In their Eyes: An Average Child’s View of their World

April 2015

University of Delaware Center for Drug and Health Studies
Based on the 2014 Delaware School Surveys
And the 2013 Delaware Youth Risk Behavior Survey

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The Delaware High School Youth Risk Behavior Survey
Since 1993 (CDHS has conducted since 1999)
In 2013:
2,797 Delaware Public High School Students (85% response rate)

- Grades 9-12
- Substance Use
- Personal Safety
- Depressive/Suicidal Behaviors
- Nutrition
- Exercise
- Sexual Behaviors
The Delaware School Survey
Since 1989 (CDHS has conducted since 1995)

In 2014

95% of 5th grade enrollment (n=7,545)
86% of 8th grade enrollment (n=6,689)
63% of 11th grade enrollment (n=4,675)

- Grades 5, 8, and 11 Delaware Public Schools
- Substance Use
- Delinquent Behaviors and Gambling
- School Climate and Family Climate
- Peer Behaviors
- Risk-Taking/Impulsivity
Let’s take a look at an average Delaware child . . .
This is Sophia.
Sophia just started Kindergarten. She lives in our most densely populated county, one of over 5,000 Delaware girls her age, one of over 10,000 children her age.
Sophia, like half of all children born in Delaware, received WIC. Her mom, a single parent, works and takes classes at Del Tech so she can eventually better support her two girls.
Sophia has had health insurance through Medicaid and the Delaware Healthy Children Program, and attends day care with Purchase of Care payments. The State of Delaware has a BIG investment in her.
She is healthy, happy, smart, and secure.
Sophia cares for others, especially her active younger sister.
She is involved in the community,
and has dreams for the future.
Someday, Sophia will be part of an average classroom of 25 students.
In the average 5th grade classroom:

• 11% will have tried an alcoholic drink (not just a sip) this represents about 3 children in Sophia’s classroom; only 15% will perceive great risk in one or two drinks, and fewer than half (43%) will perceive great risk in daily use.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
5th Grade past month alcohol consumption by Sub-state Planning Area

New Castle: 0%
Kent: 1%
Sussex: 1%
Wilmington: 1%

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
3% will have tried cigarettes (more than a few puffs); this represents 1 student in Sophia’s average 5th grade classroom of 25 students; 54% will perceive great risk from smoking a pack or more per day.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
5th Grade past month cigarette smoking by Sub-state Planning Area

New Castle 0%  Kent 0%  Sussex 0%  Wilmington 1%

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
The more time children spend with a smoker, the more likely they are to become smokers. A child who reports being in a room or car with a smoker daily is 4 times more likely to smoke than a child who reports not being exposed to environmental smoke.

Nearly 1 in 4 Delaware 5th graders live with a parent who smokes cigarettes. 40% live with someone who smokes.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
8% of 5th graders have tried inhalants, the most commonly reported substance after alcohol—while alcohol may have been consumed in family celebration contexts, this is unlikely to be the case for inhalants.

2 students in the average classroom will have experimented with inhalants; only 17% will perceive great risk in trying them.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
5th Grade past month inhalant use by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
1% of 5th graders will have tried marijuana; while this number is still low, only 27% perceive great risk in trying marijuana.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
5th Grade past month marijuana use by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Most 5\textsuperscript{th} grade students (94\%) report that their parents ask if they have completed their homework, and most (97\%) say their parents show it when they are proud of the students.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Approximately 7% of 5th graders report they have seen or heard adults in their home hurting each other in the past year.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
5th Grade witnessing of domestic violence by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
13% of 5th graders have been in a fight at school in the past year.

39% feel that fighting is a problem in their school.

2 in 3 fifth graders feel that the misbehavior of some students in their school keeps teachers from teaching those who want to learn.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
38% of 5\textsuperscript{th} graders have bet money on lottery tickets, team sports, card games, Bingo, games of skill, or video games in the past year.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
5th Grade gambling by Sub-state Planning Area

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
By the time Sophia is in 8th grade:
• 26% of Delaware 8th graders (about 7 of the average class of 25) drank alcohol in the past year
• 53% do not see great risk in binge drinking
• About 1 in 5 know where they can buy alcohol

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
8th Grade past month alcohol use by Sub-state Planning Area

New Castle: 12%
Kent: 13%
Sussex: 12%
Wilmington: 16%

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
• 12% of Delaware 8th graders have smoked marijuana in the past year
• 85% do not see great risk in trying marijuana once or twice
• About 1 in 3 know where to buy marijuana

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
8th Grade past month marijuana use by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Students who drank alcohol, smoked marijuana, or used other drugs in the past thirty days are more than three times as likely to have skipped school and almost twice times as likely to have cheated on a test.

