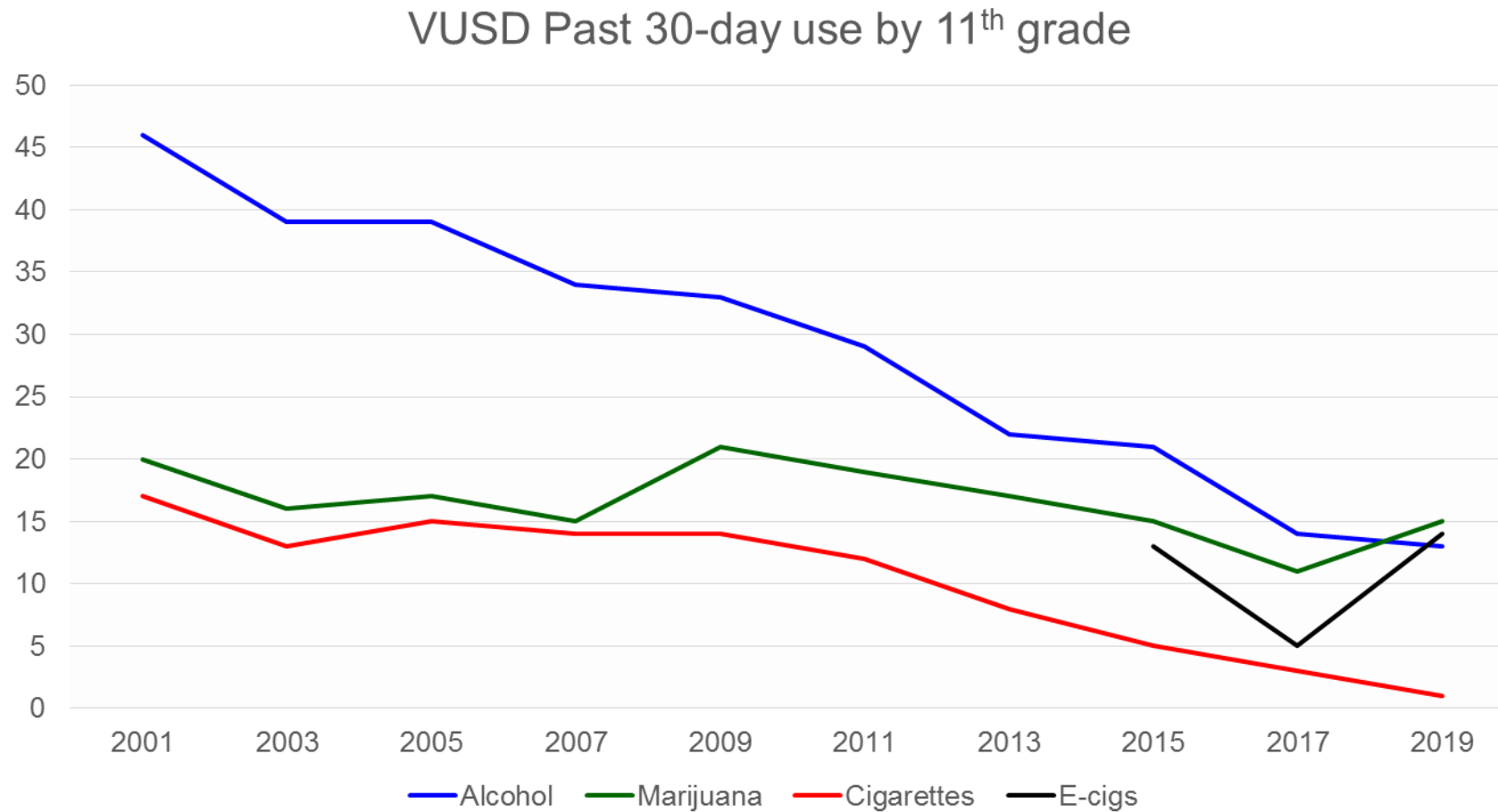
No Use of Alcohol, Cigarettes, Marijuana and Other Illicit Drugs by US High School Seniors: 1976-2014



Who Can Make 'One Choice'

