



STATE AND REGIONAL DATA REPORT

—10th Graders—

Prepared for:
Kentucky Cabinet for Health and Family Services
Department for Behavioral Health,
Developmental and Intellectual Disabilities
Division of Behavioral Health

*Patti Clark, Manager
Prevention and Promotion Branch*

Prepared by:
Daniel H. Sanders, Jr. PhD, Robert J. Illback, PsyD,
Lisa Crabtree, MA, Daniel Sanders III, BS,
Teresa McGeeney, PhD, Edie G. Luther
REACH Evaluation, Contractor



501 Park Avenue | Louisville, KY 40208 | 502.585.1911
www.reachevaluation.com | www.kipsurvey.com

KIP Survey 2018

State and Regional Data Report

—10th Graders—



For technical assistance or questions regarding the KIP Survey,
please call 502.585.1911,
and ask for one of the following REACH Evaluation staff:

Lisa Crabtree: lisa@reacheval.com
Daniel Sanders III: daniel@reacheval.com

Information related to the KIP administration and the material
in this report can be found at:
www.kipsurvey.com



THIS PROJECT WAS MADE POSSIBLE BY THE
U.S. Department of Health and Human Services
Substance Abuse Prevention and Treatment Block Grant
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

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Please note:

Jefferson County Public Schools, the largest school district in Kentucky, participated in the KIP survey for the first time in 2018. While this markedly improves the representativeness of the data, **2018 regional trend data for Region 6 (Centerstone) should not be compared to prior years.** Rather, 2018 data should be viewed as the new, highly representative baseline data for Region 6. Consequently, **this report depicts Centerstone’s 2018 data only.**



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Introduction

The purpose of the KIP survey is to anonymously assess student use of alcohol, tobacco, and other drugs (ATOD), as well as a number of factors related to potential substance use/misuse. The survey provides information about student self-reported use of substances (e.g., within last 30 days, last year), student perceptions about substance use (e.g., level of risk, peer and parent disapproval), and perceived accessibility of substances in the community.

History and Development of the KIP Survey

Since 1999, the KIP Survey has been administered in Kentucky through the Substance Abuse Prevention Program in the Cabinet for Health and Family Services, through agreements with individual school districts across the state. The intent of the survey is to anonymously assess student use of alcohol, tobacco, and other drugs (ATOD), as well as a number of factors related to potential substance use/misuse (e.g., peer influences, perception of risk, school safety). Since 2006, questions addressing additional illicit substances, bullying, gambling, mental health and relationship violence have been added to the survey. School district and individual student participation have always been on a voluntary basis.

Originally, the KIP survey was used as part of a federal initiative that funded state incentive grants for substance abuse prevention across the country. In our state, these pilot programs were termed the Kentucky Incentives for Prevention program (thus, the name “KIP Survey”). The core items on the present KIP survey were originally chosen by the federal Center for Substance Abuse Prevention

(CSAP), based on extensive research on risk and resilience factors associated with youth substance abuse. Additional items have been added that are specific to Kentucky. Basing the scale on the federal model enables comparisons to other states and to the nation, while at the same time making within-state comparisons. The fact that the KIP survey has been administered since 1999 within Kentucky enables school-community comparisons over time.

The survey is now conducted bi-annually in the fall in even-numbered years (2014, 2016, etc.), with 6th, 8th, 10th, and 12th graders attending school in Kentucky communities. There is no cost to the individual districts (costs are paid by the Substance Abuse Prevention Program, Cabinet for Health and Family Services). Extensive efforts go into assuring the anonymity of students who complete the survey, and to insuring that no student feels coerced to participate. Parents who do not wish their child to participate are given the opportunity, through both general and specific notifications, to refuse on behalf of their child.

Effective with the 2008 administration, both a paper and web-based version of the KIP survey were made available to districts. Classroom administration of the paper survey (including distribution, giving instructions, completing the survey, and collecting the survey) takes between forty and fifty minutes. Classroom administration of the web-based survey takes slightly less time. School districts have some flexibility as to when to administer the survey within an approximate 5-week window (October), and results are scanned, tabulated and reported in three to four months following administration.

District results are reported only to the school district and not released in a public report.

Sample Size

In 2018 the total sample size for 6th, 8th, 10th, and 12th grades was 128,759. The sample includes schools from 113 out of 120 Kentucky counties, and 151 out of 173 public school districts. The total samples for Regional Prevention Centers and individual counties can be found on page 2.

10th Grade Data

Most of the statistics in this report relate to 10th graders since this is likely the most accurate indicator of levels of use for high school students. By 12th grade, the effect of drop-out rates artificially depresses these numbers. Below are the 2018 10th grade sample sizes for Regional Prevention Centers.

Please note that when looking at the use of inhalants (sniffing glue, inhaling contents of aerosol spray cans, etc.) we examine the consumption patterns of *8th graders rather than 10th graders* [SEE PAGES 56-57]. Historically, younger students are more likely to use inhalants than older students.

10th grade Sample Size, 2018

Four Rivers (RPC 01).....	2,019
Pennyroyal (RPC 02).....	1,287
River Valley (RPC 03).....	1,986
LifeSkills (RPC 04).....	1,199
Communicare (RPC 05).....	1,860
Centerstone (RPC 06).....	6,829
NorthKey (RPC 07).....	3,185
Comprehend (RPC 08).....	569
Pathways (RPC 09/10).....	1,950
Mountain (RPC 11).....	1,159

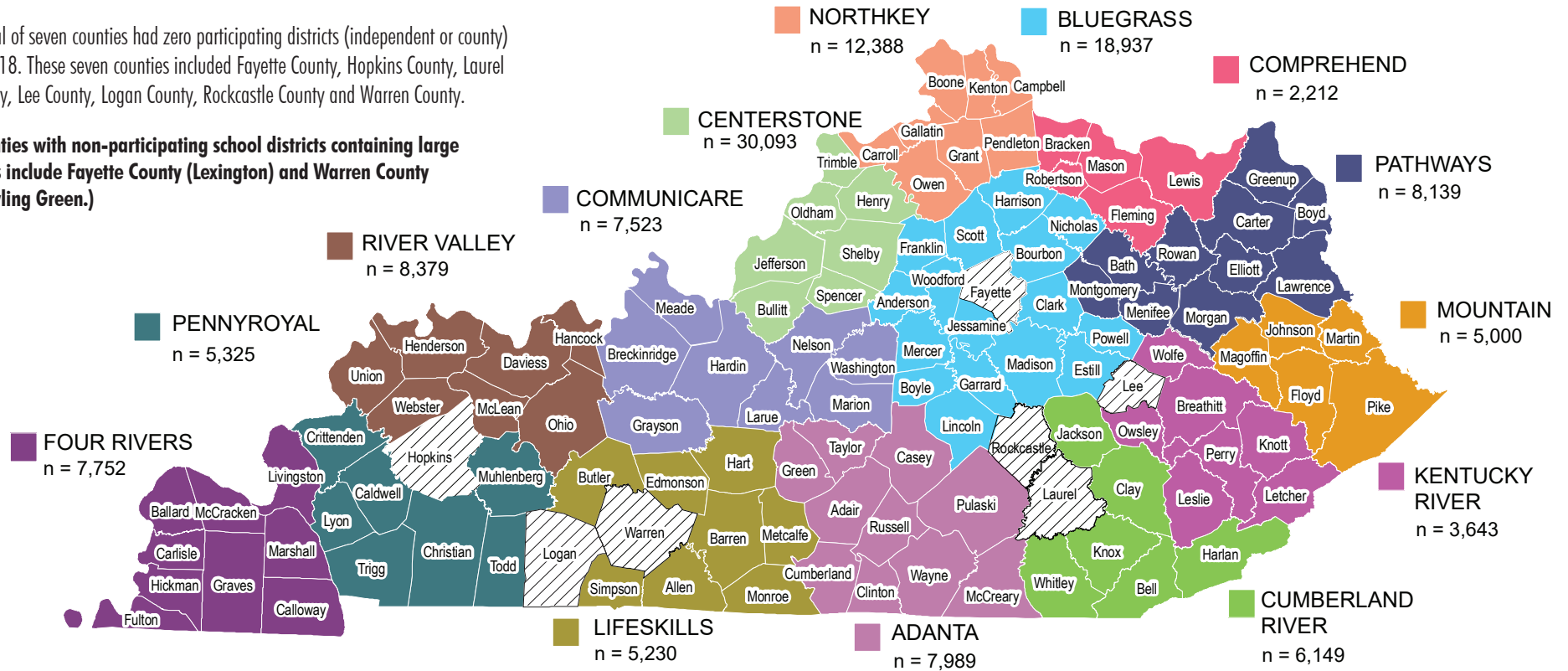
Regional Prevention Centers

n = 2018 KIP sample size (6th, 8th, 10th and 12th grades)

 Counties with zero participating school districts

A total of seven counties had zero participating districts (independent or county) in 2018. These seven counties included Fayette County, Hopkins County, Laurel County, Lee County, Logan County, Rockcastle County and Warren County.

Counties with non-participating school districts containing large cities include Fayette County (Lexington) and Warren County (Bowling Green.)



Twenty-two out of 173 school districts did not participate in the 2018 KIP Survey. Non-participating school districts included: Anchorage Independent (Jefferson County), Barbourville Independent (Knox County), Beechwood Independent (Kenton County), Berea Independent (Madison County), Bowling Green Independent (Warren County), Dawson Springs Independent (Hopkins County), East Bernstadt Independent (Laurel County), Fayette County, Fort Thomas Independent (Campbell County), Glasgow Independent (Barren County), Hardin County, Hopkins County, Kenton County, Laurel County, Lee County, Logan County, Paintsville Independent (Johnson County), Raceland-Worthington Independent (Greenup County), Rockcastle County, Russellville Independent (Logan County), Science Hill Independent (Pulaski County), Warren County.

COUNTY-LEVEL SAMPLE SIZES (6th, 8th, 10th, and 12th Grades)

Adair	627	Butler	462	Edmonson	488	Hardin	786	Lawrence	590	McLean	397	Pendleton	641	Trimble	182
Allen	900	Caldwell	508	Elliott	286	Harlan	1,039	Leslie	214	Meade	1,307	Perry	1,154	Union	511
Anderson	851	Calloway	1,208	Estill	530	Harrison	790	Letcher	890	Menifee	240	Pike	2,514	Washington	475
Ballard	348	Campbell	2,012	Fleming	579	Hart	509	Lewis	487	Mercer	872	Powell	631	Wayne	736
Barren	1,318	Carlisle	186	Floyd	737	Henderson	1,742	Lincoln	783	Metcalfe	362	Pulaski	2,687	Webster	616
Bath	358	Carroll	439	Franklin	1,813	Henry	766	Livingston	308	Monroe	435	Robertson	111	Whitley	2,024
Bell	1,167	Carter	1,114	Fulton	207	Hickman	213	Lyon	273	Montgomery	1,041	Rowan	820	Wolfe	306
Boone	5,642	Casey	598	Gallatin	354	Jackson	475	Madison	2,889	Morgan	543	Russell	661	Woodford	1,101
Bourbon	839	Christian	1,954	Garrard	718	Jefferson	20,589	Magoffin	505	Muhlenberg	1,196	Scott	2,392		
Boyd	1,729	Clark	1,388	Grant	1,124	Jessamine	1,909	Marion	817	Nelson	1,861	Shelby	1,700		
Boyle	1,205	Clay	534	Graves	1,584	Johnson	844	Marshall	1,023	Nicholas	226	Simpson	756		
Bracken	404	Clinton	406	Grayson	898	Kenton	1,664	Martin	400	Ohio	910	Spencer	884		
Breathitt	562	Crittenden	366	Green	418	Knott	359	Mason	631	Oldham	2,372	Taylor	958		
Breckinridge	783	Cumberland	195	Greenup	1,418	Knox	910	McCracken	2,675	Owen	512	Todd	517		
Bullitt	3,600	Daviess	3,775	Hancock	428	LaRue	596	McCreary	703	Owsley	158	Trigg	511		

Kentucky River (RPC 12).....	964
Cumberland River (RPC 13)	1,555
Adanta (RPC 14)	2,010
Bluegrass (RPC 15)	4,625

30-day Use

Alcohol

Reported student use of alcohol has declined steadily since the 2004 KIP Survey. It remains, however, the second most commonly used substance among young people in Kentucky. (In 2018, reported use of e-cigarettes ranked as the most widely used.) In 2018, 16.8% of 10th graders in Kentucky reported drinking alcohol in the 30-day period prior to the survey. This percentage is slightly less than the national average, and down 2.6 percentage points from Kentucky’s average of 19.4% in 2016.

Regionally, Communicare (23.4%), Comprehend (21.9%), and Four Rivers (21.4%) reflected the highest percentages of 10th graders reporting 30-day use of alcohol in 2018; all fall above the statewide rate. Centerstone and Kentucky River regions reported the lowest 30-day alcohol use for 10th graders in 2018 [SEE PAGES 12-13].

Binge Drinking

In 2018, 8.6% of 10th graders reported the consumption of five or more drinks in a row at one or more times in the two weeks prior to taking the survey. Binge drinking has been steadily decreasing since 2004; the 2018 rate is down from 10.4% in 2016, and 12% in 2014. Communicare and Four Rivers 10th graders reported the highest rates of 10th grade binge drinking in 2018, while Centerstone and Mountain reported the lowest rates [SEE PAGES 14-15].

Cigarettes

Although rates are steadily declining, tenth graders in Kentucky continue to demonstrate higher rates of smoking traditional combustible cigarettes than 10th graders at the national level. In 2018, 9.7% of 10th graders in Kentucky reported smoking one or more times in the 30 days prior to taking the survey. This is compared to a rate of just 4.2% for 10th graders nationally.

The regions of Lifeskills, Cumberland River and Comprehend reported the highest levels of 10th grade smoking in 2018 (all above the statewide rate.) At 4.3%, Centerstone has the lowest rates of smoking for 10th graders, comparable to the national number. NorthKey and Bluegrass regions are also on the lower end, although both regions nonetheless remain over three percentage points higher than national figures [SEE PAGES 16-17].

Smokeless Tobacco

In 2018, the rate of 10th graders reporting the use of smokeless tobacco in the 30 days prior to taking the survey was 7.6%. This is nearly double the 2018 national rate for 10th graders of 3.9%.¹

At 16.1%, 10th graders in Comprehend reported the highest rate of smokeless tobacco use for 10th graders in 2018. Centerstone (3.1%) and NorthKey (5.4%) came in notably below the statewide average [SEE PAGES 18-19].

Novel Tobacco Products

Over the past several years, the tobacco industry has introduced several types of novel smokeless tobacco products. Sales and use of these products have greatly increased (while sales of traditional cigarettes and smokeless tobacco continue

to decline.) Most notably, the sale and use of e-cigarettes, particularly the JUUL brand, has skyrocketed. A 2016 report from the US Surgeon General declared that “e-cigarette use among U.S. youth and young adults is now a major public health concern.”² The report, *E-Cigarette Use Among Youth and Young Adults* cites the following major conclusions:

1. E-cigarettes are a rapidly emerging and diversified product class. These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” and “tank systems.”
2. E-cigarette use among youth and young adults has become a public health concern. In 2014, current use of e-cigarettes by young adults 18–24 years of age surpassed that of adults 25 years of age and older.
3. E-cigarettes are now the most commonly used tobacco product among youth, surpassing conventional cigarettes in 2014. E-cigarette use is strongly associated with the use of other tobacco products among youth and young adults, including combustible tobacco products.
4. The use of products containing nicotine poses dangers to youth, pregnant women, and fetuses. The use of products containing nicotine in any form among youth, including in e-cigarettes, is unsafe.
5. E-cigarette aerosol is not harmless. It can contain harmful and potentially harmful constituents, including nicotine. Nicotine exposure during adolescence can cause addiction and can harm the developing adolescent brain.
6. E-cigarettes are marketed by promoting flavors and using a wide variety of media channels and approaches that have been used in the past for marketing conventional tobacco products to youth and young adults.
7. Action can be taken at the national, state, local, tribal, and territorial levels to address e-cigarette use among youth and young adults. Actions could include incorporating e-cigarettes into smoke-free policies, preventing access to e-cigarettes by youth, price and tax policies, retail licensure, regulation of e-cigarette marketing likely to attract youth, and educational initiatives targeting youth and young adults.³

To address adolescent use of the various new tobacco products in Kentucky, the following question was added to the KIP survey in 2014:

During the past 30 days, which of the following tobacco products did you use on at least one day?

- Roll-your-own cigarettes
- Smoking tobacco from a hookah or waterpipe
- Snus (for example, Camel or Marlboro Snus)
- Dissolvable tobacco products (for example, Ariva, Stonewall, Camel orbs, Camel sticks or Camel strips)
- Electronic cigarettes (for example, NJOY, V2, Bull Smoke, Halo)
- Some other new tobacco product not listed here

As noted by the Surgeon General, “these products and their patterns of use continue to change quickly.” One particular brand of e-cigarettes, JUUL, has become very popular in the past two years, especially among youth. JUUL was introduced in 2015 and became the top-selling e-cigarette brand in the United States in late 2017. JUUL is shaped like a USB flash drive, making it smaller and more discreet than other e-cigarettes. Like other e-cigarettes, JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes. News outlets and social media sites report widespread use of JUUL by students in schools, including classrooms and bathrooms.⁴

To reflect current trends in terminology, as well as the increasing popularity specifically of the ‘JUUL’ brand, in 2018 the electronic cigarette answer option of this question was updated to read, “Vape pens or e-cigarettes (for example, NJOY, V2, Bull Smoke, Halo or JUUL).”

Regional highs and lows for each of the tobacco products addressed on the KIP Survey are detailed in the following paragraphs, and maps depicting regional response rates can be found on pages 20-30. A map depicting 2018 regional perception of risk of e-cigarettes response rates is included on page 84. (Because this question was asked for the first time in 2018, there are no trend data and thus no line graphs for this particular item.)

Electronic Cigarettes

In their 2018 report, the authors of the national *Monitoring the Future National Results on Adolescent Drug Use* state that “the most important finding to emerge from the 2018 survey is the dramatic increase in vaping by adolescents... **In 2018 vaping increased significantly and substantially, including some of the largest absolute increases ever recorded for any substance in the 44 years that MTF has tracked adolescent drug use.** Given that nicotine is involved in most vaping and is a highly addictive substance, this presents a serious threat to all of the hard-won progress in reducing cigarette smoking among adolescents since the mid-1990s.”⁵

Kentucky’s 2018 KIP Survey findings mirror these nationwide results. **E-cigarettes have now surpassed alcohol as the most widely used substance among young people in Kentucky. Following a decrease in use from 2014 to 2016, reported rates of electronic cigarette use by Kentucky 10th graders shot up 11.4 percentage points to 23.2% in 2018. Statewide, the percentage of 10th graders responding that they had used an e-cigarette on at least one day in the past 30 days jumped from 11.4% in 2016 to 23.2% in 2018.** Eleven out of 14 regions report usage rates above the statewide average. At 29.2%, the Lifeskills region is at the high end, followed

closely by several regions in the 26-28% range. In the Mountain region, reported e-cigarette usage jumped 18.3 percentage points from 9.3% in 2016 to 27.6% in 2018. 2018 figures in the Centerstone are the lowest at 14.7%.

To assess youth perception of risk associated with e-cigarette use, the question, “*How much do you think people risk harming themselves if they vape/use e-cigarettes some days but not every day?*” was added to the 2018 KIP Survey instrument. **Response rates indicate that students perceive little risk of harm with e-cigarette use. Across all grades, levels of perceived risk for vaping are the lowest of all substances addressed on the KIP Survey.**

Roll-Your-Own Cigarettes

In 2018, Cumberland River (at 6.9%) reported the highest rates of roll-your-own cigarette use among 10th graders. Reported use was lowest in the Centerstone and NorthKey regions. The statewide figure was 3.9%, a slight decrease from 5.3% in 2016.

Smoking Tobacco from a Hookah or Waterpipe

10th graders in the Comprehend region exhibited the highest rates of smoking tobacco from a hookah or waterpipe in 2018. Communicare reported 1.8%, the lowest rate of use. The statewide figure was 2.4%, down from 3.8% in 2016.

Snus

Centerstone (1.7%) and NorthKey (2.7%) reported the lowest 2018 usage rates of snus. At 9.8%, Comprehend 10th graders report the highest rates of use (usage figures in this region have increased notably since 2014.) Statewide, 3.8% of Kentucky 10th graders reported using snus in the past 30 days.

Dissolvable Tobacco Products

There was little variation in reported rates of use of dissolvable tobacco products throughout the state – 10th graders in all regions reported use between 0.9% and 2.1%. The statewide rate remained steady at 1.2%.

Other Tobacco Products

As new products are continually being introduced to the market, the KIP survey also addresses “*other new tobacco products*.” Reported rates of use have decreased statewide and in all but one region -- Lifeskills saw a minor increase from 5.1% to 5.3%. In the Cumberland River region, 6% of 10th graders reported using other tobacco products in the past 30 days, while 2.4% of 10th graders in Centerstone reported doing so.

Marijuana

Marijuana

Marijuana remains the most widely used illegal substance by young people in Kentucky. In 2018, the rate of 10th graders in Kentucky reporting the use of marijuana in the 30 days prior to taking the survey was 11.4%, nearly identical to 2016 at 11.3%. Prior to 2018, the rate of 10th grade marijuana use in Kentucky had been on the decline since 2010. The national rate of 30-day marijuana use for 10th graders increased from 14% in 2016 to 16.7% in 2018.

Regionally, 10th graders in Four Rivers (at 14.5%) reported the highest rates of 10th grade marijuana use in 2018. Regions with the lowest rate of marijuana use in 2018 were Kentucky River and Comprehend [SEE PAGES 33-33].

Synthetic Marijuana

Synthetic marijuana, also known as K2 or Spice, refers to a wide variety of herbal mixtures that produce experiences similar to marijuana and that are marketed as “safe,” legal alternatives to that drug, despite a lack of regulation of what these substances can include and increasing concerns over their safety. In response to increasing reports of synthetic marijuana abuse and overdoses in Kentucky, a question to address adolescent use was added to the KIP Survey in 2014.

In 2018, Lifeskills and Kentucky River regions reported the highest rates of synthetic marijuana use at 2.6%, compared to 1.1% in Communicare and 1.3% in Comprehend. The statewide number of 10th graders reporting past 30-day use was 1.8%, remaining steady to 1.7% in 2016 [SEE PAGES 34-35].

Narcotics or Prescription Drugs

This category refers to narcotic drugs that one needs a prescription to obtain. Effective with the 2014 survey, the wording of this question was changed to read, “*On how many occasions (if any) have you taken narcotics or drugs that require a doctor’s prescription, without a doctor telling you to take them?*” In prior years, this question ended with the phrase “in order to get high”. To maintain compliance with federal reporting requirements for Drug Free Communities (DFC) grantees, this phrase was removed in 2014. **Due to this significant wording change, valid trend data are available since 2014 only.**

Statewide, 2.5% of 10th graders responded that they had used prescription drugs without a doctor’s prescription one or more times in the past 30 days. Tenth graders in the Pennyroyal (4%) region reported the highest rates of prescription drug use

in 2018, while the Pathways region displayed the lowest regional rate of 1.9% [SEE PAGES 36-37.]

Painkillers

Effective with the 2014 version of the KIP survey, the wording of this question was updated to reflect the abuse of several painkillers including OxyContin, Percocet, Vicodin and Codeine. In prior years, this question addressed OxyContin only. **Due to this significant wording change, valid trend data are available since 2014 only.**

Statewide rates of painkiller use have declined from 4.3% in 2014 to 2.8% in 2018. Rates have declined in all but three regions, as well. In 2018, 10th graders in Pennyroyal (4.9%) reported the highest rates of painkiller use. The Mountain region in eastern Kentucky reported the lowest rate of 1.8% [SEE PAGES 38-39.]

Speed/Uppers

Effective with the 2014 version of the KIP survey, the wording of this question was updated to include the more commonly recognized drug names Adderall and Ritalin. In prior years, this question simply addressed use of “*speed/uppers other than methamphetamine*.” **Due to this significant wording change, valid trend data are available since 2014 only.**

There was little variation in reported rates of use of speed/uppers throughout the state – 10th graders in all regions reported use between 0.9% and 2%. The statewide rate remained steady at 1.5%. [SEE PAGES 40-41.]

Tranquilizers

Typical types of tranquilizers used by young people include prescription medications such as Valium and Xanax. In 2018, the rate of 30-day usage of tranquilizers for 10th graders in Kentucky was 1.5%.

Nationally, 1.3% of 10th graders reported using tranquilizers in the 30 days prior to the survey.

Four Rivers (2.3%) and Pennyroyal (2.2%) reported the highest rate of 30-day tranquilizer use in 2018. Regions with the lowest rates were NorthKey and Mountain [SEE PAGES 42-43].

Over-the-Counter Drugs

This category refers to medications that anyone can purchase at their local grocery or drug store, including products such as stay-awake pills or cough syrup. In 2016, the rate for Kentucky 10th graders misusing Over-the-Counter (OTC) drugs was 2.4%.

Reported rates of use were highest in the Pennyroyal region at 4%; Kentucky River and Cumberland River reported at 1.8% [SEE PAGES 44-45].

Heroin

Heroin is a highly addictive opioid drug that is typically injected, but can also be smoked or snorted. After multiple policy efforts were made to address the prescription opioid crisis that grew in the 2000s, many prescription opioid users turned to heroin. Since 2011, prescription opioid overdose deaths have declined, and heroin overdose deaths have risen dramatically.

According to the Centers for Disease Control:

- Most demographic groups are increasingly using heroin and other drugs. During the past decade, heroin use has increased across the United States among men and women, most age groups, and all income levels. Some of the greatest increases occurred in demographic groups with historically low rates of heroin use: women, the privately insured, and people with higher incomes.
- A wider variety of people are using heroin. Rates remained highest among males, 18–25 year olds, people with annual incomes less than \$20,000, people living in urban areas, and people with no health insurance or those enrolled in

Medicaid. However, rates increased significantly across almost all study groups. They doubled among women and more than doubled among non-Hispanic whites.

- It is common for people who use heroin to use other drugs. Nearly all (96 percent) people who reported heroin use also reported using at least one other drug in the past year. More than half (61 percent) used at least three other drugs. Prescription opioid painkiller abuse or dependence was the strongest risk factor for heroin abuse or dependence; 45% of people who used heroin also abused or were dependent on prescription opioid painkillers in the past year.
- As heroin abuse or dependence increased, so have heroin-related overdose deaths. From 2002 through 2013, the rate of heroin-related overdose deaths nearly quadrupled.⁶

In response to these national data and other local reports related to the alarming increase of heroin use, the following question to address past 30-day use of the substance was added to the 2014 KIP Survey: *“On how many occasions (if any) have you used heroin (“smack,” “junk,” or “China White”) in the past 30 days?”* To assess perception of risk associated with use, the survey also now asks, *“How much do you think people risk harming themselves (physically or in other ways) if they try heroin once or twice?”*

On the 2018 KIP Survey, less than 1% of 10th graders in all fourteen Kentucky regions responded that they had used heroin in the past 30 days [SEE PAGES 46-47]. This is similar to national estimates of heroin use among youth.

Statewide, 82% of students reported a high perception of risk associated with heroin use; in other words, those students perceive that trying the drug once or twice poses a moderate or great risk. [SEE PAGES 48-49].

Cocaine and Crack

The KIP survey asks students if they have used cocaine or crack in the same question, while the national “Monitoring the Future” survey has

separate questions for cocaine and crack use.⁷ For Kentucky 10th graders in 2018, the reported rate of 30-day cocaine or crack use was 0.8% [SEE PAGES 50-51].

Methamphetamines

The rate of 30-day methamphetamine use for Kentucky 10th graders remained steady at 0.6% 2018. The national rate of 30-day methamphetamine for 10th graders was 0.1%.

Less than 1% of 10th graders in all 14 regions responded that they had used methamphetamines in the 30 days prior to the 2018 KIP Survey [SEE PAGES 52-53].

Ecstasy

The 2018 percentage of Kentucky 10th graders reporting prior 30 day ecstasy use was 0.9%. The national percentage of 10th graders reportedly using ecstasy was 0.4% in 2018 [SEE PAGES 54-55].

Inhalants

When looking at the use of inhalants (sniffing glue, inhaling contents of aerosol spray cans, etc.), we examine the consumption patterns of 8th graders rather than 10th graders. Historically, younger students are more likely to use inhalants than older students. The rate of Kentucky 8th graders using inhalants in the 30 days prior to taking the KIP survey was 2.6% in 2018. The national rate of 10th grade inhalant use was 1.8% in 2016 [SEE PAGES 56-57].

School Safety

Drunk or High at School

To assess levels of substance abuse occurring specifically while on school grounds, the KIP Survey asks, *“How many times (if any) in the past year*

have you been drunk or high at school?" In 2018, 9.6% of participating Kentucky 10th graders responded that they had been drunk or high at school at least one time within the past year. Regionally, 12.7% of Four Rivers 10th graders represent the higher end of the spectrum, compared to 6.3% of 10th graders in the Mountain region [SEE PAGES 58-59].

Carried a Handgun

To assess youth access to handguns, the KIP Survey asks, "How many times (if any) in the past year (12 months) have you carried a handgun?" **From 2010 to 2016, the percent of students who reported carrying a handgun in the past year increased substantially across all grades. Six of the fourteen regions saw further increases from 2016 to 2018 in the percentage of students who carried a handgun, with the rest remaining stable or slightly decreasing.** The increase seen since 2010 mirrors increases seen across the country among certain groups of youth,⁸ and increases seen in Kentucky among households with children with firearms present in the home.⁹ In 2018, 11.5% of Kentucky 10th graders said they had carried a handgun, compared to 6.7% in 2010. The Pennyroyal region had the highest rate of 15.6% of 10th graders and the NorthKey region had the lowest, at 8.0% [SEE PAGES 60-61]

Handgun to School

Since its inception in 1999, the KIP Survey has asked students, "How many times (if any) in the past year have you taken a handgun to school?" In 2018 (identical to 2016) less than 1% of 10th graders in all fourteen regions reported having done so at least one time in 2018; all regions fell within a reporting range of 0.2%-0.7% [SEE PAGES 62-63].

Safe at School

To start off a series of questions assessing specifics related to school safety, the KIP Survey asks students generally, "How safe do you feel at school?" **In 2018, 18.6% of Kentucky 10th graders responded that they felt unsafe or very unsafe at school; this is a notable increase from 14.8% in 2016. The percentage of students feeling unsafe increased in all fourteen regions from 2016 to 2018.** In the Lifeskills and Bluegrass regions, the number of students responding that they feel unsafe was over three percentage points higher than the statewide average. Student response rates in the Pennyroyal region were 6.9 percentage points higher than the statewide average. On the lower end, in the NorthKey region, 14.1% of 10th graders reported feeling unsafe or very unsafe. [SEE PAGES 64-65].

Bullying

Bullying at School

Accompanying the bullying questions (added to the KIP Survey in 2014) is the following explanation of what constitutes bullying: "*Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue, fight or tease each other in a friendly way. Bullying involves an imbalance of power and repeated incidents over time.*"

Students are asked, "During the past year (12 months), have you ever been bullied on school property?" Approximately 25% (a range of 24.5%-26.4%) of 10th graders in the Four Rivers, Pennyroyal and Comprehend regions reported that they had been bullied on school property within the past year. The lowest number of students reporting bullying were in the Centerstone region at 16.9%. The 2018 statewide average was 20.9%, down slightly from 22.8% in 2016 [SEE PAGES 66-67].

Cyberbullying

The KIP Survey also now addresses cyberbullying with the question, "During the past year (12 months), have you ever been electronically bullied?" Students are instructed to include "being bullied through e-mail, chat rooms, instant messaging, websites, social networks, or texting."

The 2018 cyberbullying statewide rate of 16% is down from 18% in 2016; the national average as reported by the YRBSS was 14.8% in 2017. The Mountain and Comprehend regions reported the highest rates of cyberbullying at 19.8% and 19.1% (Comprehend also reported one of the highest rates of bullying at school.) On the lower end, 13.1% of Centerstone 10th graders and 15.5% of Adanta 10th graders reported having been electronically bullied in the past year [SEE PAGES 68-69].

Dating Violence

Teen dating violence is a pattern of behaviors used by one partner to manipulate power and control in a relationship. It may involve physical, emotional, verbal and/or sexual abuse. One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.¹⁰ Research shows that violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence.¹¹

To bring attention to dating violence as an issue prevalent among our youth, and to recognize relationship violence as a risk factor for substance abuse, two questions addressing the matter were added to the KIP Survey in 2014.

Physical Harm

To address physical dating violence, the KIP Survey asks: "During the last school year, did a boyfriend or

girlfriend physically hurt you (hit, push, pull your hair) on purpose?"

The 2018 statewide rate was 5.6%. In the Pennyroyal region, 8.1% of 10th graders responded that they had been physically hurt on purpose by a boyfriend or girlfriend in the past year. Centerstone and NorthKey reported the lowest rates of 4.4% and 4.7% [SEE PAGES 70-71].

Emotional Harm

The survey also addresses emotional dating violence: "During the last school year, did a boyfriend or girlfriend emotionally hurt you (threaten, make threatening phone calls/texts, call you names, harass you online) on purpose?"

The 2018 statewide rate was 11.7%. At 14%, 10th graders in the Kentucky River and Communicare regions reported the highest rate of past-year emotional dating violence. Lower rates were reported in the Centerstone (9%) and NorthKey (10.7%) regions [SEE PAGES 72-73].

Mental Health

Research continually reinforces the acute connection between substance use and mental health. Data show that each is a risk factor for the other. In other words, people with a mental health issue are more likely to use alcohol or drugs than those not affected by a mental illness. Conversely, substance use disorders and other mental illnesses are developmental disorders that often begin in the teen years or even younger – periods when the brain experiences dramatic developmental changes. Early exposure to drugs may change the brain in ways that increase the risk for mental health issues.¹²

Alcohol and drug abuse are second only to depression and other mood disorders as the most

frequent risk factors for suicide. In 2008, alcohol was a factor in approximately one-third of suicides reported in 16 states. According to SAMHSA's Drug Abuse Warning Network report on drug-related emergency department visits, in 2011, there was a 51% increase in drug-related suicide attempt visits to hospital emergency departments among people aged 12 and older.

Nearly 40,000 people in the United States die from suicide annually, or 1 person every 13 minutes. Among high school students, more than 17% (approximately 2.5 million ninth through twelfth graders) have seriously considered suicide, more than 13% have made a suicide plan, and more than 8% have attempted suicide. **These rates have been rising over the past decade.**¹³

In acknowledgement of the profound need for increased awareness and prevention strategies related to issues of mental health and suicide in our communities, a series of questions addressing self-harm and suicide were added to the KIP Survey in 2014. The K6, a validated scale for assessing serious psychological distress among adolescents, was added in 2012.

Serious Psychological Distress

Serious psychological distress is assessed on the KIP Survey via the Kessler 6 (K6) scale. The K6 is a standardized and validated tool; a score of 13 or more on the K6 is used to indicate non-specific serious psychological distress (SPD). The K6 instrument offers a useful way for districts to assess the potentially unmet mental health needs of students.¹⁴ The question asks how often during the past 30 days students have felt "*nervous, hopeless, restless or fidgety, so depressed that nothing could cheer you up, that everything was an effort, or worthless.*"

In 2018, 22.2% of participating Kentucky 10th graders scored 13 or more on the K6, meeting the

threshold for serious psychological distress. **This measure has increased steadily since it was first included on the KIP Survey in 2012** (a baseline of 17.3%). In 2018, eleven out of fourteen regions reported numbers higher than the statewide figure. It is worth noting that across all regions, the scores of at least 18% of 10th graders indicated serious psychological distress [SEE PAGES 74-75.]

Self-Harm

Self-Harm is defined as the intentional, direct injuring of body tissue.¹⁵ Studies have found an increased risk of suicide in individuals who self-harm¹⁶, though not all who self-harm are suicidal.¹⁷

The KIP Survey addresses self-harm by asking: "*Have you ever cut or harmed yourself on purpose?*" **The 2018 statewide average was 19.5%; in other words, 1 in 5 participating 10th graders has reportedly cut or harmed themselves on purpose at least once in their lifetime.** In the Comprehend region, approximately 23% of 10th graders responded that they had cut or harmed themselves on purpose in their lifetime. At 16.4%, the Kentucky River region reported a lower incidence of self-harm [SEE PAGES 76-77].

Suicidal Ideation

Suicidal thoughts are a significant concern. Having serious thoughts of suicide increases the risk of a person making an actual suicide attempt.¹⁸ The KIP Survey addresses suicidal thoughts with the question, "*During the past 12 months, did you ever seriously consider attempting suicide?*"

Nationally, 17.3% of students reported that they had seriously considered attempting suicide during the previous 12 months.¹⁹ Kentucky's statewide figures are slightly lower - **15.7% of Kentucky 10th grade graders reported having suicidal thoughts within the past year.** Comprehend (20.4%) and Lifeskills (19.7%)

reported the highest rates of suicidal ideation in 2018; Lifeskills' reported rate jumped from 13.4% in 2016 to 19.7% in 2018. In the Centerstone region 13.2% of responding 10th graders had seriously considered attempting suicide in the past year [SEE PAGES 78-79].

Suicide Plan

The KIP Survey addresses past-year suicide plans with the question, *“During the past 12 months, did you make a plan about how you would attempt suicide?”*

In 2018, 14.1% of students nationally reported that they made a plan about how they would attempt suicide.²⁰ Statewide, **12.3% of Kentucky 10th graders reported that they had made a plan about how they would attempt suicide during the past 12 months.** Regionally, students in the Comprehend and Lifeskills regions reported the highest rates; the lowest rate of 10.1% was in the Centerstone region. [SEE PAGES 80-81].

Suicide Attempts

According to the Centers for Disease Control and Health, there are more than 25 attempted suicides for each suicide death.²¹ To assess the level of past-year suicide attempts, the KIP Survey asks: *“During the past 12 months, how many times did you actually attempt suicide?”*

Nationally, 8.6% of students reported that they had attempted suicide one or more times during the 12 months.²² Statewide, **8.4% of Kentucky 10th graders reported a past-year suicide attempt in 2018.** Three contiguous southern Kentucky regions, Four Rivers, Pennyroyal and Lifeskills reported the highest number of students responding that they had actually attempted suicide at least one time in the past year. Students in the Centerstone, Pathways and NorthKey regions reported the lowest rates [SEE PAGES 82-83].

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State and Regional Data Report

Maps and Trend Graphs

Cautionary notes to consider when reviewing this report:

Representativeness of Data

Jefferson County Public Schools, the largest school district in the state, participated in the KIP survey for the first time in 2018. While this markedly improves the representativeness of the data, **2018 regional trend data for Region 6 (Centerstone) should not be compared to prior years**. Rather, 2018 data should be viewed as the new, highly representative baseline data for Region 6. Consequently, **this report depicts Centerstone's 2018 data only**.

The effect of JCPS's participation on statewide data is minimal, meaning comparisons can be made to prior years.

Participation Rates

The KIP survey is designed to be a census, meaning that every student in 6th, 8th, 10th, and 12th grades in participating school districts is invited to take the survey. Students and their parents/guardians have the right to opt out at any time before, during, or after the survey. Students who are absent or not present in the classroom at the time the survey is administered do not take the survey.

The higher the percentage of students that take the survey, the more representative those survey results are. Groups of students (e.g. districts, grades, genders) that have a lower participation rate will have survey results that are less representative, meaning it will be more difficult to extrapolate the results from the students who took the survey to the entire group of students. The number of students who participated in each county is shown on page 2. You can compare these numbers to the most recent enrollment data, available for download at [http://education.ky.gov/districts/enrol/Pages/Superintendents-Annual-Attendance-Report-\(SAAR\).aspx](http://education.ky.gov/districts/enrol/Pages/Superintendents-Annual-Attendance-Report-(SAAR).aspx). Kentucky's statewide participation rate has been high in recent years, with 80-85% of students in participating districts taking the KIP survey.