16% of 8th grade students have used alcohol, marijuana or other drugs in the past month.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
Most 8\textsuperscript{th} grade students (89\%) report that they talk to parents about things at school, and most (96\%) say their parents show that they are proud of them.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
8th grade students who talk to parents about school and who say their parents are proud of them

<table>
<thead>
<tr>
<th>Location</th>
<th>Talk to Parents</th>
<th>Parents Proud of Them</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Castle County</td>
<td>78%</td>
<td>96%</td>
</tr>
<tr>
<td>Kent County</td>
<td>73%</td>
<td>95%</td>
</tr>
<tr>
<td>Sussex County</td>
<td>78%</td>
<td>97%</td>
</tr>
<tr>
<td>Wilmington</td>
<td>77%</td>
<td>95%</td>
</tr>
</tbody>
</table>

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
About half of Sophia’s class feels that violence is a problem in their school.

1 student in Sophia’s average 8th grade class took a weapon to school or a school event this year.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
One in ten 8\textsuperscript{th} graders report having seen violence between adults in their home in the past year.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
8th Grade witnessing domestic violence during the past year by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Statewide, 8th graders who have witnessed domestic violence…

• Over 30% currently use tobacco, alcohol and other drugs
• 1 in 4 damage and destroy others’ property
• 23% have skipped school and 19% have been suspended or expelled
• 45% have hit someone with the intention of hurting them in the past year
• 9% have sold drugs
• 5% earn Ds or Fs in school

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
20% of Delaware 8th graders report having had sexual intercourse

5 students in the average classroom are probably sexually active

Source: 2013 Middle School Delaware Youth Risk Behavior Survey, Center for Drug and Health Studies, University of Delaware
Middle and High School Students who Report Engaging in Sexual Intercourse by Sub-State Planning Area

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
• 13% of middle school students are medicated to help them concentrate better in school

• 4% of Sophia’s classmates are medicated for depression or anxiety

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
Middle school students who are medicated to do better in school and who are medicated for depression or anxiety by sub-state planning area

• Not Asked in 2013 Middle School YRBS
These are the “big kids” the younger children now look up to—their babysitters, camp counselors, role models.
By the time Sophia reaches 11th grade, some of her former classmates will have left school. Among those who remain:
In the past year, out of every 10 11\textsuperscript{th} graders:

- 57\% used Alcohol
- 34\% used Marijuana
- 14\% smoked Cigarettes
- 11\% misused Rx Drugs
- 35\% Sexually Active\(^*\) (3 mo.)
- 20\% Binge Drank (2 weeks)

Sources: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware

* 2013 High School Delaware Youth Risk Behavior Survey, Center for Drug and Health Studies, University of Delaware
Percent of Delaware High School Students Self-reporting Alcohol Use Before the Age of 13

New Castle: 18%
Kent: 20%
Sussex: 23%

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade past month alcohol use by Sub-state Planning Area

New Castle: 31%
Kent: 30%
Sussex: 34%
Wilmington: 30%

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
11th graders who report using alcohol before age 13

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
11th Grade past month marijuana use by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
11th Grade past month cigarette use by Sub-state Planning Area

- New Castle: 9%
- Kent: 8%
- Sussex: 13%
- Wilmington: 7%

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
11th graders who smoked cigarettes before age 13

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
11th Grade prescription drug abuse by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
High school students who have had sexual intercourse by Sub-state Planning Area

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Alcohol Studies
Alcohol is the most commonly reported drug used and is consistently associated with other high-risk behaviors.
11th Graders who are current (past month) drinkers are:

- 4.5 times more likely to get in a car with a driver who has been drinking*
- Twice as likely to hit someone* and 3.5 times as likely to vandalize property*
- Almost 5 times more likely to smoke marijuana* and 4 times more likely to use other drugs*
- About 2 times more likely to be forced to have unwanted sexual intercourse^
- 2 times more likely to have been arrested*

* Past Month

Sources: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
^ 2013 High School Delaware Youth Risk Behavior Survey, Center for Drug and Health Studies, University of Delaware
Costs of underage drinking in Delaware are over a quarter of a billion dollars annually, including medical costs, work lost and pain and suffering.
Costs of Underage Drinking in Delaware = $172 Million Annually

Medical = $10,000,000
Work Lost = $44,000,000
Pain & Suffering = $118,000,000

NIAAA 2005
Where do they get their alcohol?
In the past year . . .

- 15% of 11th grade students have been to a party where parents bought alcohol for the kids
- 30% have been to a party with alcohol and no adults present
- 22% have had someone over 21 buy them alcohol
- 11% have taken alcohol from the house without permission, and 4% have taken it with permission

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
Delaware 11th Grade Students Report Sources of Alcohol

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
11th Grade students who have taken alcohol from home with and without permission by Sub-state Planning Area

<table>
<thead>
<tr>
<th>Area</th>
<th>Taken alcohol from home with permission</th>
<th>Taken alcohol from home without permission</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Castle County</td>
<td>4%</td>
<td>12%</td>
</tr>
<tr>
<td>Kent County</td>
<td>5%</td>
<td>7%</td>
</tr>
<tr>
<td>Sussex County</td>
<td>5%</td>
<td>9%</td>
</tr>
<tr>
<td>Wilmington</td>
<td>5%</td>
<td>10%</td>
</tr>
</tbody>
</table>

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
18% of Delaware 11th Graders meet the criteria for alcohol dependence and or abuse:

Dependence and Abuse - 1%
Dependence - < 1%
Abuse - 16%
Those whose parents gave them alcohol are about 3.5 times more likely to give it to or sell to other teens.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
Alcohol and marijuana are both sometimes used in the family context . . .

• Among teens who are current marijuana users, 9% have used with adult family members and 22% with siblings

• Among teens who are current drinkers, 17% have used with siblings, and 19% have used with adult family members.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
11th grade alcohol use with adult family members and with siblings during past month by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
11th grade marijuana use with adult family member and with siblings during past month by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Almost one in ten Delaware high school students (9%) report they used marijuana before the age of 13, most likely while they were still in elementary school.

Source: 2013 Delaware High School Youth Risk Behavior Survey, Center for Drug and Health Studies, University of Delaware
• Teens who drink with adult family members are twice as likely to give alcohol away.

• Teens who smoke marijuana with adult family members are 5 times more likely to give it to others.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
37% of Delaware 11\textsuperscript{th} graders have used alcohol, marijuana, or other illegal drugs in the past month.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
There is a very strong relationship between whether parents know where their 11th grade child is... But whether the parent isn’t monitoring, or the child isn’t telling them honestly, we don’t know.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies

... But whether the parent isn’t monitoring, or the child isn’t telling them honestly, we don’t know.
Most 11\textsuperscript{th} grade students (88\%) report that they talk to their parents about school, and most (94\%) say their parents are proud of them.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
11th grade students who talk to parents about school and who say their parents are proud of them

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Delaware high school students tell us that **on school property:**

- 4% smoked cigarettes in the past 30 days
- 1% drank alcohol in the past 30 days
- 6% smoked marijuana in the past 30 days
- 7% sold or gave cigarettes, alcohol, marijuana, or other illegal drugs in the past 12 months

Source: 2013 Delaware High School Youth Risk Behavior Survey, Center for Drug and Health Studies, University of Delaware
91% of 11th grade students drive.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
10% of 11\textsuperscript{th} grade students report they have driven drunk in the past year and 10% report that they have driven under the influence of marijuana. 4% of students report doing both.

Therefore, 16% of 11\textsuperscript{th} grade drivers, or nearly one in four, has driven under the influence in the past year.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
Delaware 11th Grade Students Who Report Driving Drunk in Past Year

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Delaware 11th grade students who drove under the influence of marijuana in the past year by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
If each high school student who reports driving under the influence of alcohol or marijuana does it only once, that means there are 4* out there on Delaware roads each day.