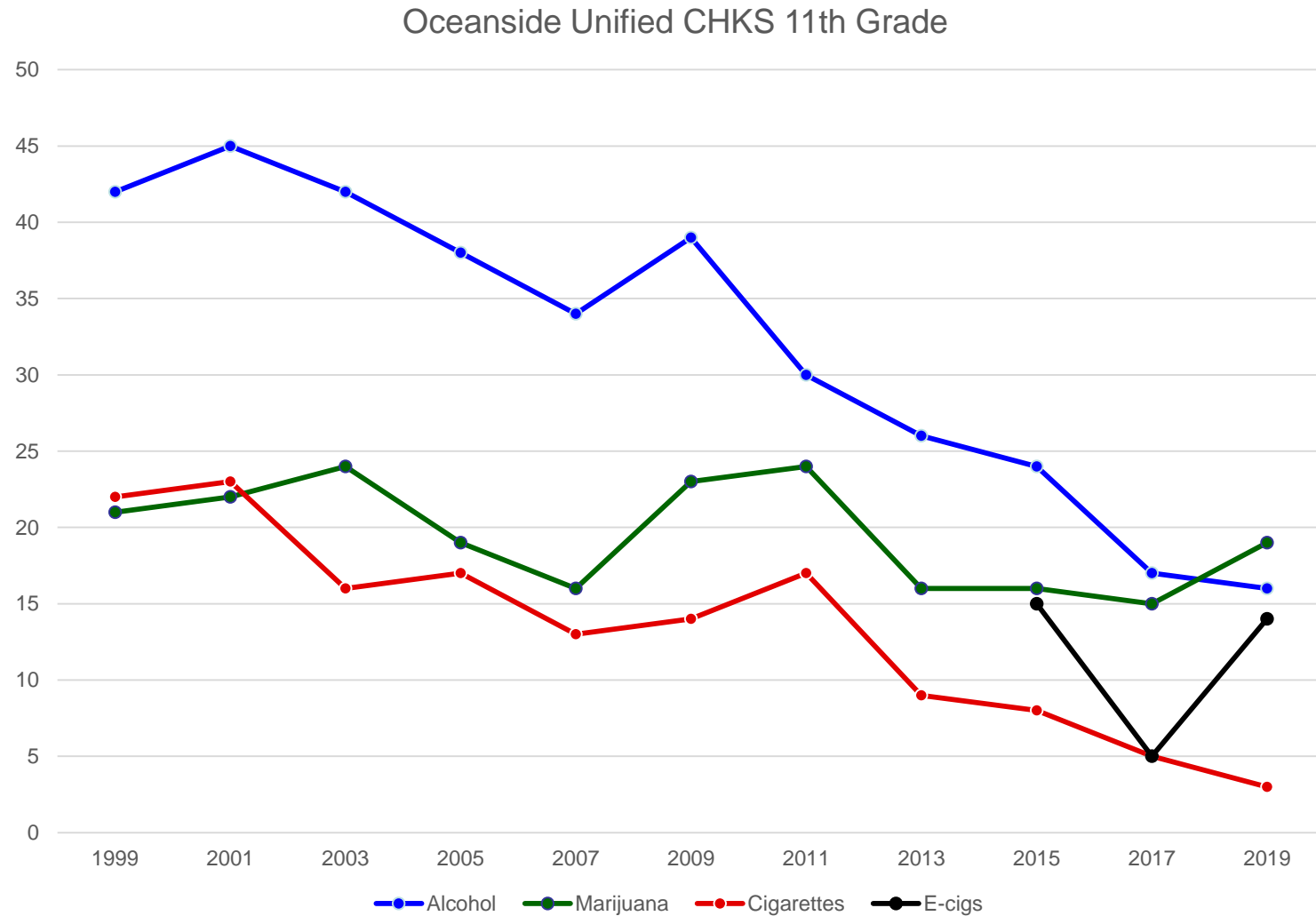
- Anyone and everyone
- Teens who have never used any substance
- Teens who may have used in the past but are making One Choice today
- People with substance use problems actively making One Choice, including those in early and long-term recovery