Data Cleaning

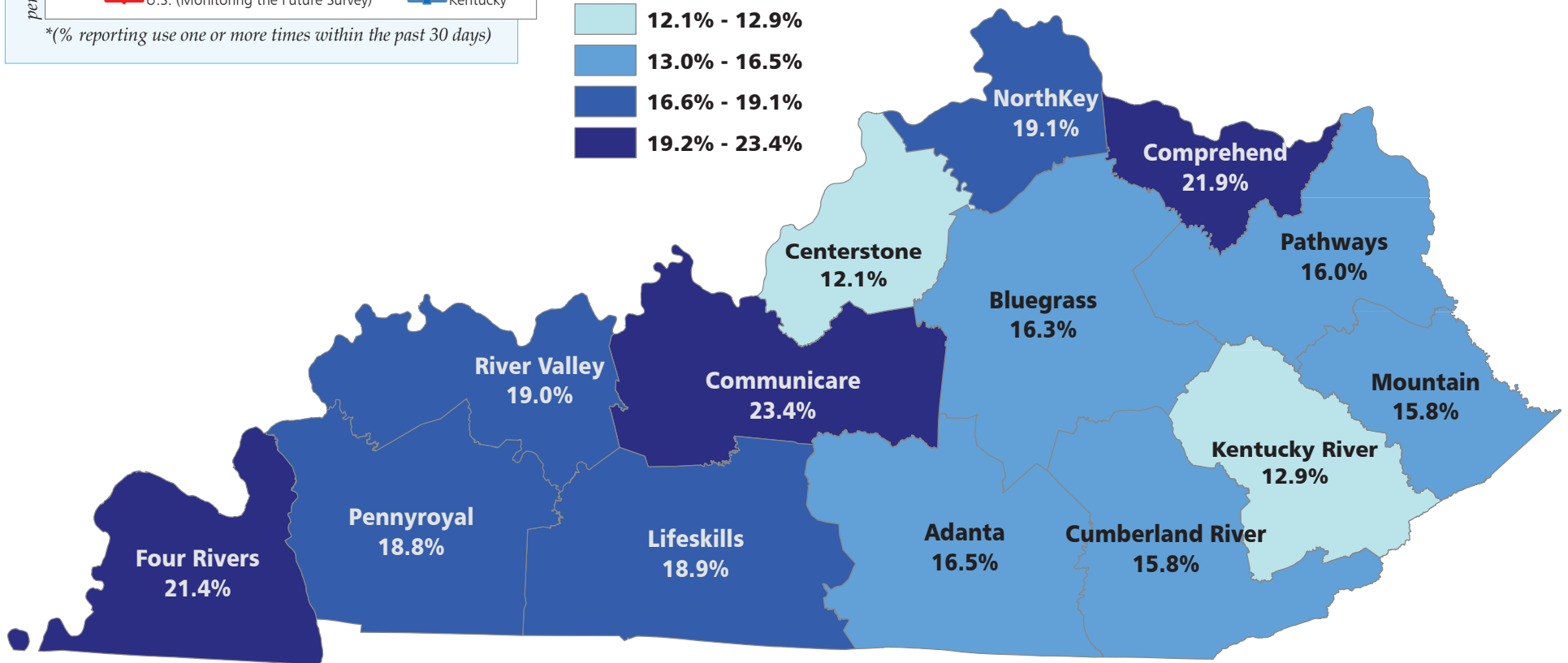
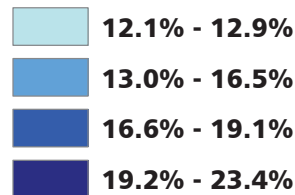
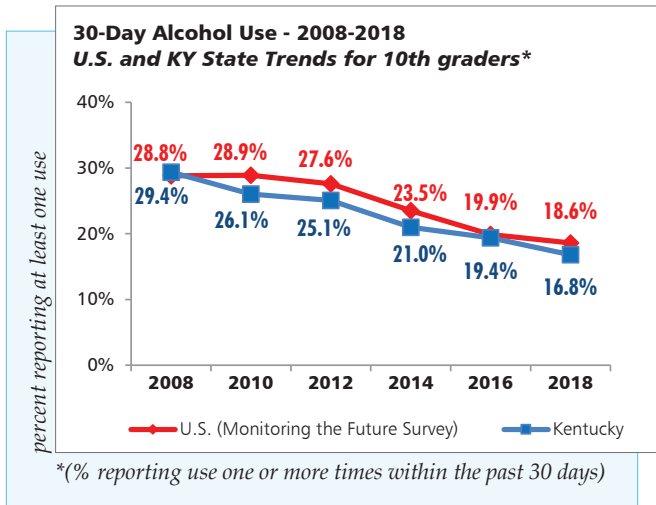
Technical enhancements to data cleaning procedures were made in 2018, to modernize and fully automate protocols. The expected impact on data estimates is negligible.

Grade 10 - Alcohol (more than just a few sips) 30-Day Use, 2018

(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 12.1% (CENTERSTONE); Max: 23.4% (COMMUNICARE)

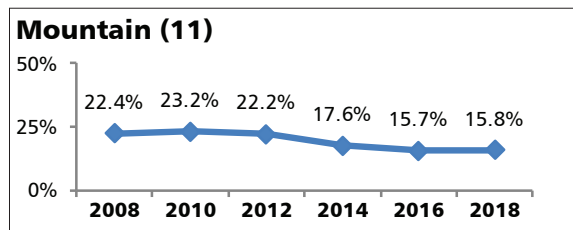
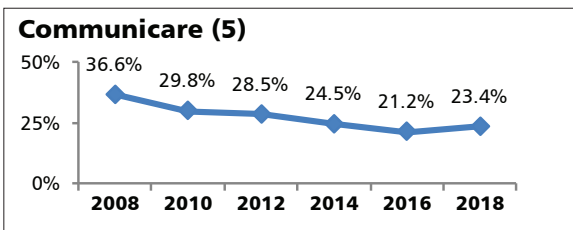
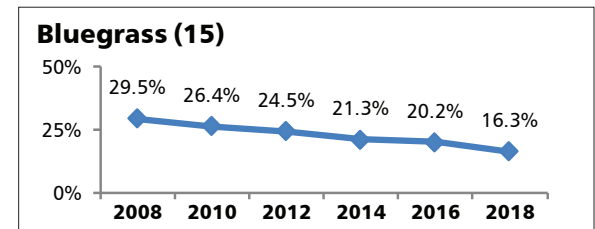
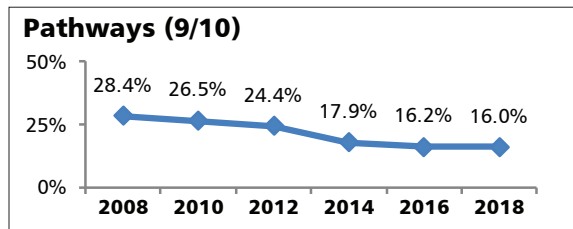
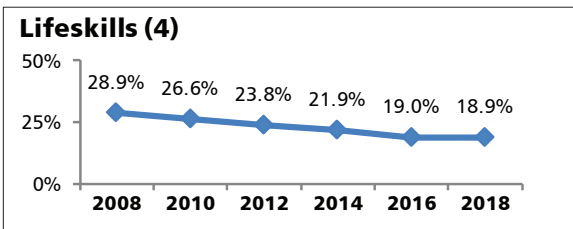
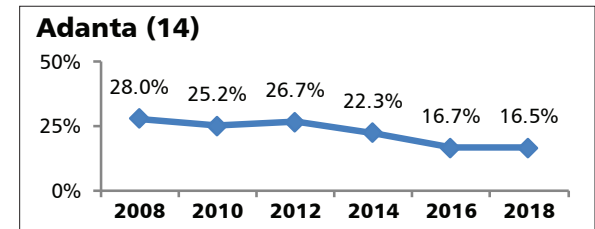
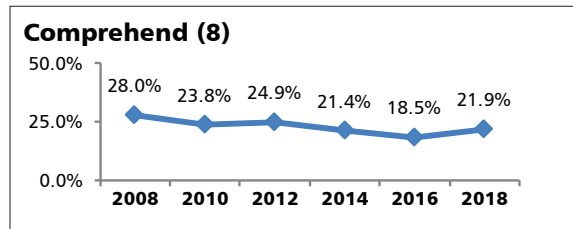
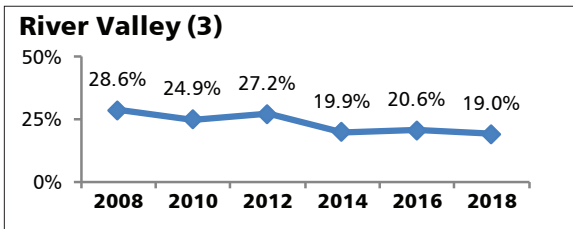
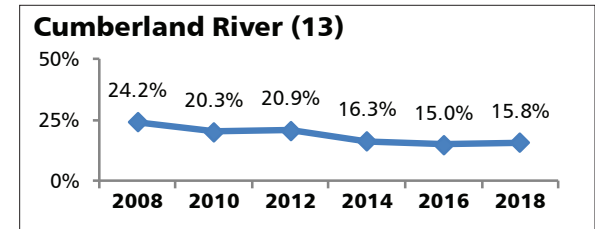
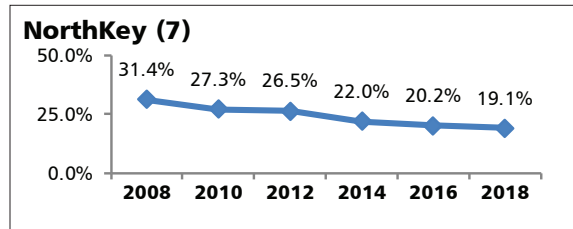
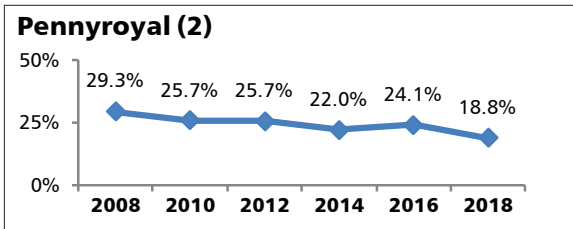
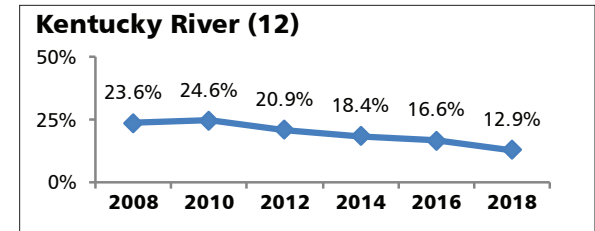
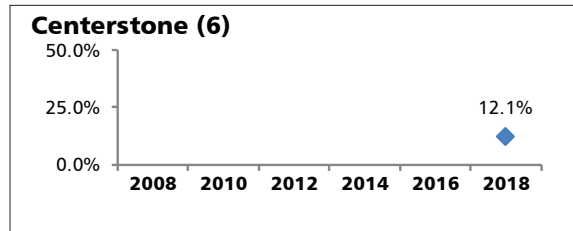
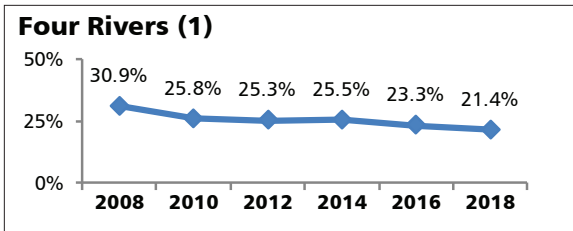


NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

Data are classified using Natural Breaks. Natural Breaks minimize each class's average deviation from the class mean, while maximizing each class's deviation from the means of the other groups.

Regional Trends—**Alcohol, 30-Day Use** by 10th Graders, 2008-2018

(% responding that they had used the substance one or more times within the past 30 days)



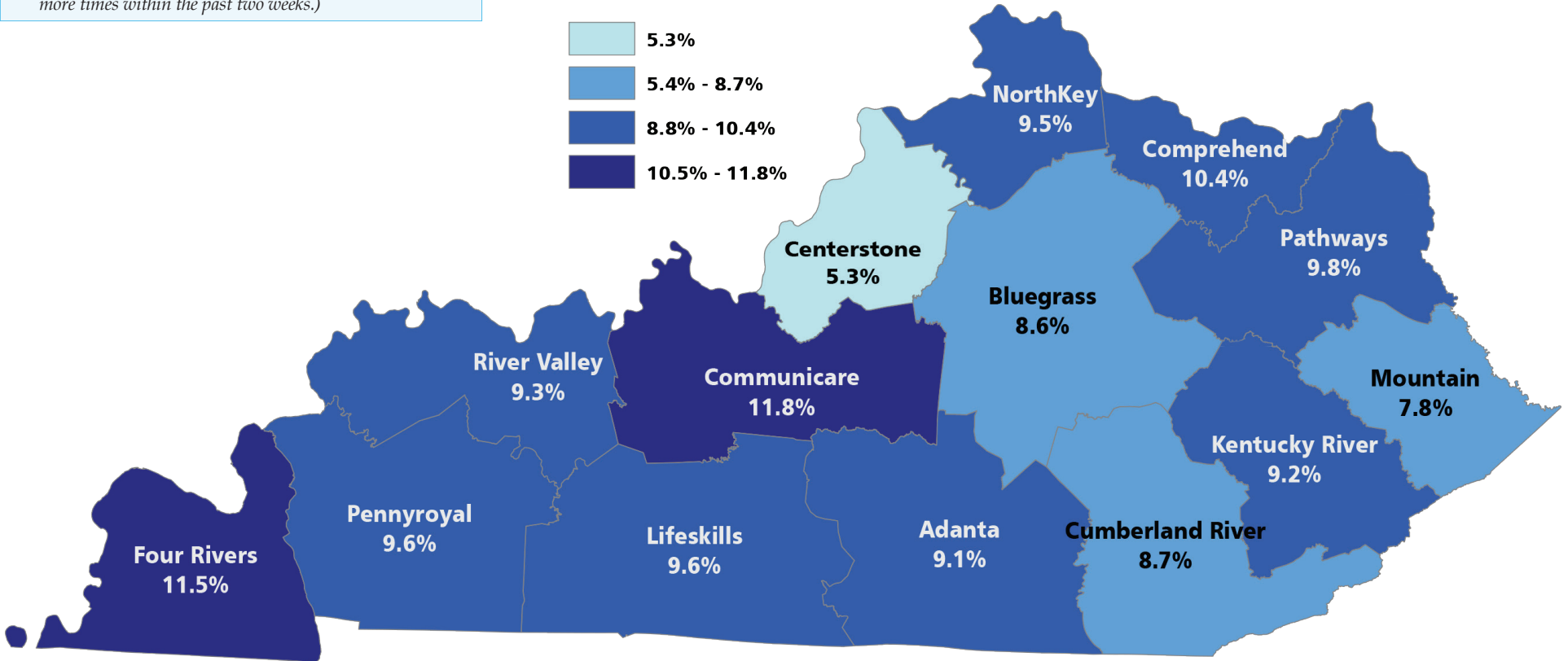
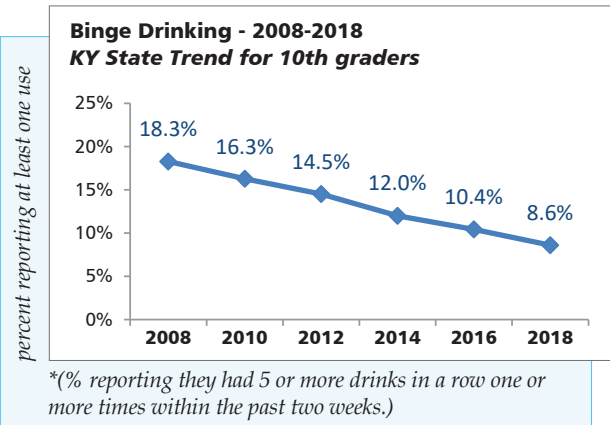
Grade 10 - Binge Drinking, 2018

(5 or more drinks in a row in the past two weeks)

(% responding that they had 5 or more drinks in a row one or more times within the past two weeks)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 5.3% (CENTERSTONE); Max: 11.8% (COMMUNICARE)

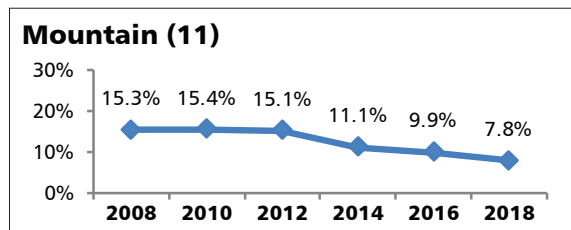
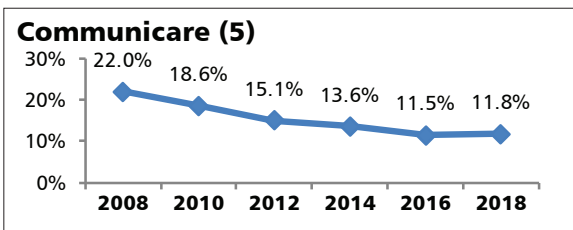
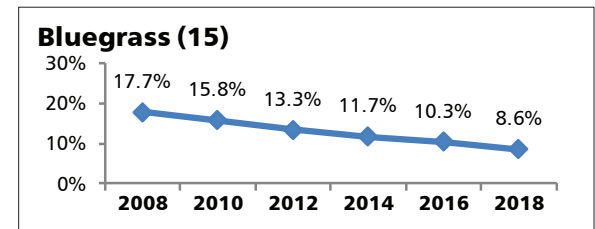
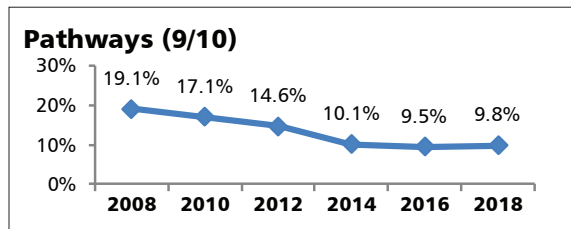
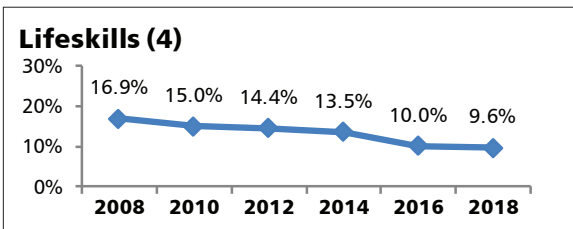
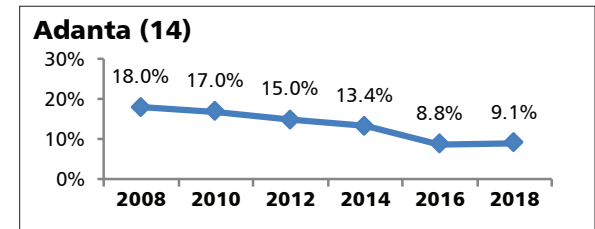
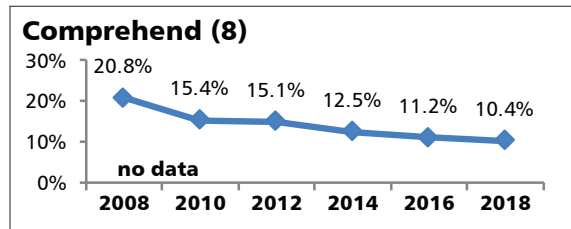
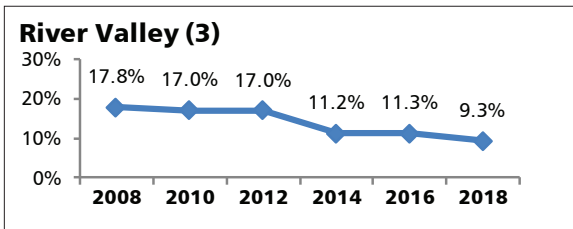
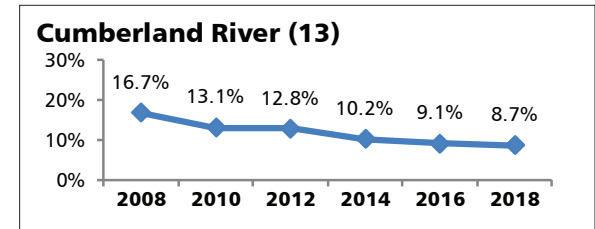
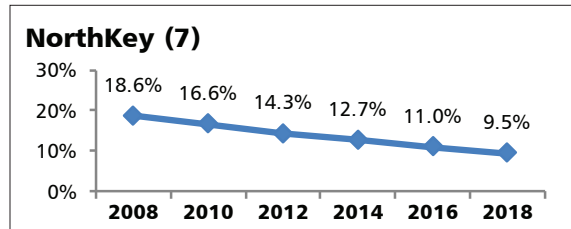
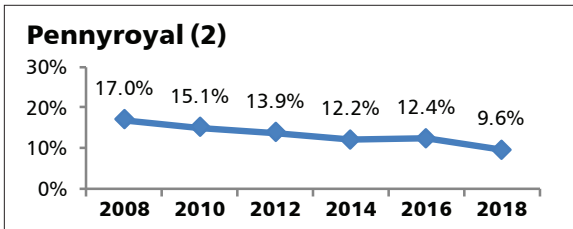
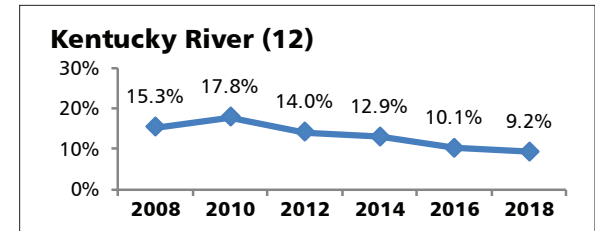
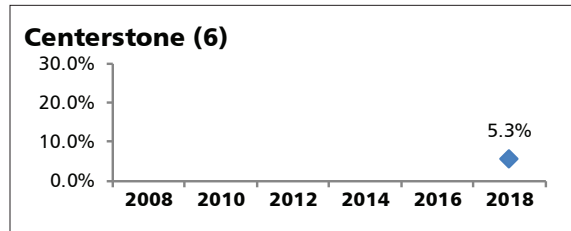
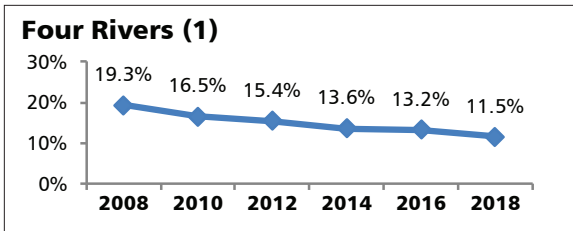


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Data are classified using Natural Breaks. Natural Breaks minimize each class's average deviation from the class mean, while maximizing each class's deviation from the means of the other groups.

Regional Trends—**Binge Drinking** by 10th Graders, 2008-2018

(% responding that they had 5 or more drinks in a row one or more times within the past two weeks)

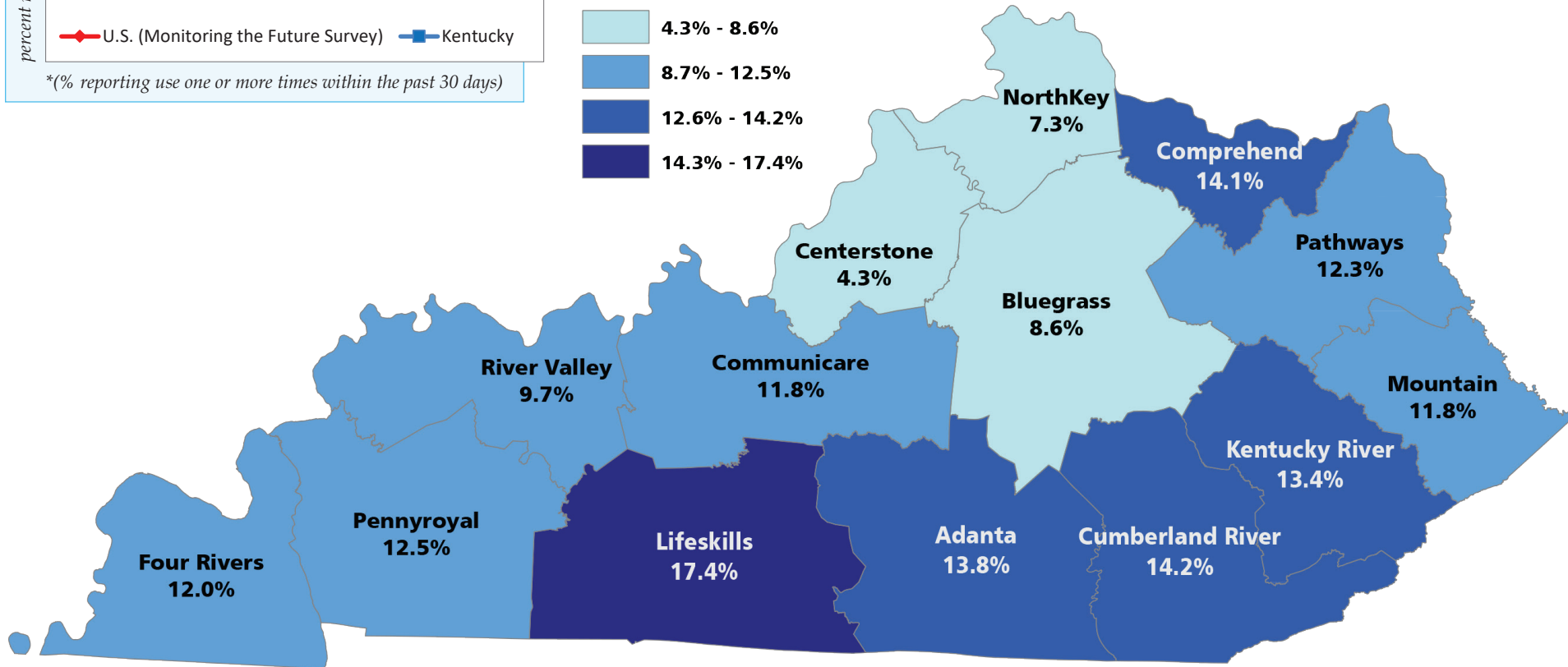
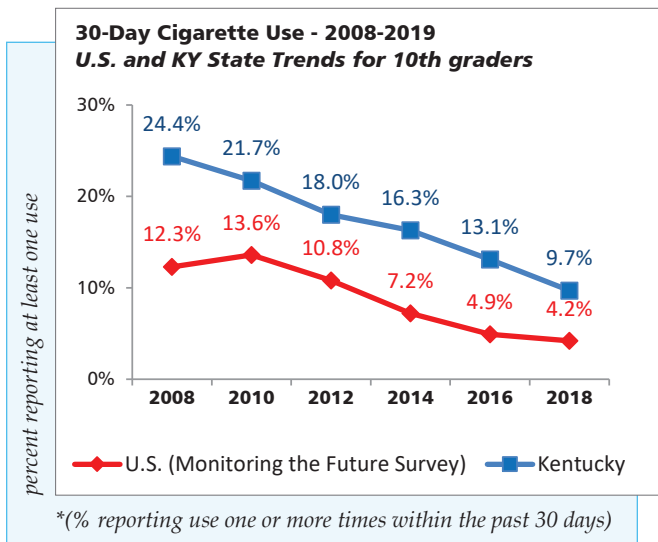


Grade 10 - Cigarettes, 30-Day Use, 2018

(% responding that they had smoked one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

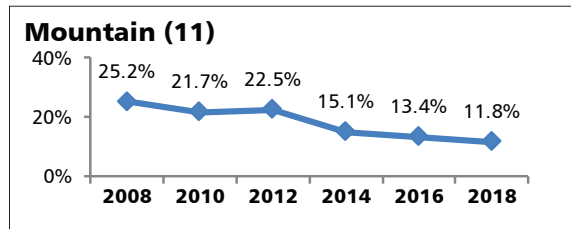
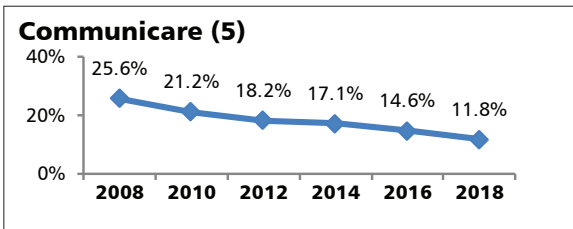
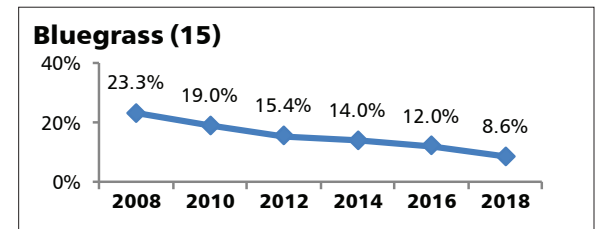
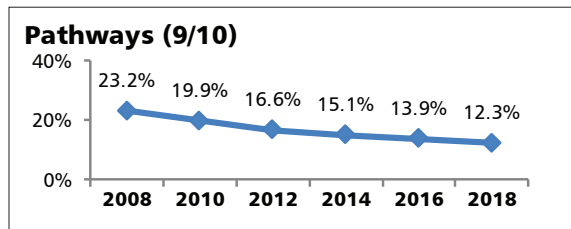
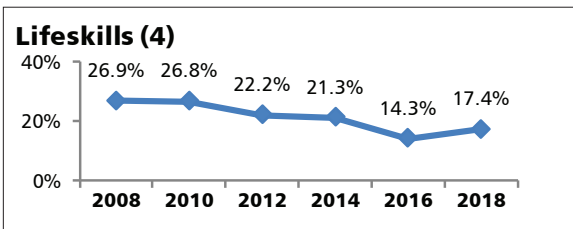
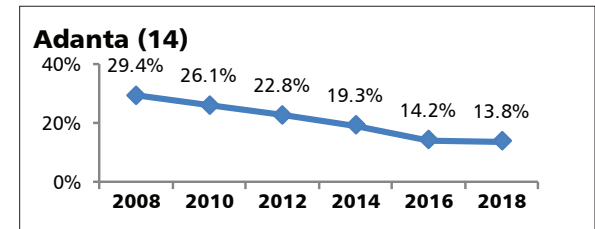
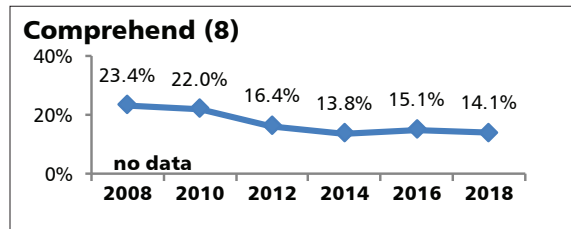
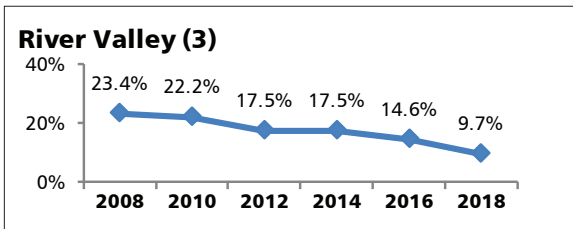
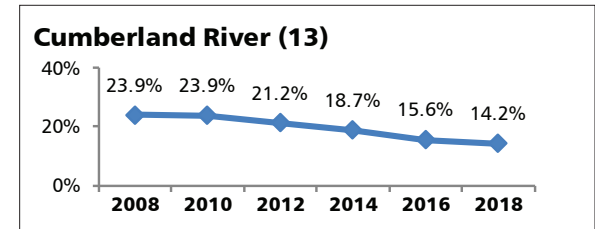
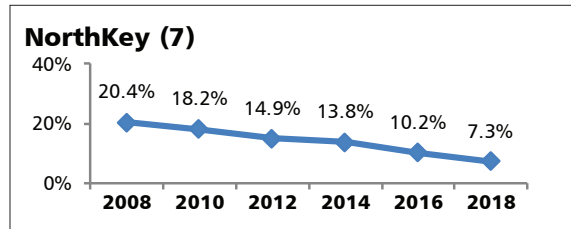
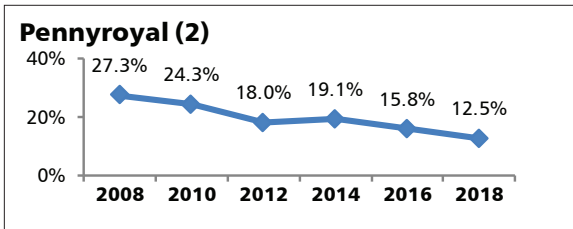
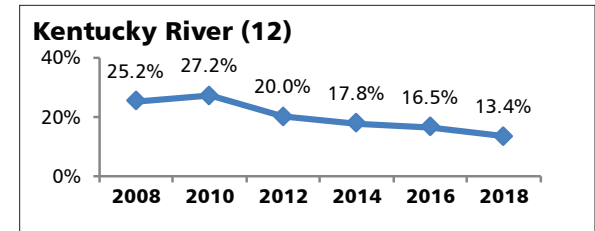
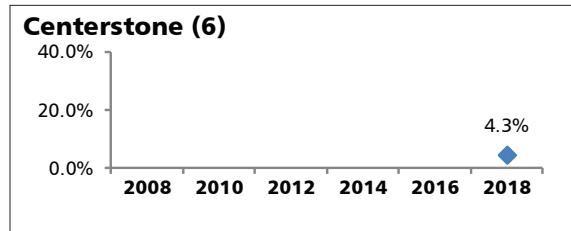
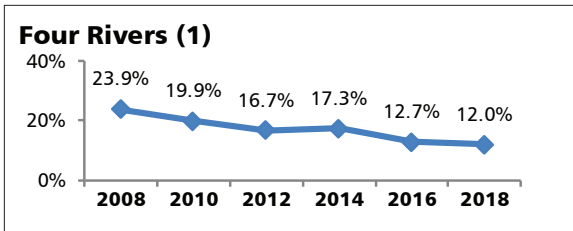
Min: 4.3% (CENTERSTONE); Max: 17.4% (LIFESKILLS)



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Regional Trends—**Cigarettes, 30-Day Use** by 10th Graders, 2008-2018 (% responding that they had smoked one or more times within the past 30 days)

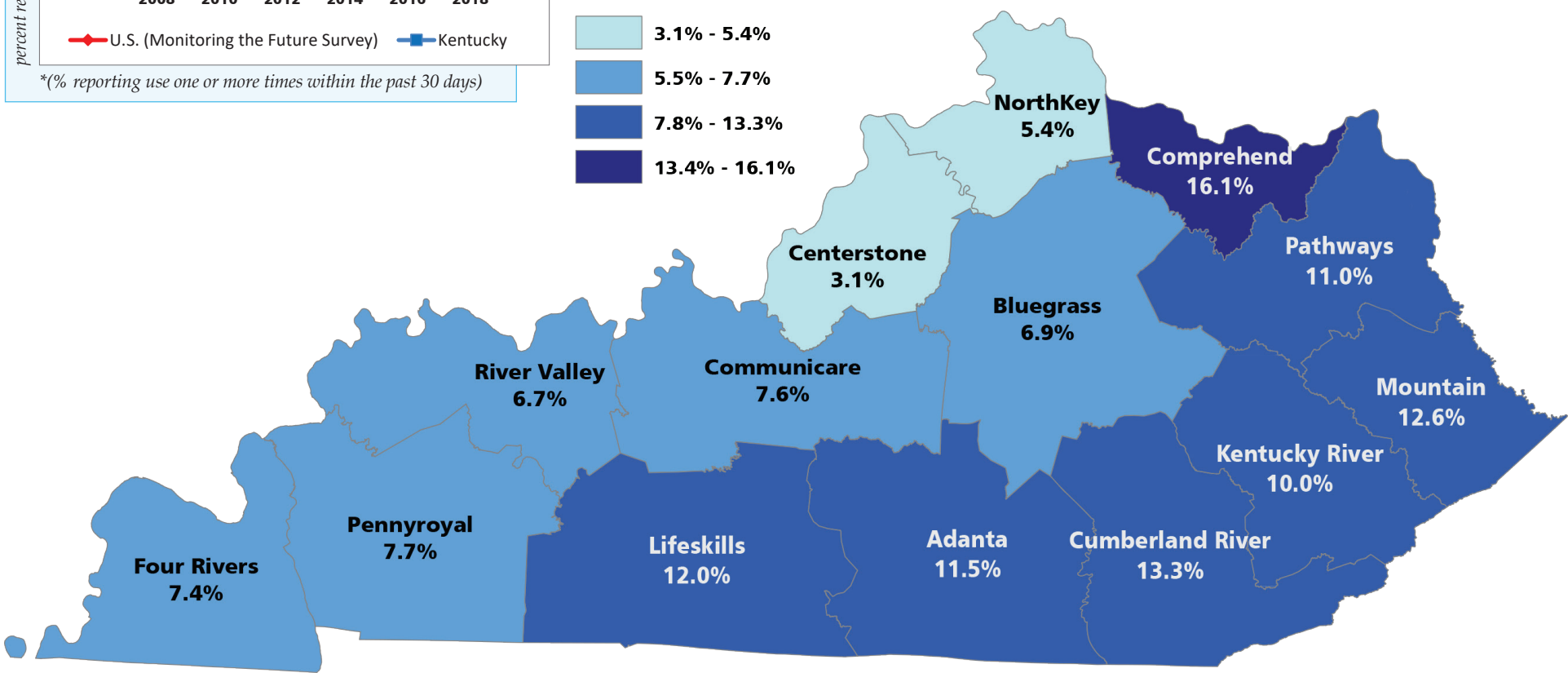
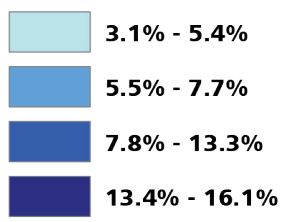
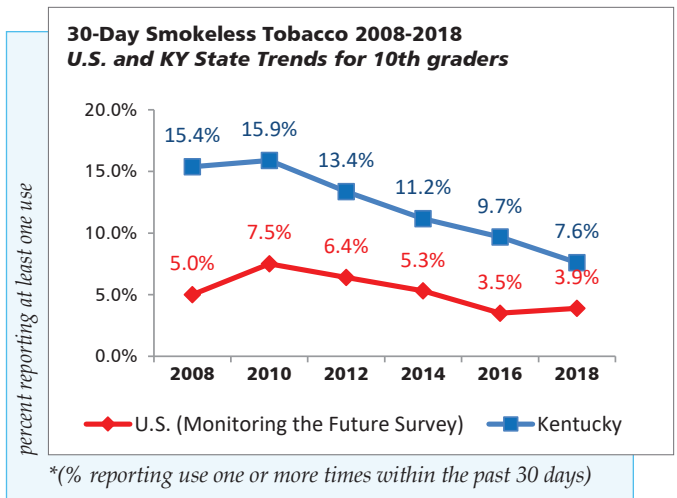


Grade 10 - Smokeless Tobacco, 30-Day Use, 2018

(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 3.1% (CENTERSTONE); Max: 16.1% (COMPREHEND)