* The percentage of 12th graders driving under the influence are based on 11th grade responses.
And they probably don’t do it just once.
and they don’t do it alone. . .

- In the past year, 26% of Delaware 11th graders have ridden in a car with a driver under the influence of marijuana, 15% in the past month.
- In the past year, 16% of Delaware 11th graders have ridden in a car with a driver under the influence of alcohol, 5% within the past month.
- This includes students who neither drink or use marijuana.

Source: 2014 Delaware School Survey, Center for Drug and Health Studies, University of Delaware
11th graders who rode in a car with someone drinking alcohol or someone smoking marijuana during past year by Sub-state Planning Area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
The more “under the influence” they are, the less likely they are to always use a seatbelt

Note: Binge drinking is defined as 3 drinks at a time in the last 2 weeks, heavy marijuana use is defined as using it more than 10 times in past month.

Note: Participants are not asked about driving under the influence of marijuana.

Source: 2013 Delaware High School Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Self-Reported Juvenile Suspensions/Expulsions from School in the Past Year

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Self-Reported Juvenile Arrests in the Past Year

8th Grade

- Drank Alcohol Past Year: 5%
- No Alcohol Past Year: 1%
- Used Marijuana Past Year: 1%
- No Marijuana Past Year: 1%
- Used Painkillers Past Year: 7%
- No Painkillers Past Year: 1%

11th Grade

- Drank Alcohol Past Year: 9%
- No Alcohol Past Year: 1%
- Used Marijuana Past Year: 1%
- No Marijuana Past Year: 1%
- Used Painkillers Past Year: 4%
- No Painkillers Past Year: 1%

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
The more schooling students expect to complete, the less likely they are to report past month drinking. Among those who expect to complete high school, 40% drank, but among those who expect to complete college, 32% drank.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Percentage of High School Students Reporting Diagnosis of Chronic Illness

44% of High School Students report being diagnosed with at least one Chronic Illness.

- Asthma: 23%
- Diabetes: 1%
- High Blood Pressure: 3%
- ADD/ADHS: 17%
- Depression: 9%
- Anxiety: 9%
- Chronic Allergies: 7%

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
28% of these students diagnosed with a chronic illness take prescribed medications for their conditions, and many of these are more likely to self-medicate, using illegal drugs.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
• 19% of high school students eat breakfast at most 1 time each week

• Less than 1 in 4 eats dinner with their family at most one time each week—and are likely to eat less vegetables

• 45% get 6 hours or less of sleep on school nights (when research now indicates they should have 9 or more)

• 57% have had a caffeinated drink yesterday

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
11th grade students who have breakfast at least once a week and who eat dinner with their parents at least once a week by sub-state planning area

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
20% of Delaware high school students did not exercise for more than 1 hour in the past week and less than half take Physical Education class (and only 13% get it 5 days/week), but more than half report playing video games 2 or more hours per day.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
8 students in the average high school class of 25 are obese (above 95th percentile) or overweight (above 85th percentile of national norms).

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Overweight and Obese Middle and High School Students by Sub-State Planning Area

Source: 2013 High School and Middle School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Those who are overweight or obese:

• Report eating the same types of foods as those in normal weight ranges—we have no measure of the amount they eat.

• Report less physical activity than those in normal weight ranges, and are more likely to report taking PE once a week rather than daily.

• Report more screen time than those in normal weight ranges.

Source: 2013 High School and Middle School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
With Regard to Sad Feelings, Self-Injury, and Attempted Suicide, Students Report They . . .

