

Illinois Youth Survey

Youth Alcohol, Tobacco and Marijuana Use in Illinois



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01.

What is the Illinois Youth Survey?

Overview

The Illinois Youth Survey is a biennial survey of 8th, 10th, and 12th grade students. The IYS is a self-report survey administered in school settings and is designed to gather information about a variety of health and social indicators including substance use patterns and attitudes of Illinois youth. The Illinois Department of Human Services (IDHS) has funded the administration of the Illinois Youth Survey (IYS) biennially since 1990.

The administration of the IYS has two major goals:

- To supply local data to schools and school districts throughout Illinois.
- To provide a scientific estimate of health and social indicators for the state of Illinois.

2018 Data

In 2018, the Illinois Youth survey included over 230,000 youth across more than 914 Illinois schools who were surveyed between January and June of 2018. The data in this paper is based on a statewide randomly drawn, scientifically weighted sample of 11,259 students, selected to represent the state population of 8th, 10th, and 12th graders in Illinois' public schools, distributed across the grades as shown below. The sampling design assures that youth in the state sample are representative of the state's diverse community types.

This report discusses e-cigarettes or vaping, smokeless tobacco, and cigarettes as different forms of tobacco use. All three include nicotine as their primary ingredient. Nicotine is highly habit forming and causes significant misuse among teens.

	Weighted Count
8th	3800
10th	3885
12th	3574
Total	11259



02.

Substance Use in Illinois

Purpose

The paper presents self-reported data by youth about alcohol, tobacco and marijuana use, comparing and contrasting teen use, sources, beliefs and perceptions.

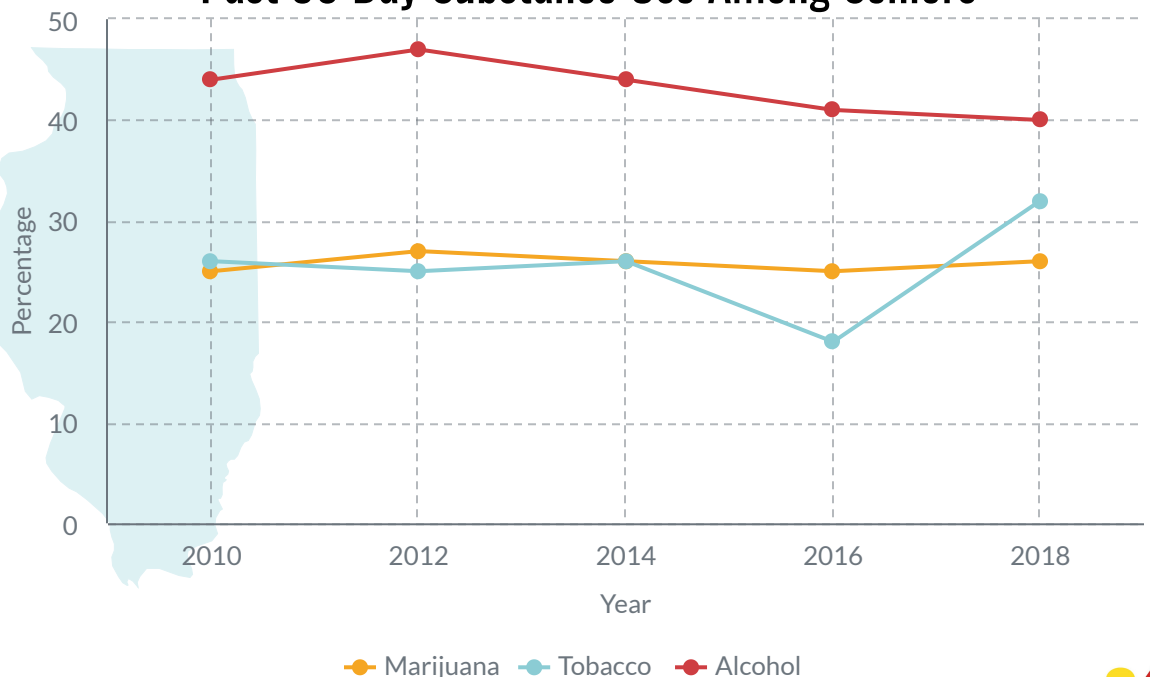
Alcohol, Tobacco, and Marijuana

Alcohol, tobacco, and marijuana are the substances most frequently used by teens in Illinois. Each of these has its own unique characteristics, legal status, and social norms that affect the way teens use them. In this report, 'teen use' refers to 8th, 10th, and 12th graders overall, while 'high school use' refers to 10th and 12th graders only, and 'senior use' refers to 12th graders only. Senior use rates for each substance are typically proportional to teen rates, but higher.

Comparing Substance Use Trends Among Seniors

Teens in Illinois who use substances primarily use alcohol, tobacco, and marijuana. To understand the different aspects of teen substance use, it is important to start by observing trends of teen use for these three substances in Illinois. Over the past decade, alcohol use has remained consistently and significantly higher than both tobacco and marijuana use. Tobacco and marijuana shared similar use trends until 2016. Beginning in 2018, tobacco use began to rise as e-cigarettes became more popular among teens. While tobacco and e-cigarettes both contain nicotine, e-cigarettes account for most of the increase in senior's use of nicotine. Marijuana use has been steady for a decade.

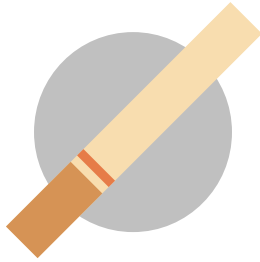
Past 30 Day Substance Use Among Seniors



03.