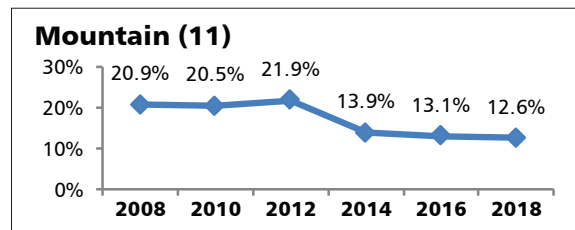
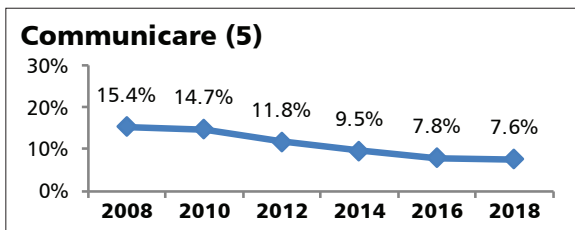
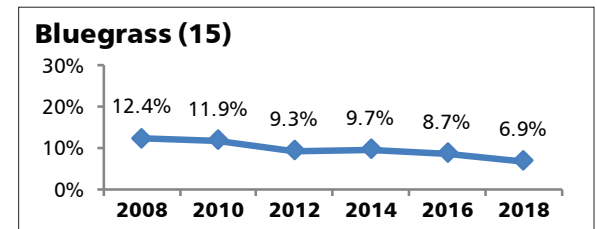
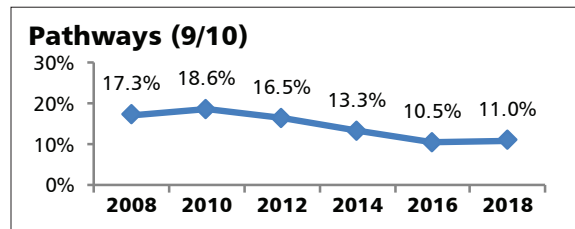
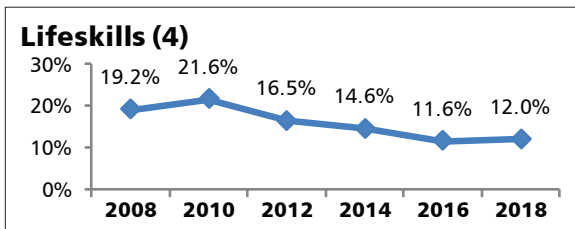
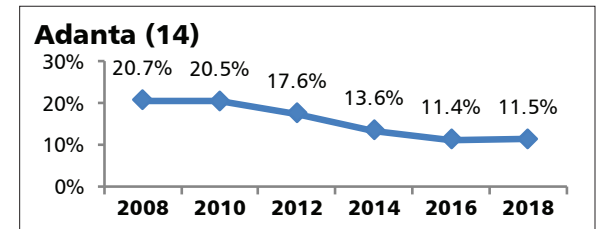
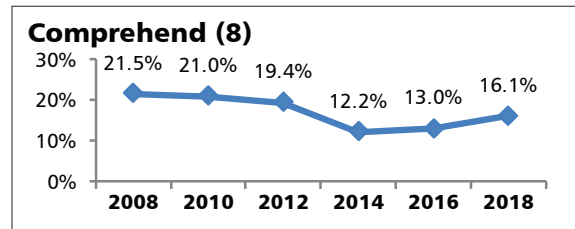
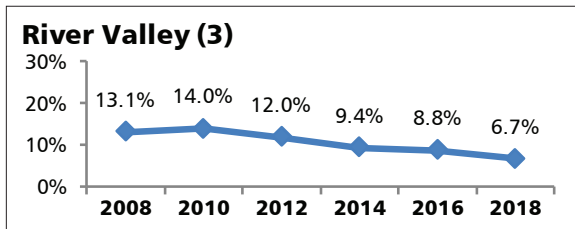
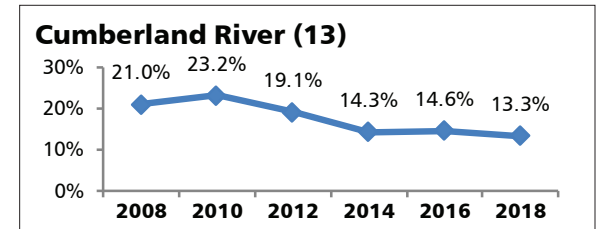
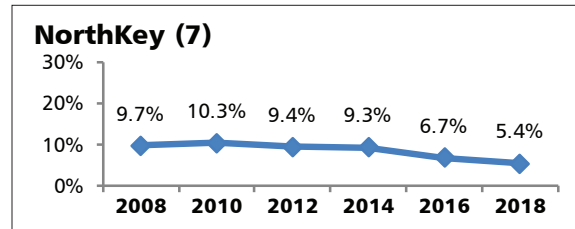
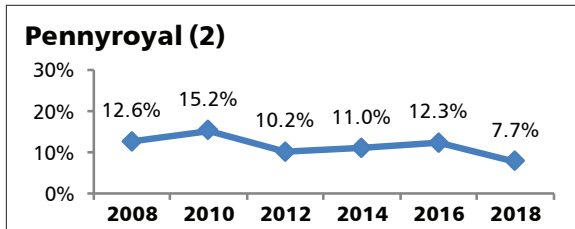
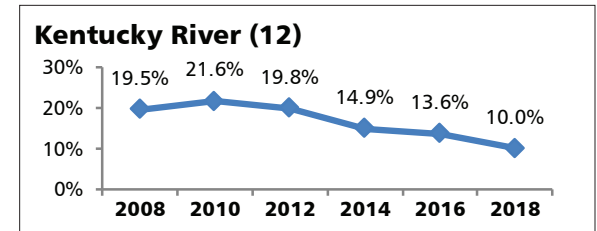
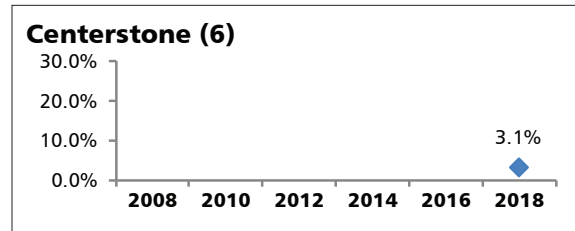
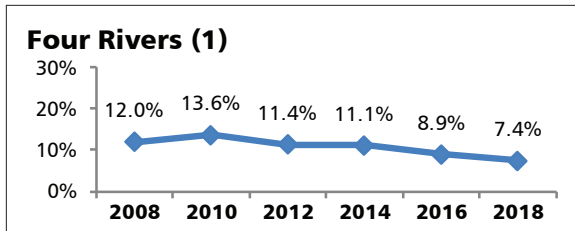


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Regional Trends—**Smokeless Tobacco, 30-Day Use** by 10th Graders, 2008-2018

(% responding that they had used the substance one or more times within the past 30 days)

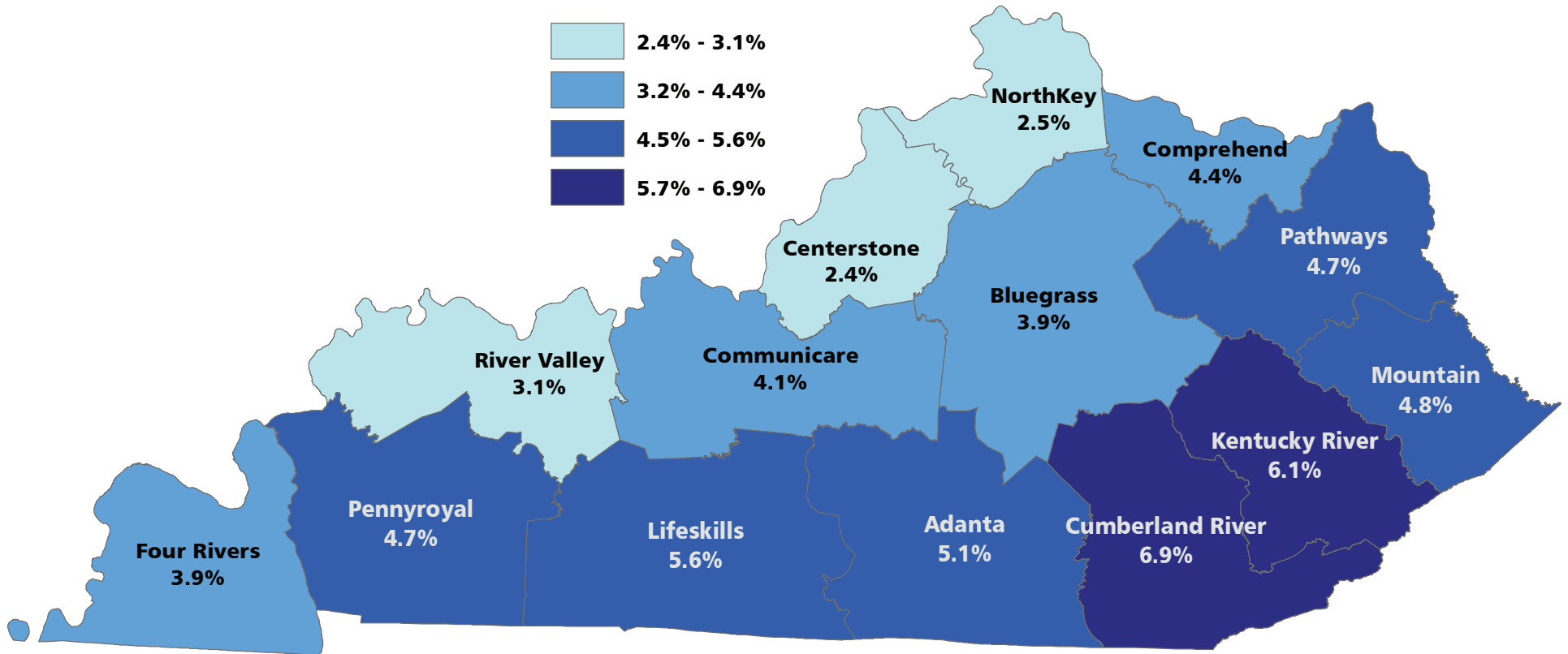
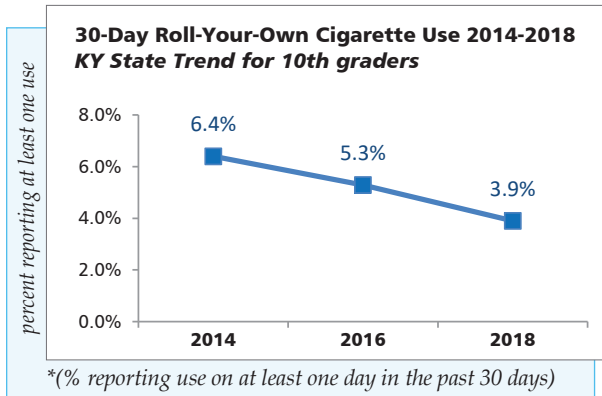


Grade 10 - Roll-Your-Own Cigarettes, 30-Day Use, 2018

(% responding that they had used the substance on at least one day in the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

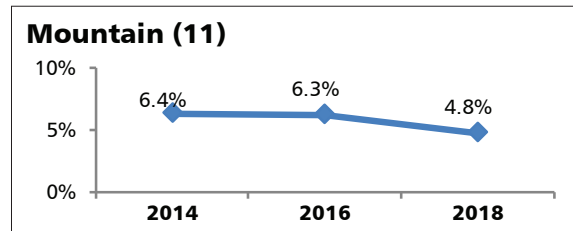
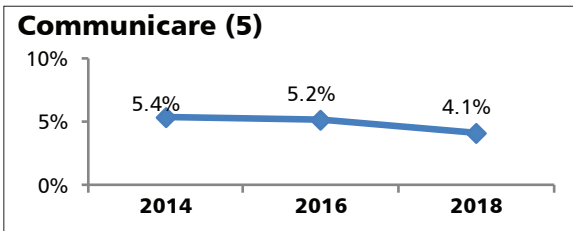
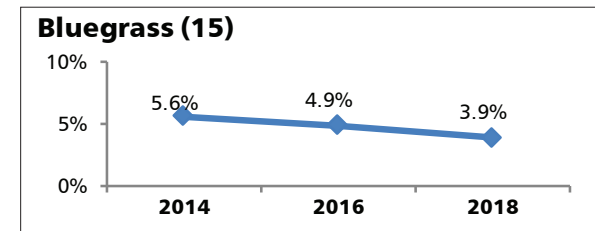
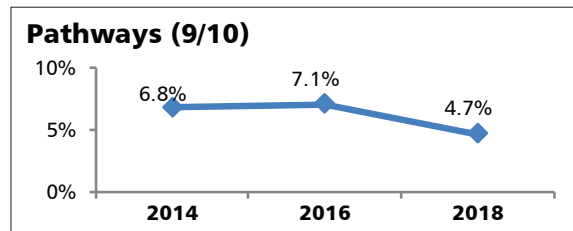
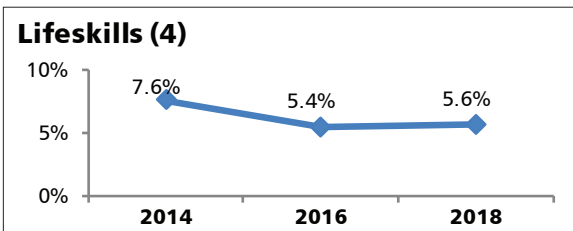
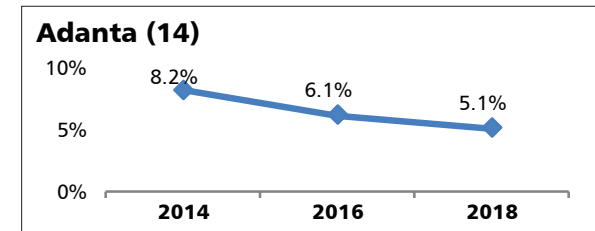
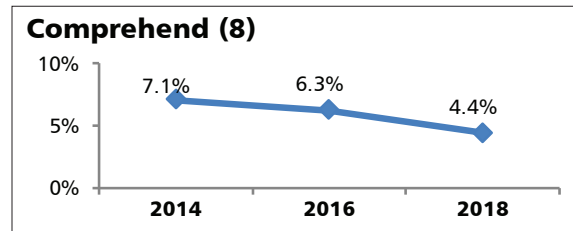
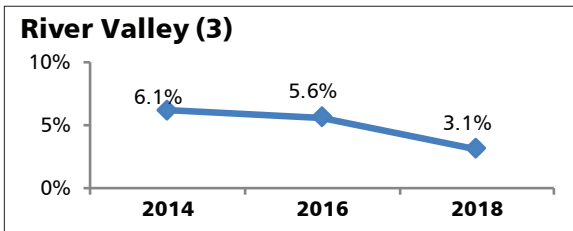
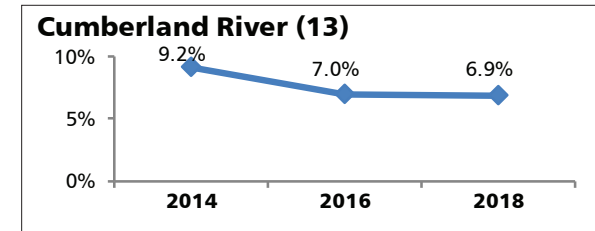
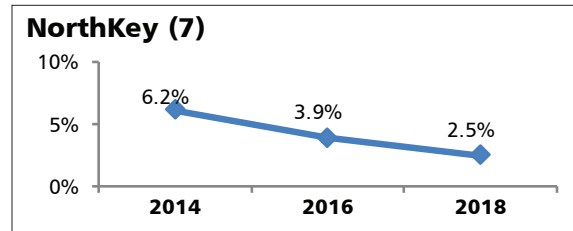
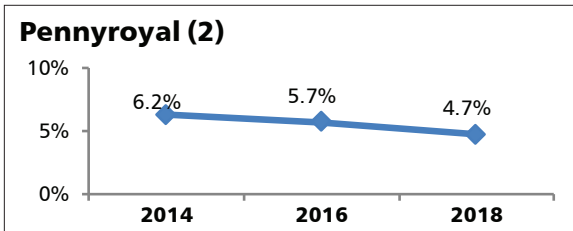
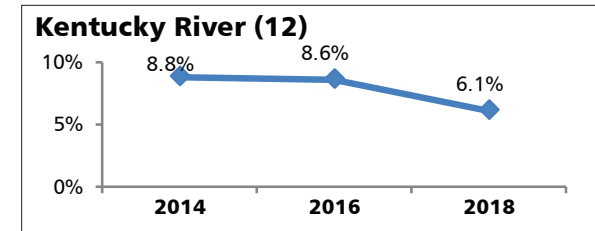
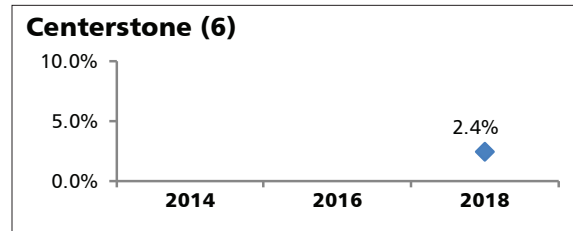
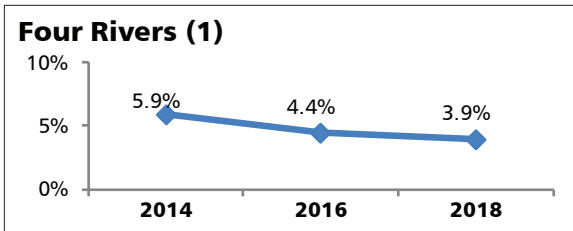
Min: 2.4% (CENTERSTONE); Max: 6.9% (CUMBERLAND RIVER)

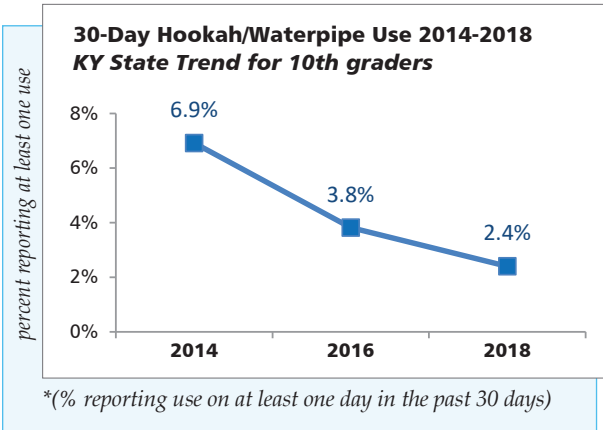


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Regional Trends—**Roll-Your-Own Cigarettes, 30-Day Use** by 10th Graders, 2014-2018
 (% responding that they had used the substance on at least one day in the past 30 days)



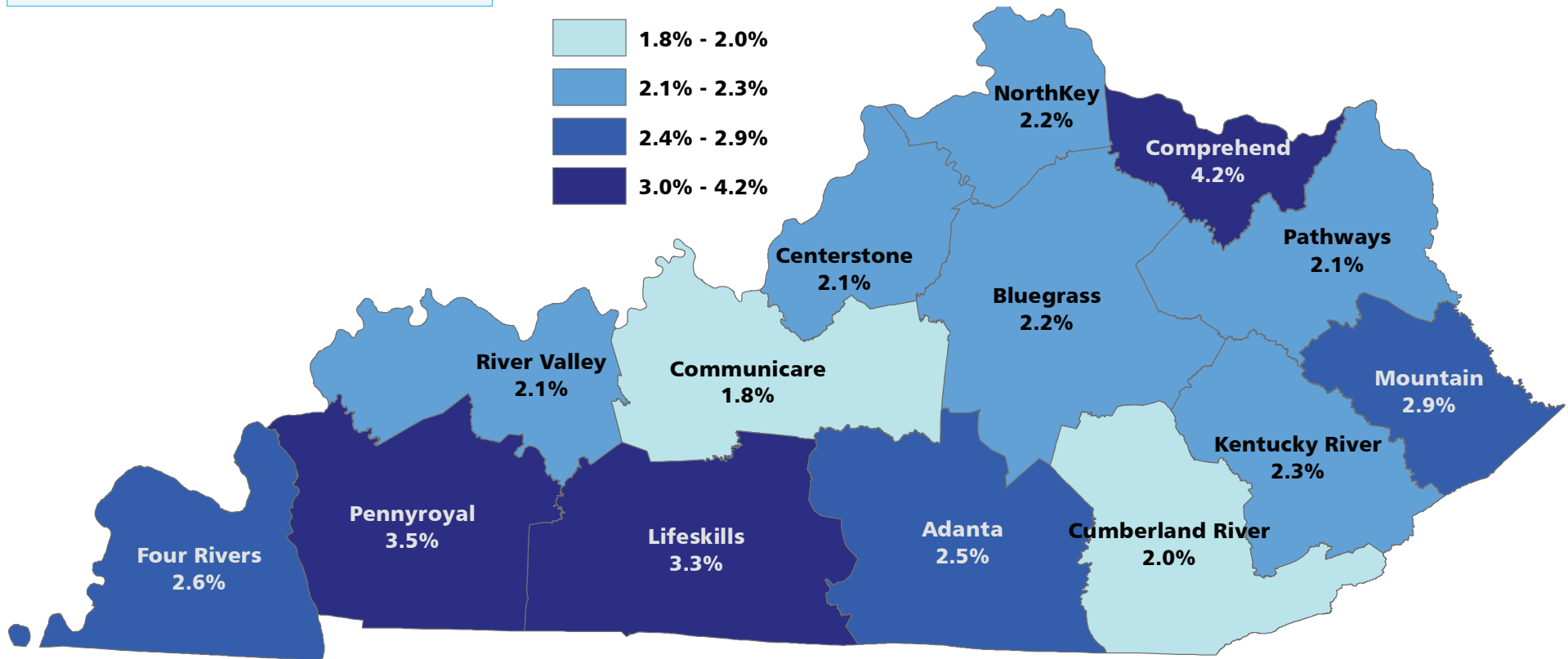


Grade 10 - Smoking Tobacco from a Hookah or Waterpipe, 30-Day Use, 2018

(% responding that they had used the substance on at least one day in the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 1.8% (COMMUNICARE); Max: 4.2% (COMPREHEND)

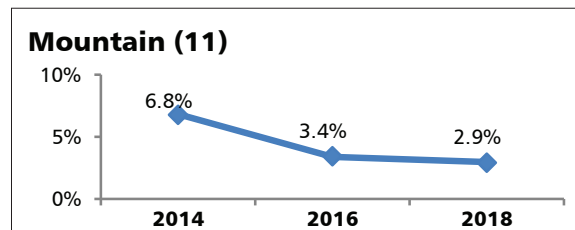
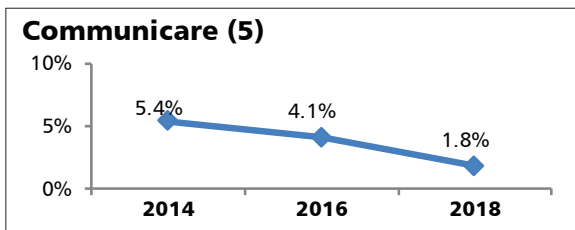
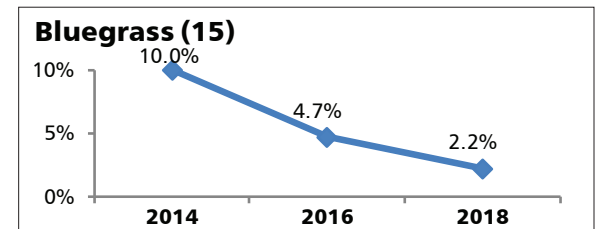
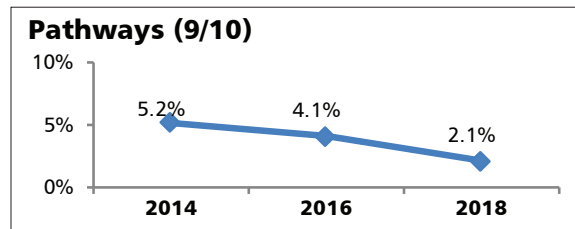
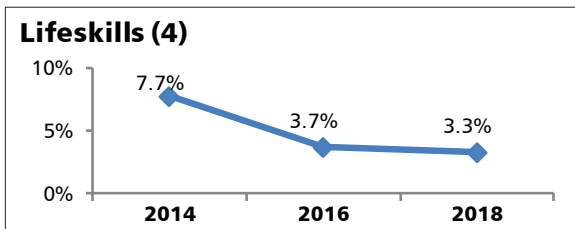
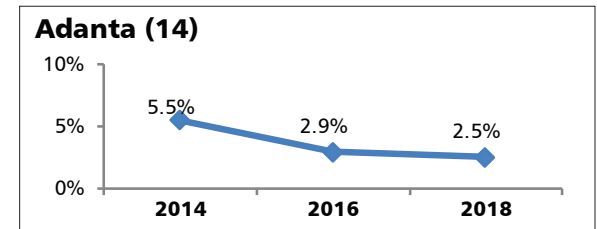
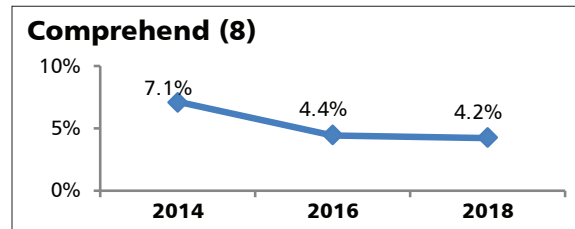
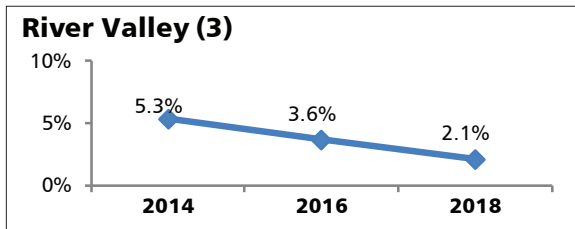
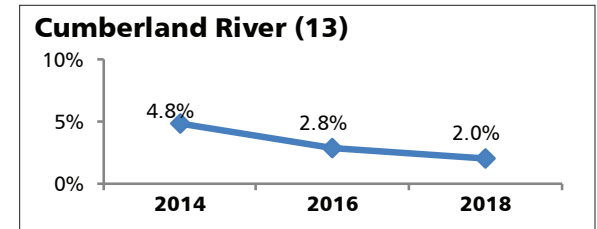
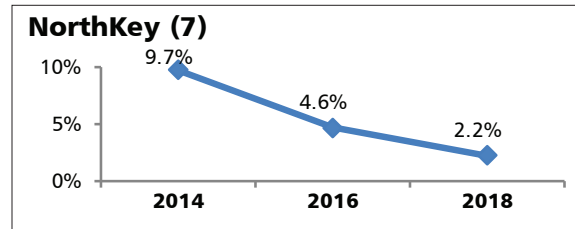
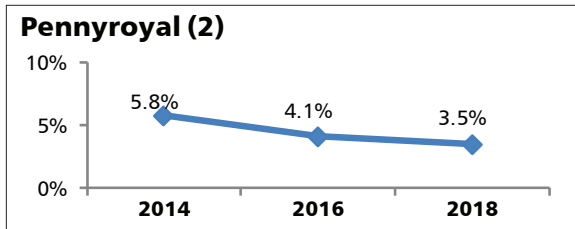
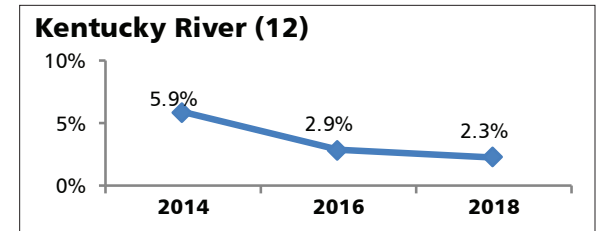
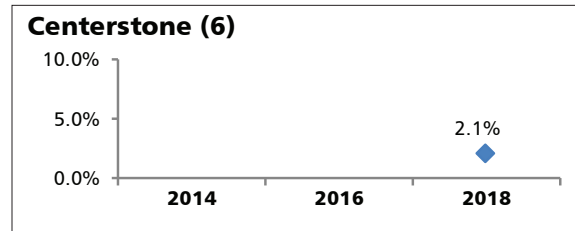
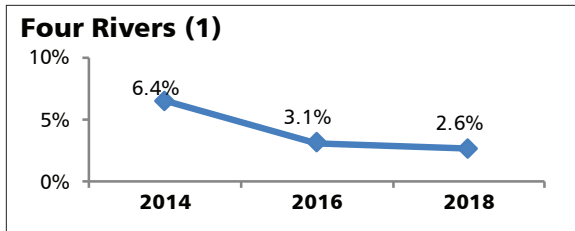


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Regional Trends—Smoking Tobacco from a Hookah or Waterpipe, 30-Day Use by 10th Graders, 2014-2018

(% responding that they had used the substance on at least one day in the past 30 days)



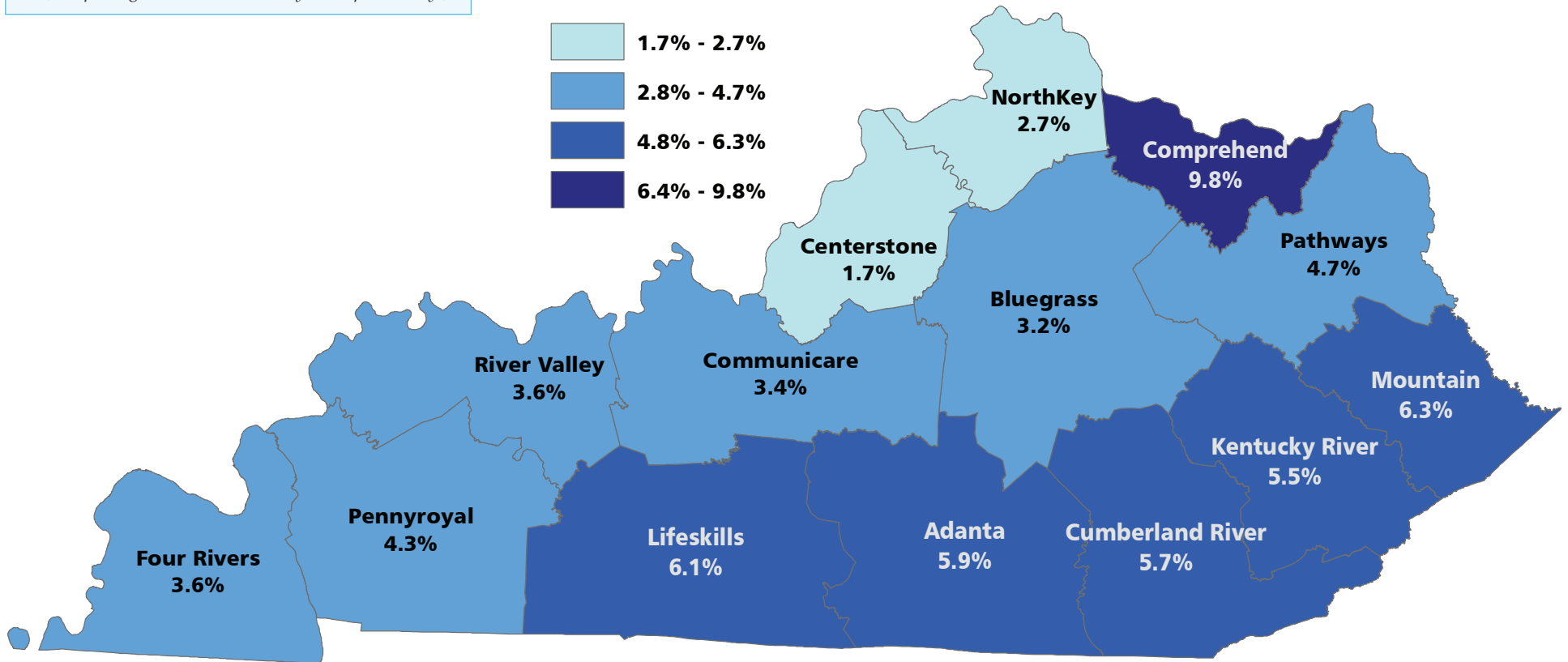
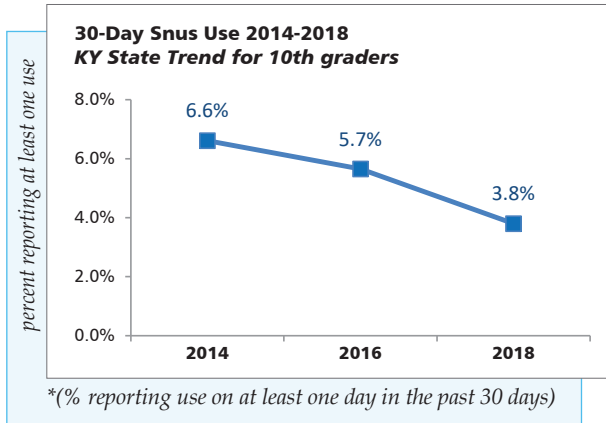
Grade 10 - Snus,* 30-Day, Use 2018

*for ex. Camel or Marlboro Snus

(% responding that they had used the substance on at least one day in the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

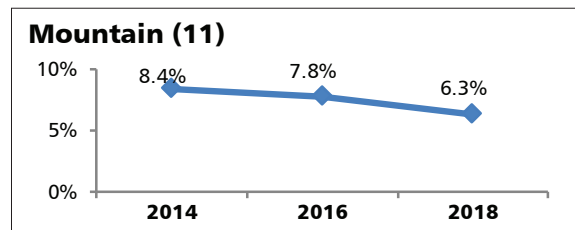
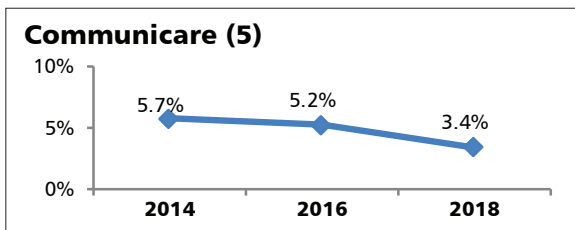
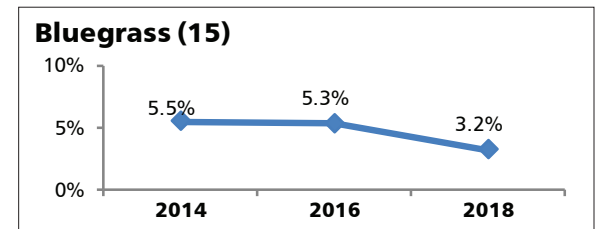
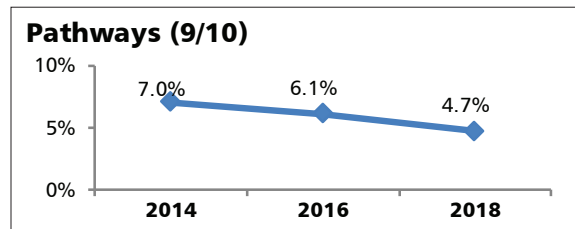
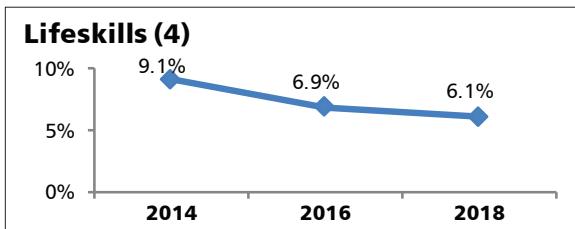
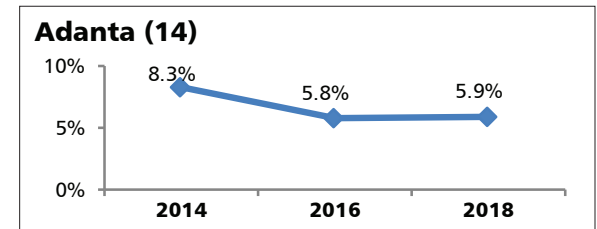
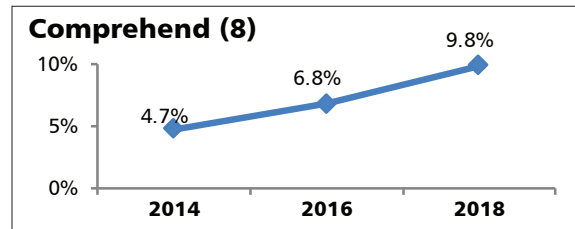
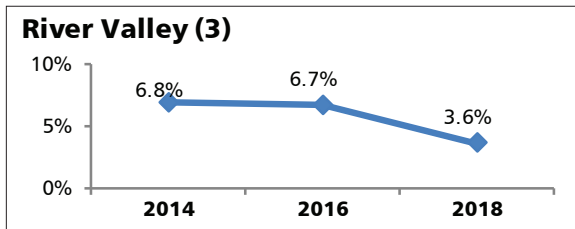
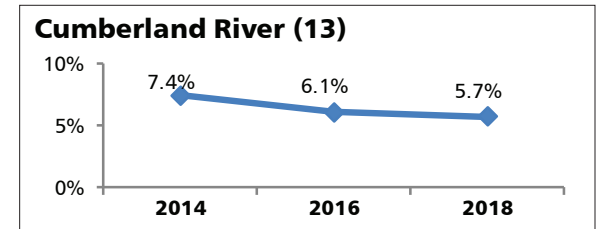
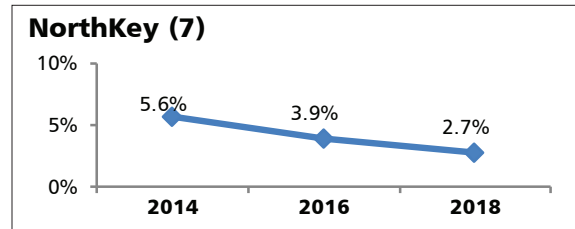
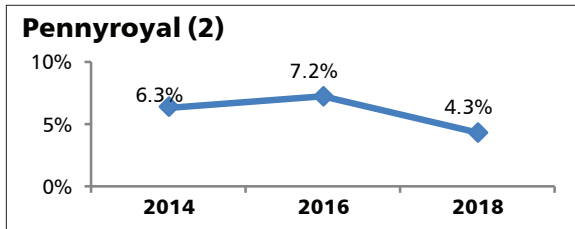
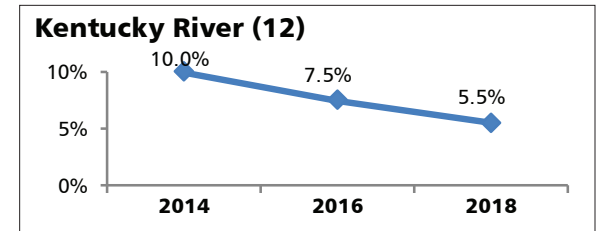
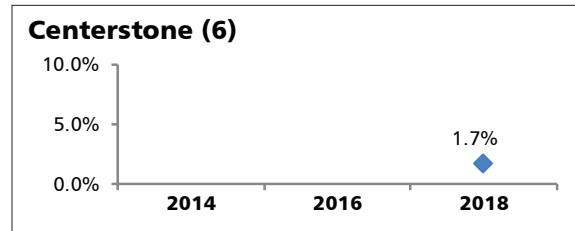
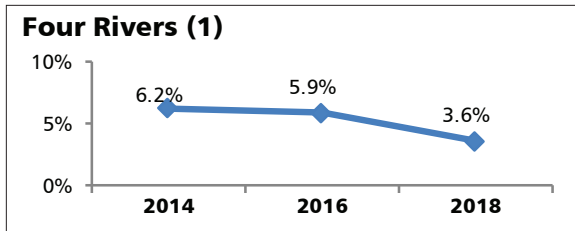
Min: 1.7% (CENTERSTONE); Max: 9.8% (COMPREHEND)



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Regional Trends—**Snus,* 30-Day Use** by 10th Graders, 2014-2018
 (% responding that they had used the substance on at least one day in the past 30 days)
 * for ex. Camel or Marlboro Snus



