



## Vermont Child Health Improvement Program



# Substance Abuse, Suicide and Young People in Vermont: What do the Data Tell Us?

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# Main Data Sources

## *Vermont Dept. of Health*

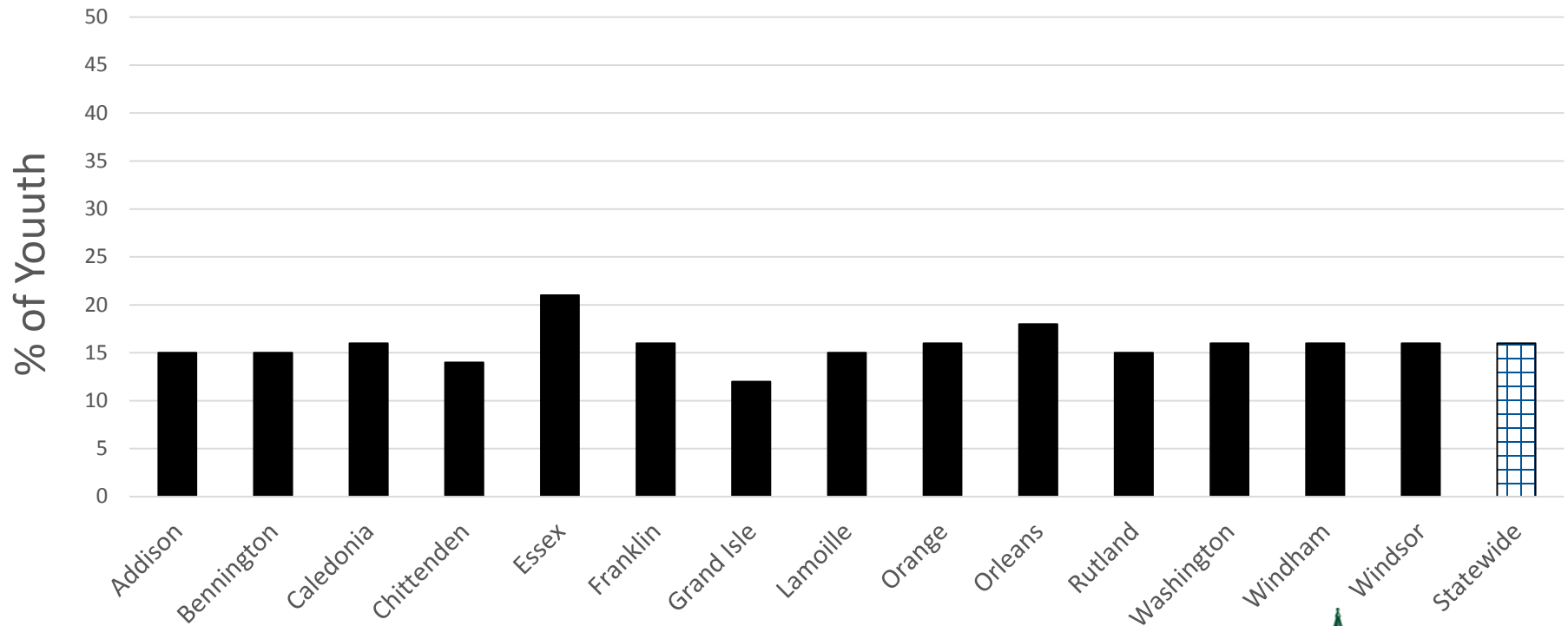
- Analysis of vital records
- Health Surveillance

## *The Vermont Youth Risk Behavior Survey*

- Every two years, most schools participate
- National and Vermont samples
- 2017 detailed data not yet available

