

Drug Free Adams County

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Drug Free

Adams County
Rays of Hope for a Better Tomorrow

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**