- Felt Sad/Hopeless for 2 Weeks: 23%
- Purposely Hurt Themselves (e.g. cutting, scraping, burning): 12%
- Seriously Considered Attempting Suicide: 13%
- Made a Plan to Attempt Suicide: 10%
- Attempted Suicide in Past Year: 7%
- Required Medical Injury due to Suicide Attempt: 3%

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
High School Students who Report Feeling Sad and Attempting Suicide by Sub-State

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Girls are most likely to intentionally cut, scrape, or burn themselves.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Delaware is consistently above National Norms on the Percentage of Students Who Reported Sexual Risk Behaviors

1 Had sexual intercourse during the 3 months preceding the survey.

2 Among students who were currently sexually active.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Delaware High School Students Self-Report Having Had Sexual Intercourse With Four or More Partners

<table>
<thead>
<tr>
<th>County</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Castle County</td>
<td>14%</td>
</tr>
<tr>
<td>Kent County</td>
<td>16%</td>
</tr>
<tr>
<td>Sussex County</td>
<td>18%</td>
</tr>
</tbody>
</table>

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
• 58% of 11th grade students reported they had given or received oral sex—46% of 9th graders have.
• 5% of 11th grade girls report having been pregnant at least once—5% of 9th grade girls.
• 2% of 11th grade students reported that they had been diagnosed with a sexually transmitted disease (STD)—1% of 9th graders have.
• Remember, these are the students still in school.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Four percent of high school girls say they have been pregnant at least once.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
High School Female Students who Report a Pregnancy by Sub-State

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Students who report not having had sexual intercourse are most likely to report the following reasons:

- Not ready
- Sex is only for serious relationships
- Prevent pregnancy/STD’s

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Patterns of Sexual Behavior Reported by 2013 Delaware High School Students

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Small Numbers of Delaware High School Youth Report Minority Sexual Orientation—homosexual or bisexual

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
These students are significantly more at risk. They are more likely to report smoking marijuana during the past month:

- Heterosexual: 24%
- Sexual Minority: 47%

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
And they are more likely to report that within the past year they made a plan about how to attempt suicide.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Most of Sophia’s classmates drink. Most are sexually active. Many use drugs. Many are depressed.
Age of Onset

• Delaware is 11th out of 44 states participating in the 2011 YRBS in the percentage of students who report using alcohol before the age of 13: 23%. The average age of onset reported by 8th graders is 11.9 years.

• Delaware is 6th out of 44 states participating in the 2011 YRBS in the percentage of students who report marijuana use before age 13: 10%. The average age of onset reported by 8th graders is 12.3 years.

Source: 2013 High School and Middle School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Trends in Delaware 8th Grade Students’ Substance Use Self-Reported Regular Use*, 1989-2014

Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.
Trends in Delaware 11th Grade Students’ Substance Use Self-Reported Regular Use*, 1989-2013

Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.
Alcohol Behavior for Delaware High School Students

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Marijuana Use May Have an Impact on School Performance.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Of the 44 states participating in the CDC’s 2011 Youth Risk Behavior Survey, Delaware ranked 3rd in the percentage of high school students who smoked marijuana in the past 30 days.
Lifetime Drug Use of Delaware High School Students

- Alcohol: 65%
- Marijuana: 42%
- Inhalants: 8%
- Ecstasy: 6%
- Cocaine: 4%
- Steroids: 3%
- Heroin: 3%
- Injected Drugs: 2%

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Almost one in four Delaware high school students (24%) have been in a physical fight one or more times in the past 12 months.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Almost one in ten (8%) have been physically forced to have sexual intercourse when they did not want to.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Almost one in ten (7%) of students say they attempted suicide one or more times in the past 12 months.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
15% of Delaware high school students carried a weapon such as a gun, knife, or club on one or more of the past 30 days

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Delaware High School Students who Carried a Weapon by Sub-State Planning Area

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
How Delaware High School Students Spend their Time

Exercise Past Month

- 38% Exercise Past Month
- 62% No Exercise Past Month

60 Minutes of Television

- 72% 60 minutes or more
- 28% Less than 60 Minutes

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
And then there’s college . . . .
Binge Drinking, Delaware 8th Grade-College (percentages)

Source: 2014 Delaware School Survey and College Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Alcohol consumption in Delaware was 54% higher per capita than national consumption.
Adult Prevalence

- 18-25 year olds are highest for past month alcohol use—62% and binge drinking 41%
- 18-25 year olds are highest for past month marijuana use—21%
- 18-25 year olds are highest for other illicit drug use—8%
- 18-25 year olds are highest for non-medical pain reliever use—11%
- All of the above are higher than national norms

Past 30 Day Alcohol Use by Age Group: Delaware BRFSS 2004-2010

Binge Drinking by Age Group, Delaware BRFSS

Delaware is in the top quartile for drinking and binge drinking among women aged 18-44 (child bearing age). There is no data on the number of children born with Fetal Alcohol Spectrum Disorder.