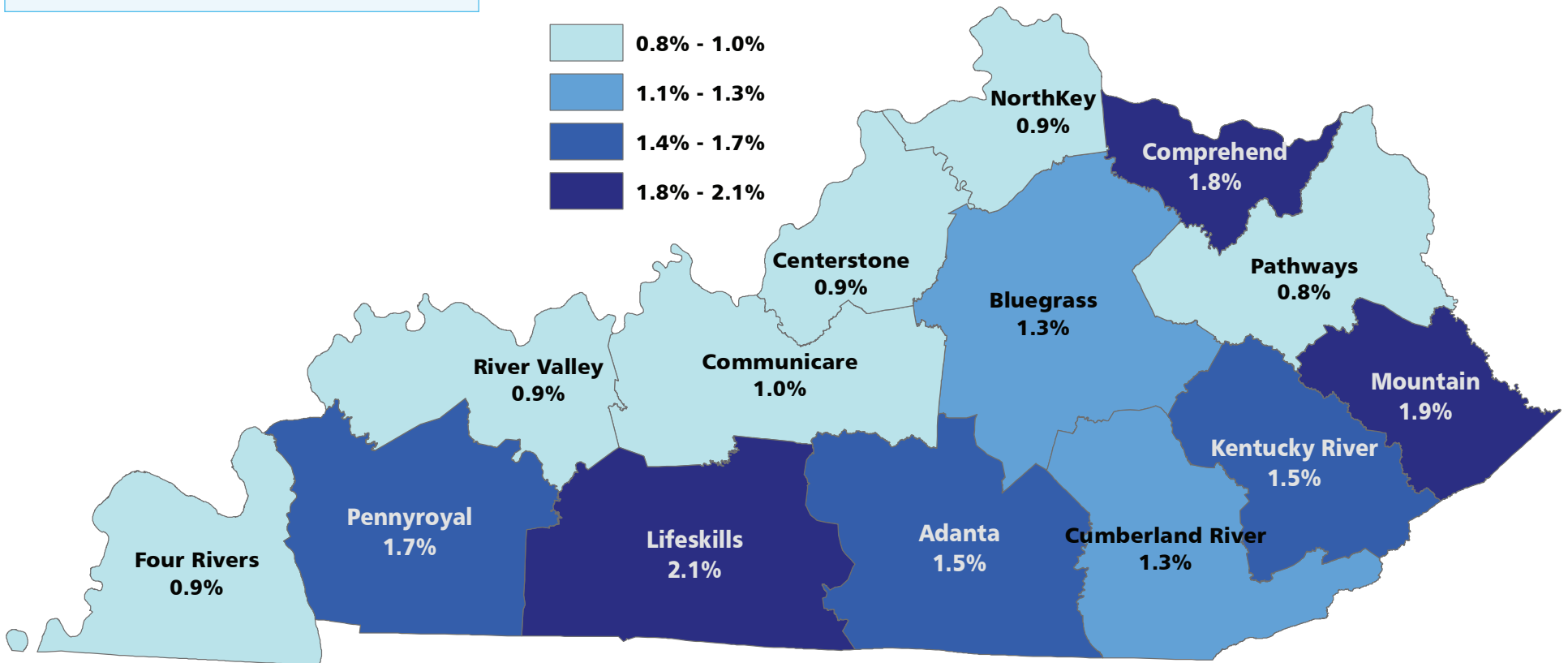
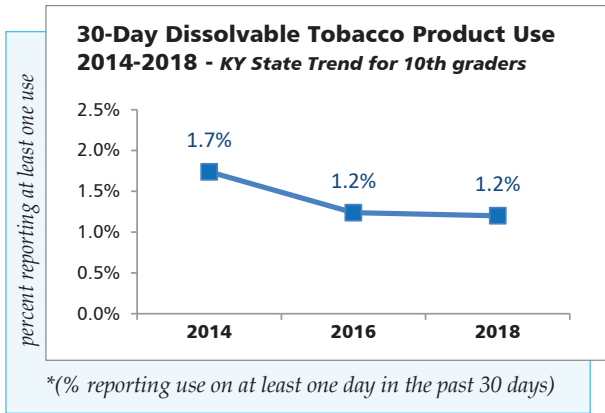
Grade 10 - Dissolvable Tobacco Products,* 30-Day Use, 2018

*for ex. Ariva, Stonewall, Camel orbs, Camel sticks or Camel Strips

(% responding that they had used the substance on at least one day in the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 0.8% (PATHWAYS); Max: 2.1% (LIFESKILLS)

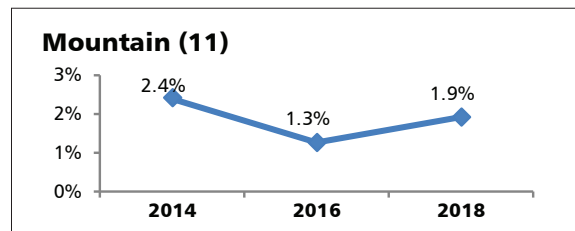
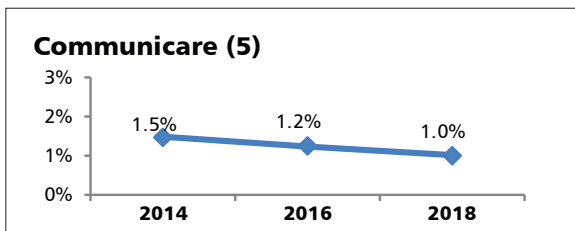
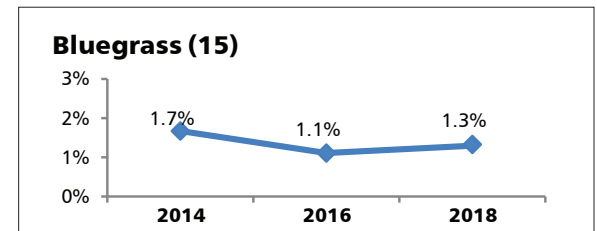
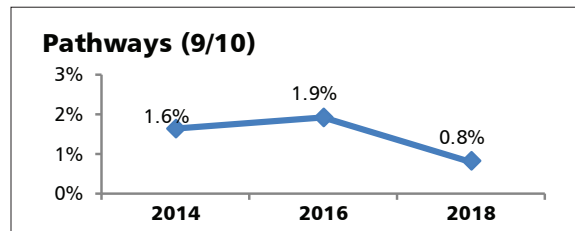
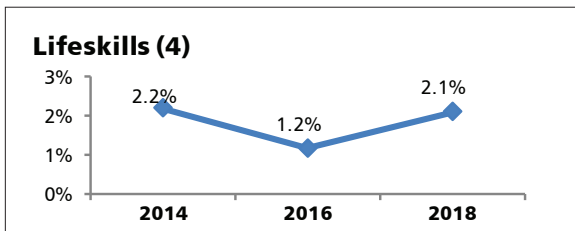
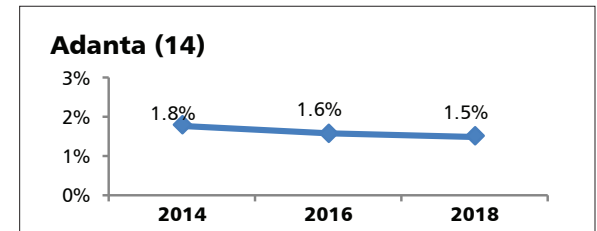
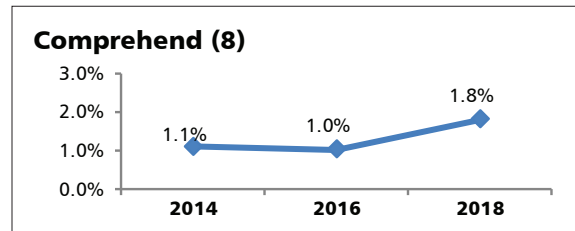
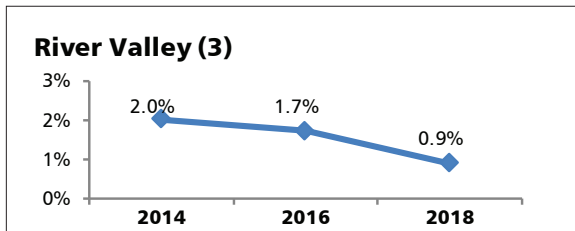
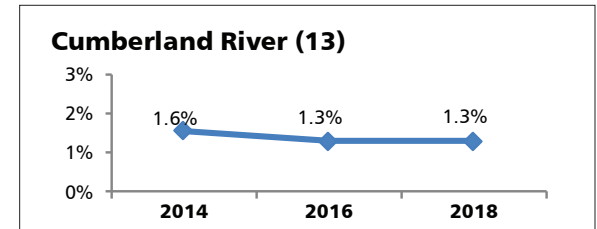
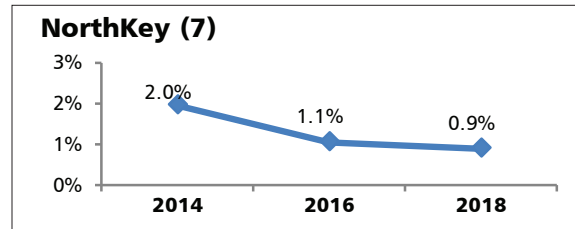
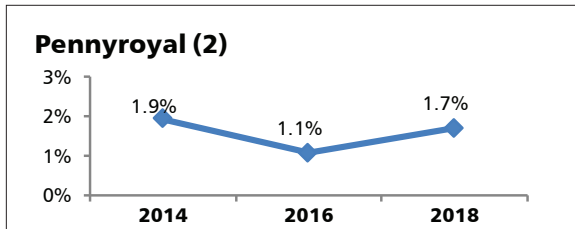
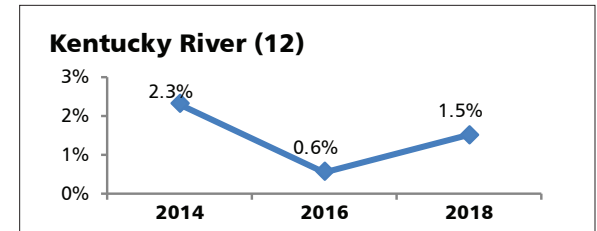
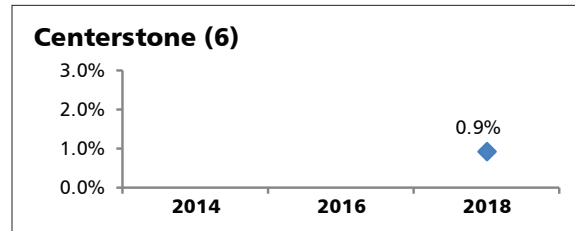
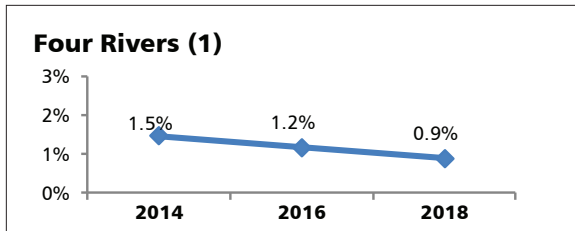


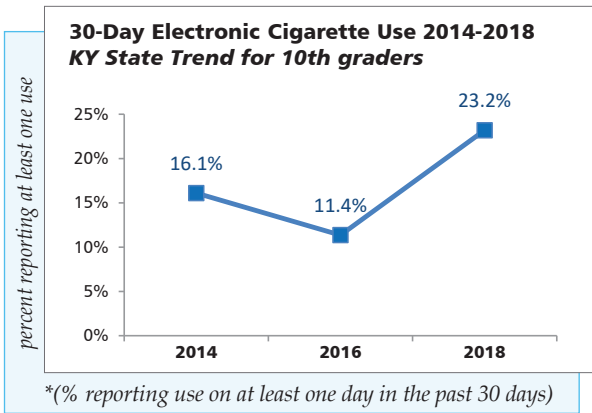
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Regional Trends—**Dissolvable Tobacco Products, 30-Day Use** by 10th Graders, 2014-2018

(% responding that they had used the substance on at least one day in the past 30 days)





Grade 10 - Electronic Cigarettes or E-cigarettes,* 30-Day Use, 2018

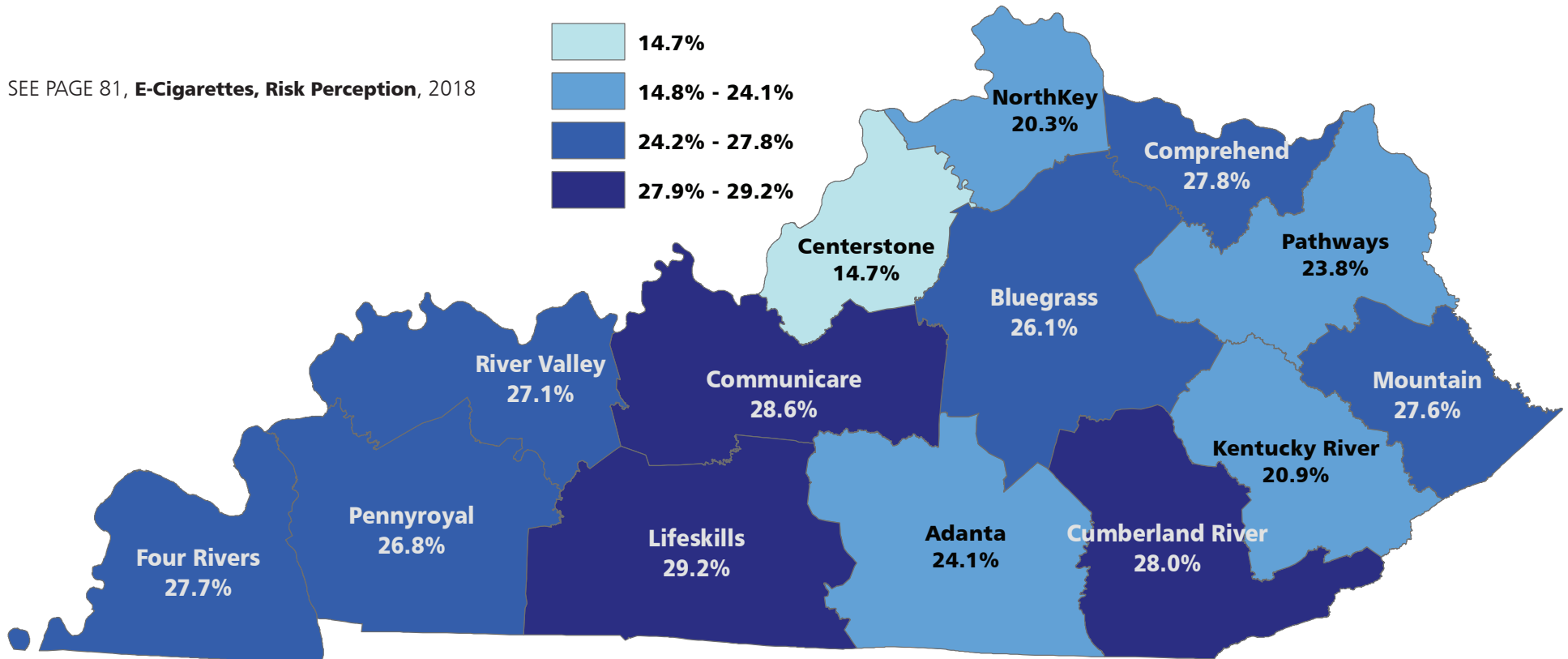
*for ex. NJOY, V2, Bull Smoke, Halo

(% responding that they had used the substance on at least one day in the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 14.7% (CENTERSTONE); Max: 29.2% (LIFESKILLS)

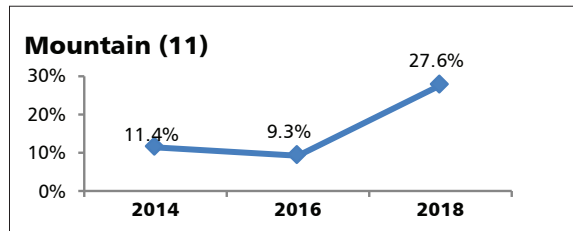
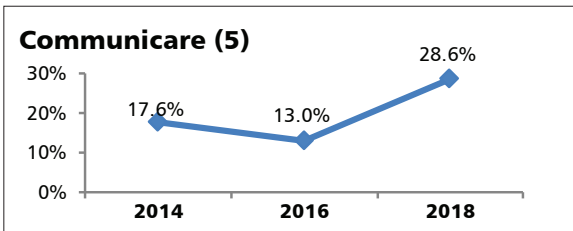
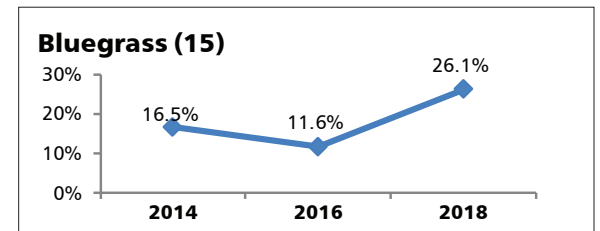
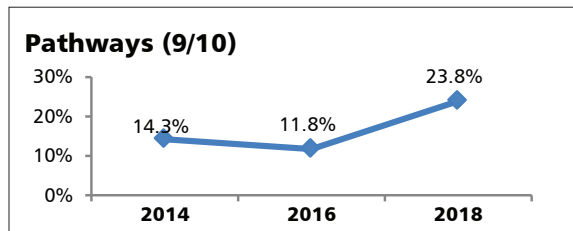
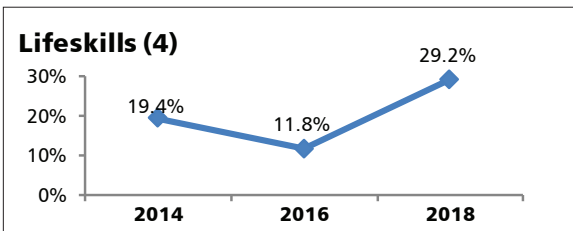
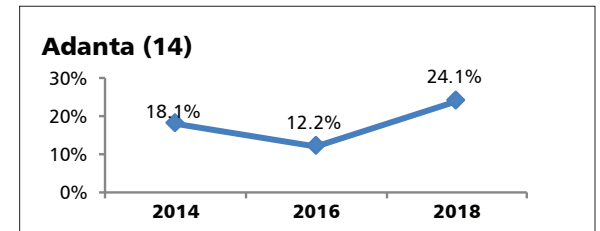
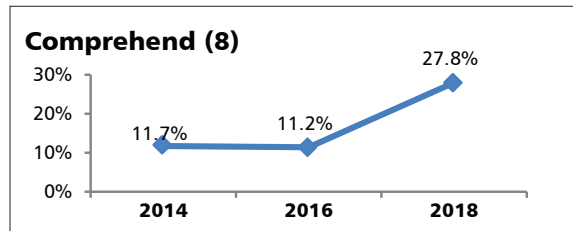
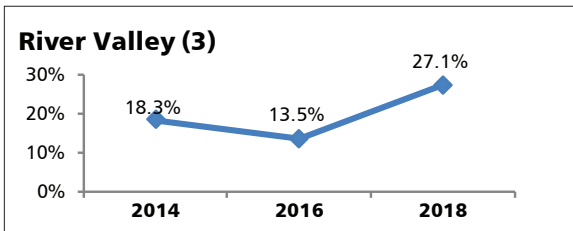
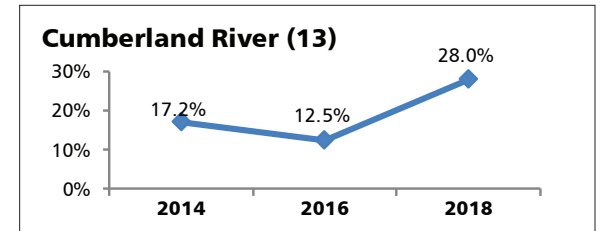
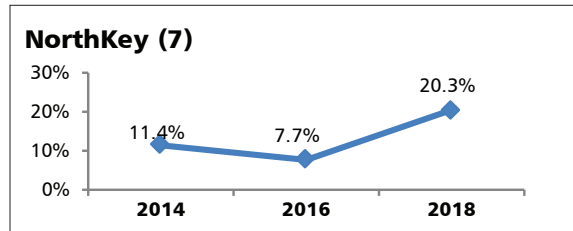
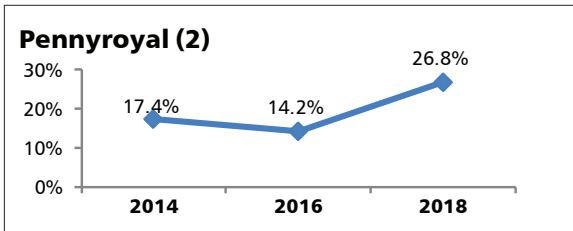
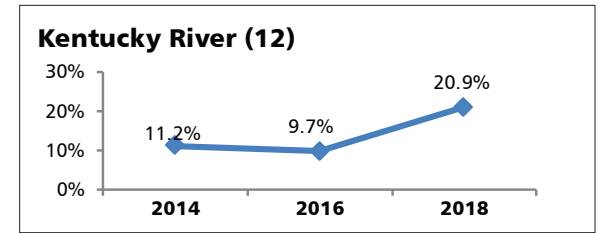
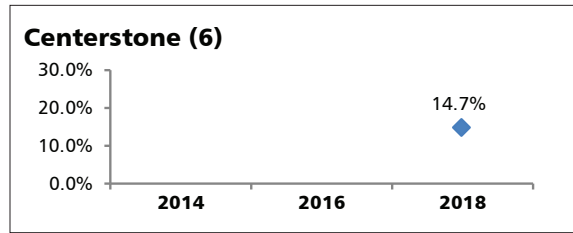
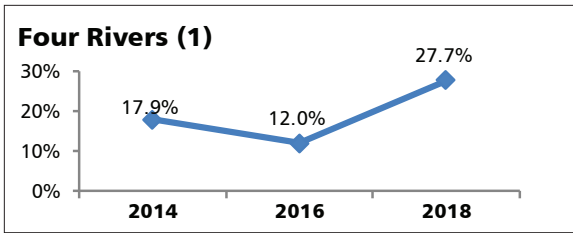
SEE PAGE 81, **E-Cigarettes, Risk Perception**, 2018



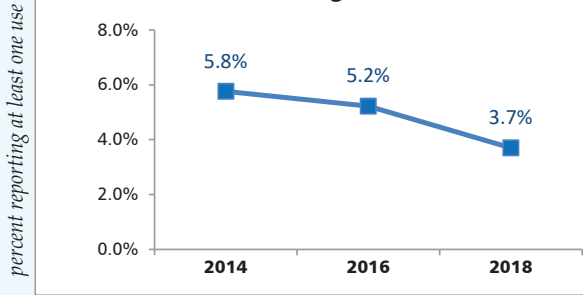
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Regional Trends—**Electronic Cigarettes, 30-Day Use** by 10th Graders, 2014-2018
 (% responding that they had used the substance on at least one day in the past 30 days)



30-Day Other Tobacco Product Use 2014-2018
KY State Trend for 10th graders



*(% reporting use on at least one day in the past 30 days)

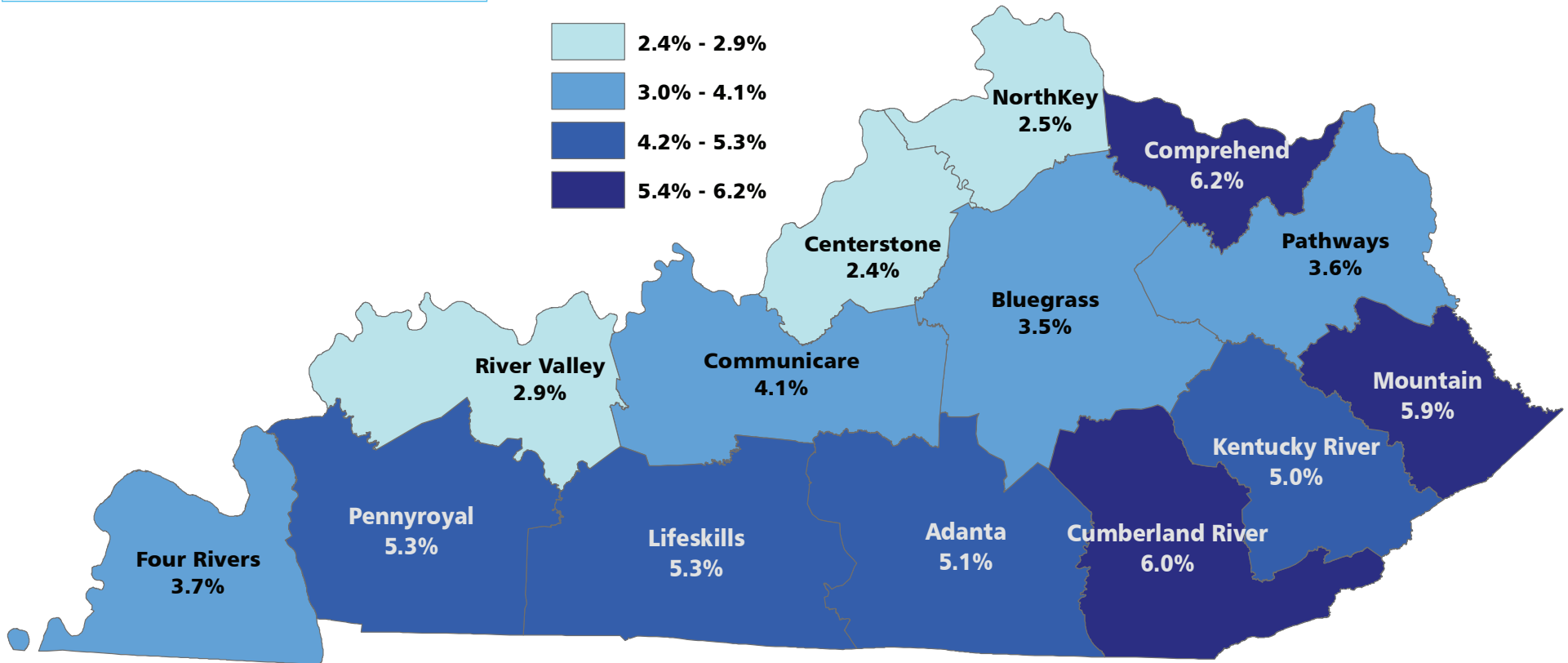
Grade 10 - Other Tobacco Products,* 30-Day Use, 2018

*other tobacco products not listed on previous pages

(% responding that they had used the substance on at least one day in the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 2.4% (CENTERSTONE); Max: 6.2% (COMPREHEND)

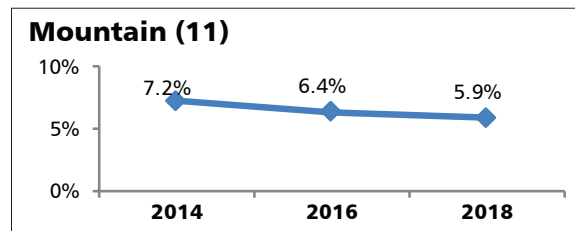
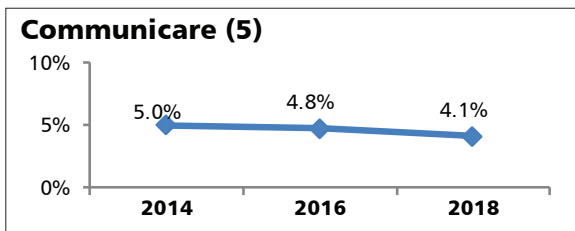
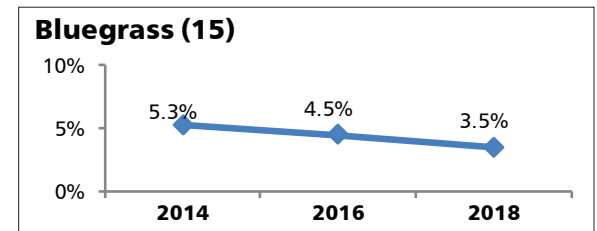
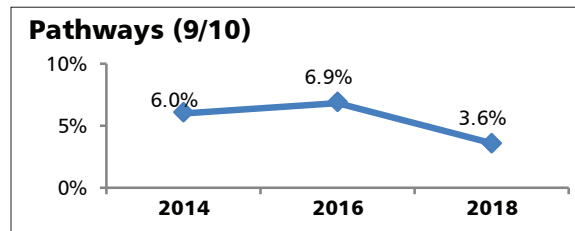
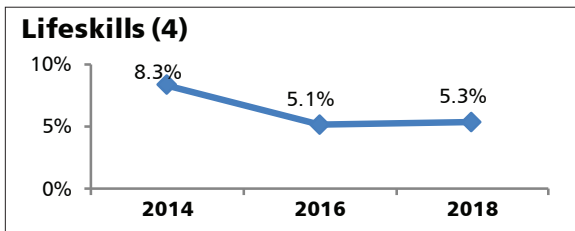
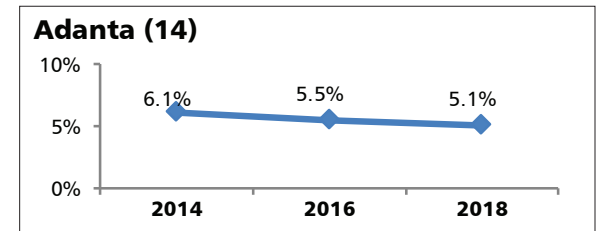
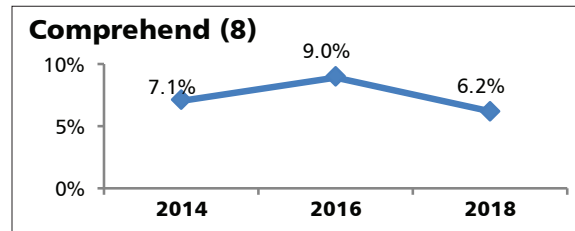
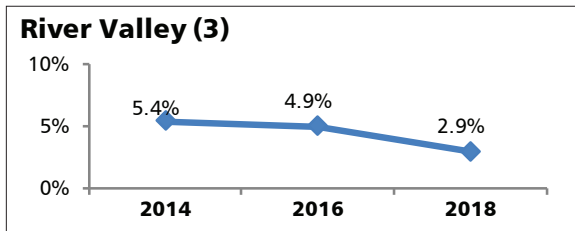
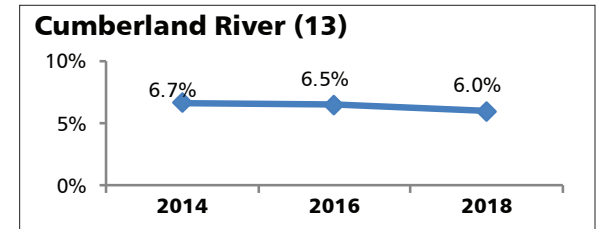
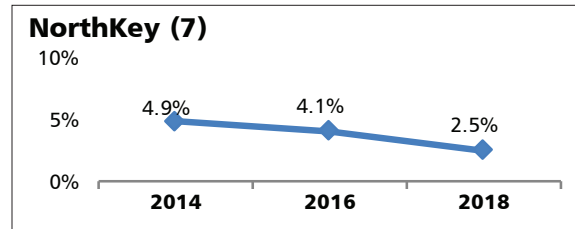
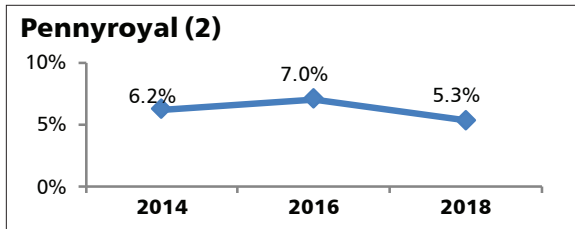
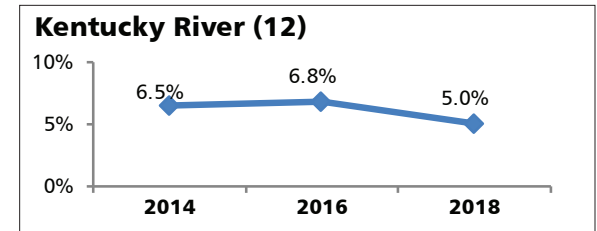
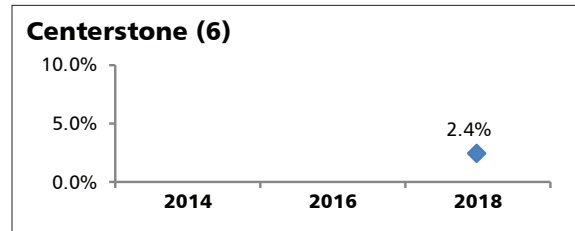
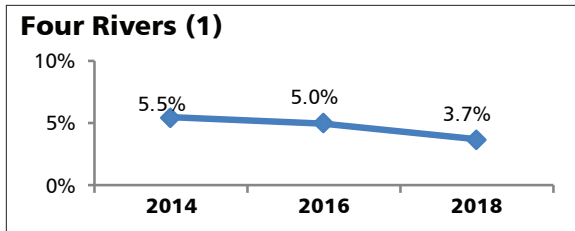


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Regional Trends—**Other Tobacco Products, 30-Day Use** by 10th Graders, 2014-2018

(% responding that they had used the substance on at least one day in the past 30 days)

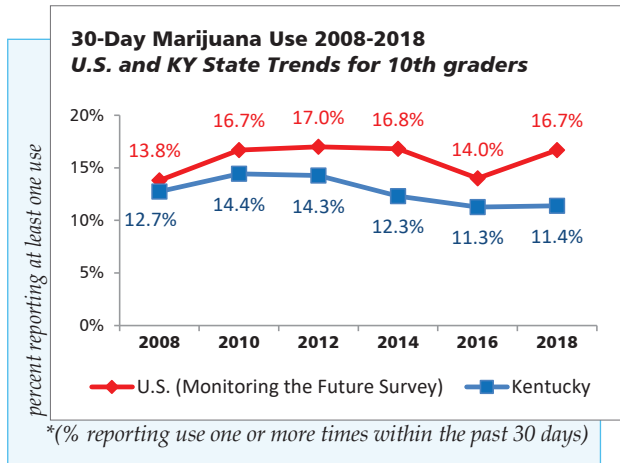


Grade 10 - Marijuana, 30-Day Use, 2018

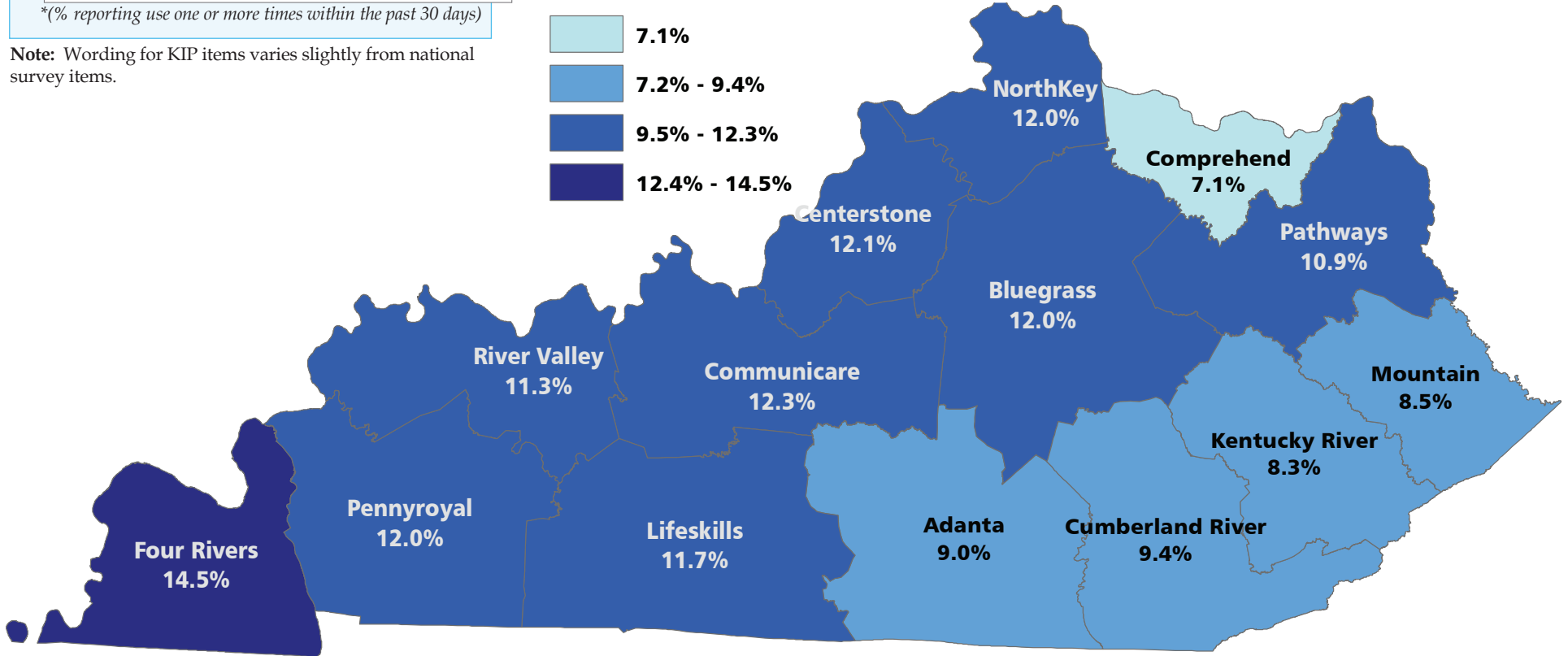
(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 7.1% (COMPREHEND); Max: 14.5% (FOUR RIVERS)



Note: Wording for KIP items varies slightly from national survey items.