Comparing Substance Use Among Teens in Illinois: Overview

Among All Teens in 2018



21%
report having
used tobacco
in the past 30 days

- Since 2016, use rates of tobacco among teens have spiked upwards due to e-cigarette use.
- E-cigarettes and vapes, especially those with flavored cartridges, have become more popular among teens since 2016.
- Tobacco was legal to purchase for 18 year old seniors in 2018, when this data was collected. It is now only legal for those 21 and over.



26%
report having
used alcohol in
the past 30 days

- While rates of alcohol use have continued to fall over time, 2018 marked an increase of self-reported 8th grade alcohol use by 2%.
- Binge drinking is slowly but steadily declining across all age groups in Illinois, most notably among seniors.



14%
report having used
marijuana
in the past 30 days

- Reported teen use of marijuana in Illinois has shown few changes over the past decade.
- Marijuana was used less by teens than both alcohol and tobacco in 2018.
- Recreational marijuana use was still illegal when this data was collected in 2018. It is now legal for those 21 and over.

Why do teens use substances?

Teens in Illinois may use alcohol and drugs for a variety of different reasons. Some believe it will make them appear cooler to their peers, while others use it to relax or fit in. However, it is important to note that only 15% of high school students reported having used alcohol or drugs in the past year. Understanding teen behavior is only part of the solution to substance use. It is also important for adults to understand youth perceptions, access to substances, and use preferences in order to accurately educate teens about the facts of substance use.

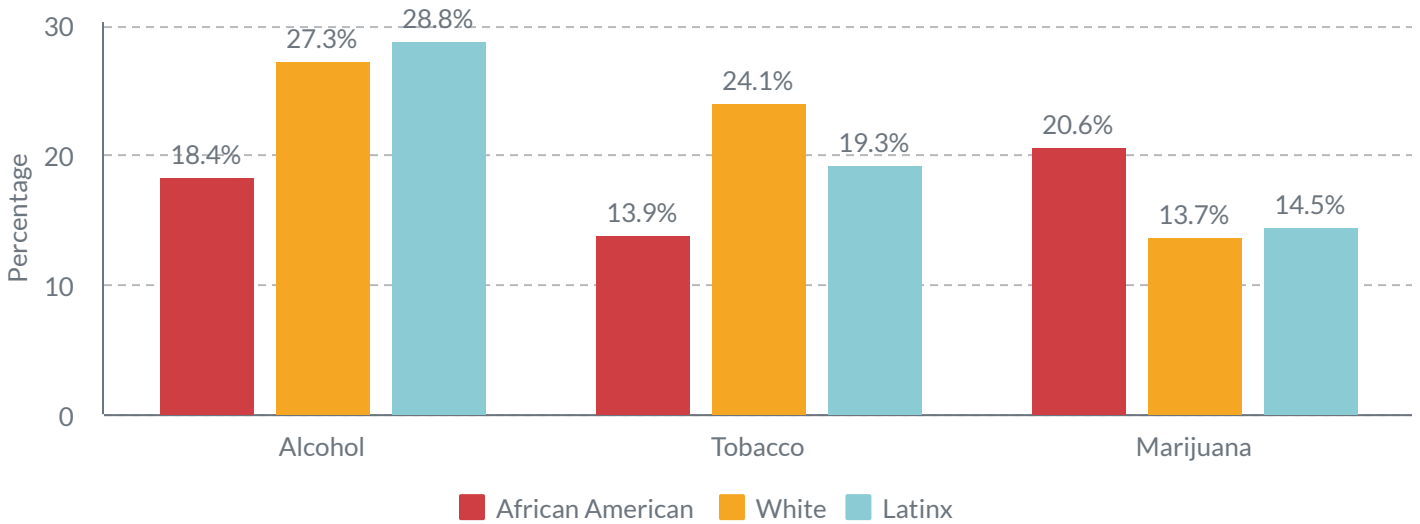


04.

Demographic Breakdowns for Teen Substance Use

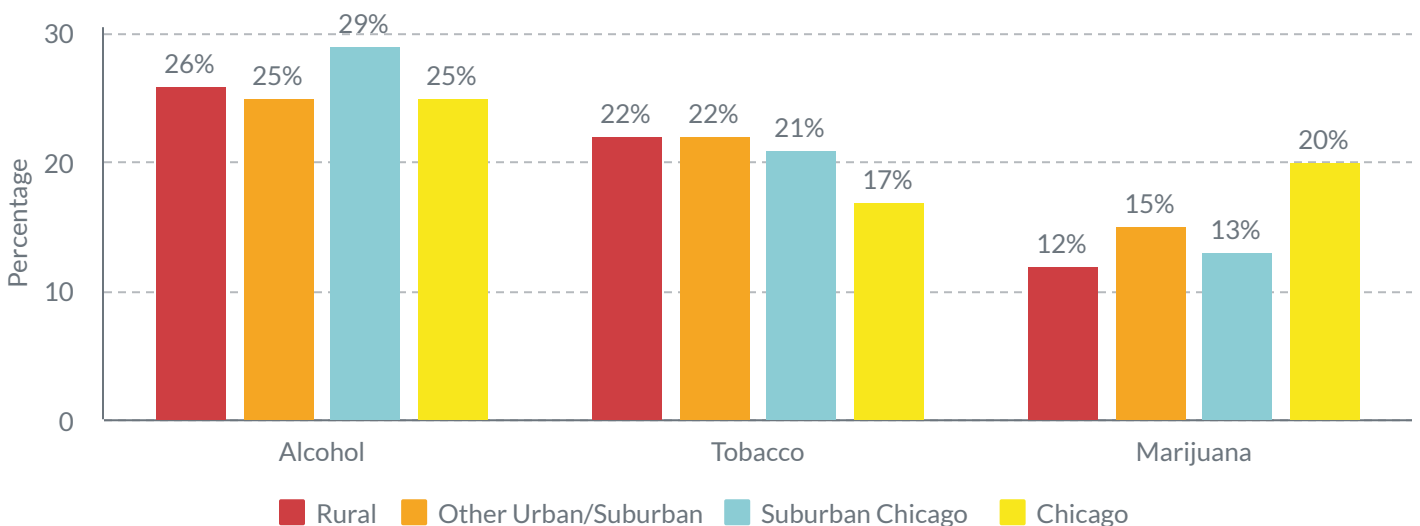
Comparing substance use among different demographic groups can direct attention and funding where it is needed most. The analysis found differences among racial categories and community types, but not by gender.