Delaware’s alcohol-related robbery rate is estimated to be 16% higher than the national average.

Alcohol positive fatal vehicle accidents (all ages) are 8% above the national average.
Health data

• Seventh in the nation in HIV-AIDS rates
• High levels of liver disease
• High rates of cancer and heart disease
• Youth who report alcohol or drug use on state surveys are much more likely to also report mental health problems, intentional and unintentional injuries as well as aggression
Adult and Juvenile Drug Arrests

The graph shows the number of adult and juvenile drug arrests from 2003 to 2008. The vertical axis represents the number of arrests, ranging from 0 to 7000. The horizontal axis represents the years from 2003 to 2008.

- **Adult** arrests show a steady increase from 2003 to 2008.
- **Juvenile** arrests are consistently lower than adult arrests and show a slight increase over the years.

Overall, both adult and juvenile drug arrests have been on the rise during this period.
3 out of 4 Juvenile admissions to treatment were for marijuana use.
2012 Delaware Adult Admissions to Treatment Primary Drug Reported

- Alcohol: 1579
- Marijuana: 1161
- Heroin: 1845
- Other Opiates & Synthetics: 1793
Delaware Drug and Alcohol Treatment Admissions by Drug 1999-2012

% Change:
Since 1999
Alcohol: -35%
Marijuana: 39%
Heroin: -23%
Other Opiates: 3798%
From 1999 to 2012, adult admissions to treatment for men decreased by approximately 3% and increased approximately 19% for women.
Delaware Drug and Alcohol Treatment Admissions by Age Group 1999-2012

Percent Change:  18-20: 0%  21-24: 41%  25-34: 15%  35-44: -45%
45-54: 58%  55-64: 120%  65+: 86%
Drug-induced Deaths – Rates

Five-year Age-adjusted Mortality Rates for Drug-Induced Deaths by Race
Delaware, 1980-2010

White Drug
Black Drug

Deaths per 100,000

Source: Delaware Health Statistics Center
Alcohol-induced Deaths – Rates

Five-year Age-adjusted Mortality Rates for Alcohol-Induced Deaths by Race
Delaware, 1980-2005

Source: Delaware Health Statistics Center
Costs of Underage Drinking in Delaware = $172 Million Annually

- Medical = $10,000,000
- Work Lost = $44,000,000
- Pain & Suffering = $118,000,000

NIAAA 2005
Delaware’s Bottom Line:

- Costs of underage drinking = $172,000,000
- Industry profits on underage (from total sales of $51,000,000) = 25,000,000
- Funds for combatting = 11,000,000

Total Loss = $136,000,000

Who gets the profit? Who pays the remainder?
Costs are shared in:

- Health Insurance
- Car Insurance
- Property Insurance
- State Taxes
- Municipal Taxes
Federal Taxes on Alcohol, when adjusted for inflation, have declined 33% since 1992 (beer tax is 63% lower than 1970 rates):

• Federal beer and wine taxes are currently 7-10 cents per drink
• Federal liquor tax is currently 20-25 cents per drink
Trends in Delaware Students’ Marijuana Use by Grade Self-Reported Regular Use*, 1989-2014

Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.
Trends in Delaware Students’ Alcohol Use by Grade
Self-Reported Regular Use*, 1989-2014

Note: *Regular use is defined as reports of about once a month or more often; see note, page 18a
Source: Data Base/ DiagnosticsPlus (1989 - 1993); Department of Public Instruction, 1994;
University of Delaware Surveys, 1995-20014.
TRENDS IN DELAWARE STUDENTS' CIGARETTE USE BY GRADE
SELF-REPORTED REGULAR USE*, 1989-2013

"Other Illegal Drugs" includes prescription downers, prescription uppers, inhalants, hallucinogens, ritalin (to get high), pain killers, designer drugs, heroin and cocaine.