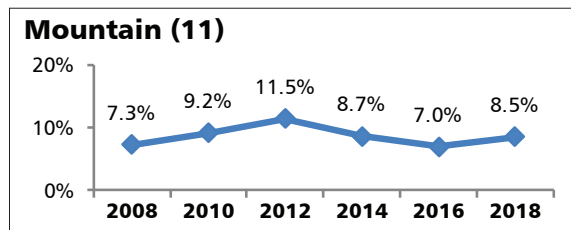
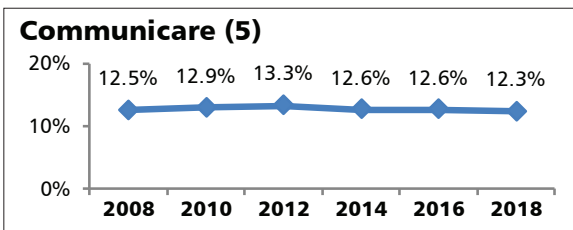
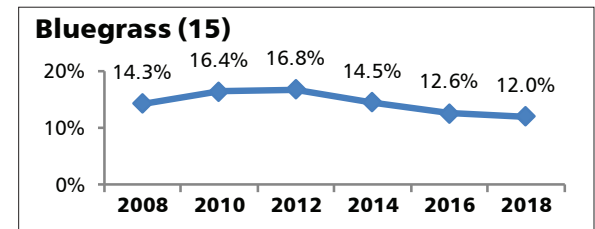
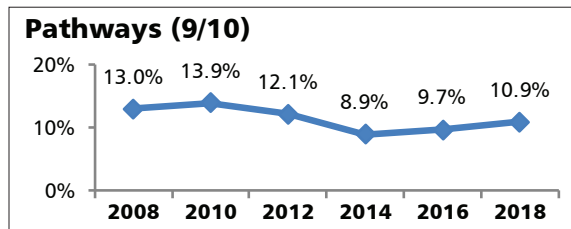
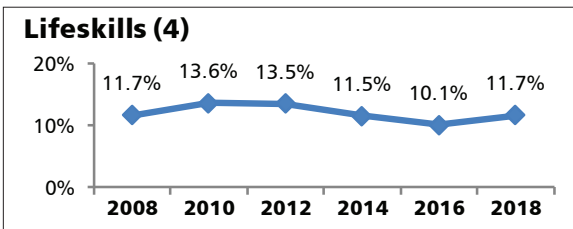
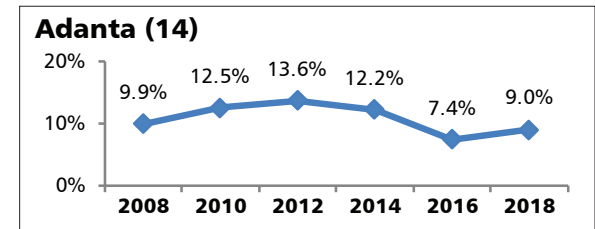
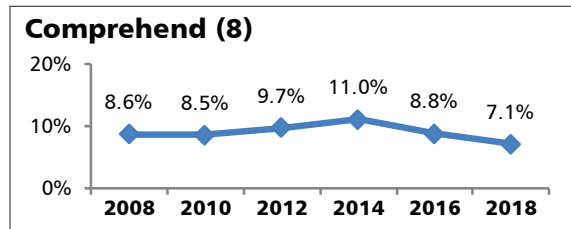
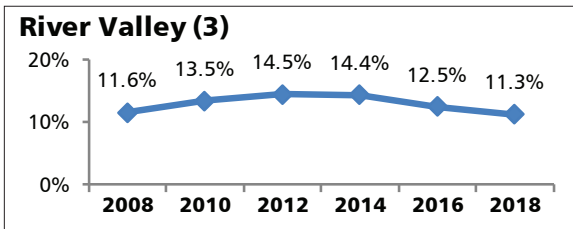
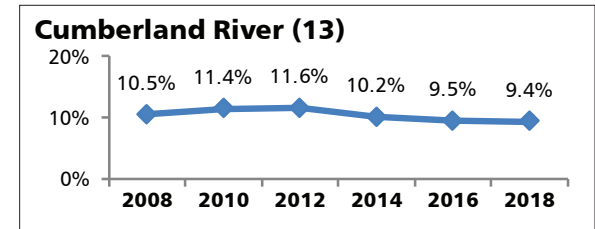
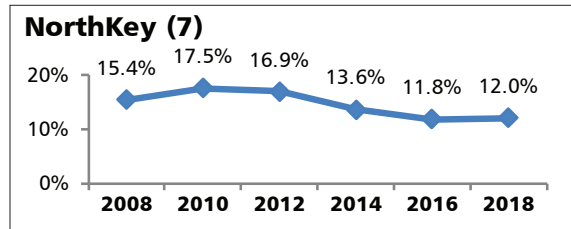
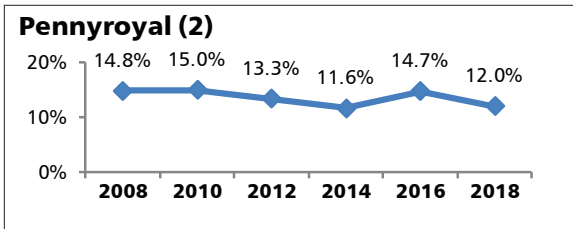
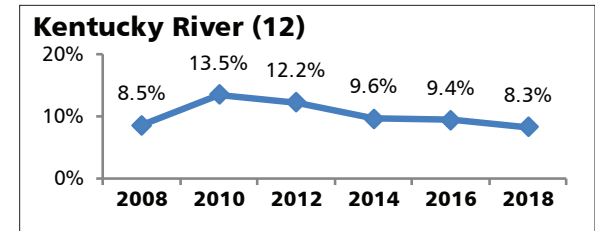
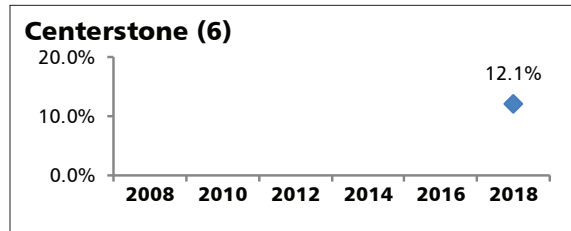
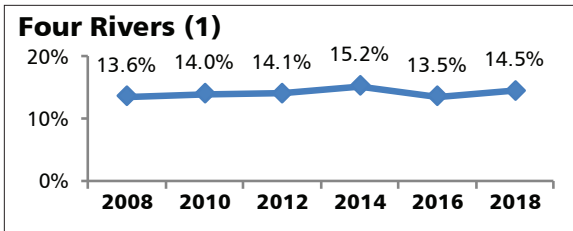


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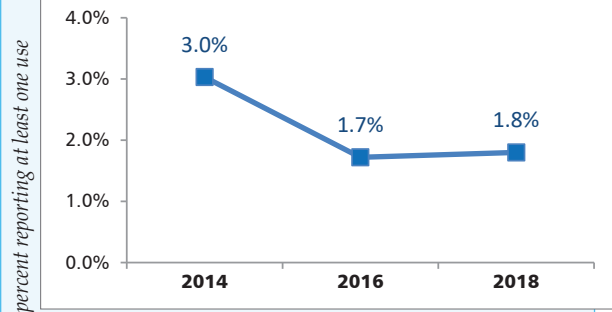
Data are classified using Natural Breaks. Natural Breaks minimize each class's average deviation from the class mean, while maximizing each class's deviation from the means of the other groups.

Regional Trends—**Marijuana, 30-Day Use** by 10th Graders, 2004-2016

(% responding that they had used the substance one or more times within the past 30 days)



**30-Day Synthetic Marijuana Use 2014-2018
KY State Trend for 10th graders**



**(% reporting use one or more times within the past 30 days)*

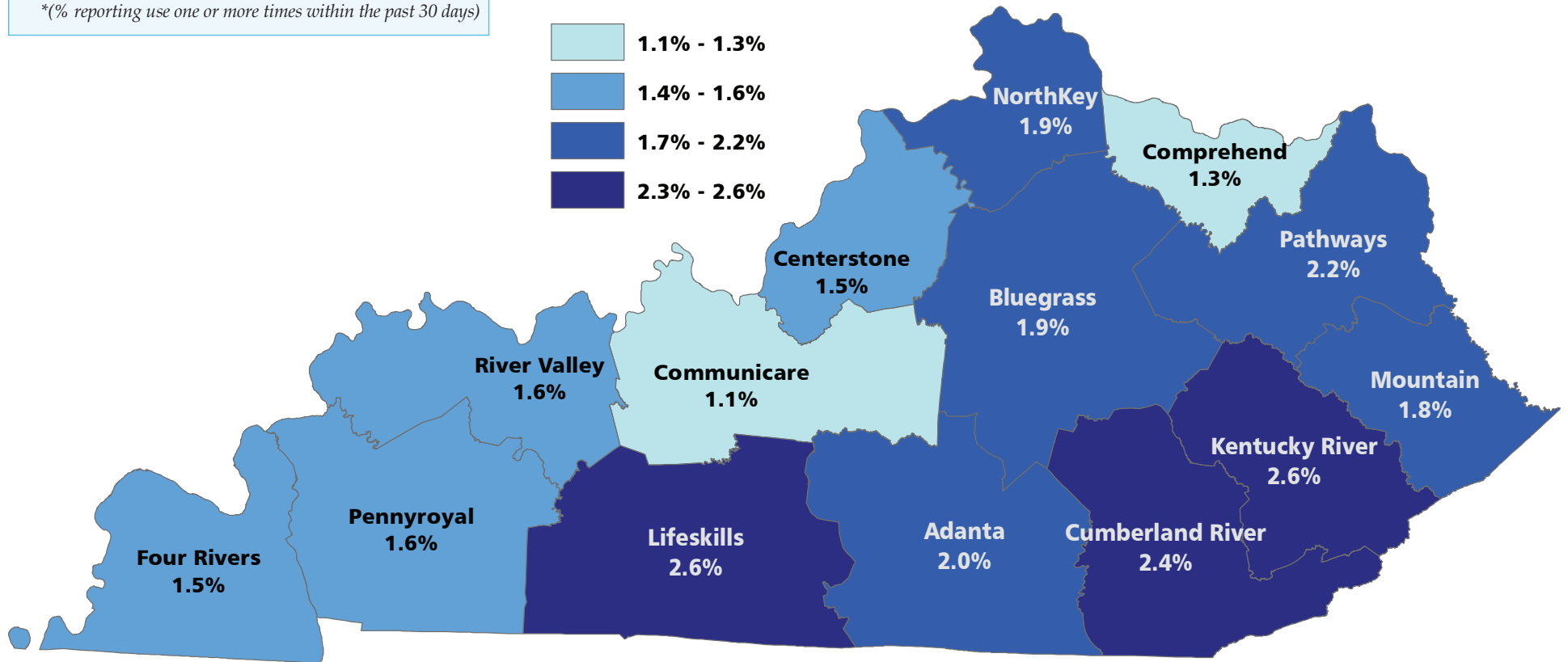
Grade 10 - Synthetic Marijuana,* 30-Day Use, 2018

**also called K2 or Spice*

(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 1.1% (COMMUNICARE); Max: 2.6% (KENTUCKY RIVER/LIFESKILLS)



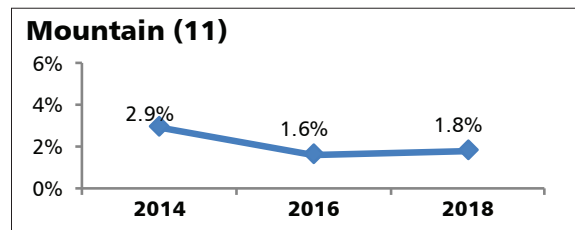
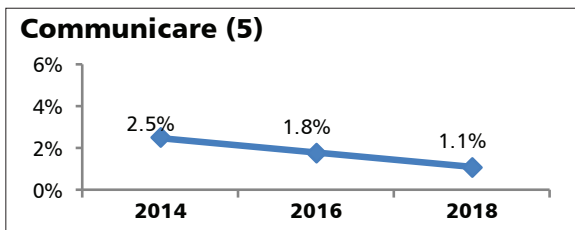
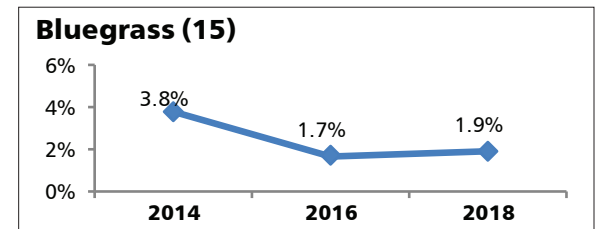
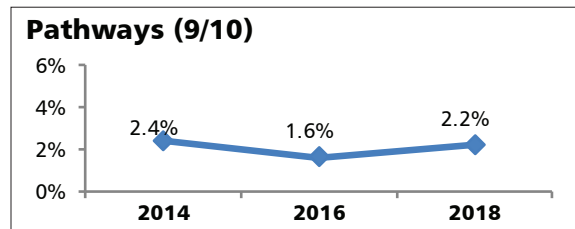
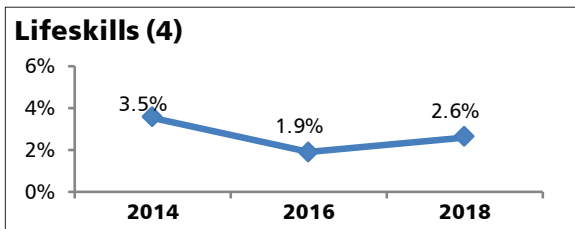
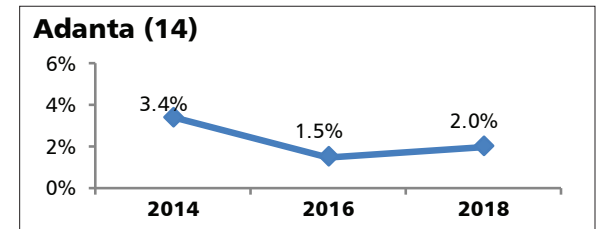
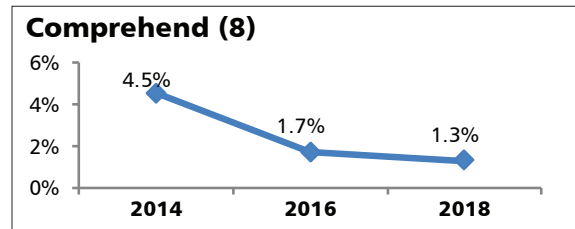
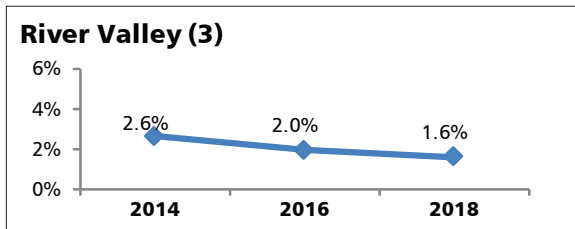
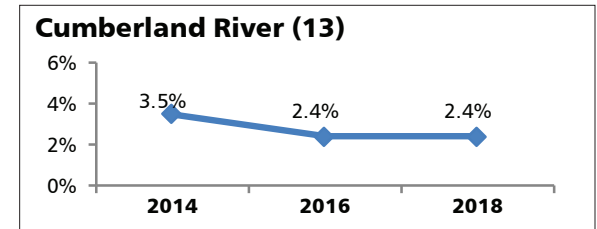
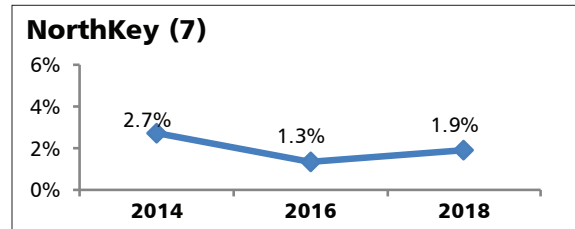
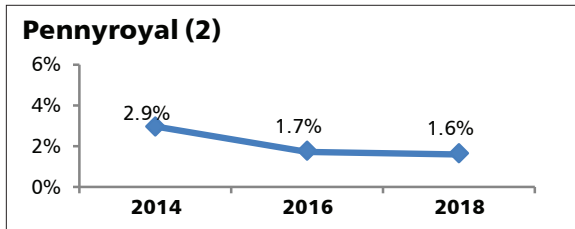
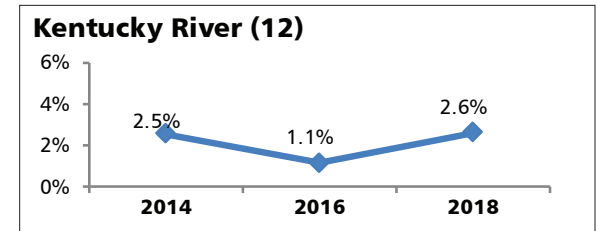
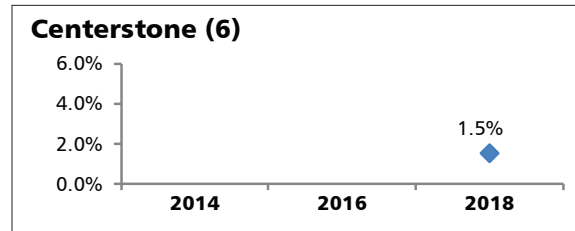
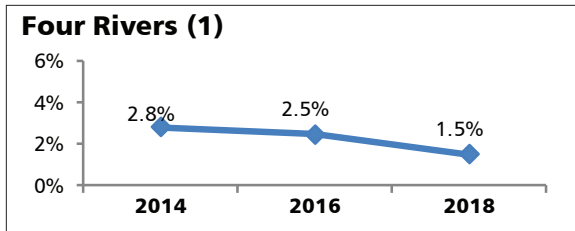
NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Regional Trends—**Synthetic Marijuana,* 30-Day Use** by 10th Graders, 2014-2018

(% responding that they had used the substance one or more times within the past 30 days)

**also called K2 or Spice*



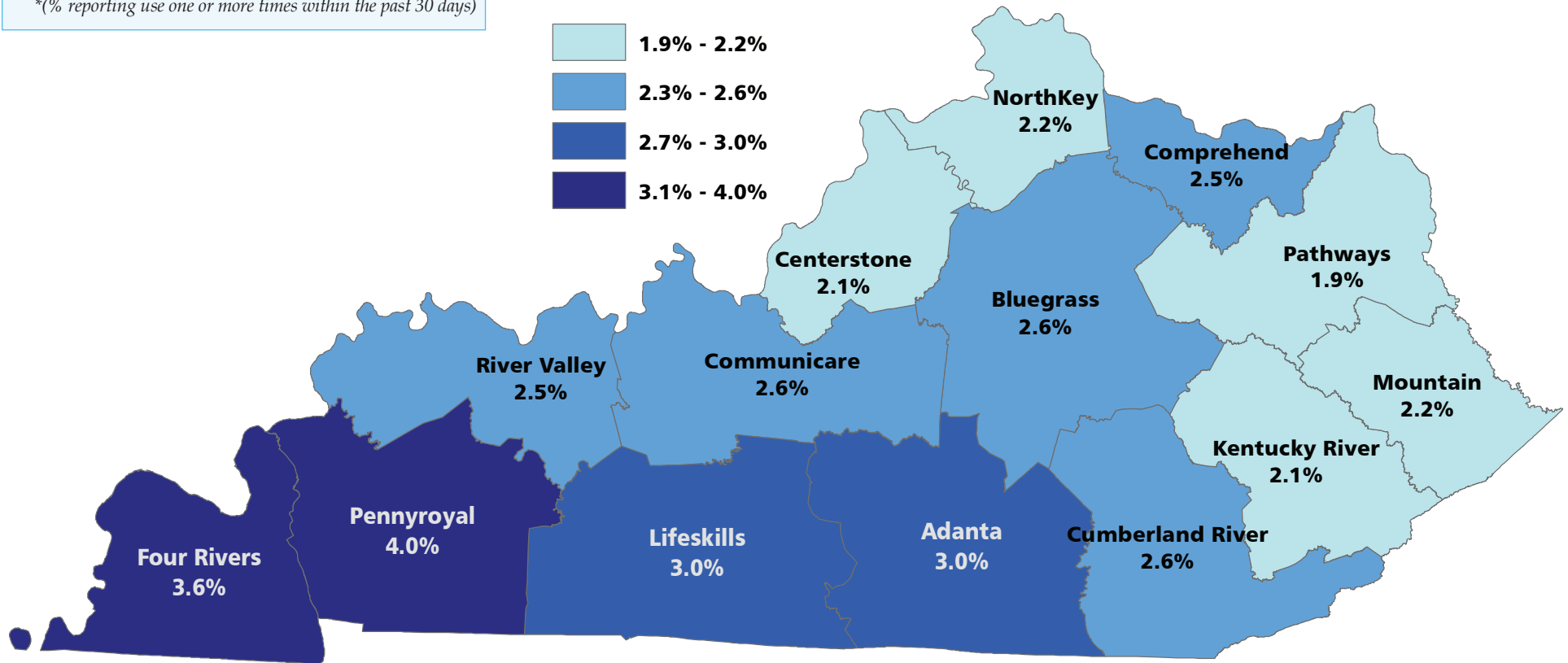
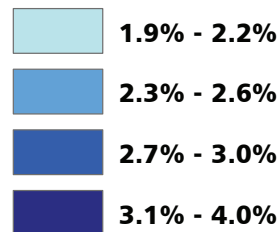
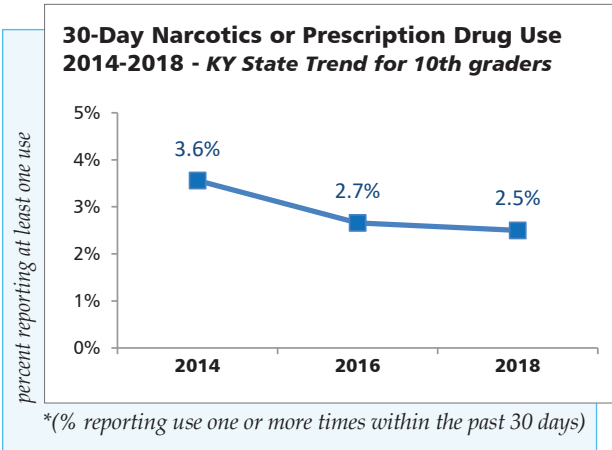
Grade 10 - Narcotics/Prescription Drugs,* 30-Day Use, 2018

**without a doctor's prescription*

(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

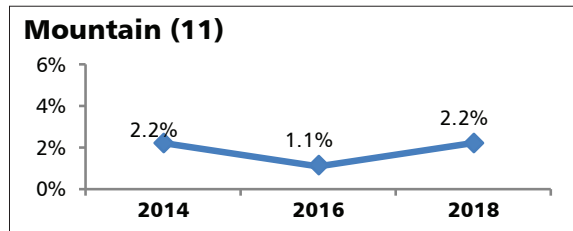
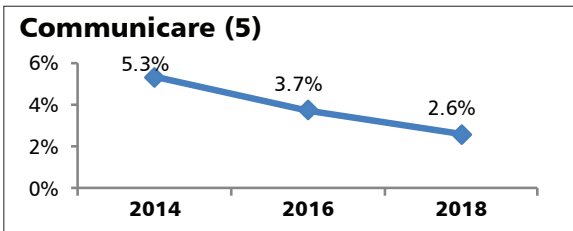
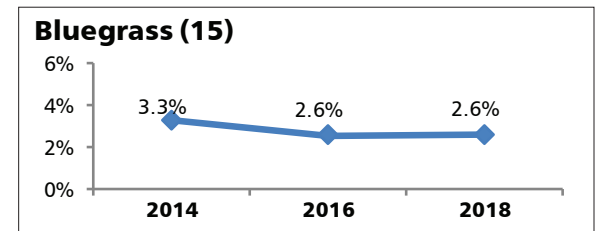
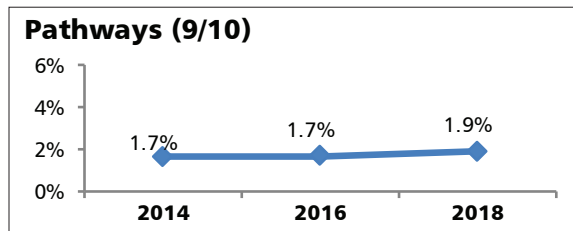
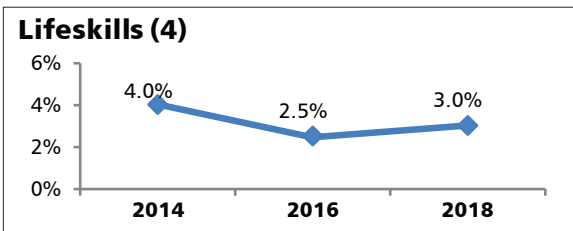
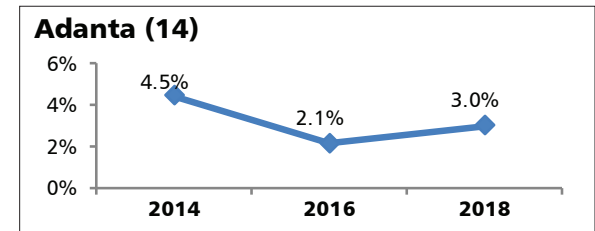
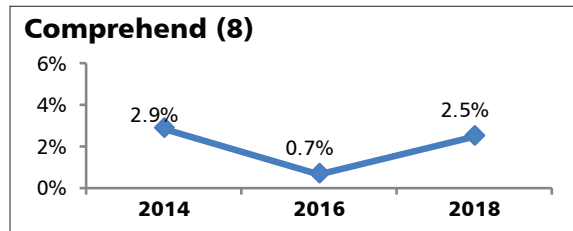
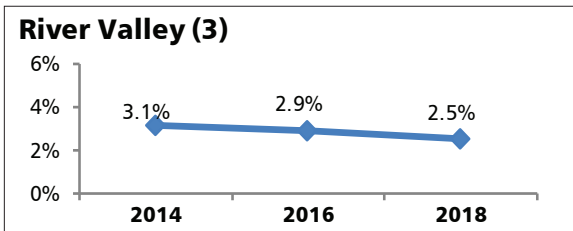
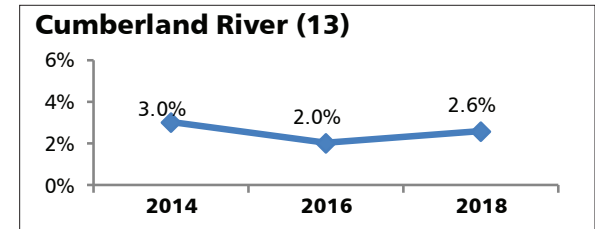
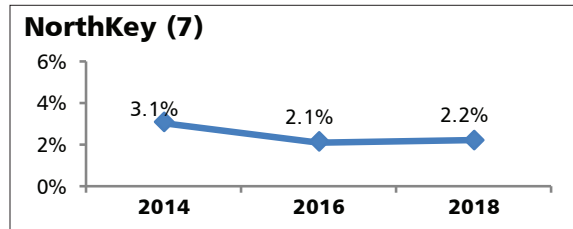
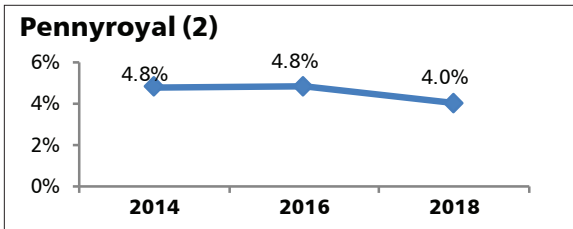
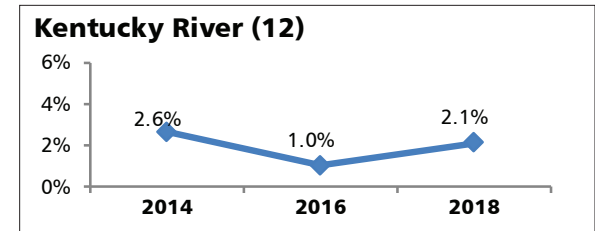
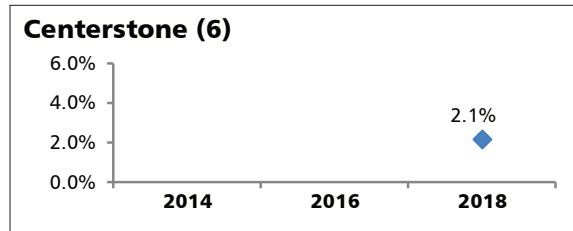
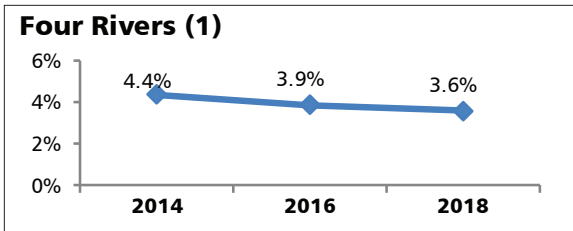
Min: 1.9% (PATHWAYS); Max: 4.0% (PENNYROYAL)



NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Regional Trends—**Narcotics/Prescription Drugs,* 30-Day Use** by 10th Graders, 2014-2018
 (% responding that they had used the substance one or more times within the past 30 days)
 * without a doctor's prescription



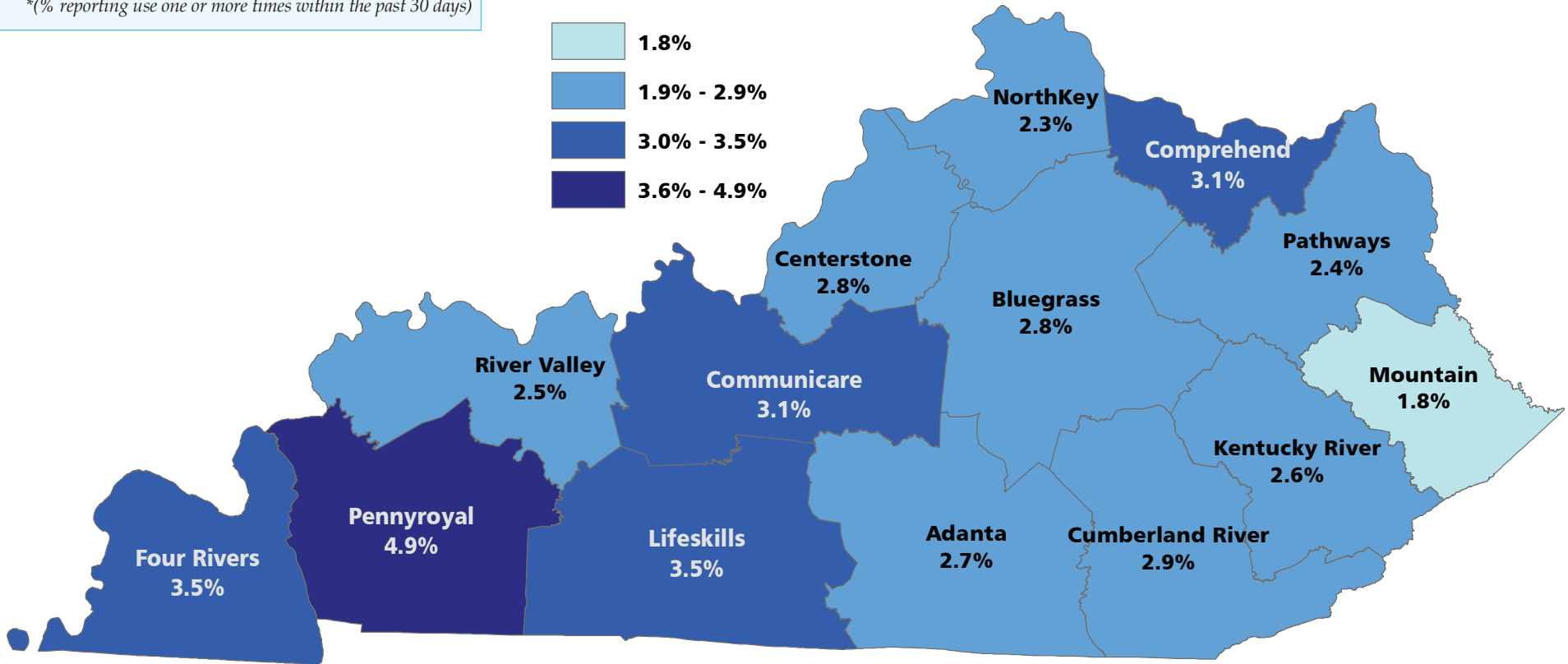
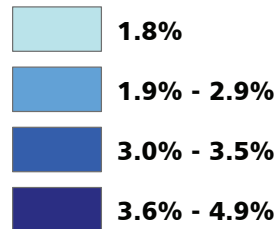
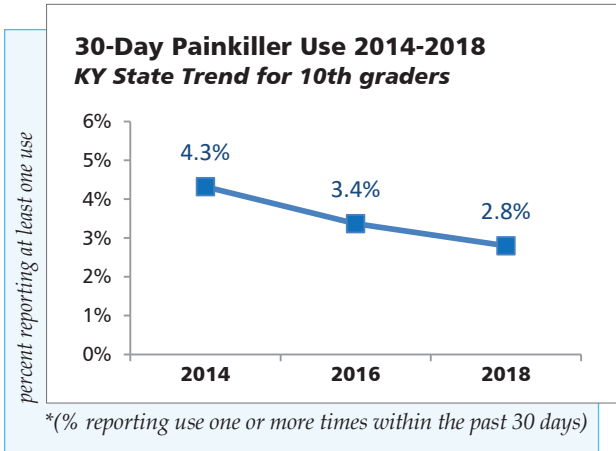
Grade 10 - Painkillers,* 30-Day Use, 2016

*OxyContin, Percocet, Vicodin, Codeine - without a doctor's prescription

(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2016

Min: 1.8% (MOUNTAIN); Max: 4.9% (PENNYROYAL)



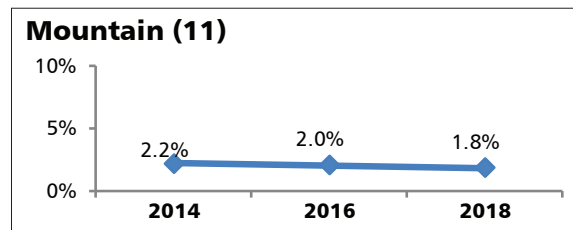
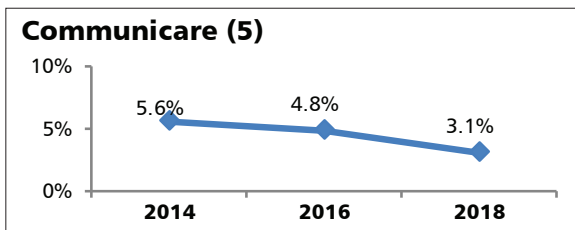
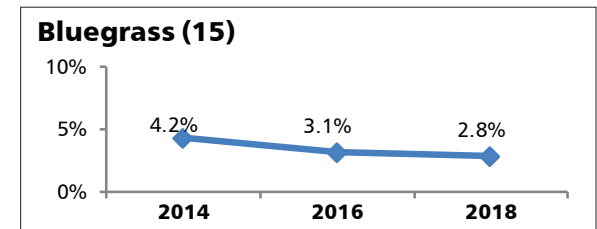
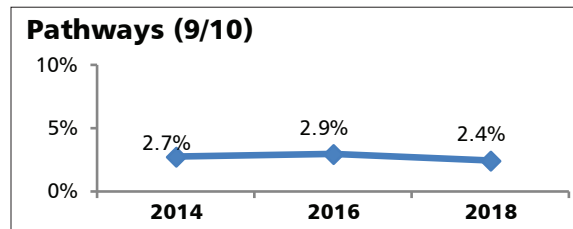
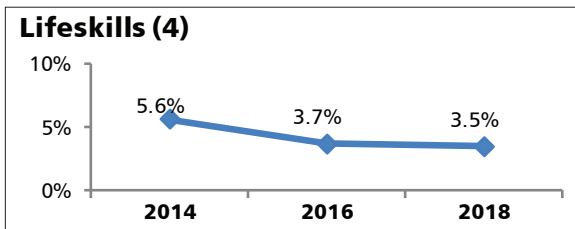
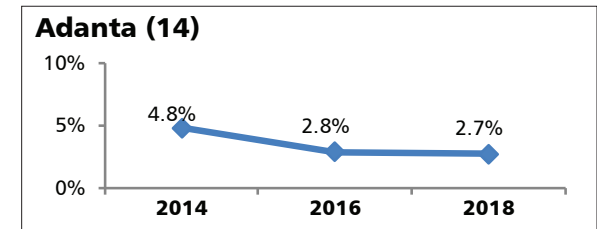
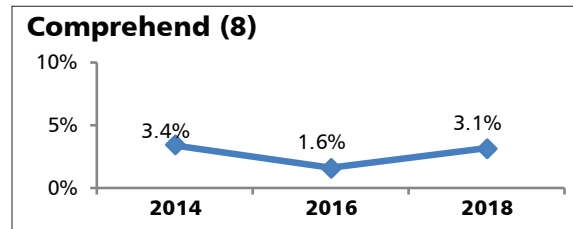
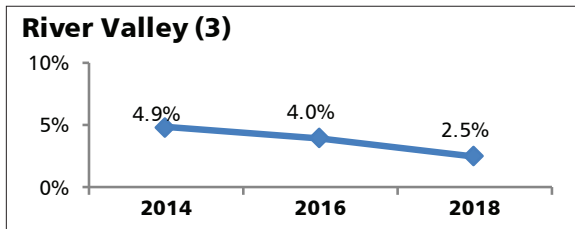
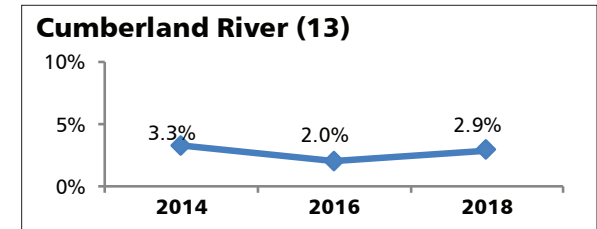
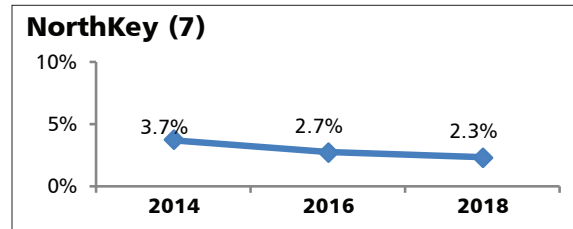
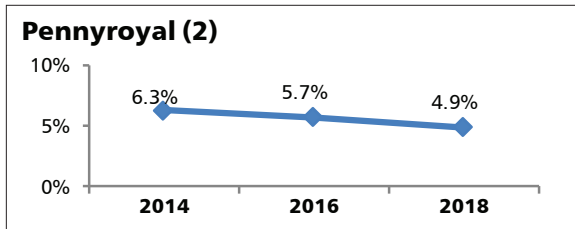
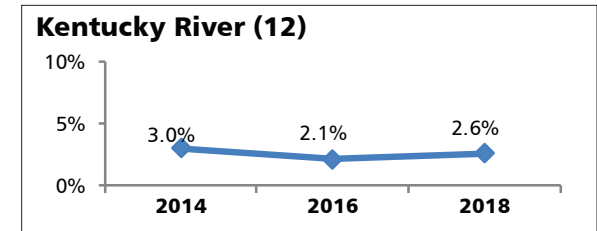
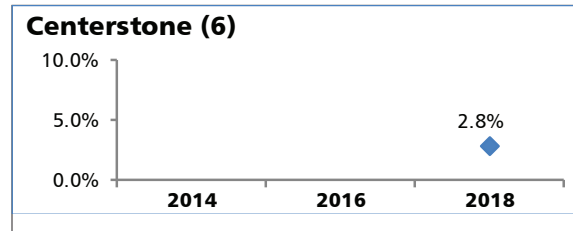
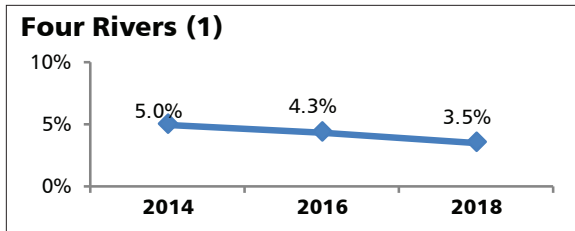
NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Regional Trends—Painkillers,* 30-Day Use by 10th Graders, 2014-2018

(% responding that they had used the substance one or more times within the past 30 days)