Substance Use by Race



This figure depicts only african american, white, and latinx teens since these students comprise most of the students surveyed. The figure shows that alcohol is the most popular substance among white and latinx teens, while marijuana use is highest among african american teens. Other racial categories not depicted in the figure report much lower rates of use of alcohol, tobacco, and marijuana.

Substance Use by Community Type



In 2018, marijuana use was highest among teens in Chicago, while it was lowest in rural communities. The opposite was true for tobacco use, which was lowest in Chicago. Alcohol was the most used substance across all community types. Suburban Chicago teens reported higher alcohol use than any other community type.

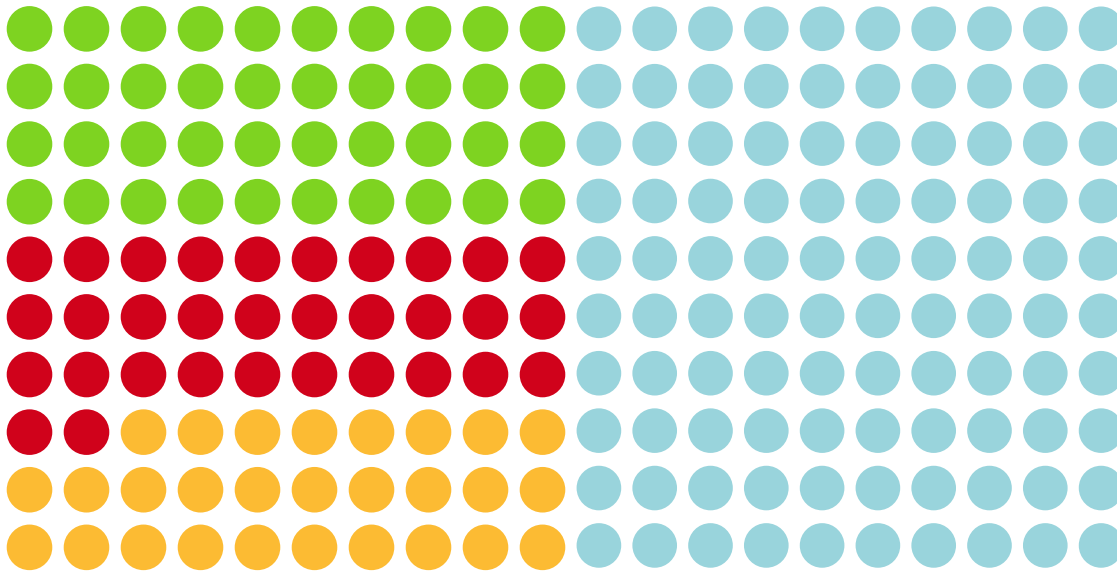


05.

Polysubstance Use

Some Illinois teens may use more than one substance. This is referred to as 'polysubstance use,' meaning that they used more than one substance over the past 30 days. This page looks more closely at the substances used by teens reporting more than one substance.

Number of Substances Used



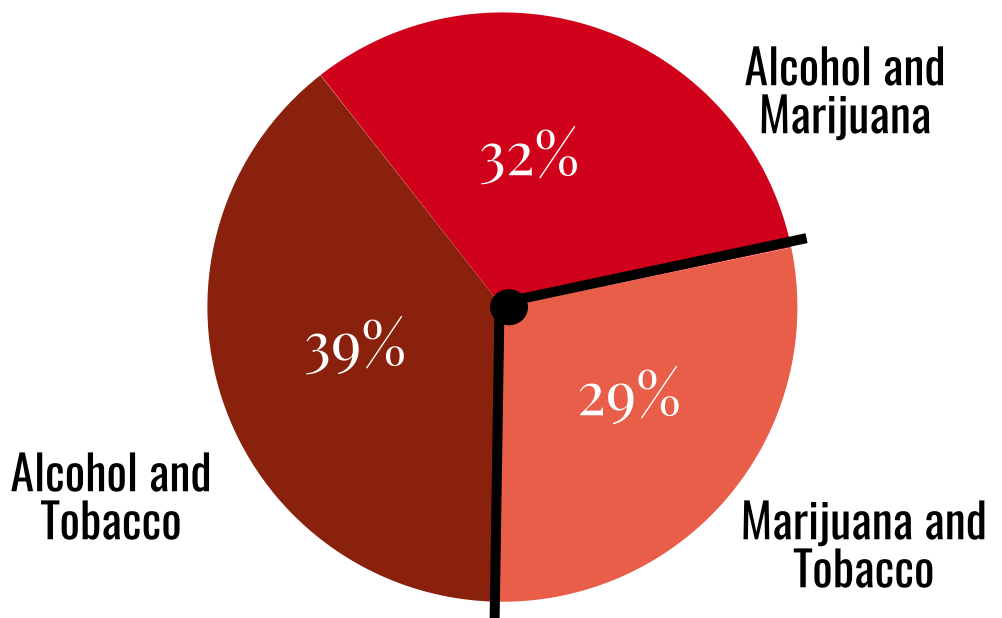
50%
of teens reported
substance use in the
past 30 days

● Used only one substance
 ● Used two substances
 ● Used three substances
 ● Did not report using any substances

20% used only one substance, 16% used two substances, and 14% used three or more substances.