Source: Data Base/ DiagnosticsPlus (1989 - 1993); Department of Public Instruction, 1994; University of Delaware Surveys, 1995-20014.
Trends in Delaware Eleventh Graders’ Reports of Past Month Drinking and Driving and Reporting of Smoking Marijuana and Driving, 1990-2014

Source: Data Base/ DiagnosticsPlus (1990-1993); Department of Public Instruction 1994; University of Delaware Surveys 1995-2014.
About one in four 5th graders has moved 3 or more times since starting Kindergarten. This is twice as likely in one-parent households.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Most 5th graders feel safe in their neighborhood (86%). Most spend the after-school hours somewhere where there is an adult (83%). Those who don’t are 50% more likely to have tried alcohol.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Almost all 5th graders (92%) feel safe at school.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
At home, students spend their time:

- Online/watching TV/playing video games
  - 26% spend ½ hour or less; 41% spend two hours or more

- Doing school work
  - 51% spend ½ hour or less; 12% spend two hours or more

- Physically playing or exercising
  - 14% spend ½ hour or less; 56% spend two hours or more

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
The number of books in a student’s household also is associated with school performance and behavior—22% report having 20 or fewer books at home, while 55% have 50 or more.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
Parents usually know where their 5\textsuperscript{th} graders are (95\%), although some lie to their parents about where they are (13\%), and these students are 300\% more likely to report having experimented with alcohol, having stolen something, or having destroyed someone else’s property.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
More than two out of three Delaware 5th graders (71%) say parents told them not to use alcohol. These students are less likely to have tried alcohol.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Parents talked about the risks of using alcohol

![Bar chart showing percentages of parents talking about the risks of using alcohol by county: New Castle County 69%, Kent County 74%, Sussex County 72%, Wilmington 75%.

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies]
Percent of 11th Grade Delaware Students Self-reporting Binge Alcohol Use in the Past 30 Days

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Delaware 11th Grade Students Who Report Driving Drunk During the Past Year

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Percent of Delaware High School Students Self-reporting Perceiving Great Risk in Drinking Alcohol Daily

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
Delaware High School Students Who Report Giving Someone Money to Buy Alcohol For Them

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Delaware High School Students Who Report They Drank at Someone Else’s House

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Delaware High School Students Report Types of Alcohol Drunk

[Chart showing the percentage of students in New Castle, Kent, and Sussex who report drinking beer and liquor.]

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Delaware 11th Grade Students Report Sources of Alcohol

Party Where Parents Bought Alcohol for Teens
Party with Alcohol/ No Parents Present
Someone Over 21 Bought For Them

Source: 2014 Delaware School Survey, University of Delaware Center for Drug and Health Studies
High school students who are current drinkers are twice as likely as non-drinkers to have had sexual intercourse.

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Delaware High School Students Self-Report Having Had Sexual Intercourse

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Delaware High School Students Self-Report Having Had Sexual Intercourse With Four or More Partners

Source: 2013 High School Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Health Studies
Delaware Adults Self-Reporting Having Drunk Alcohol in the Past 30 Days

- New Castle County: 58%
- Kent County: 48%
- Sussex County: 52%

Source: 2012 Delaware Behavior Risk Factor Surveillance System
Delaware Adults Self-Reporting Binge Drinking

Source: 2012 Delaware Behavior Risk Factor Surveillance System

Note: Binge drinking is defined as five or more drinks at a time for a male and four or more for a woman.
Delaware Adults Self-Reporting Heavy Drinking

New Castle County: 6%
Kent County: 5%
Sussex County: 7%

Source: 2010 Delaware Behavior Risk Factor Surveillance System
Note: Heavy drinking is defined as more than 2 drinks per day for a male and more than one per day for a female.
Alcohol and Drug DUI Arrests per 100,000 in Population

- New Castle: 79.48
- Kent: 153.41
- Sussex: 203.91
Drug DUI Arrests per 100,000 in Population

- New Castle: 38.63
- Kent: 47.44
- Sussex: 107.03
Alcohol-Involved Traffic Related Crashes per 100,000 in Population

<table>
<thead>
<tr>
<th>County</th>
<th>Alcohol Related Crashes</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Castle</td>
<td>2.79</td>
</tr>
<tr>
<td>Kent</td>
<td>6.78</td>
</tr>
<tr>
<td>Sussex</td>
<td>5.58</td>
</tr>
</tbody>
</table>
Alcohol-Involved Traffic Related Deaths per 100,000 in Population