Local Data – Vista Unified



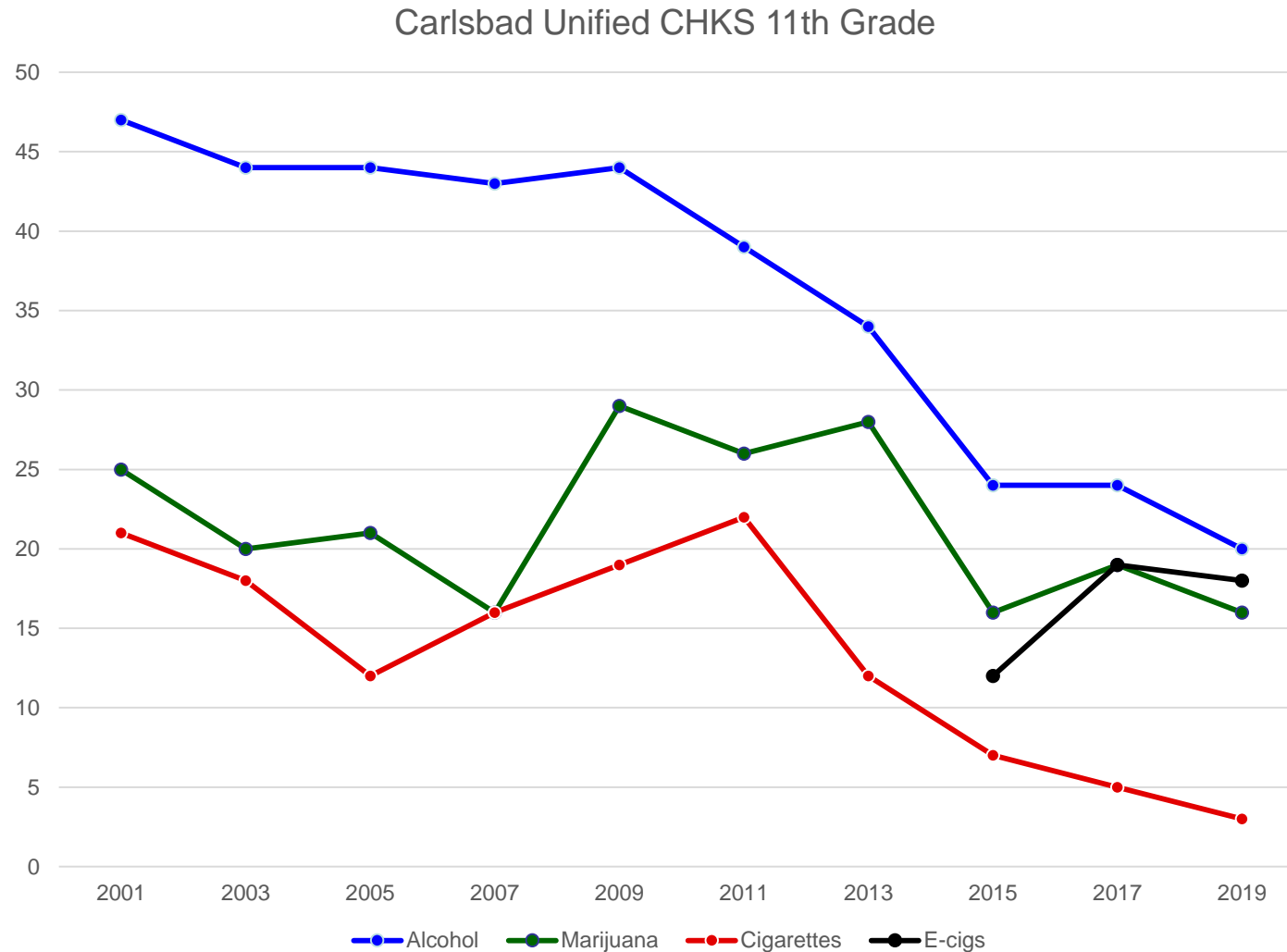
CA Healthy Kids Survey Data reports can be found at: <https://calschls.org/reports-data/search-lea-reports/>

Local Data – Oceanside Unified



CA Healthy Kids Survey Data reports can be found at: <https://calschls.org/reports-data/search-lea-reports/>

Local Data – Carlsbad Unified



CA Healthy Kids Survey Data reports can be found at: <https://calschls.org/reports-data/search-lea-reports/>

Is This a Fit for NCPC Initiative?

➤ Pros:

- Science-based with online info/resources

<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?