

# MISSOURI YOUTH SUBSTANCE USE AT A GLANCE

## ACT MISSOURI

*Taking ACTION to Build a Healthy Missouri*



[www.actmissouri.org](http://www.actmissouri.org)



Healthy individuals...  
Healthy communities... Healthy Missouri!

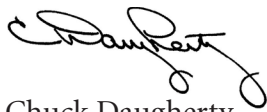


Dear Legislator,

For 26 years, ACT Missouri has been preventing substance use through education, advocacy and community coalition building.

This booklet is intended to serve as a resource on substance use among Missouri youth and contains information on the top four most used substances in Missouri: alcohol, tobacco, marijuana and prescription drugs. Please keep this booklet available so when issues regarding substance use cross your desk, you are able to refer to it for the most up-to-date information. If you have any further questions, please feel free to contact us!

Sincerely,

A handwritten signature in black ink, appearing to read "Chuck Daugherty", with a stylized flourish at the end.

Chuck Daugherty  
*Executive Director*

# alcohol

	MISSOURI	U.S.
<b>AVERAGE AGE OF FIRST USE:</b>	<b>13.43</b>	<b>13.94</b>
<b>LAST 30 DAYS USE:</b>	<b>14.3%</b>	<b>11.6%</b>
<b>LIFETIME USE:</b>	<b>35.4%</b>	<b>30.8%</b>

*About 40% of students who reported drinking in the past 30 days, rode with someone who had been drinking.*

**A**mong all youth, 53.7% said they would “definitely not” drink alcohol if one of their best friends offered it to them, while 5.2% said “definitely yes.” Overall, in the past 30 days, a small percentage (4.4%) of students 16 and older reported drinking while driving. While 14.4% of all students rode with someone who had been drinking, this is a decrease from 2012 (19.4%). However, when looking only at students who reported drinking in the past 30 days, about 40% rode with someone who had been drinking and 17.1% reported drinking and driving.

Alcohol use is fairly high among those who had at least one drink in their lifetime, with 40.6% reporting that they used alcohol within the last 30 days. Of those who tried alcohol, slightly over 4.1% of students report that they had at least one drink of alcohol on 20 or more occasions.

# marijuana

	MISSOURI	U.S.
<b>AVERAGE AGE OF FIRST USE:</b>	<b>13.88</b>	<b>13.94</b>
<b>LAST 30 DAYS USE:</b>	<b>7.6%</b>	<b>7.2%</b>
<b>LIFETIME USE:</b>	<b>15.2%</b>	<b>17.0%</b>

*About one in ten (11.2%) of past month users smoked marijuana on school property in the past 30 days.*

Of those surveyed, 71.3% said they would “definitely not” smoke marijuana if one of their best friends offered it to them while 5.6% said they definitely would smoke. Of those youth who smoked marijuana in the past month, 40.3% of youth reported smoking one or two days in the month while 12.3% reported daily use.

About one in ten (11.2%) of past month users smoked marijuana on school property in the past 30 days. This is notably higher than the percentage reporting drinking alcohol on school property (8.2%) and lower than those who reported smoking cigarettes on school property (19.7%).

37.3% of Missouri students perceived that marijuana was “very” or “sort of” easy to obtain. Marijuana was seen as “very cool” more often than any other substance, and more than a third, 36.6%, reported marijuana posed a “slight risk” or “no risk at all”.

# prescription drugs

	MISSOURI	U.S.
<b>AVERAGE AGE OF FIRST USE:</b>	<b>N/A</b>	<b>N/A</b>
<b>LAST 30 DAYS USE:</b>	<b>3.7%</b>	<b>10.1</b>
<b>LIFETIME USE:</b>	<b>7.5%</b>	<b>14.5</b>

*Missouri has been higher than the national average for rate of deaths related to drug related overdoses for the last several years.\**

**A**fter marijuana, RX drugs are now the most common drugs used by Missouri youth. Many teens believe they are safe because they are prescribed by doctors, and 44% of people 12 and older reported getting the drugs from a friend of relative. Of those who did misuse prescription drugs at least once, pain medication was the most commonly misused substance.

Less than 1 out of 10 students reported misusing medication to have a good time or fit in with friends.

27.7% of students reported that prescription drugs were “very” or “sort of” easy to obtain.

2016 Missouri Student Survey

\*Missouri State Epidemiology Profile, January 2017

# tobacco

	MISSOURI	U.S.
<b>AVERAGE AGE OF FIRST USE:</b> (CIGARETTES)	<b>12.71</b>	<b>13.94</b>
<b>LAST 30 DAYS USE:</b> (CIGARETTES)	<b>6.2%</b>	<b>5.6%</b>
<b>LIFETIME USE:</b> (CIGARETTES)	<b>17.6%</b>	<b>15.7%</b>
<b>LAST 30 DAYS USE:</b> (CHEWING TOBACCO)	<b>3.7%</b>	<b>2%</b>
<b>LIFETIME USE:</b> (CHEWING TOBACCO)	<b>9.4%</b>	<b>6%</b>
<b>LAST 30 DAYS USE:</b> (E-CIGARETTES)	<b>10.6%</b>	<b>N/A</b>
<b>LIFETIME USE:</b> (E-CIGARETTES)	<b>22.4%</b>	<b>N/A</b>

*67.6% of youth who smoke tried to quit at some point and half of them (38.1%) did so successfully.*

Of those youth who are not currently smoking, 83% said they would “definitely not” smoke a cigarette in the next year. Similarly, 80.4% said they would “definitely not” smoke a cigarette if one of their best friends offered it to them.

Among students who reported that they smoke, the highest percent smoked only one or two days out of the month (42.3%), followed by three to five days (15.8%) and then, daily smoking (12.3%). Almost 1 in 4 (24.1%) report that they will either definitely not or probably not smoke a cigarette in the next year, indicating the possibility of quitting. Among youth who had smoked a cigarette in the 30 days prior to the survey administration, 67.6% tried to quit smoking at some point and half of them (38.1%) did so successfully. More than a third (40.5%) thought that e-cigs were a “slight risk” or “no risk at all”.

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ACT Missouri is a private not-for-profit corporation established in 1991 to prevent substance use in Missouri. We work with great community groups across the state to spread the message about making healthy choices. We are the Missouri affiliate for SADD and The Partnership for Drug-Free Kids.

## **Our Vision**

**Healthy individuals...Healthy communities...Healthy Missouri!**

## **Our Mission**

We serve as the statewide prevention catalyst, empowering individuals and fostering partnerships to promote safe, healthy, and drug-free communities.

## **ACT Missouri**

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