Breakdown of Dual-Substance Use

71%
of teens who report dual
substance use report using
alcohol; making it the
most used substance
among teens



Among teens who report dual substance use, 39% used alcohol and tobacco, 32% used alcohol and marijuana, and 29% used marijuana and tobacco.



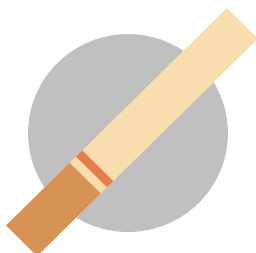
06.

Method of Marijuana & Tobacco Use*



14%

of teens reported use
of marijuana
in the past 30 days



21%

of teens reported use
of tobacco
in the past 30 days

The graphics to the left report the percentage of teens using both tobacco and marijuana. Comparing these preferences helps to understand how teens differ in their use of these substances. Teens who choose to consume these substances do so in several ways discussed below.

Methods of Use



Smoking

While 'smoking marijuana' may encompass several methods, smoking marijuana is compared to smoking cigarettes. This does not include smoking other tobacco products such as cigars.



Vaping

Vaping is very similar for both marijuana and tobacco (nicotine), so these are compared. While some vapes are proprietary for nicotine by design, some are capable of vaping both THC and nicotine.



Smokeless

While marijuana edibles are not necessarily parallel to chewing tobacco, they are compared because they are ingested through the mouth and may appeal to those who do not want to smoke.



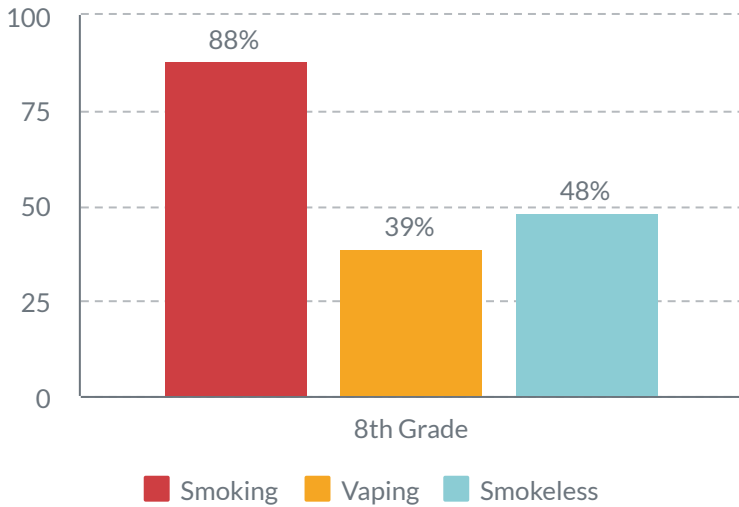
* Alcohol is not comparable here since the vast majority of use is by oral ingestion. For information about teen alcohol preferences, please refer to our Alcohol Report referenced on the back page of this report.



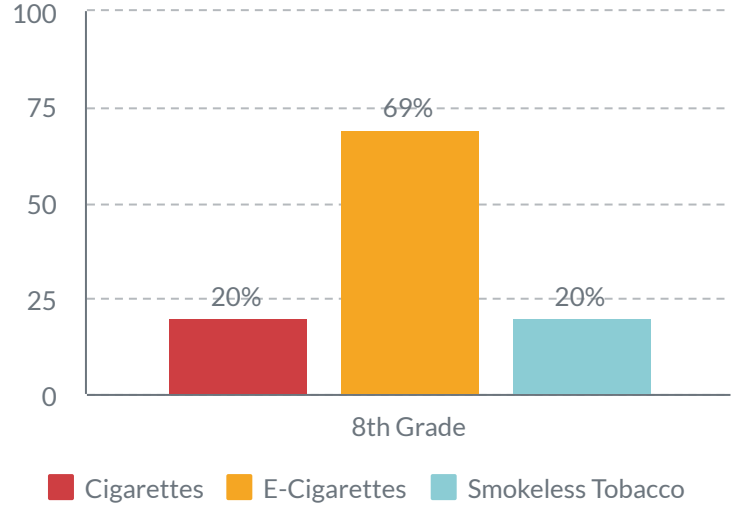
07.