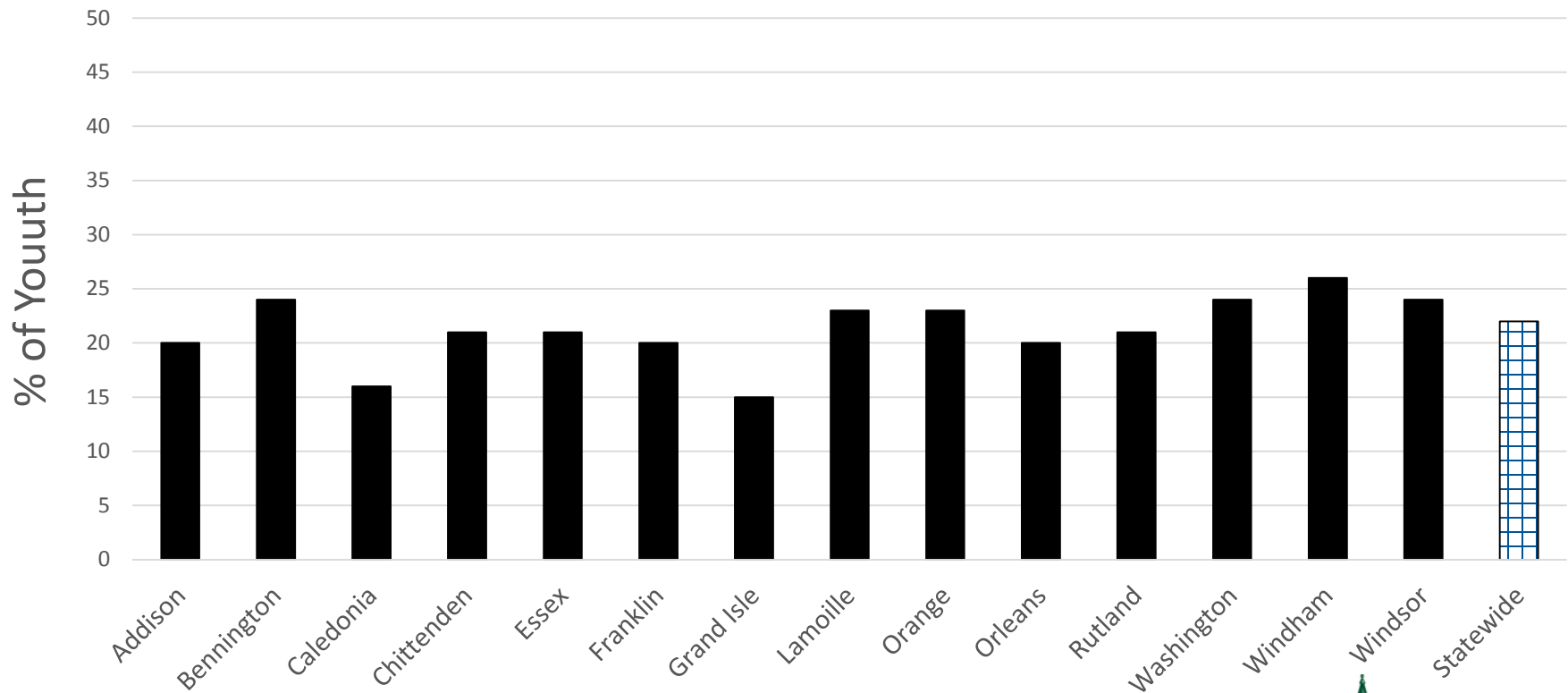
# Alcohol Use by Vermont High School Students

