

Healthy People 2010 Leading Health Indicators

Ten Major Public Health Issues

- Physical activity
- Overweight and obesity
- Tobacco use*
- Substance abuse*
- Responsible sexual behavior
- Mental health
- Injury and violence
- Environmental quality
- Immunization
- Access to health care

Healthy People, 2010 National Health Objectives 21 Critical Adolescent Objectives

- reduce deaths by motor vehicle crashes
- reduce deaths & injuries from substance abuse related vehicle crashes*
- reduce proportion who rode with drunk driver*
- increase use of safety belts
- reduce homicides
- reduce physical fighting
- reduce weapon carrying on school property
- reduce past-month use of illicit substances*
- reduce proportion binge drinking*
- reduce tobacco use*

Substance Abuse

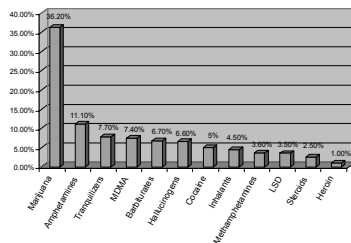
- Youth Risk Behavior Survey
- Monitoring the Future
- National Household Survey of Drug Abuse
- AddHealth

Trends in Prevalence of Health Risk Behaviors, 1991-1999

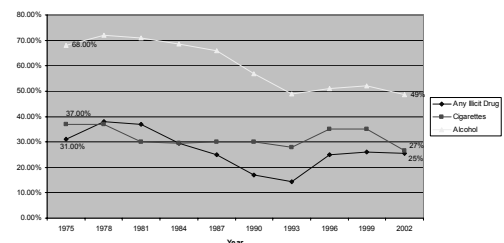
| Prevalence | 1991 | 1993 | 1995 | 1997 | 1999 | % Change 1991-1999 |
|------------------------|------|------|------|------|------|-----------------------|
| Current Cocaine Use | 1.7 | 1.9 | 3.1 | 3.3 | 4.0 | +135.3 |
| Current Marijuana Use | 14.7 | 17.7 | 25.3 | 26.2 | 26.7 | +81.6 |
| Frequent Cigarette Use | 12.7 | 13.8 | 16.1 | 16.7 | 16.8 | +32.3 |
| Suicide Attempt | 7.3 | 8.6 | 8.7 | 7.7 | 8.3 | +13.7 |
| Binge Drinking | 31.3 | 30.0 | 32.6 | 33.4 | 31.5 | +0.6 |
| Current Alcohol Use | 50.8 | 48.0 | 51.6 | 50.8 | 50.0 | -1.6 |
| Sexual Intercourse | 54.1 | 53.0 | 53.1 | 48.4 | 49.9 | -7.8 |
| Fighting | 42.5 | 41.8 | 38.7 | 36.6 | 35.7 | -16.0 |
| Suicide Ideation | 29.0 | 24.1 | 24.1 | 20.5 | 19.3 | -33.4 |
| Weapon Carrying | 26.1 | 22.1 | 20.0 | 18.3 | 17.3 | -33.7 |

Source: Youth Risk Behavior Surveillance, 1991, 1993, 1995, 1997, 1999

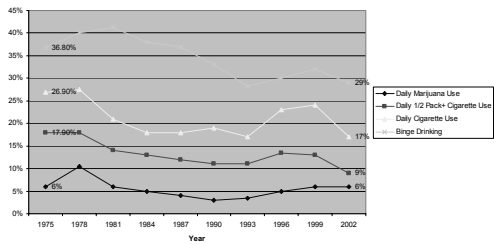
Past-year illicit drug use, 12th graders, 2002



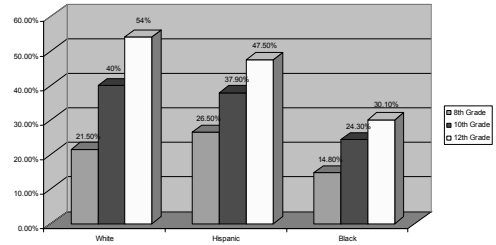
Trends in past 30 day substance use, 12th graders, 1975-2002



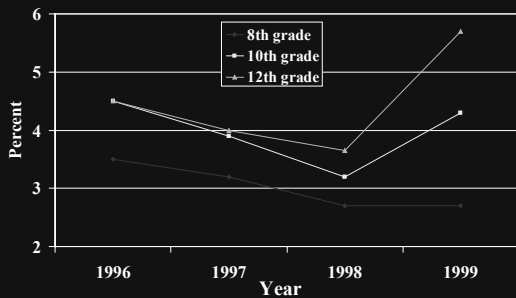
Trends in high-risk use of substances, 12th graders, 1975-2002



Past 30 day alcohol use by race/ethnicity and grade level, 2002

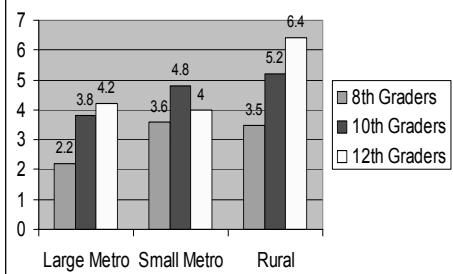


Percent of Youths Reporting Use of Ecstasy in the Past Years, 1996-1999



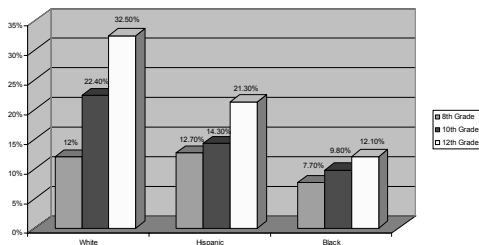
Source: 1000 Monitoring the Future, Institute for Social Research, University of Michigan

Annual Use of Methamphetamine by Youth: 1999



Monitoring the Future

Past 30 day cigarette use by race/ethnicity and grade, 2002



Smoking



- 3,000 teens start smoking every day
- 1,000 will die prematurely from smoking-related illness
- 1,000,000 youth become regular smokers each year
- 400,000 adults die from tobacco-related disease each year
- few initiate habitual smoking as adults

Functional Value of Risk Taking

“Cigarettes for youth are interpersonal bonding and binding; a cigarette is not an ‘it’; youth don’t smoke ‘it’. They are ‘with’ cigarettes and others. It is in this sense that cigarettes are a habit: cigarettes are taken for granted.”

Michael Baizerman, 1979



Drug Abuse Prevention Programs

- **Universal**
- **Selective**
- **Indicated**

Key Components- Dusenbury

- **Research/theory driven**
- **Developmentally appropriate**
- **Social resistance skills**
- **Normative education**
- **Broader-based social skills**
- **Interactive teaching**
- **Teacher training/support**
- **Sufficient duration/follow-up**
- **Cultural sensitivity**
- **Ecological approach**
- **Evaluation**