Method of Marijuana & Tobacco Use, Continued

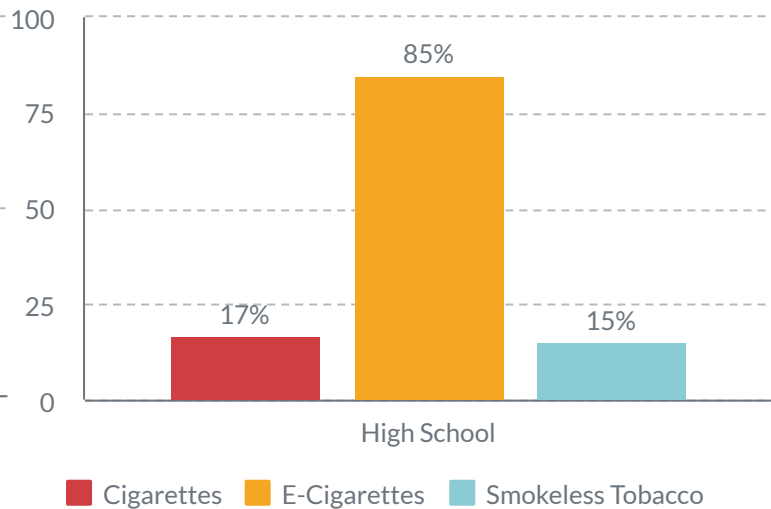
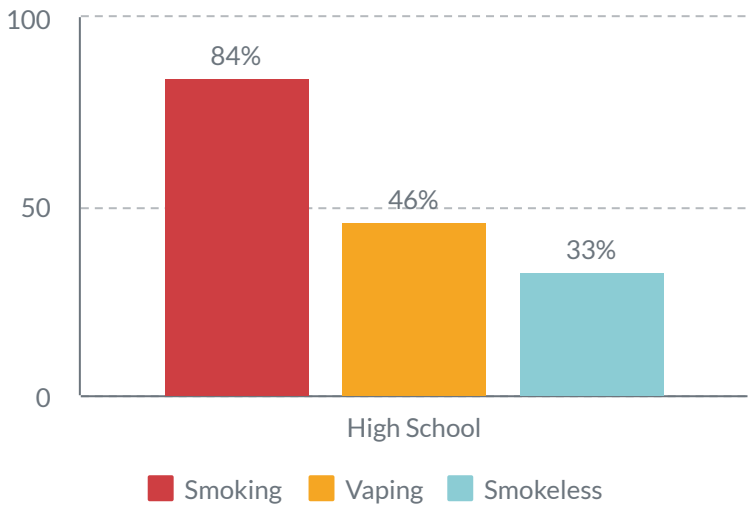
Marijuana Methods



Tobacco Methods



Most 8th grade students who use marijuana consume it by smoking. Interestingly, the use of edibles is more common among 8th graders who use marijuana than high school students (shown below). For tobacco, e-cigarette use is much higher than any other form of tobacco use.



Among high school students who use marijuana, preferences are different. In 2018, vaping marijuana was more popular than edibles, but not as popular as smoking marijuana. 85% of high school students who use tobacco reported having used e-cigarettes, while only 17% reported cigarette use. This highlights how popular e-cigarette use has become in just the past few years, as more and more teens take up e-cigarette use.

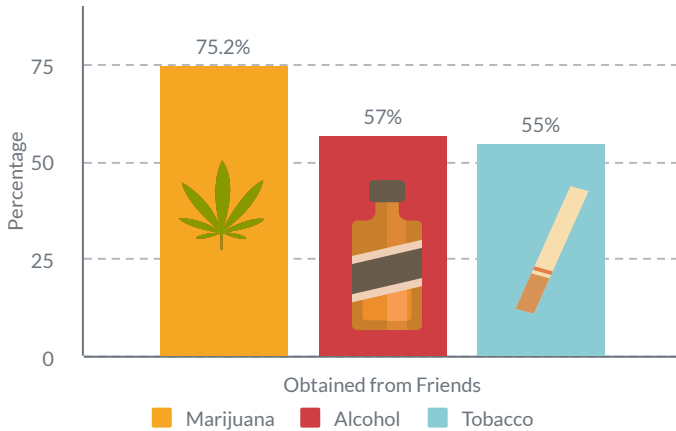


08.

Youth Access to Substances

Where do teens who use access substances?

Access via Friends



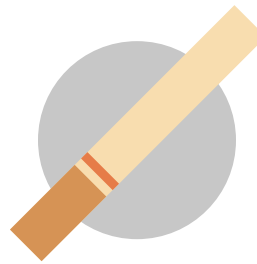
IYS data shows that the vast majority of teens who use alcohol and drugs gain access to them through social means. While the definition of social sources varies across substances, one metric is clear: for each substance, the most frequently reported source was always friends. Peer pressure and social influence are powerful forces for teens, and one teen with access to alcohol and drugs can enable access for many others. This figure shows that this effect is strongest among those who use marijuana: on average 75.2% of teens who used marijuana reported getting it from friends.

Secondary Sources of Access

Besides friends, other sources of access include parties, retail stores and sellers