<table>
<thead>
<tr>
<th>County</th>
<th>Alcohol Related Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Castle</td>
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</tr>
<tr>
<td>Kent</td>
<td>6.78</td>
</tr>
<tr>
<td>Sussex</td>
<td>6.09</td>
</tr>
</tbody>
</table>
Not just the drinkers are killed.
Traffic Related Fatalities per 100,000 in Population

New Castle: 8.91
Kent: 14.79
Sussex: 15.72
Traffic Related Injuries per 100,000 in Population

- New Castle: 929.28
- Kent: 854.54
- Sussex: 816.66
Drug and Narcotic Offenses per 100,000 People Received by Police by County

Source: Crime in Delaware 2003-2008 Report prepared by the Office of Management and Budget and Statistical Analysis Center
Increases in Group A Offenses 2003-2008

New Castle County: 4.20%
Kent County: 11%
Sussex County: 21.50%

Note: Group A Offenses include 22 crimes ranging from arson through assault, burglary, vandalism, drug offenses, homicides and forcible sex offenses. Source: Crime in Delaware 2003-2008 report of Delaware Statistical Analysis Center.
Context of Review

• We saw data from:
  – youth from the Delaware School Survey and the Youth Risk Behavior Survey
  – Adults from the Behavioral Risk Factor Surveillance System for Delaware
  – Adults from Highway Safety and Criminal Justice statistics
• In general Sussex County youth and show levels of substance consumption and consequences similar to those in the other Delaware sub-state planning areas with the exception of cigarettes and alcohol

• For adults, alcohol-related consequences are higher in Sussex County

• Despite having a population more than four times that of Wilmington, each of Sussex, Kent, and the rest of New Castle County have less than half as many existing prevention Service agencies as does Wilmington pointing to a gap in service availability

• Extensive summary data are included in the Appendix document 2012 Delaware Substate Profile
Some Youth Specifics

• Sussex high school youth report more past month drinking than others in the State
• Sussex high school age youth report more binge drinking than in other parts of the State
• Sussex 11th graders are more likely to report driving while drunk
• Sussex high school youth are more likely to report first drinking before age 13
• Sussex youth are less likely to see a great risk from regular drinking
More Youth Specifics

• Sussex youth are more likely to get someone else to buy alcohol for them
• Sussex youth are more likely to drink at a someone else’s house
• Sussex youth are more likely to drink beer and hard liquor than youth in other parts of the State
• Sussex youth are more likely to have parents or other adults buy alcohol for their parties and also to have no parents present at parties
Adult Consumption in Sussex County

• Sussex County adults are less likely to drink than those in New Castle County
• Sussex County Adults are less likely to binge drink than those in New Castle County
• Sussex County adults are as likely to be heavy drinkers as those in New Castle County
Adult Consequences

• Both Alcohol and Drug arrests for DUI are considerably higher in Sussex than in New Castle or Kent Counties per 100,000 pop.

• Alcohol-related crashes and fatalities are much more likely in Kent and Sussex Counties than in New Castle County per 100,000 pop.

• Traffic fatalities are greater in Kent and Sussex Counties, while traffic-related injuries are greater in New Castle County per 100,000 pop.
Potential Correlate of Alcohol use in Sussex and Kent Counties

- There are higher rates of drug and narcotic offenses in Sussex and Kent Counties compared to New Castle County.

- The rate of Type A offenses (violent) is increasing most sharply in Sussex, next in Kent, and slowest in New Castle County. The rate of increase in Sussex is 5 times the rate in New Castle County.
Existing Prevention Resources

• There are more than twice as many existing agencies providing prevention services in Wilmington, as compared to each of the rest of New Castle County, Kent County, and Sussex County.

• This is true even though the population of Wilmington is one-fourth or less than that of the other three Substate planning areas.
Distribution of Delaware Prevention, Treatment and Referral Resources

Prevention Programs are more than twice as likely to exist in Wilmington than in each of the other Substate Planning areas (rest of New Castle County, Kent County, Sussex County)