* OxyContin, Percocet, Vicodin, Codeine - without a doctor's prescription



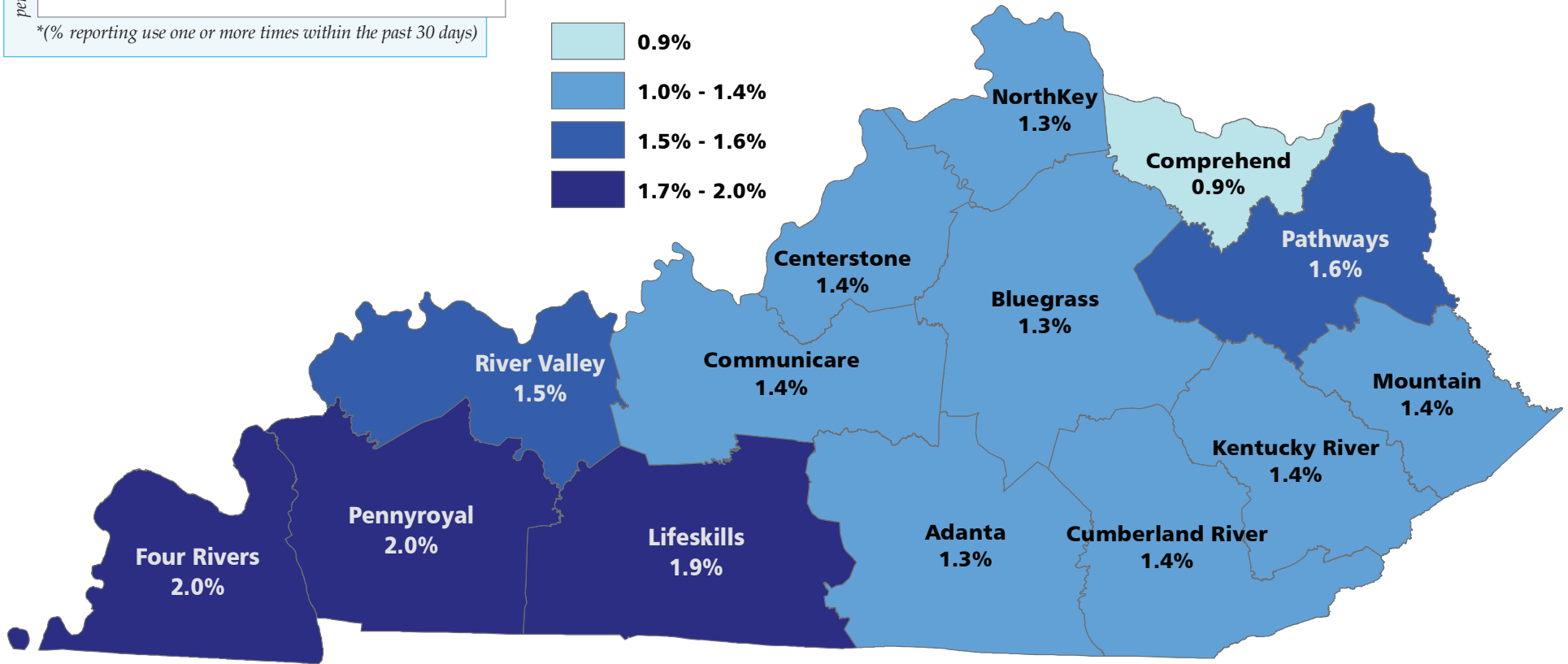
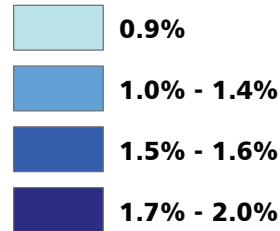
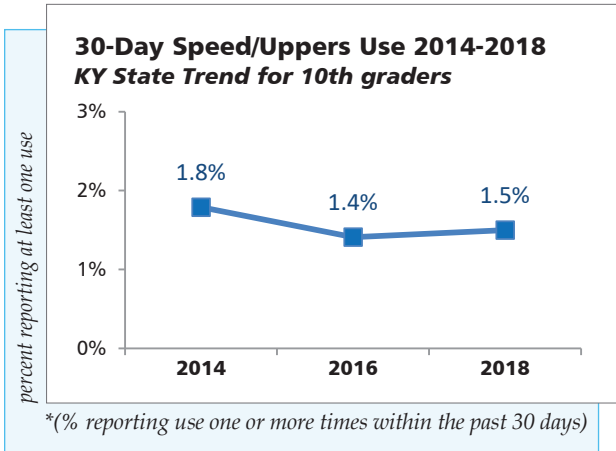
Grade 10 - Speed/Uppers,* 30-Day Use, 2018

*Adderall, Ritalin - without a doctor's prescription

(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 0.9% (COMPREHEND); Max: 2.0% (FOUR RIVERS/PENNYROYAL)



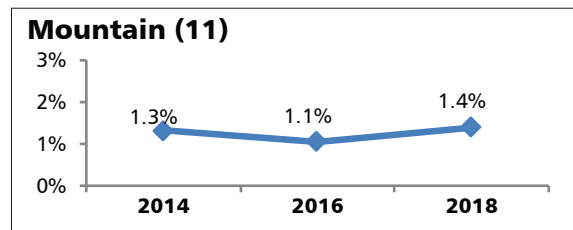
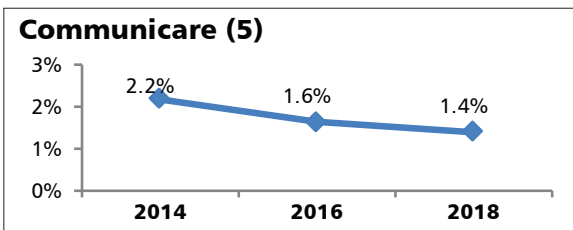
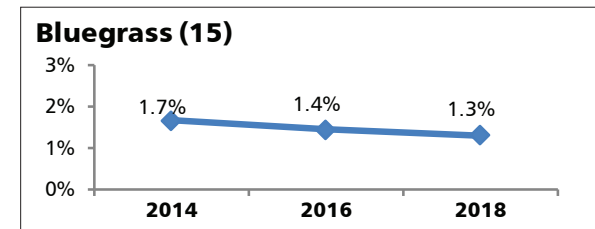
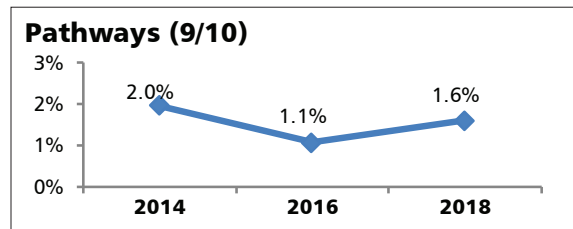
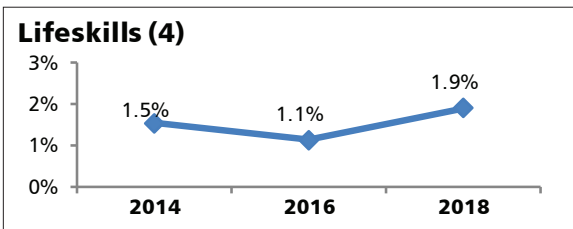
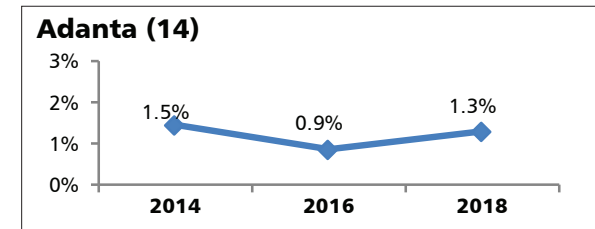
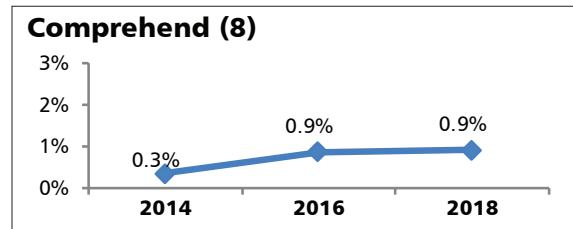
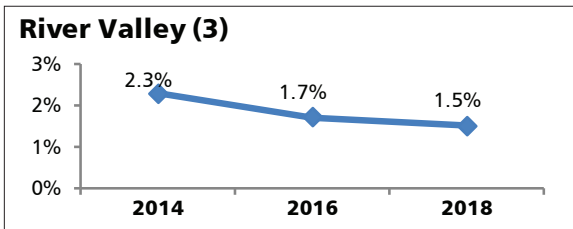
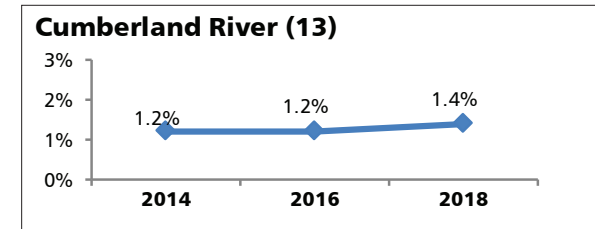
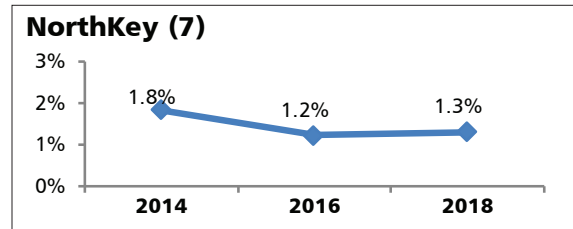
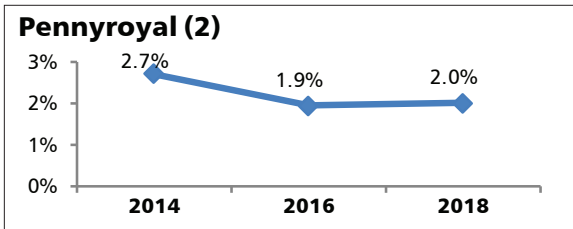
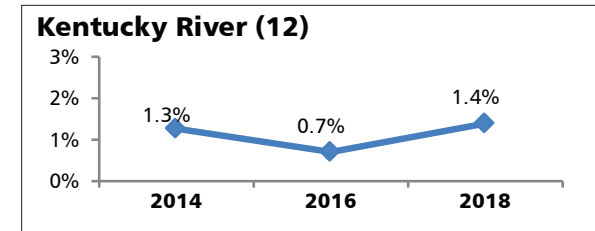
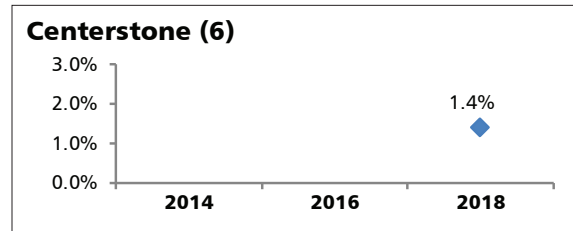
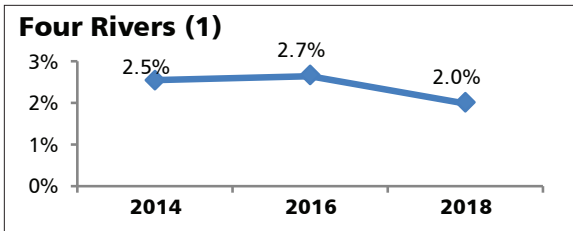
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Regional Trends—Speed/Uppers,* 30-Day Use by 10th Graders, 2014-2018

(% responding that they had used the substance one or more times within the past 30 days)

* Adderall, Ritalin - without a doctor's prescription



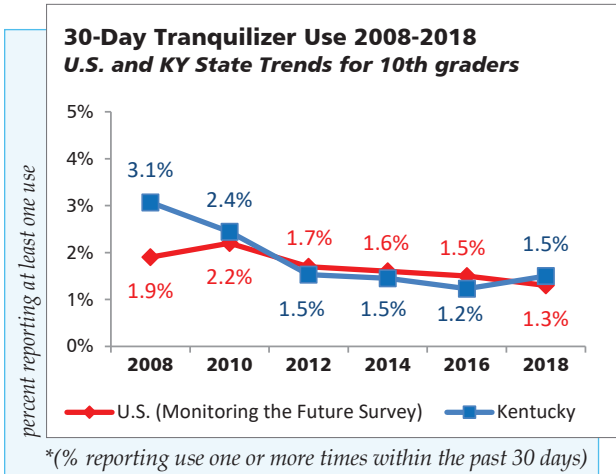
Grade 10 - Tranquilizers,* 30-Day Use, 2018

*Valium, Xanax, Librium, Ativan, etc.

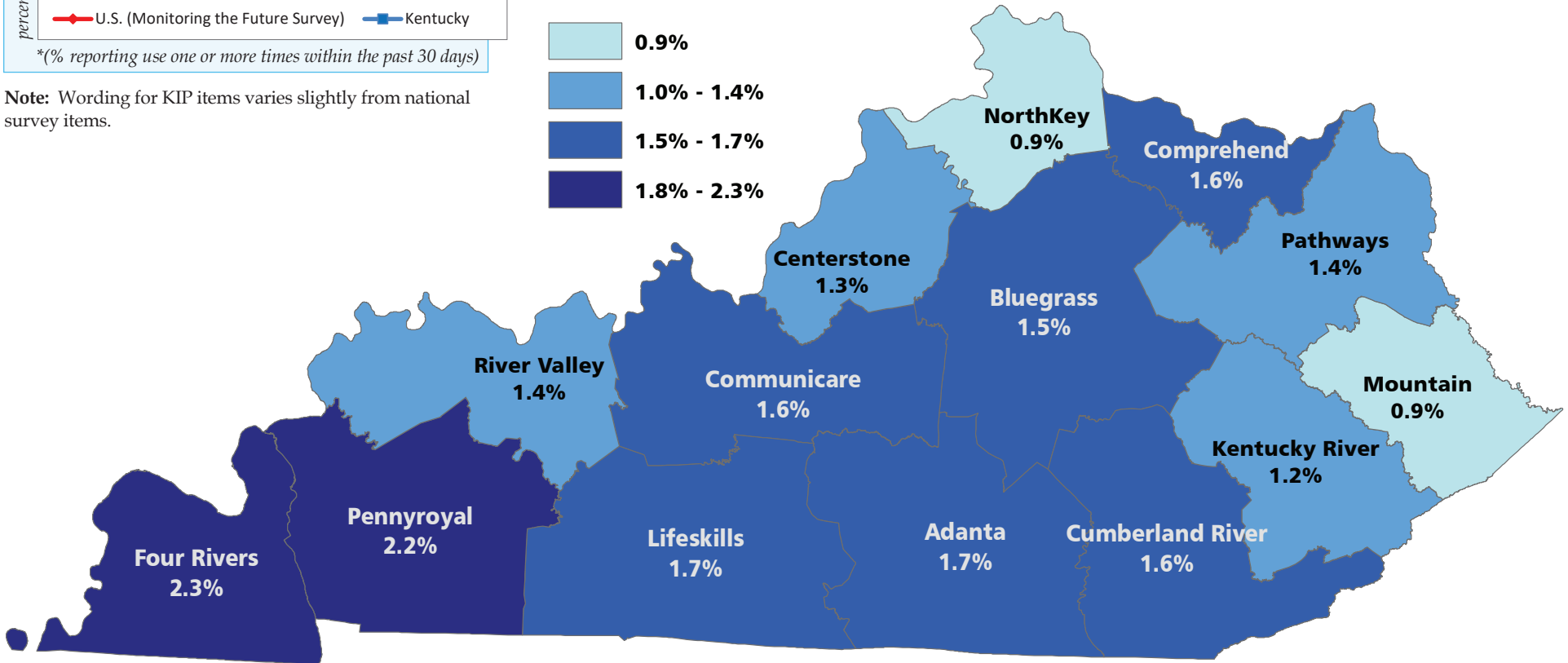
(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: .9% (NORTHKEY/MOUNTAIN); Max: 2.3% (FOUR RIVERS)



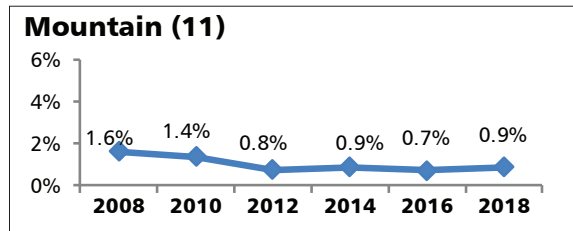
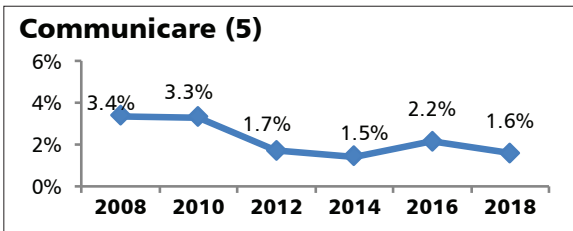
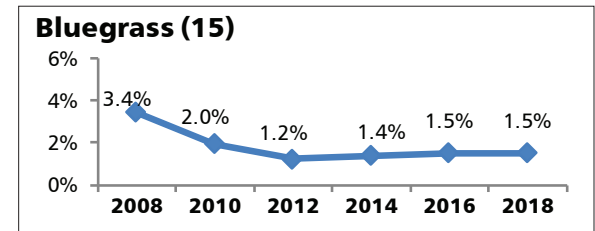
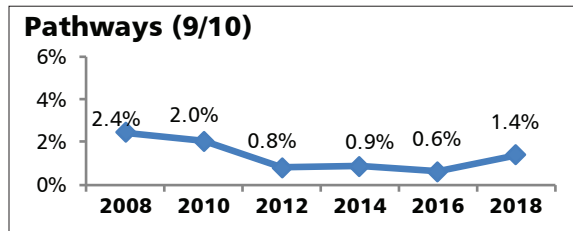
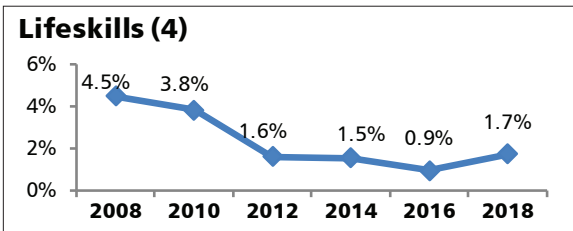
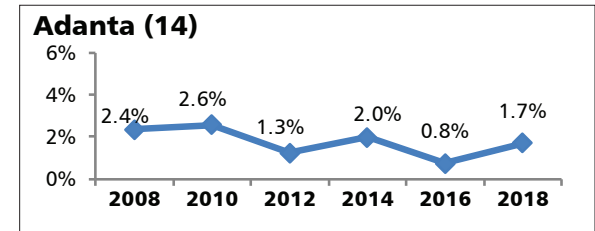
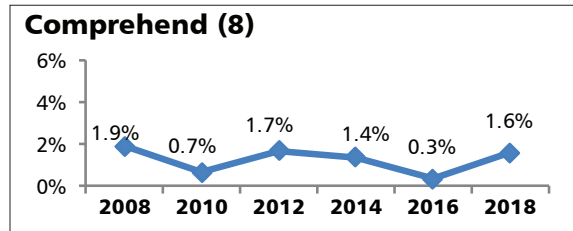
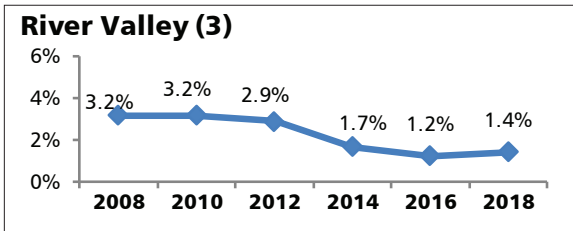
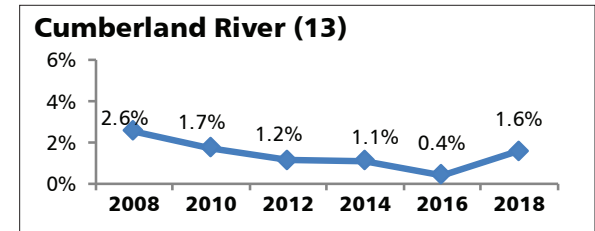
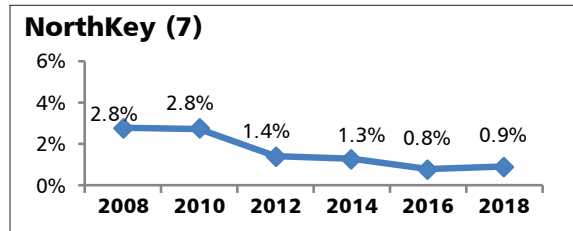
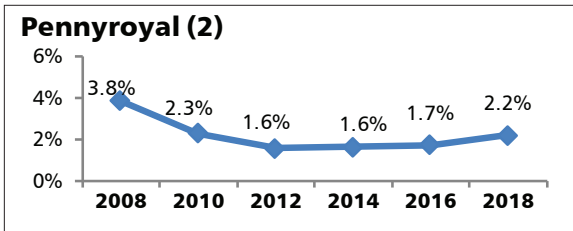
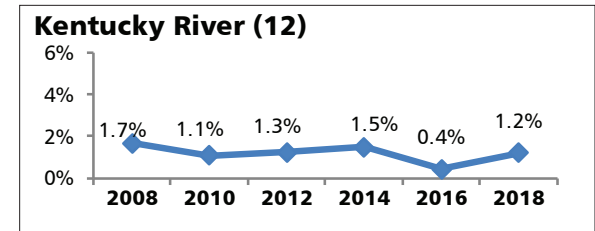
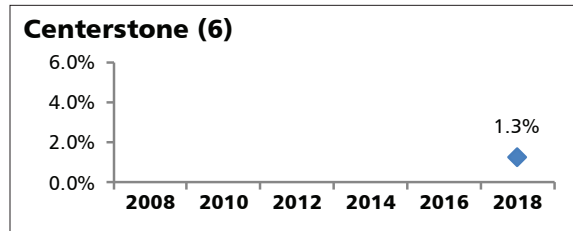
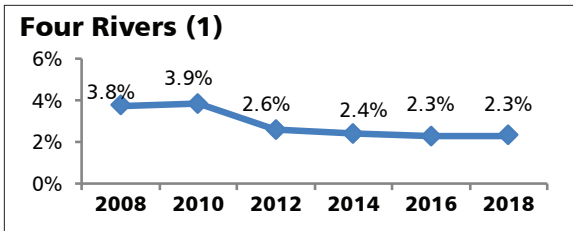
Note: Wording for KIP items varies slightly from national survey items.



NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Regional Trends—**Tranquilizers (Valium, Xanax, etc.), 30-Day Use** by 10th Graders, 2008-2018 (% responding that they had used the substance one or more times within the past 30 days)



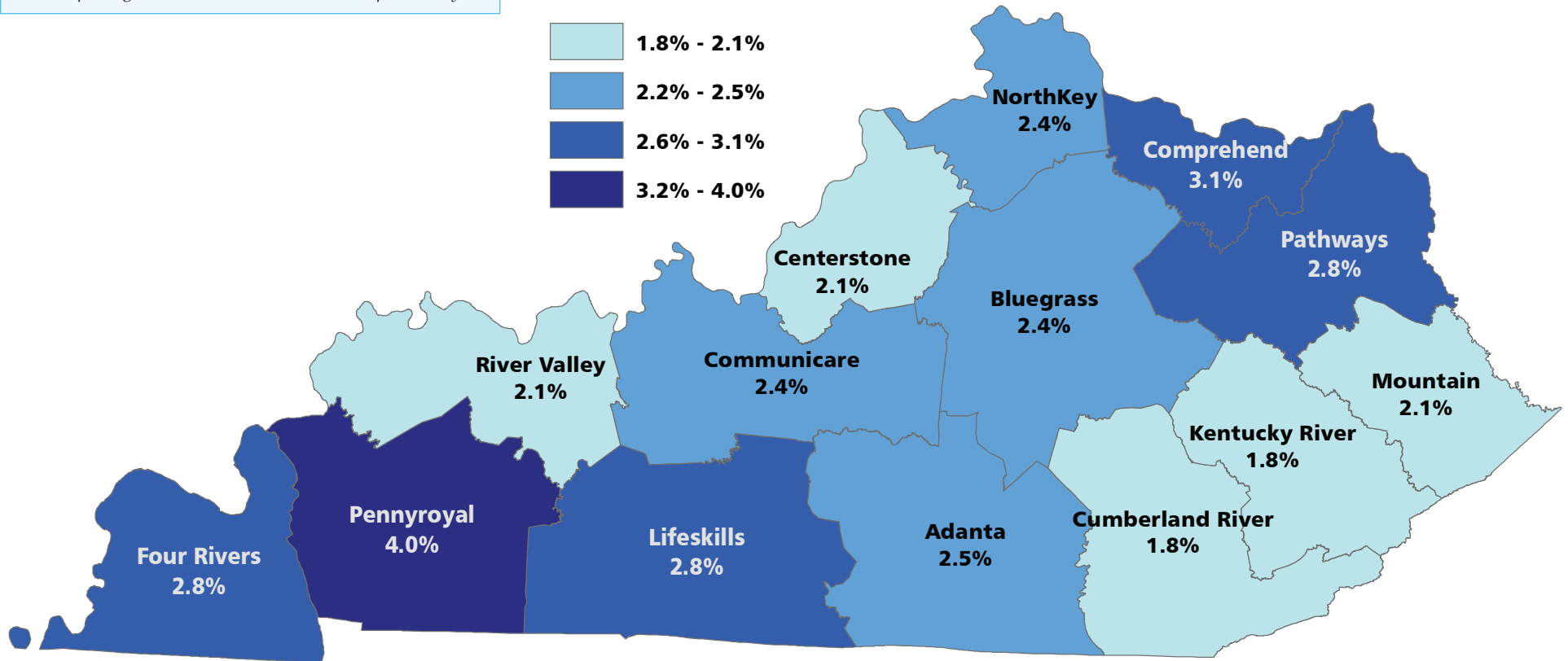
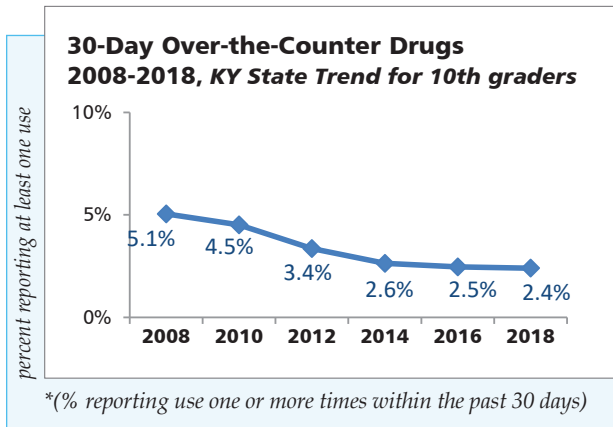
Grade 10 - Over-the-Counter Drugs,* 30-Day Use, 2018

*stay-awake pills, cough syrup, etc.

(% responding that they had misused OTC drugs one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 1.8% (CUMBERLAND RIVER/KENTUCKY RIVER); Max: 4.0% (PENNYROYAL)



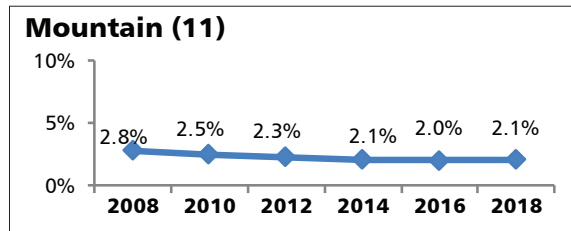
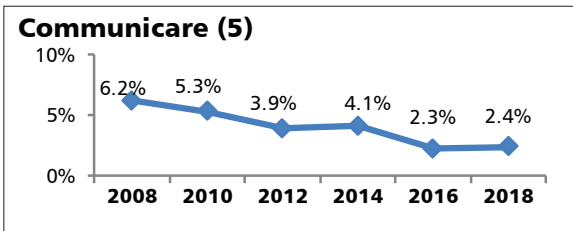
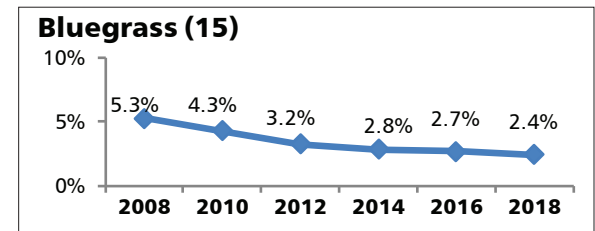
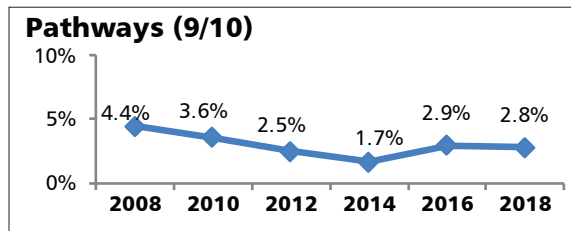
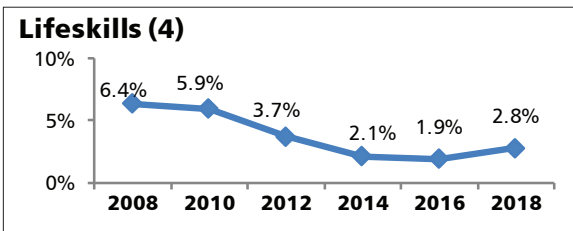
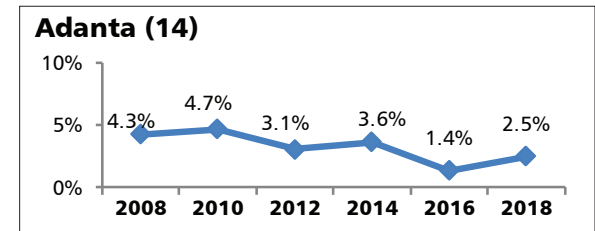
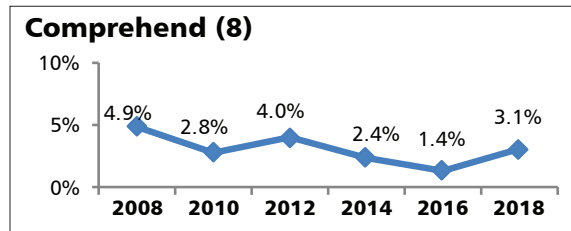
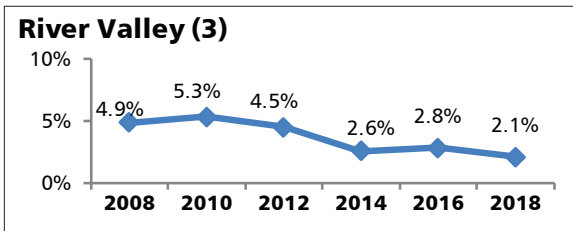
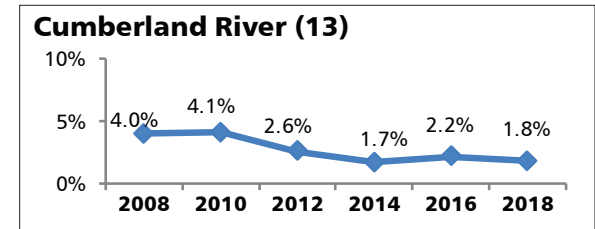
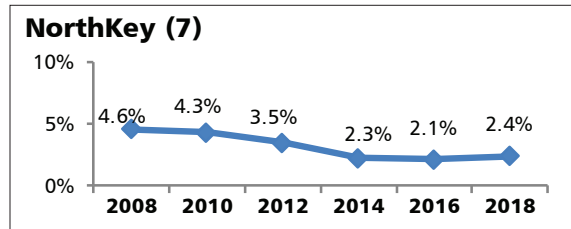
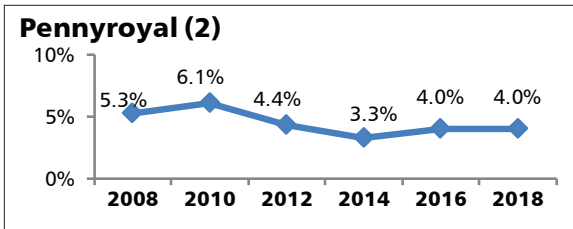
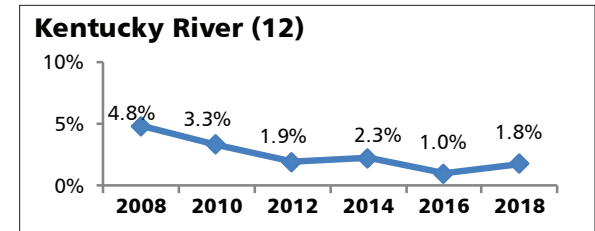
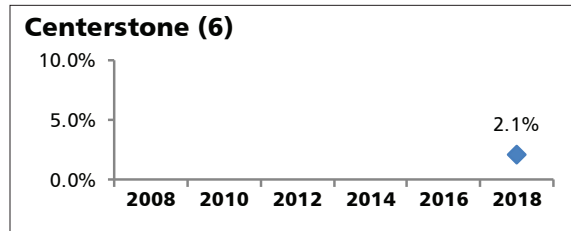
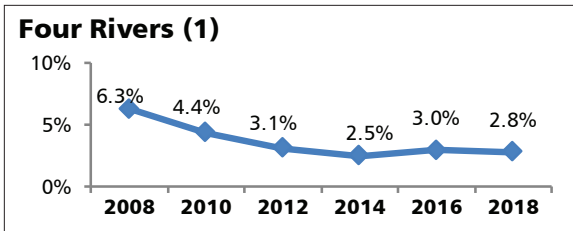
NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Regional Trends—Over-the Counter Drugs,* 30-Day Use by 10th Graders, 2004-2018

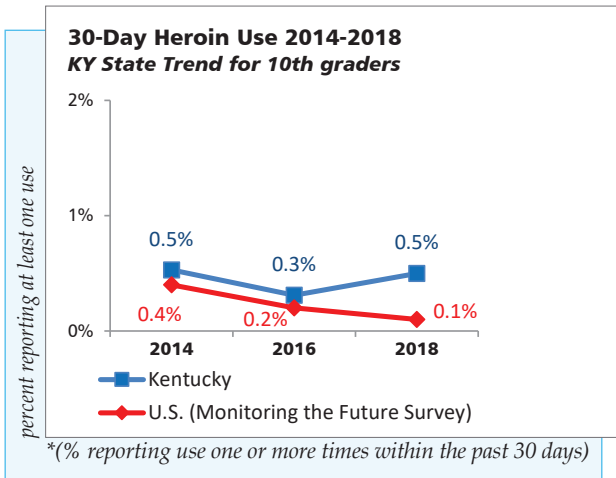
(% responding that they had misused OTC drugs one or more times within the past 30 days)

*stay-awake pills, cough syrup, etc.



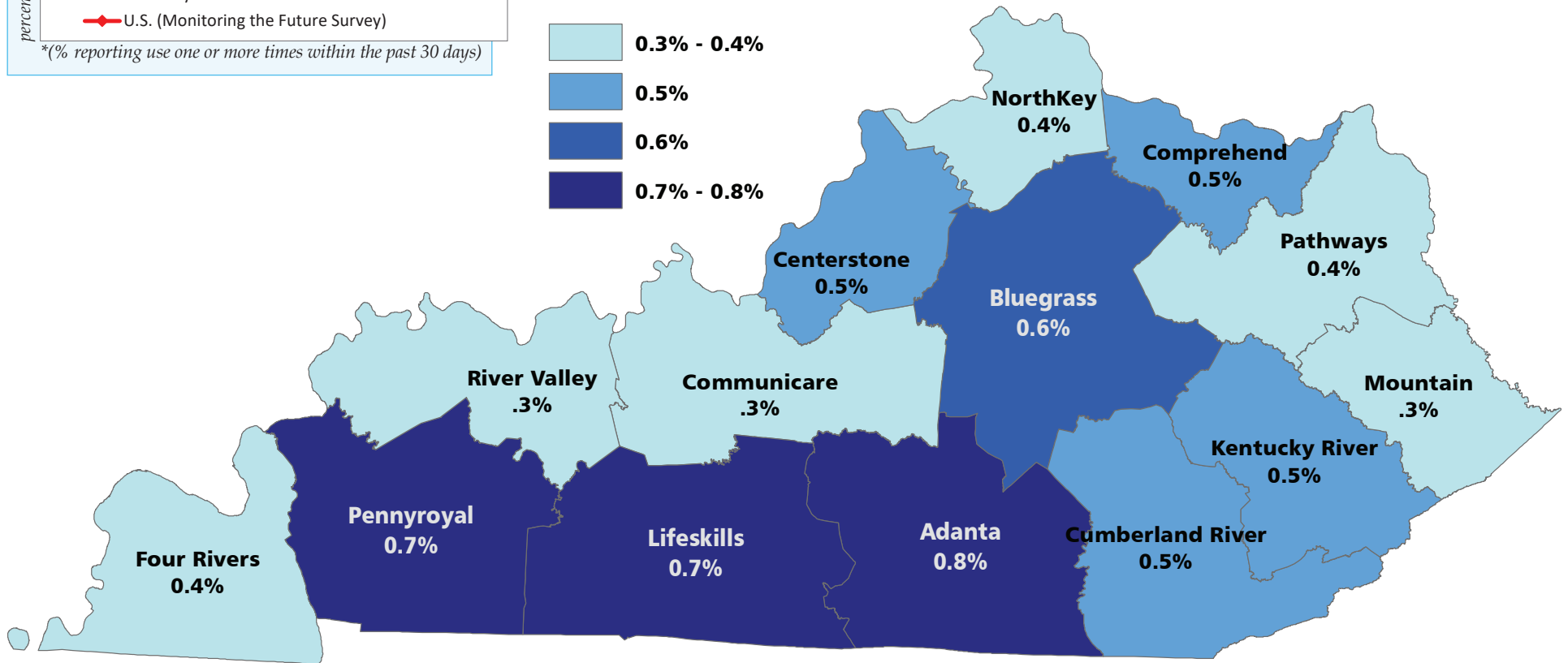
Grade 10 - Heroin, 30-Day Use, 2018

(% responding that they had used the substance one or more times within the past 30 days)



PERCENTAGE OF 10TH GRADERS, 2018

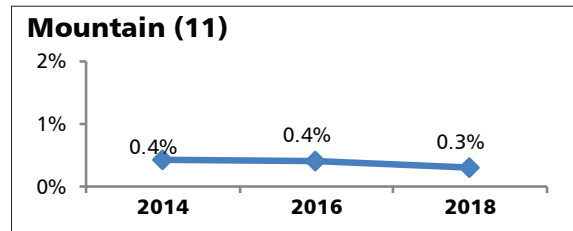
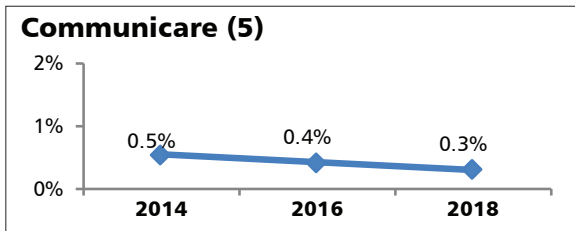
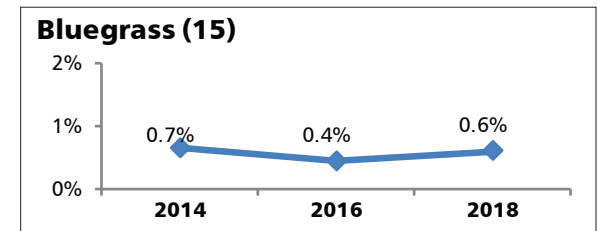
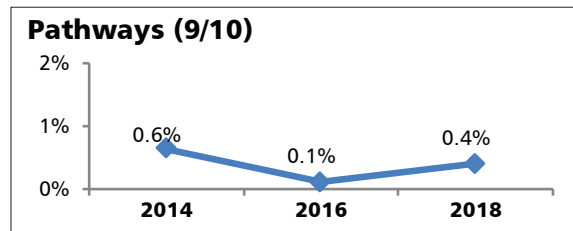
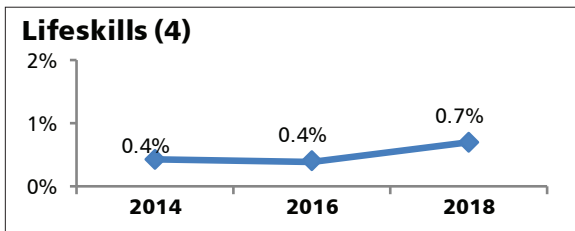
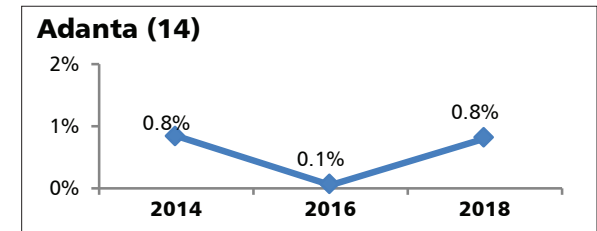
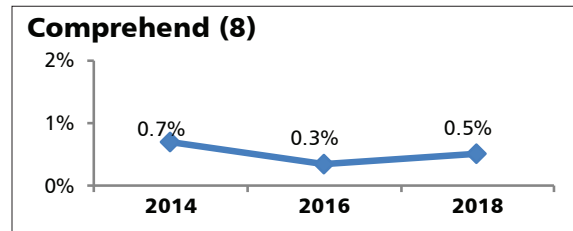
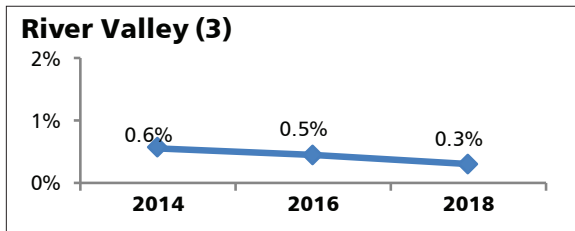
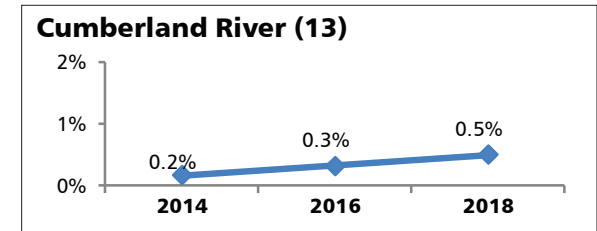
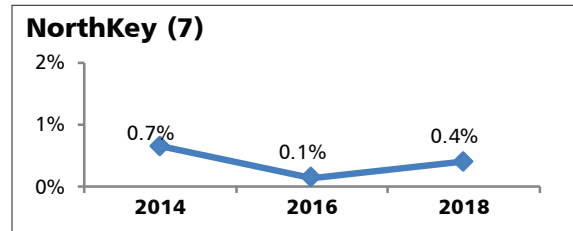
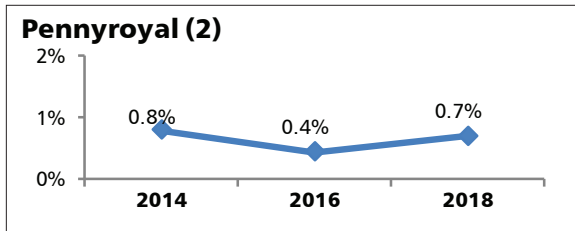
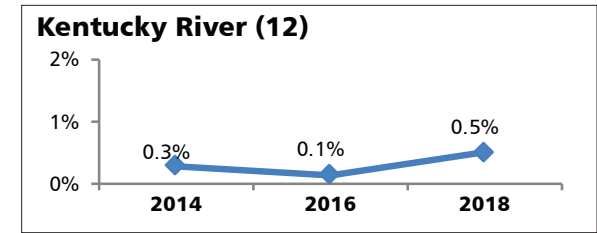
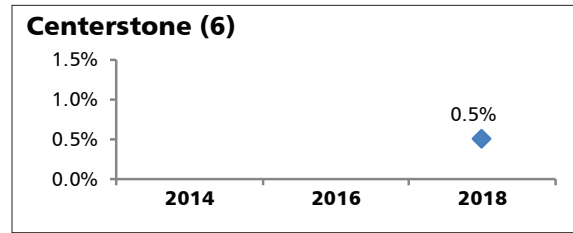
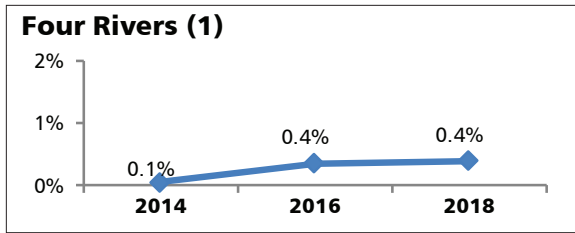
Min: .3% (COMMJNICARE/MOUNTAIN/RIVER VALLEY); Max: .8% (ADANTA)



NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Regional Trends—**Heroin,* 30-Day Use** by 10th Graders, 2014-2018
 (% responding that they had used the substance one or more times within the past 30 days)

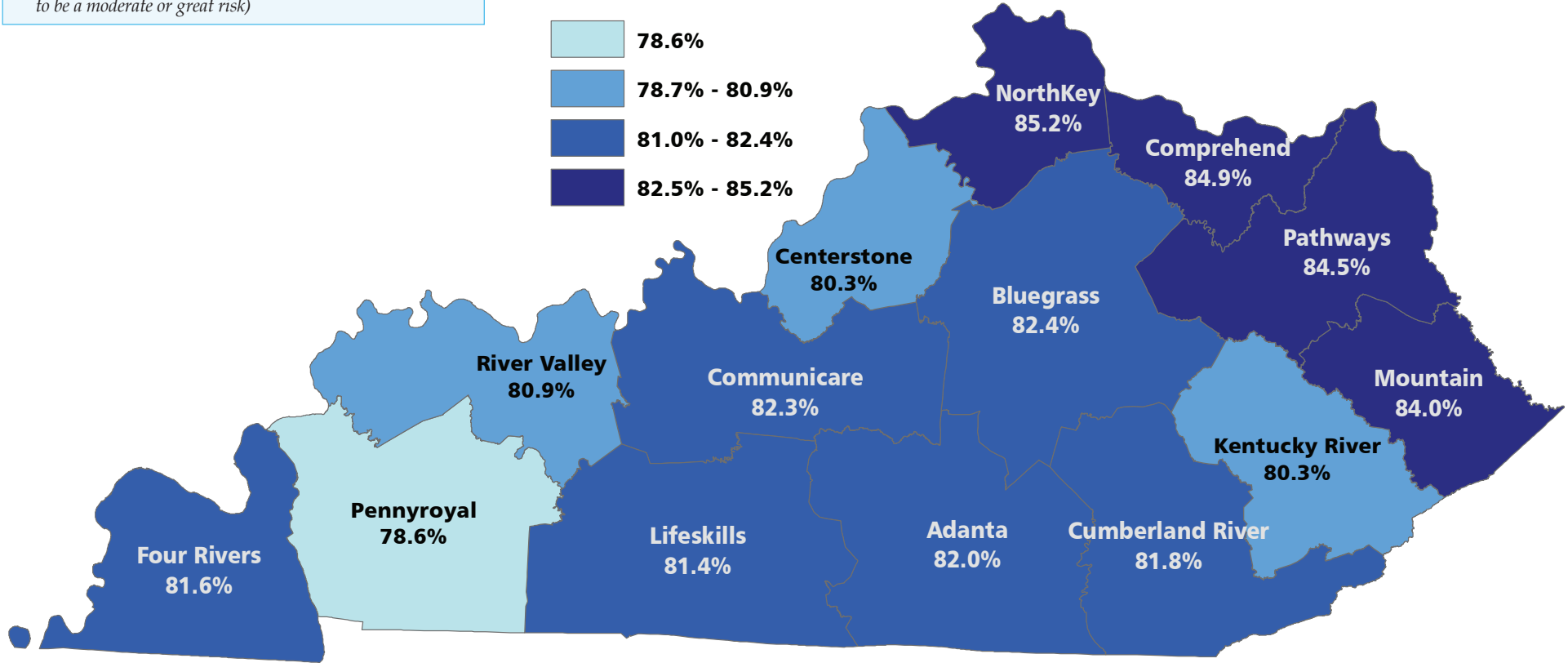
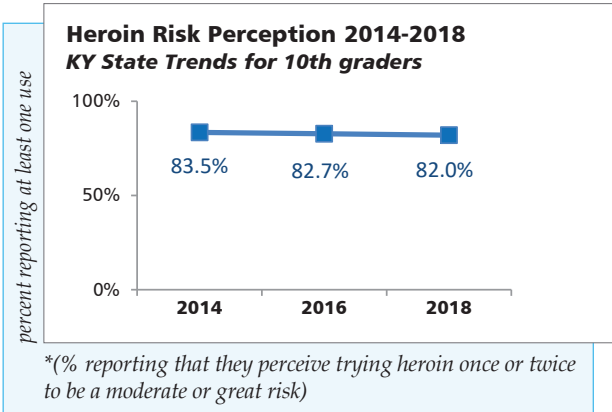


Grade 10 - Heroin, Risk Perception, 2018

(% responding that they perceive trying heroin once or twice to be a moderate or great risk)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 78.6% (PENNYROYAL); Max: 85.2% (NORTHKEY)

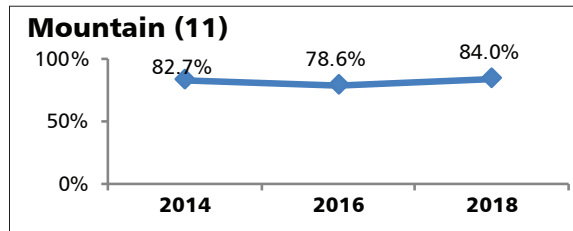
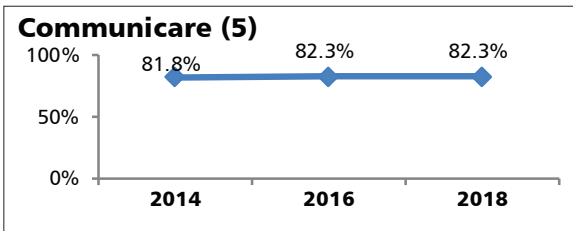
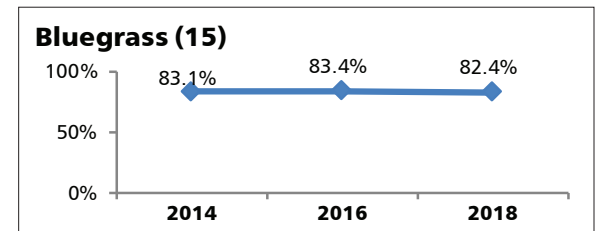
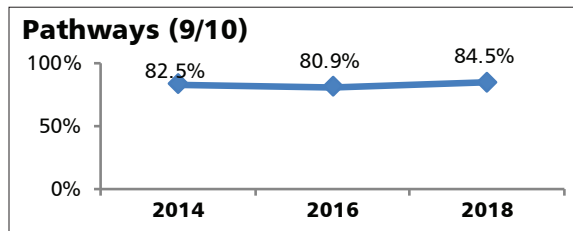
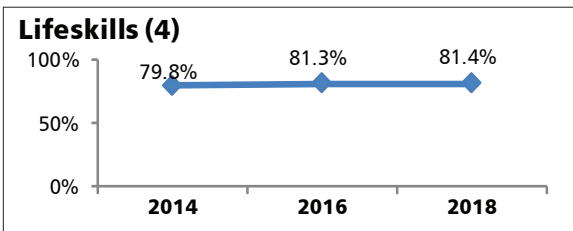
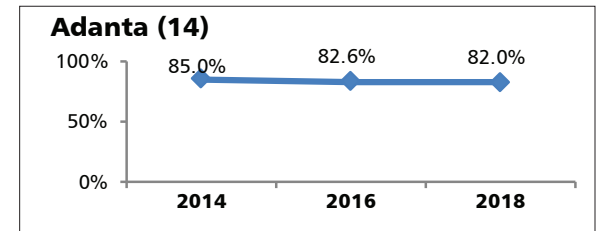
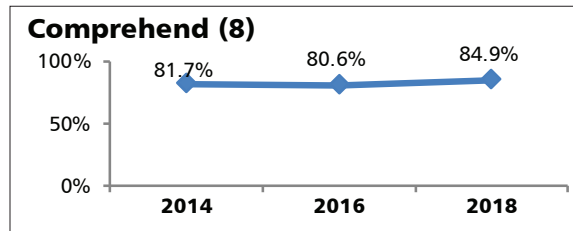
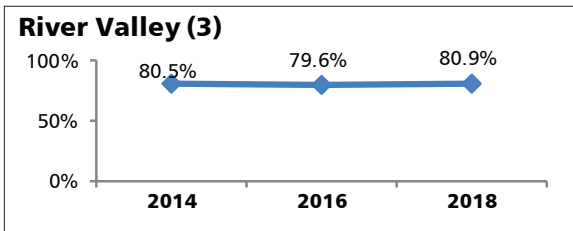
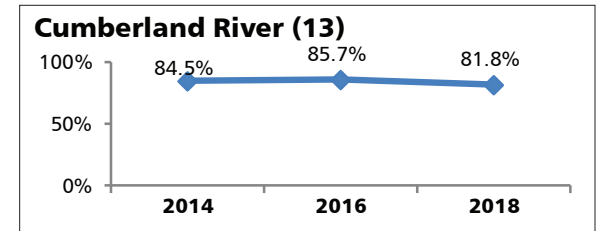
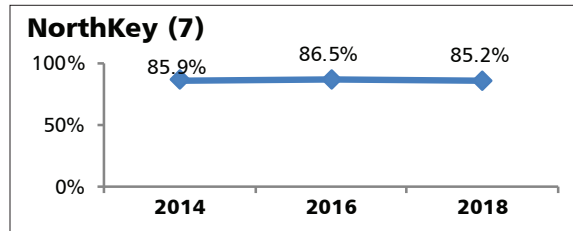
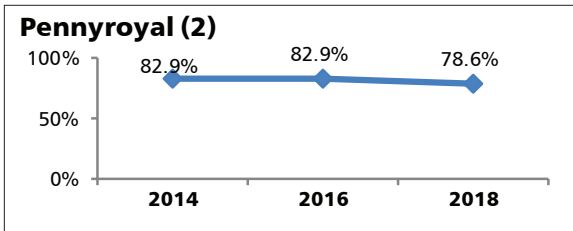
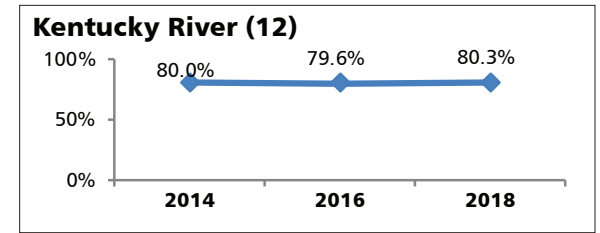
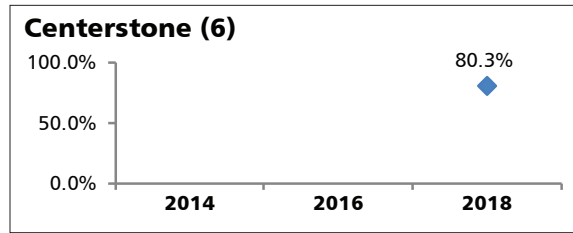
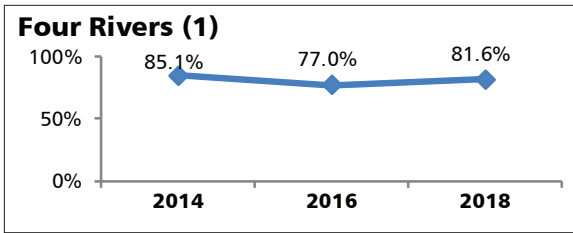


NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Regional Trends—**Heroin, Risk Perception** by 10th Graders, 2014-2018

(% responding that they perceive trying heroin once or twice to be a moderate or great risk)

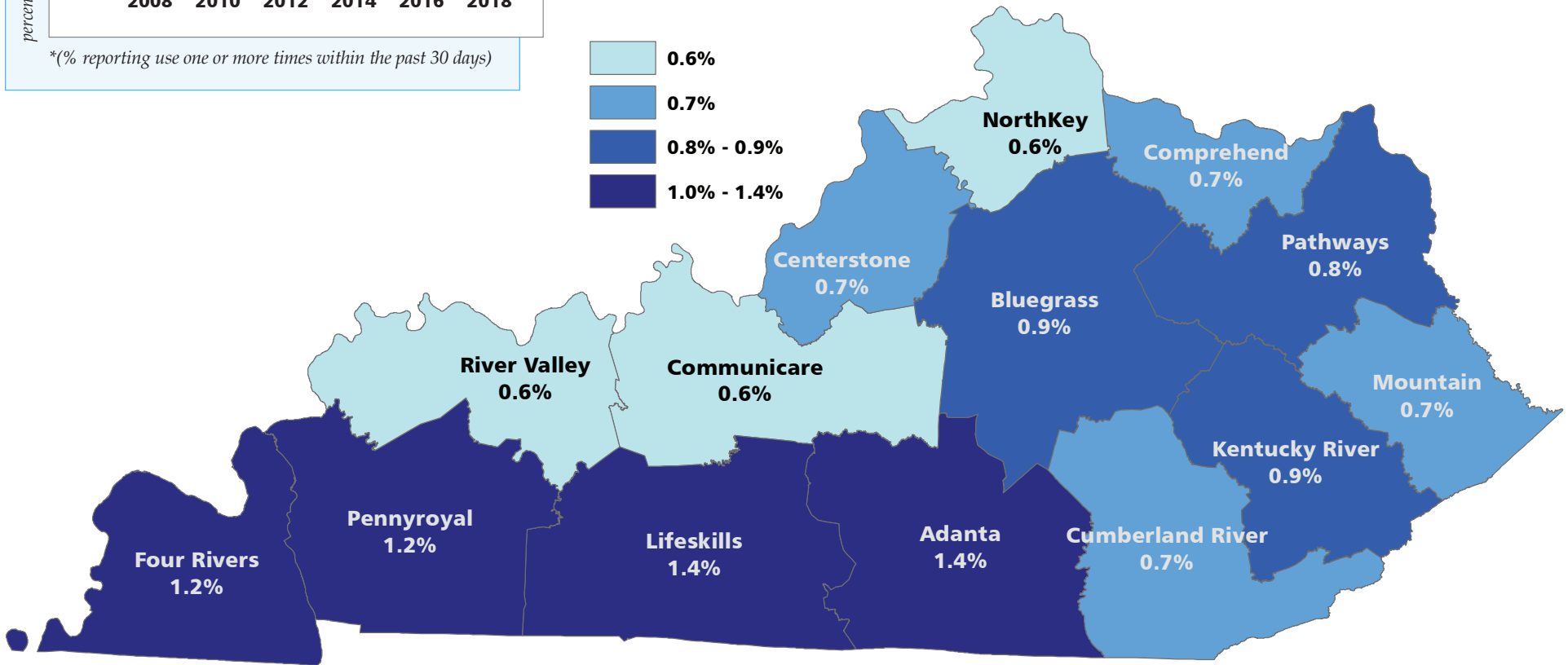
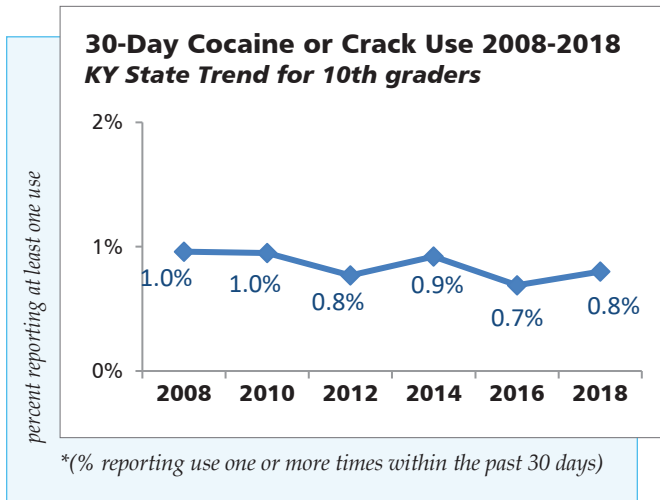


Grade 10 - Cocaine or Crack, 30-Day Use, 2018

(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

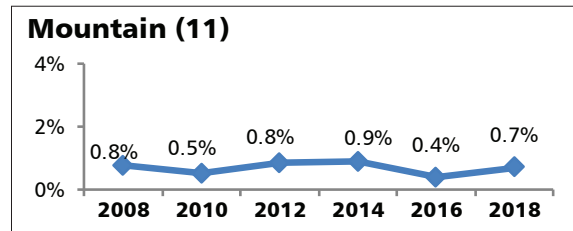
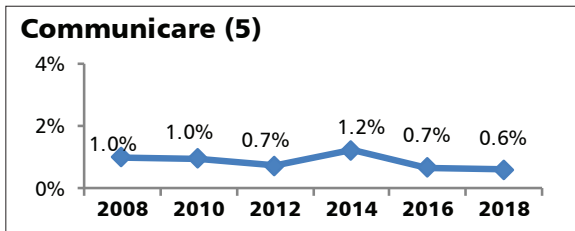
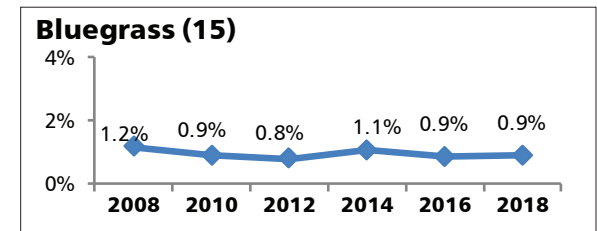
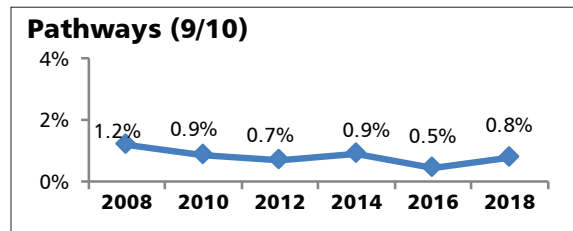
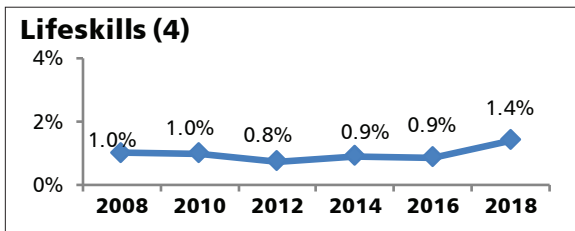
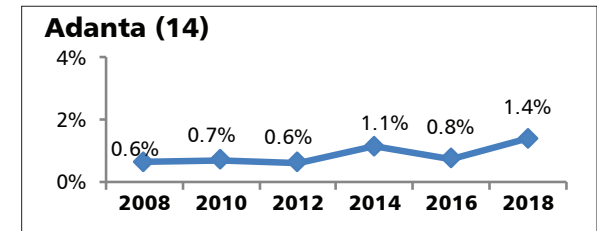
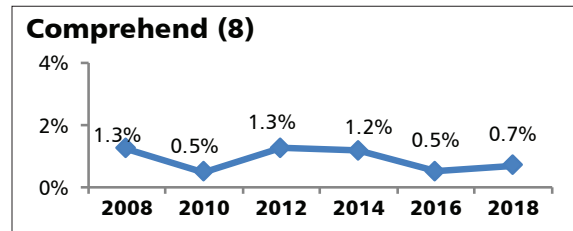
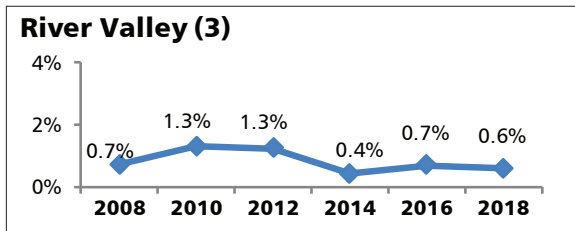
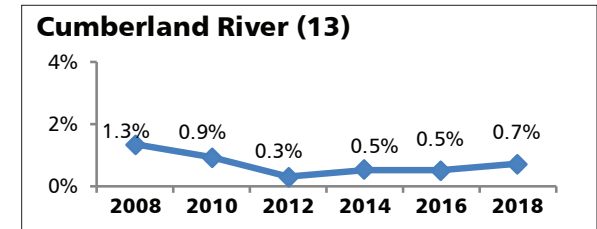
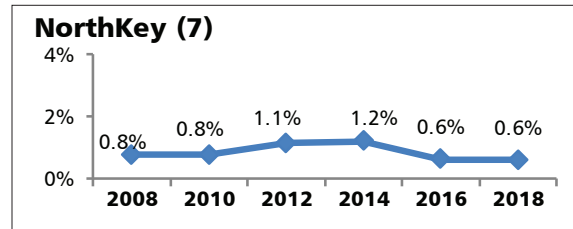
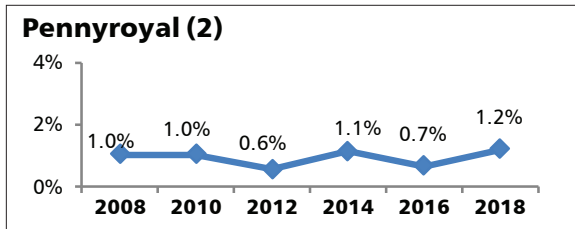
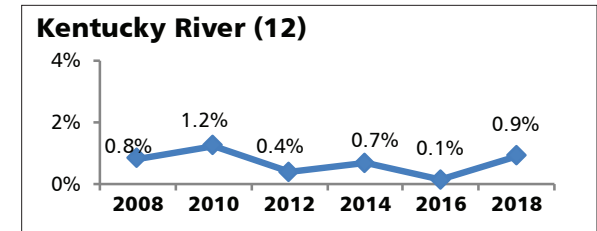
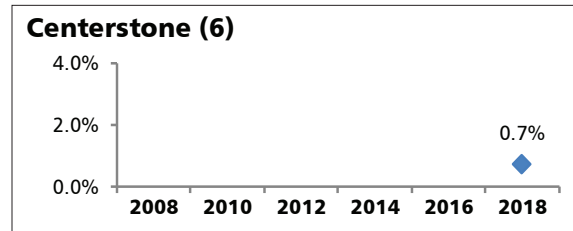
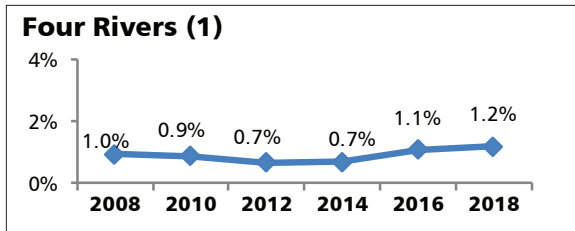
Min: 0.6% (COMMUNICARE/NORTHKEY/RIVER VALLEY); Max: 1.4% (ADANTA/LIFESKILLS)



NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Regional Trends—**Cocaine or Crack, 30-Day Use** by 10th Graders, 2008-2018 (% responding that they had used the substance one or more times within the past 30 days)

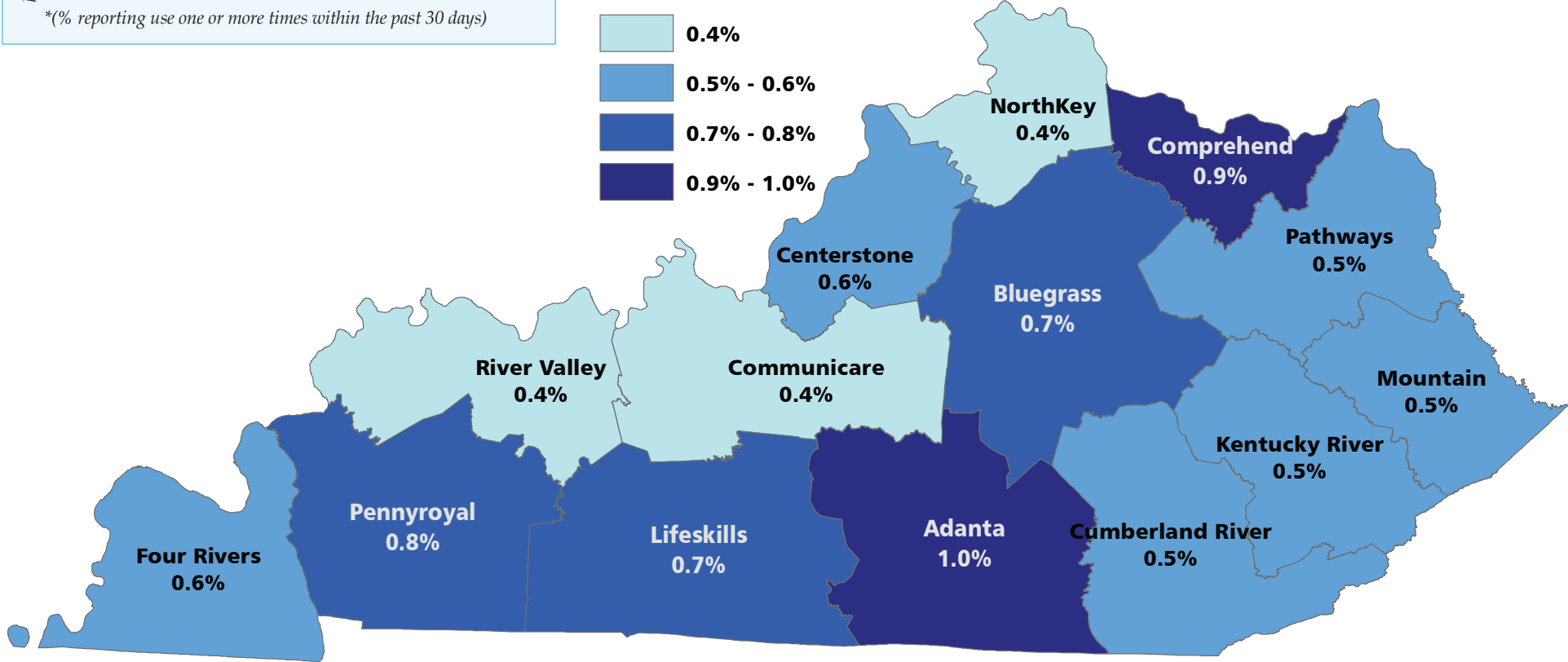
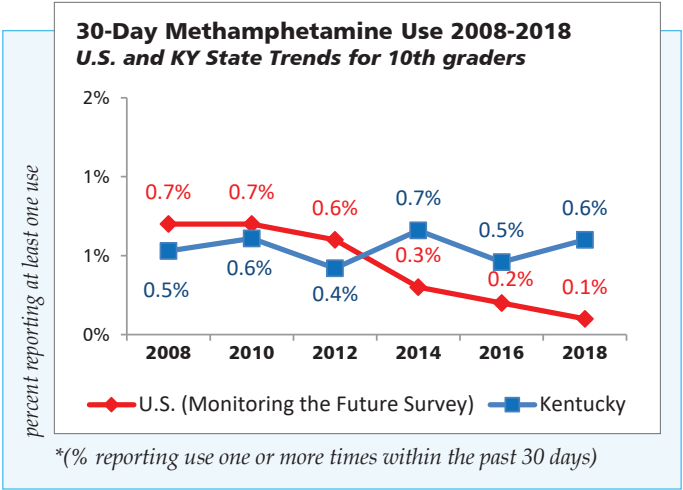


Grade 10 - Methamphetamines, 30-Day Use, 2018

(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

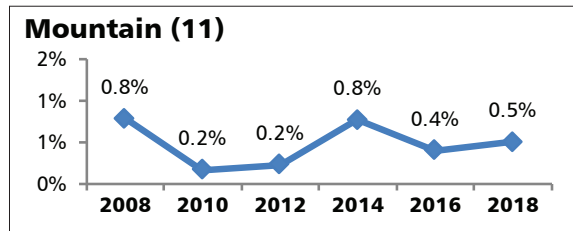
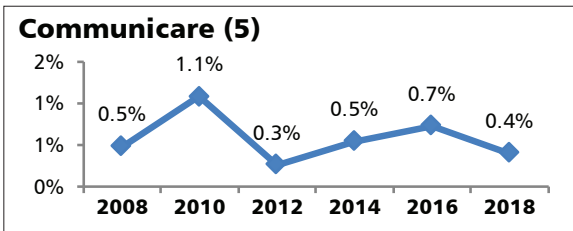
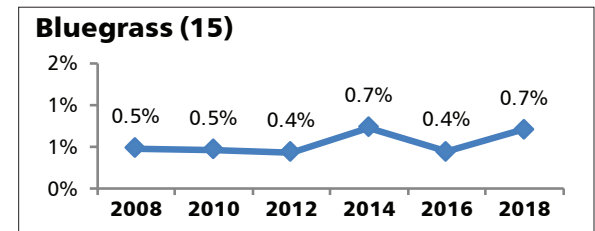
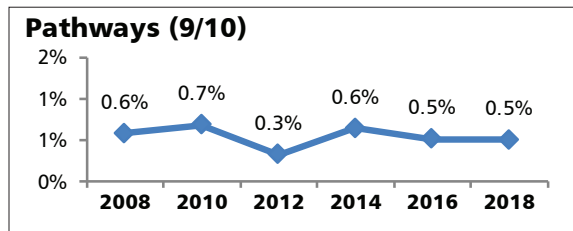
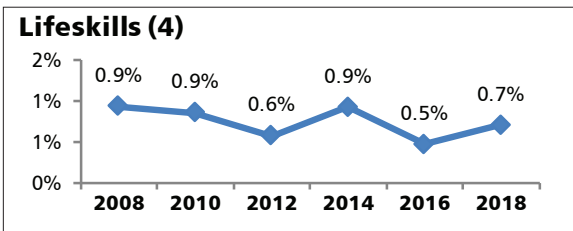
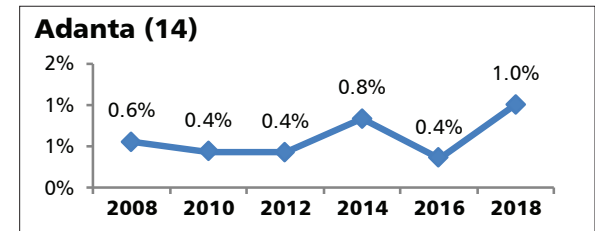
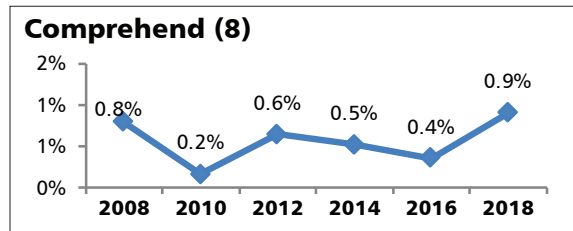
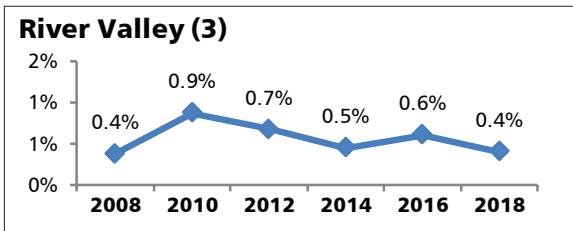
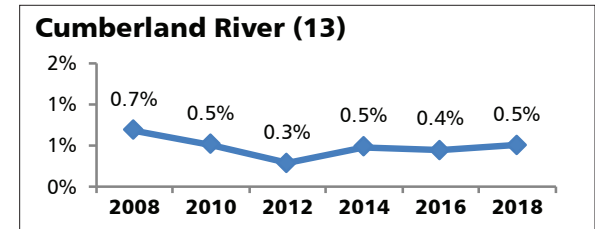
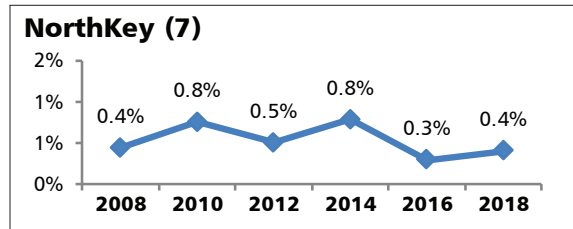
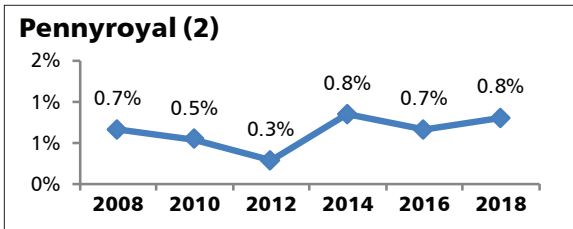
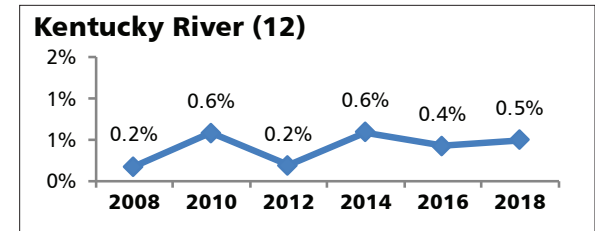
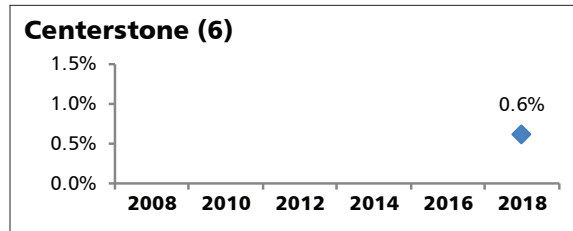
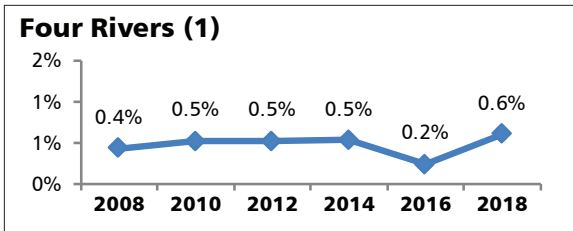
Min: 0.4% (COMMUNICARE/NORTHKEY/RIVER VALLEY); Max: 1.0% (ADANTA)



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Regional Trends—**Methamphetamine, 30-Day Use** by 10th Graders, 2008-2018 (% responding that they had used the substance one or more times within the past 30 days)

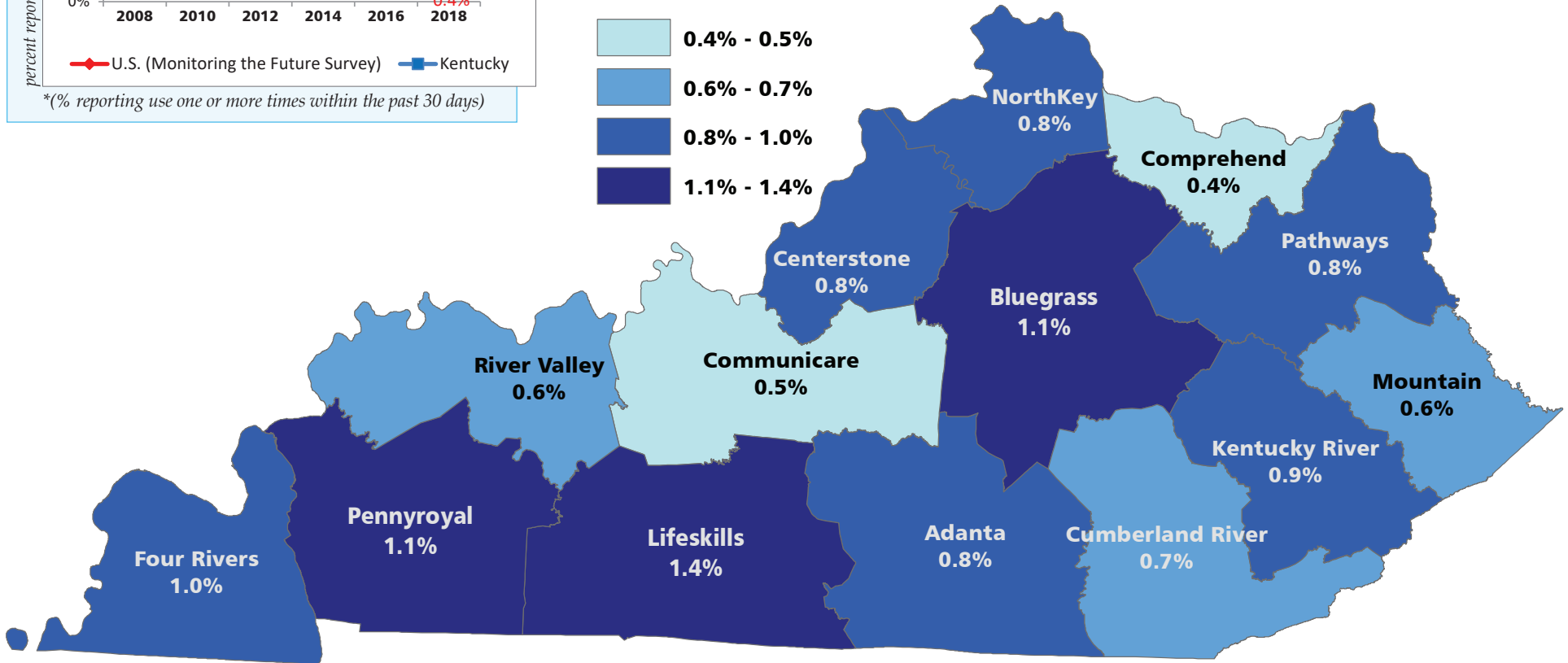
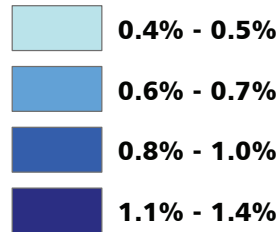
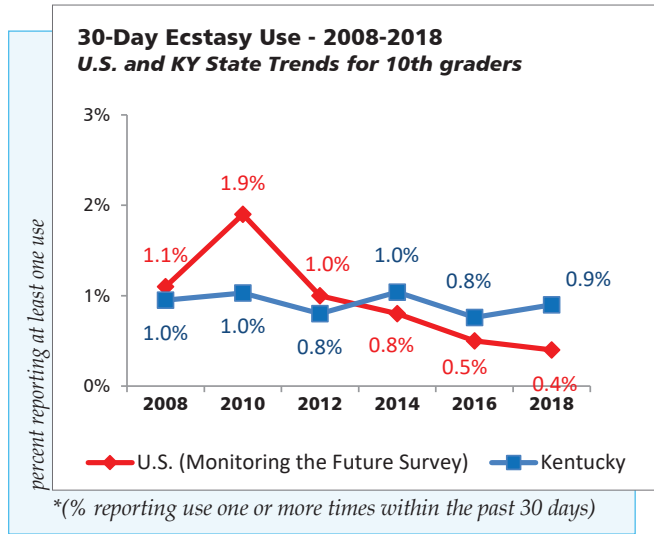