55% reported accessing alcohol at a party



52% reported accessing tobacco at retail stores

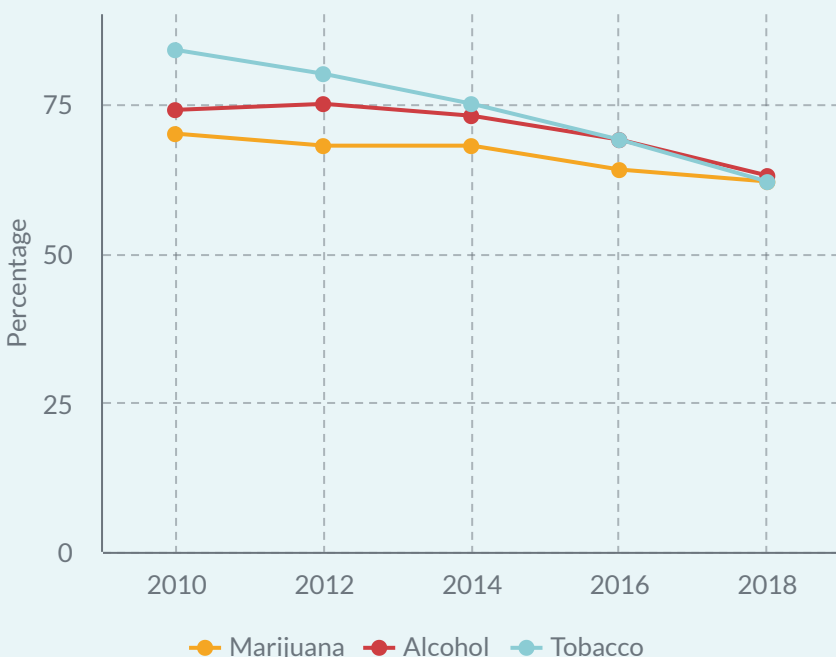


52% reported accessing marijuana from someone who sells drugs



Closer Look: Seniors

Senior's Perceived Ease of Access*



Understanding how teens access substances is a major part of the prevention puzzle. For the three major substances, perceived ease of access has been trending downwards for a decade - a positive trend that carries evidence of effective prevention measures. In 2018, seniors indicated that all three substances were equally easy to access. This is significant because in 2018, each substance had a different legal status: tobacco was legally available for seniors aged 18+, alcohol was illegal for teens, and marijuana was illegal for all. For the 2020 IYS Survey, all three substances are commercially available in Illinois but illegal for anyone under 21.

*Includes seniors who use and seniors who don't.

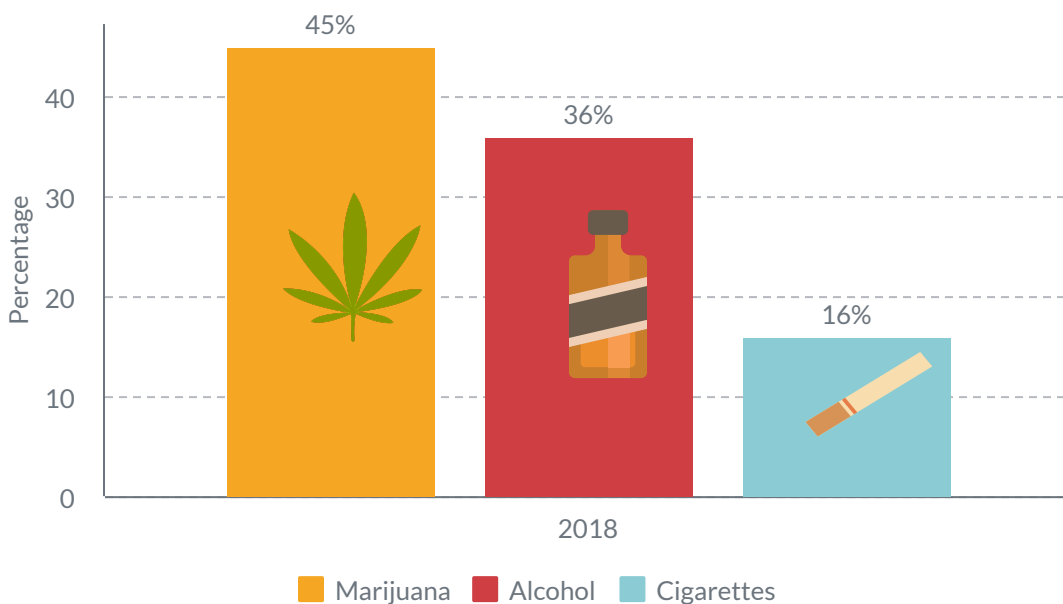


09.

Youth Perceptions of Substance Use

Do drugs make you cooler?

I would be seen as cool if I used:



The figure above shows that almost half of teens said there was at least some chance of being seen as cool for using marijuana. For alcohol, over one third responded that there was at least some chance they would be seen as cool among their peers. Interestingly, just 16 percent of teens responded that they would be seen as cool for smoking cigarettes. Furthermore, 8th and 10th graders were more likely than 12th graders to say they would be seen as cool if they used tobacco.

Why do these numbers matter?

Teens' perceptions have a deep impact on their actions. When teens believe that more of their friends are using substances, it can effect their decision making and choices about whether or not to use them. In addition, it is critical to understand what youth believe about the risks of substance use. These questions are explored on the next page.



10.

Youth Perceptions of Substance Use, Continued

Do your classmates use substances?



Number of seniors that overestimate the percentage of their classmates who used alcohol in the past month

7
in
10

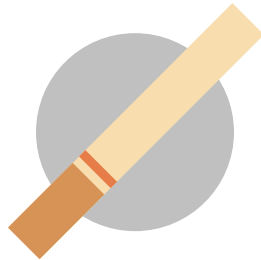
9
in
10

seniors overestimate the percentage of their classmates who used marijuana in the past month



Number of seniors that overestimate the percentage of their classmates who used cigarettes in the past month

