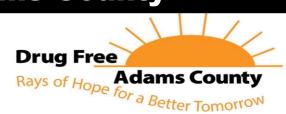
Drug Free Adams County

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New Data Released from the Monitoring the Future Survey

Each year, the National Institute of Health (NIH)'s **Monitoring the Future** survey measures drug and alcohol use and related attitudes among students in grades 8, 10 and 12 nationwide.

Some of the 2019 results are as follows:

- Cigarette smoking and initiation of cigarette use in 10th and 12th grades continued a long decline.
- One in four 12th graders say they vaped nicotine in the past month, along with one in five 10th graders, and nearly one in ten 8th graders.



- The past 30-day use for seniors vaping marijuana also increased from 7.5% to 14%, representing the second largest one-year increase in any drug use that has ever been recorded in the 45-year history of the MTF survey.
- Daily marijuana use, defined as use on 20 or more occasions in the past 30 days by any method, significantly increased in 10th and 8th grades.
- Misuse of prescription opioids is reported only for 12th grade students; it continued a decade-long decline in 2019.
- Alcohol remains the substance most widely used by today's teenagers, but after a long period of decline among adolescents, the use of alcohol appears to be stabilizing.

While the survey results indicate several positive trends, they also illustrate the need for continued conversations with your teenagers. Remember one last statistic – Research shows that **kids who learn about the risks of alcohol and drugs from their parents are up to 50% less likely to drink alcohol or use drugs.**

For more information, please visit our website: www.DrugFreeAdamsCounty.org