2015 High School YRBS:  
% with Alcohol Binge in Past 30 Days



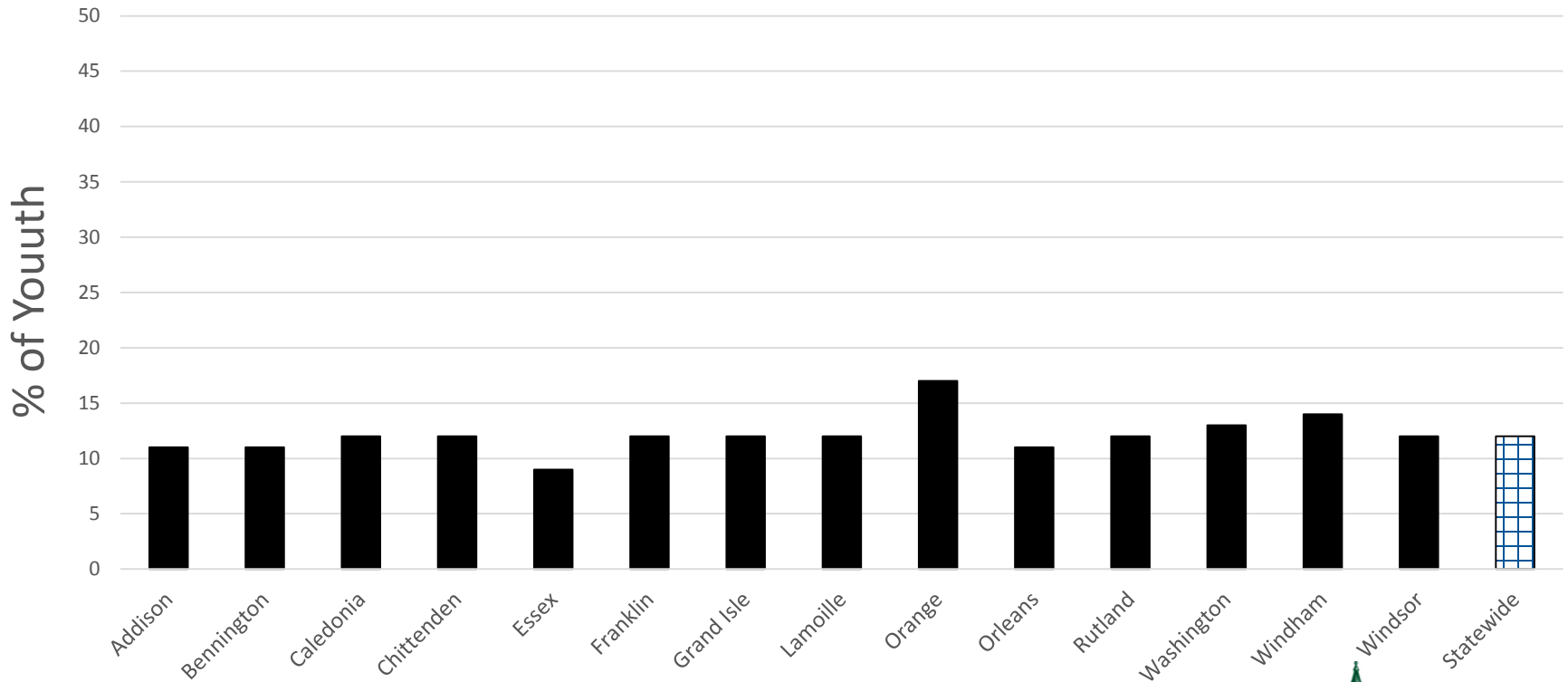
# Marijuana Use by Vermont High School Students

2015 High School YRBS:  
% Used Marijuana in Past 30 Days



# Past Year Suicide Plans by Vermont High School Students

2015 High School YRBS:  
% Students Made a Suicide Plan in Past Year



# Other Related YRBS Percentages

(Updated with 2017 YRBS)

## Substance Misuse

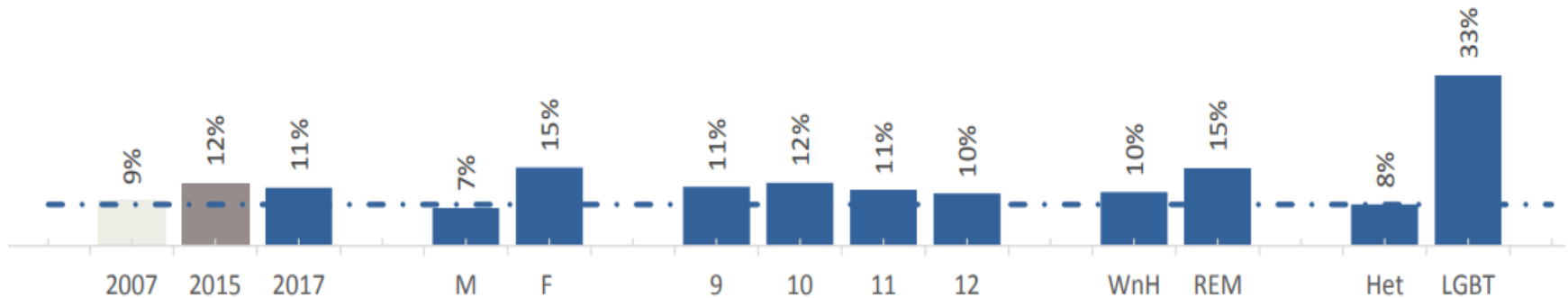
- 33% consumed some alcohol in prior 30 days ↑
- 17% binged on alcohol 1 or more times past 30 days
- 37% have ever used marijuana
- Any marijuana use in past 30 days = 24%
- 10% reported ever misusing a prescription drug
- Ever used cocaine, meth, or heroin in lifetime  $\leq$  5%

## Suicide-related Behaviors

- 16% report self harm in past 12 months (~3:1 female to male)
- 25% felt sad or hopeless most days over a two week period
- 11% made a suicide plan
- 5% attempted suicide
- 10% reported sexual violence (3:1 female to male)
- 16% were bullied; 9% reported bullying others