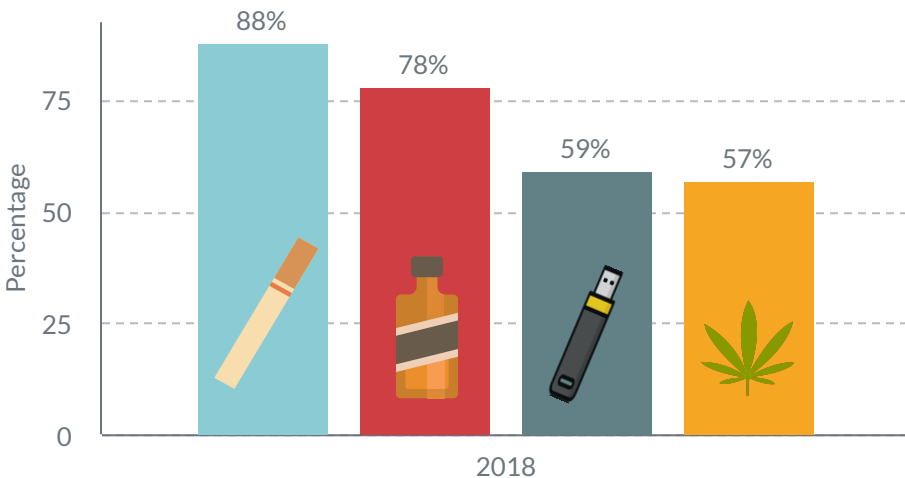
7
in
10



It is clear that the majority of teens overestimate how many of their peers use alcohol, tobacco, and marijuana. The social pressure from these perceived use rates could be a major reason that teens rationalize their use of these substances. Because these substances are almost exclusively used by teens, peer influence is a major factor in whether or not teens use alcohol, marijuana, and tobacco.

What is the risk?

"Great" or "Moderate" Perceived Risk



As teens perceive that substance use is risky, they may be more willing to abstain from using them. This is especially apparent in the case of tobacco: when almost all students understand the risks of cigarettes, few teens use them. The relatively more frequent use of e-cigarettes may result from a lack of understanding of the risks.

■ 1+ cigarette packs per day ■ 1-2 drinks per day ■ Use e-cigarettes
■ Marijuana 1-2 times per week



11.

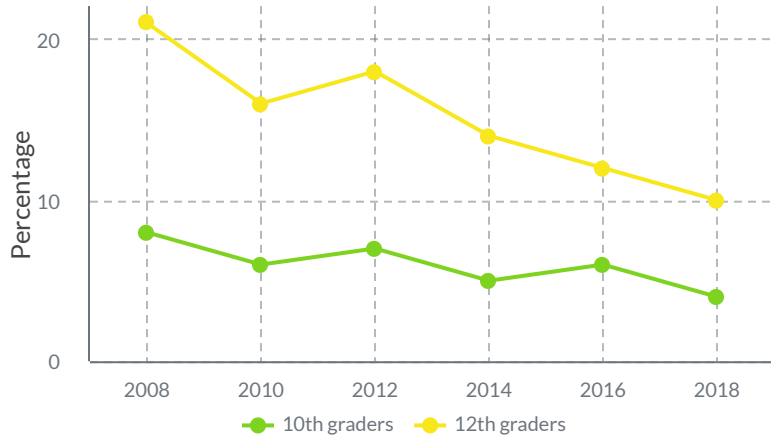
Driving Under the Influence

High School Seniors



- Did not drink and drive (75%)
- Rode with drunk/high driver (15%) ■ Drove drunk (10%)

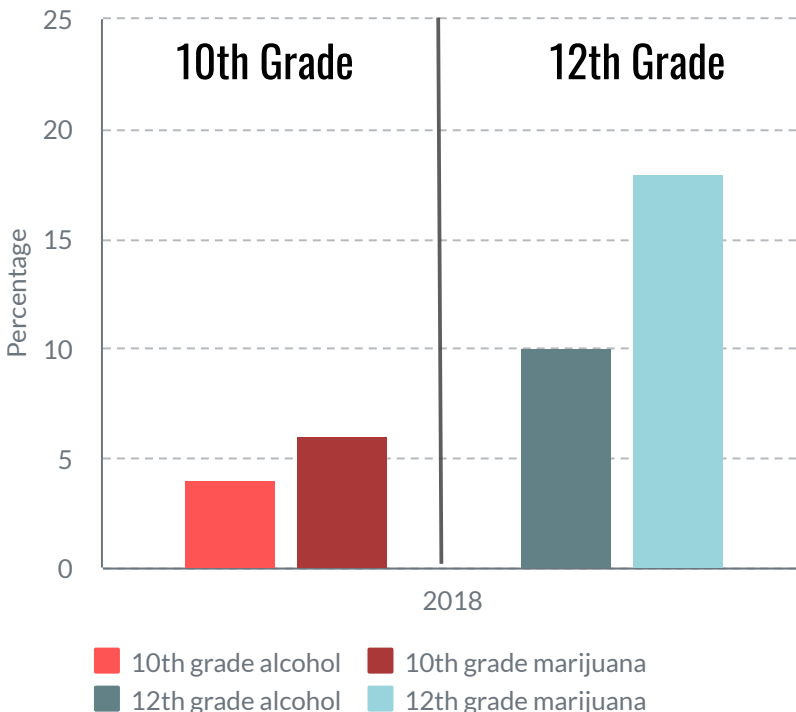
High School Teens Who Reported Past Year Drunk Driving



Driving under the influence is the most deadly and pervasive consequence of alcohol use. Impaired driving increases risk of serious injury to the person under the influence, in addition to other drivers and passengers on the road. In Illinois, teen rates of drinking and driving have declined over the last decade; only 6% of high school students reported driving drunk in the past year. However, a more significant number of teens reported being in a car with an intoxicated driver. In 2018, over a quarter of high school seniors reported riding with a drunk driver (including themselves). This means that **one in four high school seniors is at direct risk of drunk driving accidents.**

Alcohol vs. Marijuana and Driving

High School Teens Who Reported Driving Under the Influence



Rates of driving under the influence of marijuana are higher than drunk driving rates for both 10th and 12th graders. Driving under the influence of marijuana impairs driving abilities, especially among teens who are still learning how to drive, increasing the risk of being in an accident.

