Anxiety and Substance Use Among Delaware High School Students

Anxiety disorders are among the most common conditions affecting youth\(^1\). According to the 2017 Youth Risk Behavior Survey (YRBS), more than 15% of high school students in Delaware reported that a doctor or nurse diagnosed them with anxiety. This chart highlights the association between anxiety and substance use among Delaware high school students. As it illustrates, high school students who reported that they were diagnosed with anxiety were more likely to report using alcohol and marijuana in the past 30 days. This suggests prevention programs for substance use should address students’ mental health needs, and vice versa.