# Patterns of Making a Suicide Plan in Past Year

Made a Suicide Plan, Past 12 Months  
— HV2020 Goal (8%)



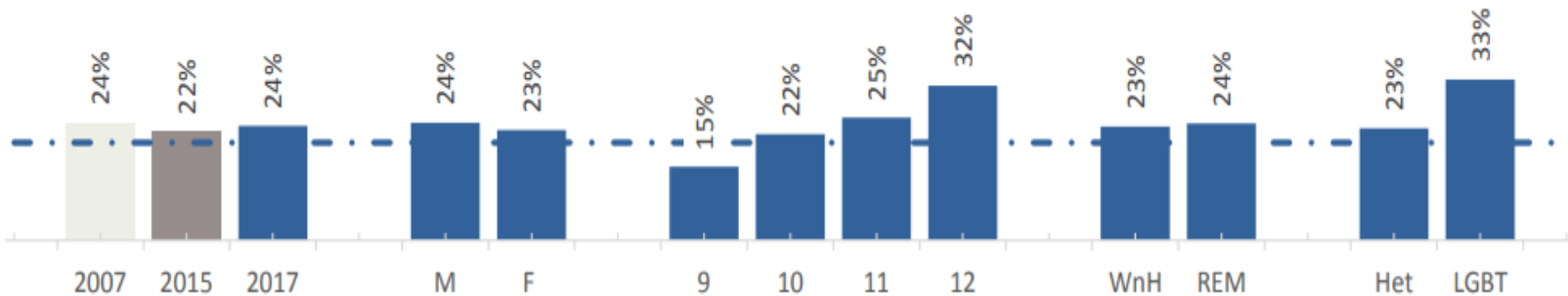
May 2018

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# Patterns of Marijuana Use in Past 30 Days

Marijuana Use, Past 30 Days

--- HV2020 Goal (20%)