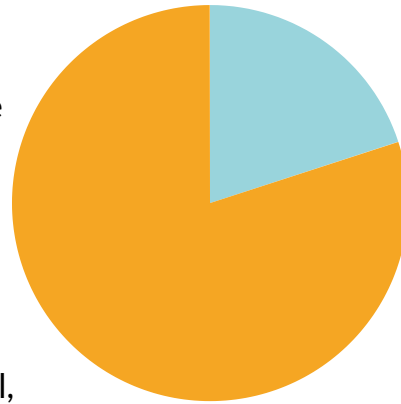


12.

Parent Actions in Youth Substance Use

How can parents make a difference?

Parents can affect their teens' substance use both positively and negatively. Some parents have unclear rules and may even provide alcohol and drugs to their teens, while others enforce clear rules and choose to educate their teens on the risks and facts about using substances. In Illinois however, most parents set clear rules for their teens about using alcohol and drugs. This can lead to a positive influence on teens' choices regarding use of alcohol, tobacco, and marijuana.



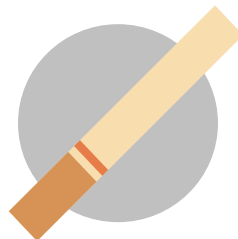
4 in 5
teens say there are clear rules about drug and alcohol use in their household

While the majority of parents set clear rules for substance use, there is room for improvement. Data show that only about half of teens reported that their parents talked with them about not using alcohol, tobacco, or marijuana in the past year. Having conversations with teens can help to reaffirm household attitudes against substance use.



56%

of teens report having had conversations with their parents about alcohol in the past year



49%

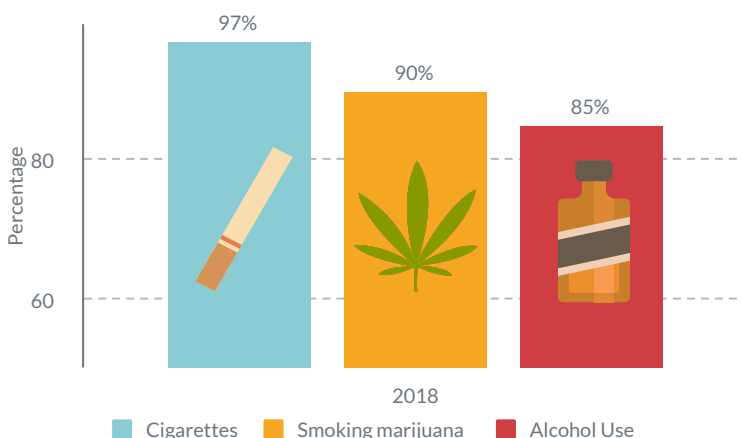
of teens reported conversations with their parents about tobacco in the past year



54%

of teens reported conversations with their parents about marijuana in the past year

Perceived Parent Disapproval



Just like peer norms, parent perceptions of substances can affect teen use. Between drinking alcohol, smoking marijuana, and smoking cigarettes, perceived parent disapproval has an inverse relationship with teen use. For example, cigarettes have the lowest use of these substances and 97% of teens reported their parents think it would be "wrong" or "very wrong" for their teens to use them.



13.

Implications & Recommendations



To Sum Up: Takeaways for Youth Alcohol, Tobacco and Marijuana Use in Illinois

- In 2018, the legal status for alcohol, tobacco and marijuana use were different for the last time. starting in 2020 while marijuana became legal, alcohol and tobacco use are illegal for those under 21.
- Alcohol is the most popular substance among teens.
- Marijuana use has remained steady for a decade and currently tobacco/ nicotine use is rising as e-cigarettes gain popularity.
- 50% of teens reported past 30-day use of alcohol, tobacco, and/or marijuana in 2018.
- While smoking is the most popular way to use marijuana, e-cigarettes are the most popular way to use tobacco/nicotine.
- Friends are the most common source of access to all three substances.
- The vast majority of seniors overestimate the number of their classmates who use substances.
- Using substances while driving is dangerous for teens who do it, teens who ride with them, and other motorists. Reported rates of driving under the influence are higher for marijuana than alcohol.
- Parents can help by setting rules and educating their teens on the facts about underage alcohol, tobacco, and marijuana use.

Now What?

It's a great time to open a dialogue with the youth in your life regarding these issues. To learn more about the risks of substance use for youth and tips for having that discussion, explore the resources below.



Smokefree Teen

<https://teen.smokefree.gov/>



Partnership for Drug-Free Kids

<https://drugfree.org/>



Prevention First

<https://www.prevention.org/>





Center for Prevention Research and Development

As part of the School of Social Work at the University of Illinois at Urbana-Champaign, CPRD concentrates its efforts in the areas of school reform and after-school evaluation, health and human service reform, and prevention science. To find out more information about alcohol use, tobacco use/ vaping and marijuana use among teens please follow our QR code:



Alcohol Use

<https://qr.go.page.link/t1Ra3>



Tobacco Use & Vaping

<https://qr.go.page.link/Stkqg>



Marijuana Use

<https://qr.go.page.link/Bj6wX>

Illinois Youth Survey State Report

The IYS State Report provides an overview of Illinois Youth Survey data relevant to teen use of alcohol, marijuana, and tobacco. If you are interested in the full data for these substances and other teen behaviors, please refer to the Illinois State Report. To find out more information about the Illinois Youth Survey, to see if your school participated, or to access your county report, please follow our QR code:



IYS Website

<https://iys.cprd.illinois.edu/>



State Report

<https://iys.cprd.illinois.edu/results/state>



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