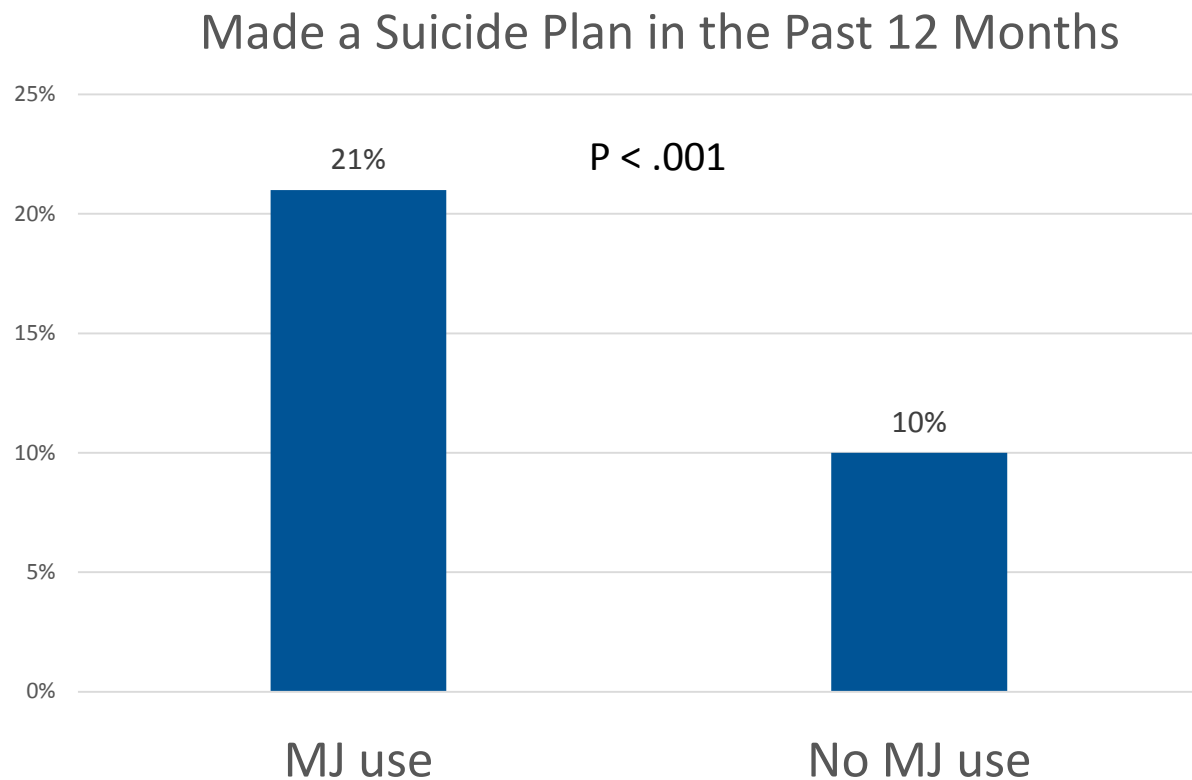


May 2018

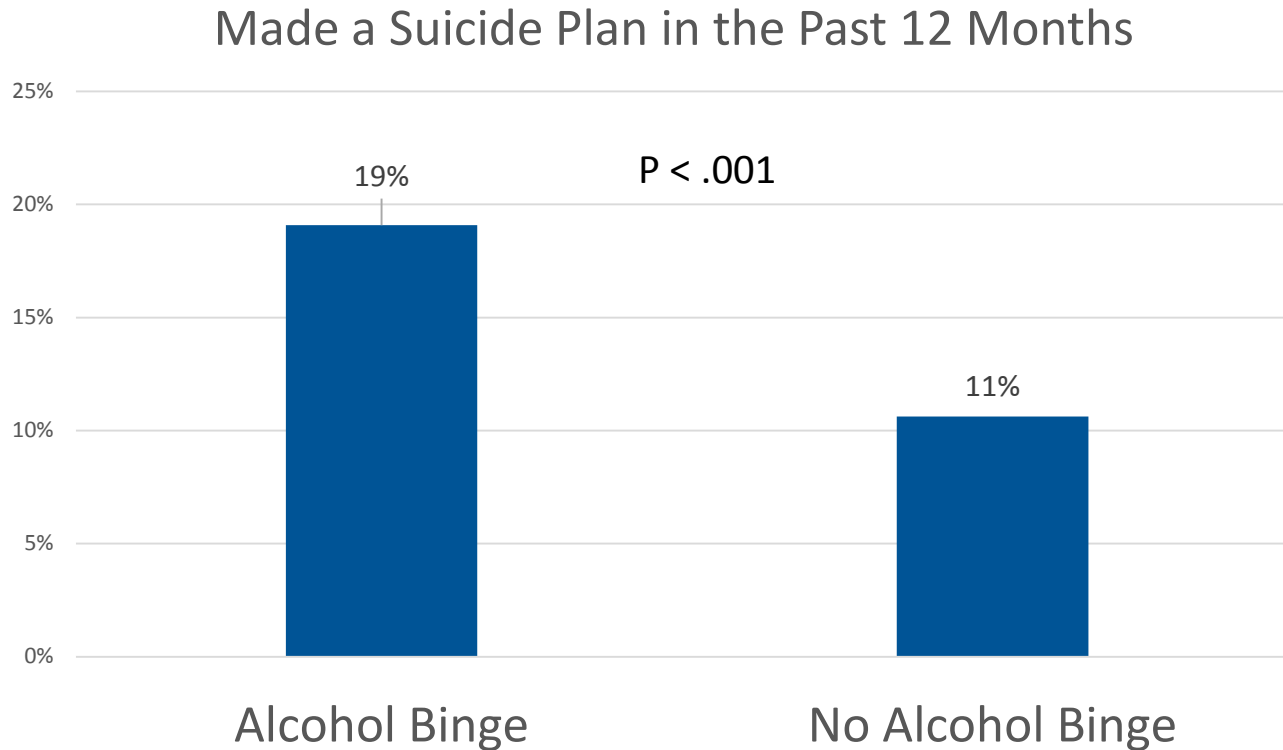
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# Correlations: Suicide Plans and Marijuana Use (2015 YRBS)



# Correlations: Suicide Plans and Alcohol Binges (2015 YRBS)



# Take Away Messages

First thing to note: **Correlation  $\neq$  Causation!**

According to 2015 YRBS data on Vermont high school students:

- Recent marijuana use is common in Vermont high school students
- Recent alcohol binges are relatively less common (but still common!)
- There is an approximate doubling in the likelihood that a young person has made a suicide plan in the past year if they have used marijuana in the past month or binged on alcohol in the past month
- The increased risks are highly statistically significant ( $p$ 's  $< .001$ )
- Discussion