Grade 10 - Ecstasy, 30-Day Use, 2018

(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 10TH GRADERS, 2018

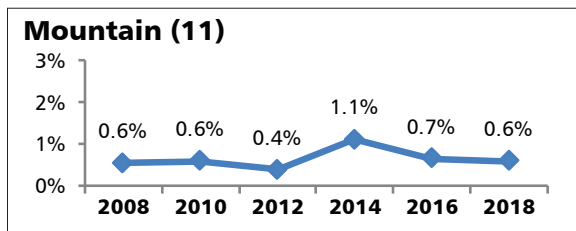
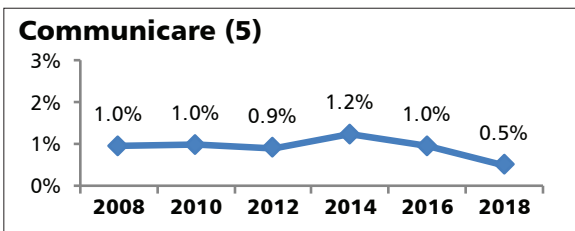
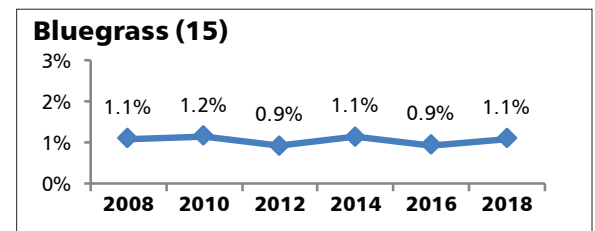
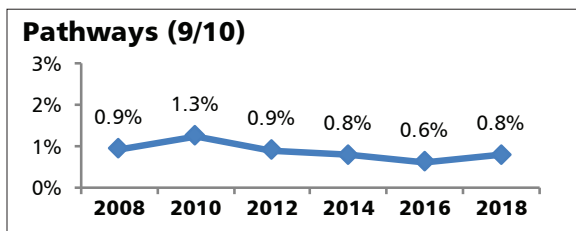
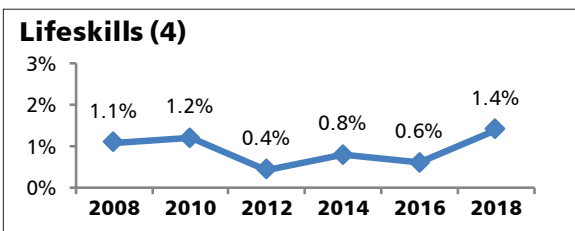
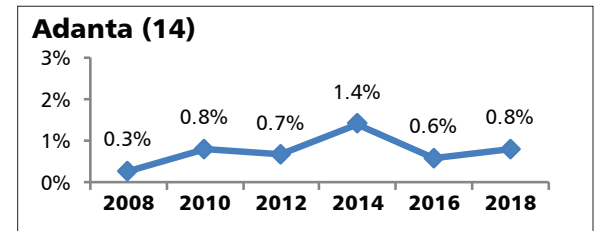
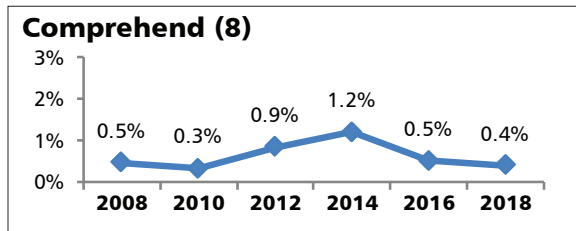
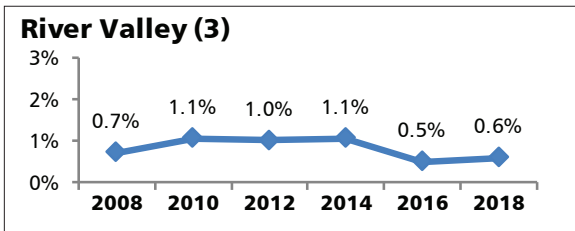
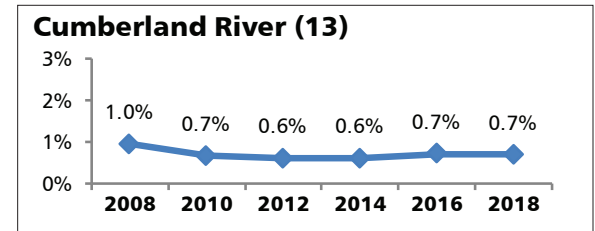
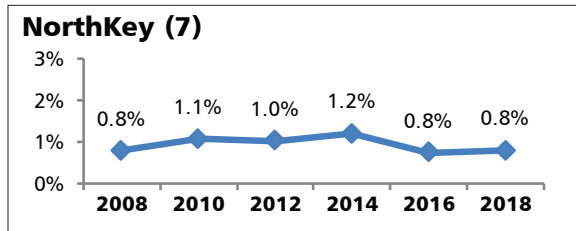
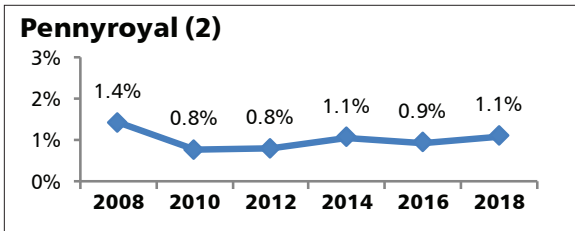
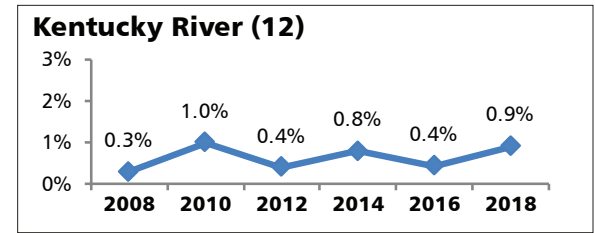
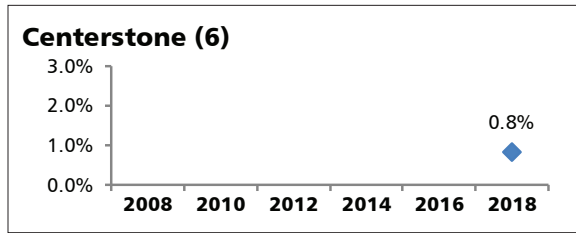
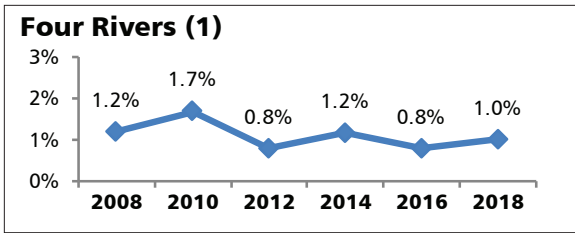
Min: 0.4% (COMPREHEND); Max: 1.4% (LIFESKILLS)



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Regional Trends—**Ecstasy 30-Day Use** by 10th Graders, 2008-2018
 (% responding that they had used the substance one or more times within the past 30 days)

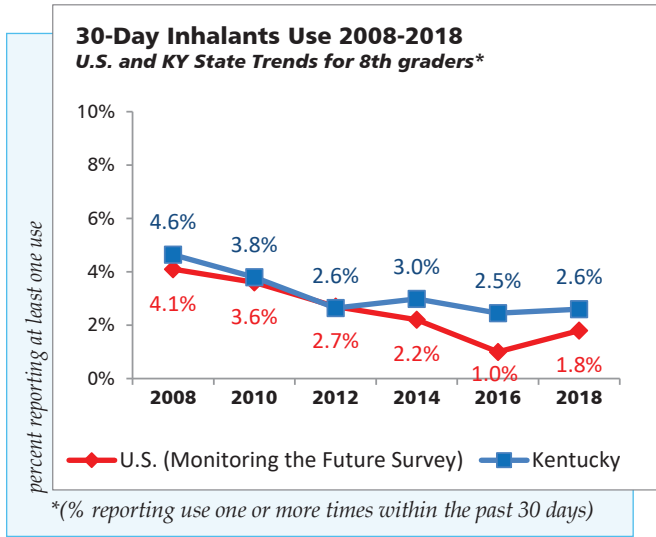


Grade 8 - Inhalants, 30-Day Use, 2018

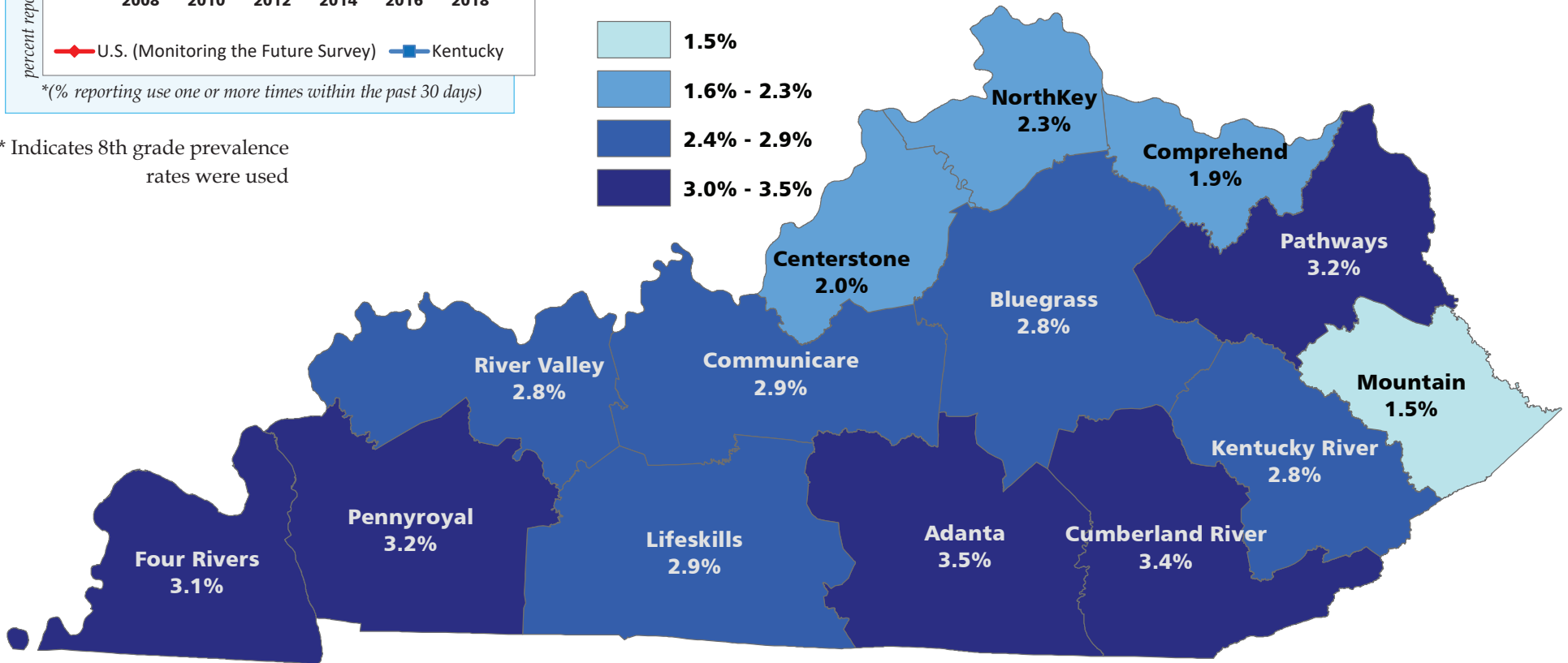
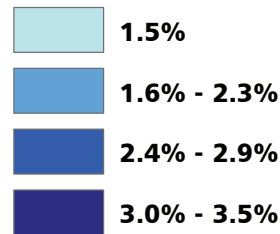
(% responding that they had used the substance one or more times within the past 30 days)

PERCENTAGE OF 8TH GRADERS, 2018

Min: 1.5% (MOUNTAIN); Max: 3.5% (ADANTA)



* Indicates 8th grade prevalence rates were used

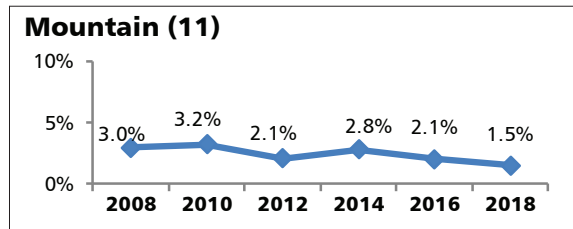
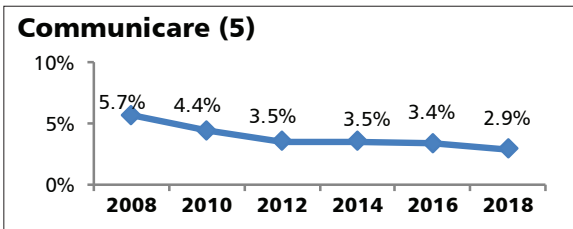
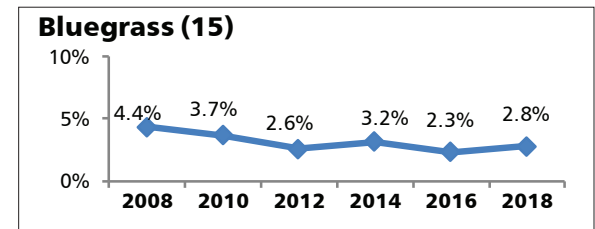
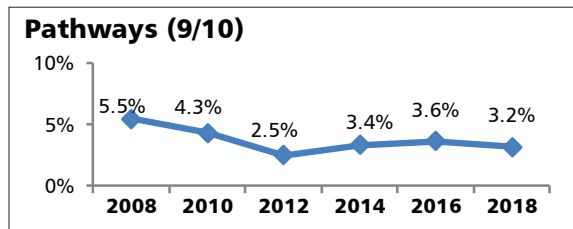
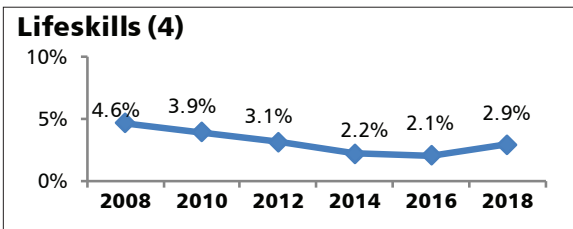
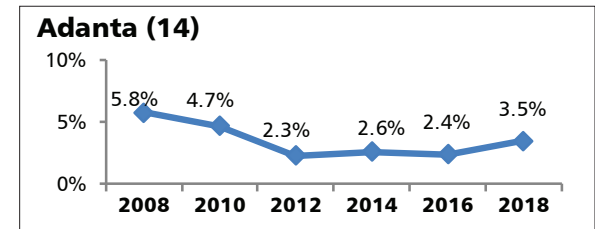
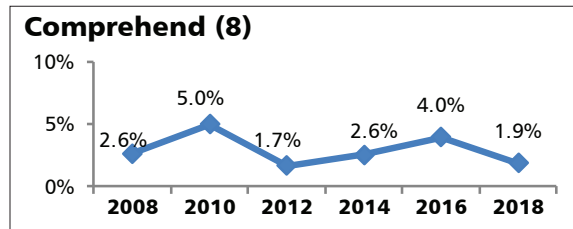
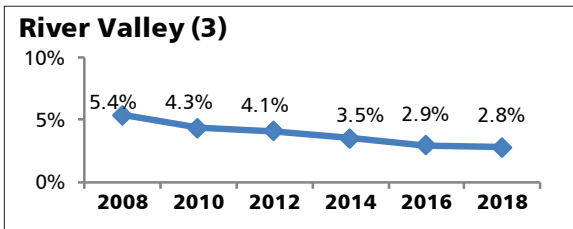
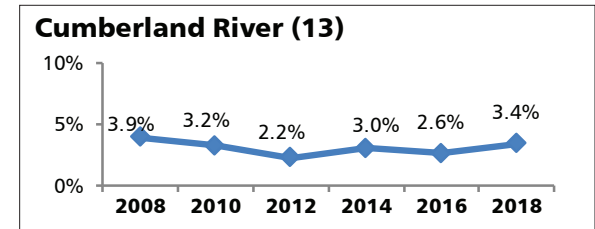
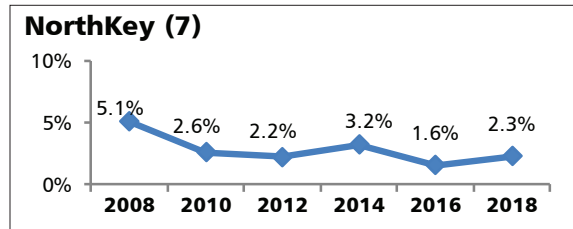
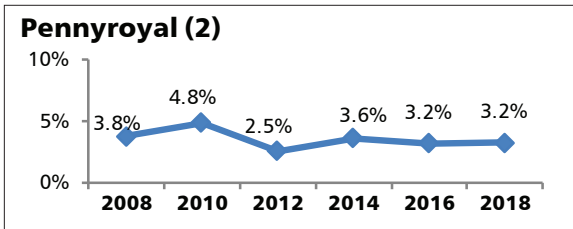
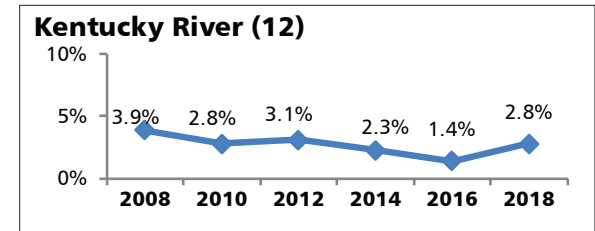
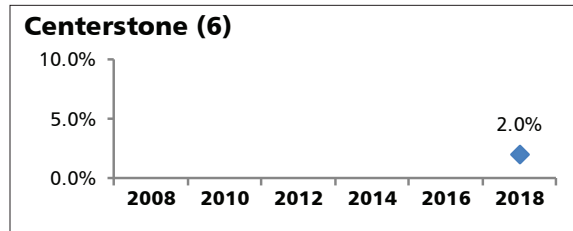
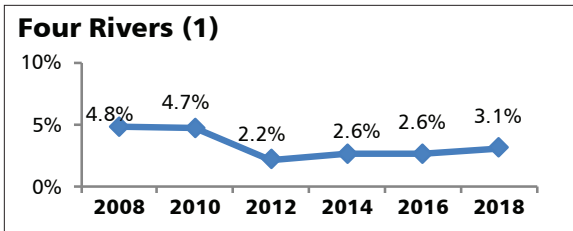


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Regional Trends—**Inhalants, 30-Day Use** by 8th Graders, 2008-2018

(% responding that they had used the substance one or more times within the past 30 days)

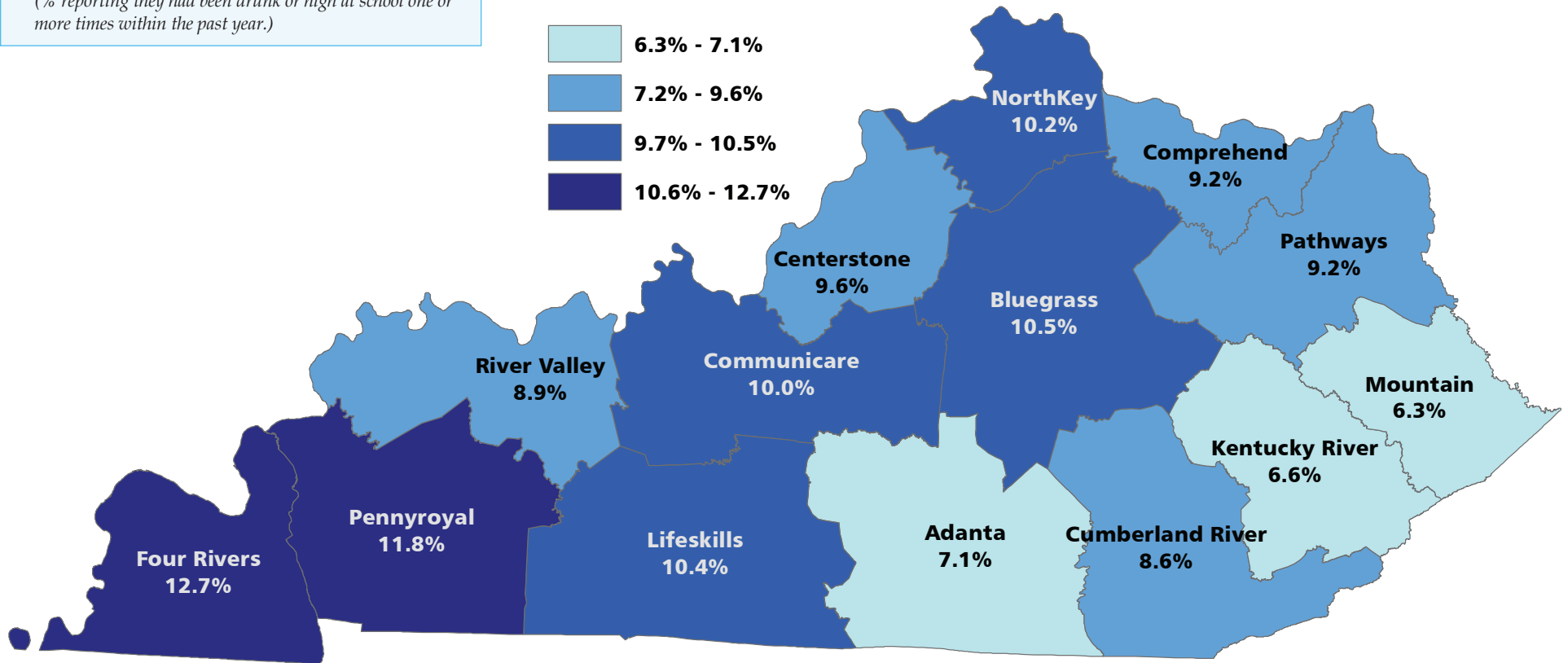
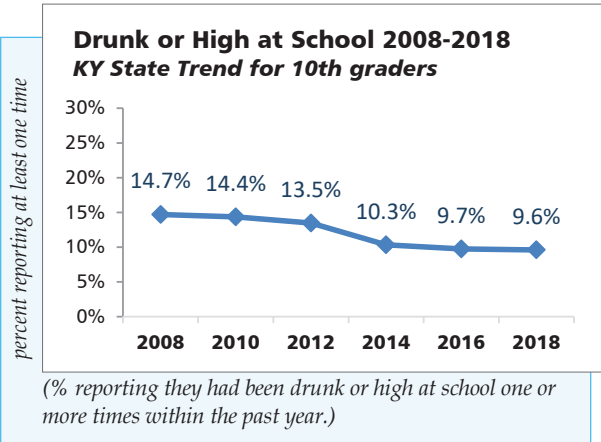


Grade 10 - Drunk or High at School, 2018

(% responding that they had been drunk or high at school at least one time within the past year)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 6.3% (MOUNTAIN); Max: 12.7% (FOUR RIVERS)

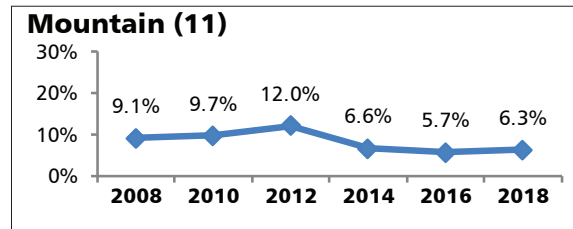
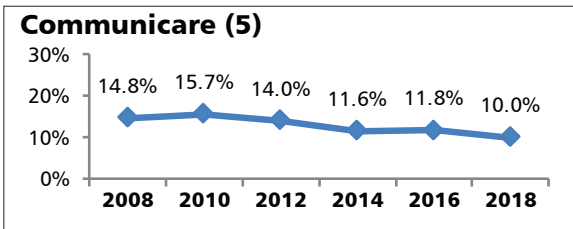
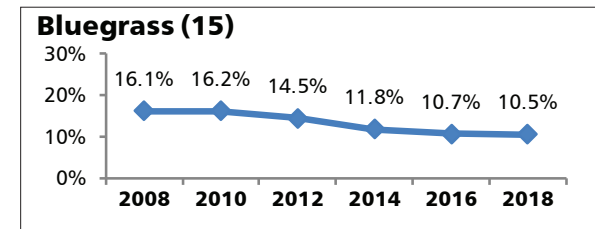
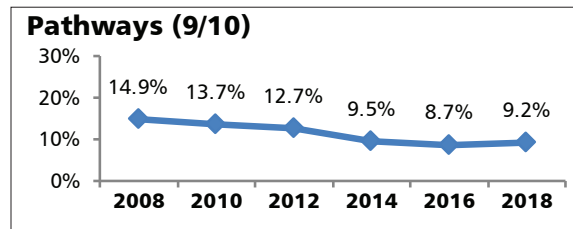
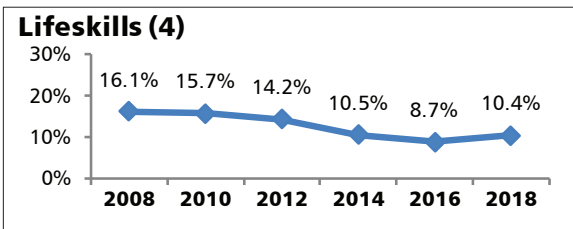
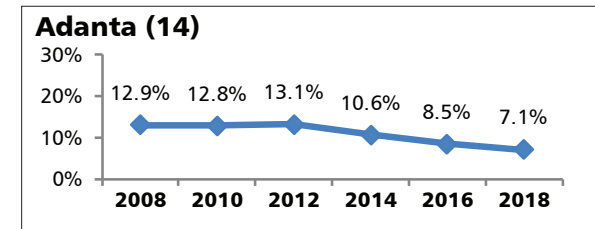
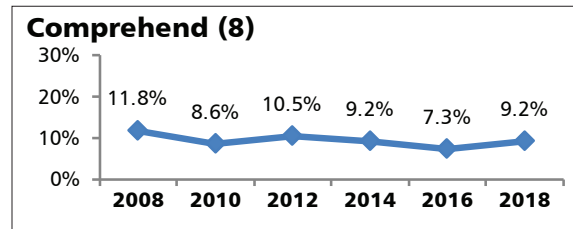
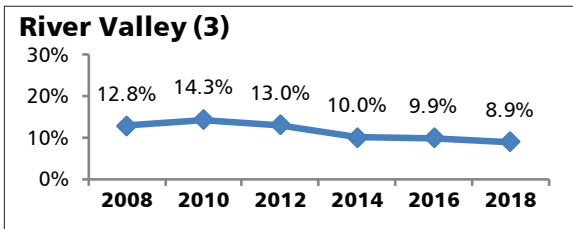
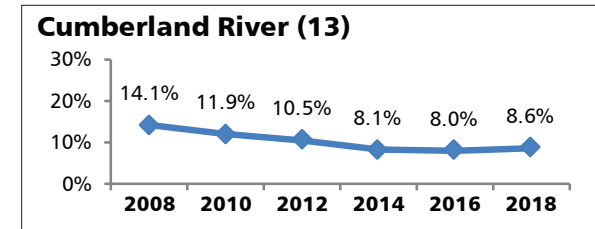
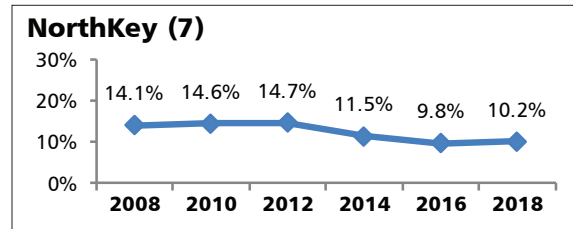
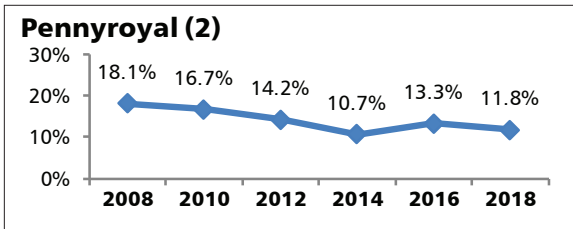
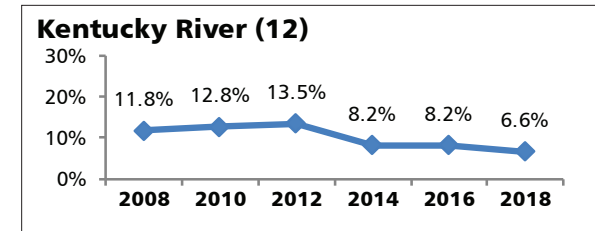
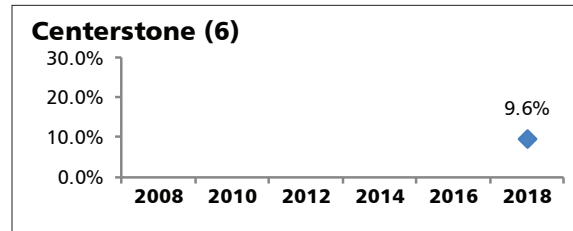
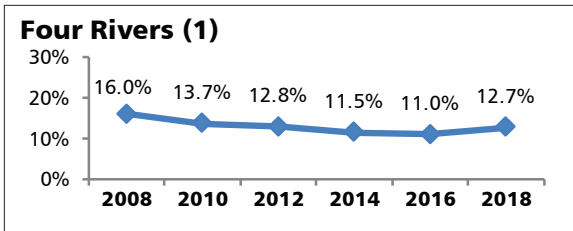


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Regional Trends—**Drunk or High at School**, by 10th Graders, 2008-2018

(% responding that they had been drunk or high at school at least one time within the past year)

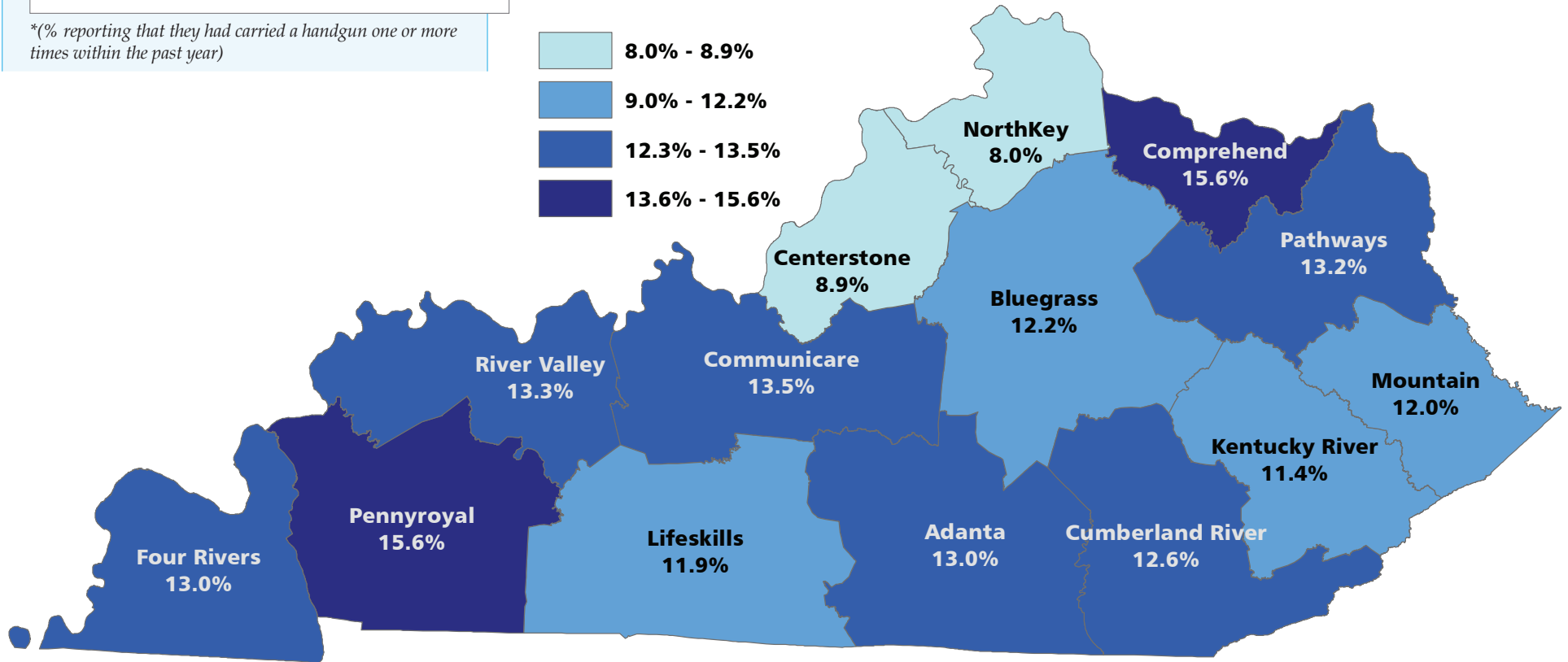
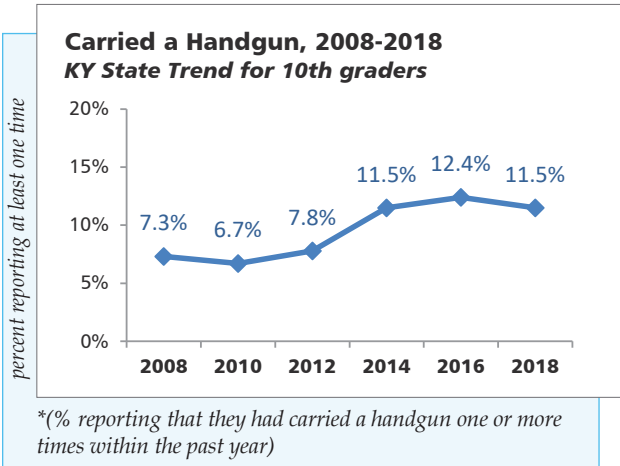


Grade 10 - Carried a Handgun, 2018

(% responding that they had carried a handgun at least one time within the past year)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 8.0% (NORTHKEY); Max: 15.6% (COMPREHEND/PENNYROYAL)

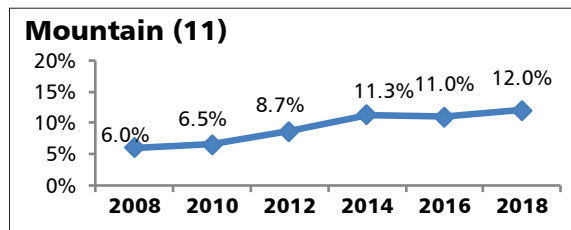
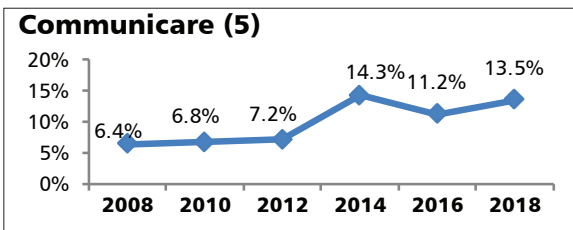
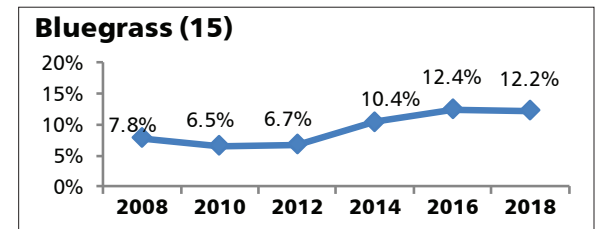
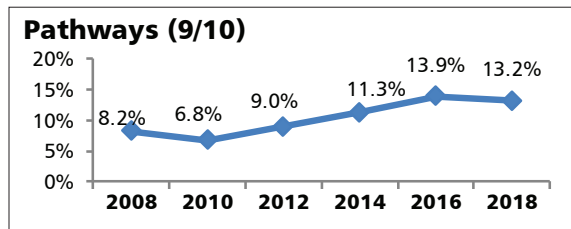
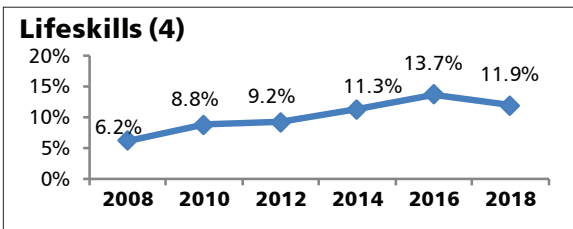
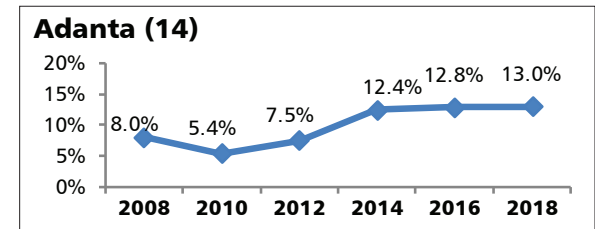
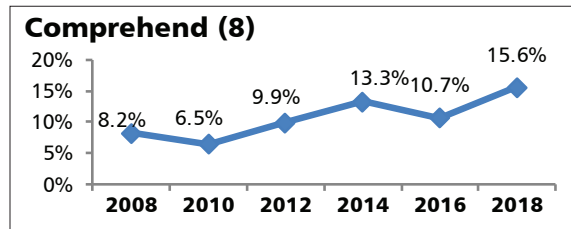
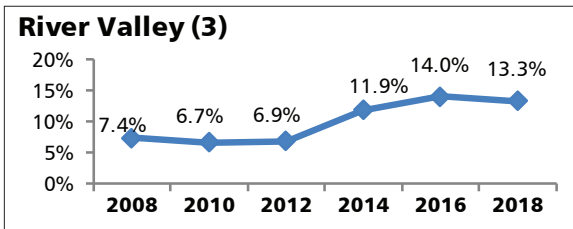
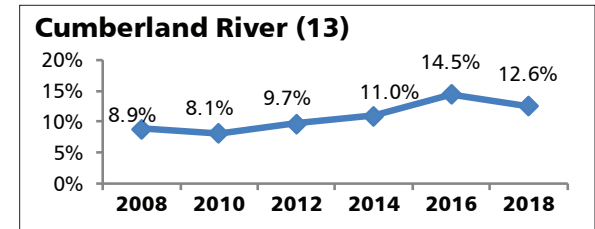
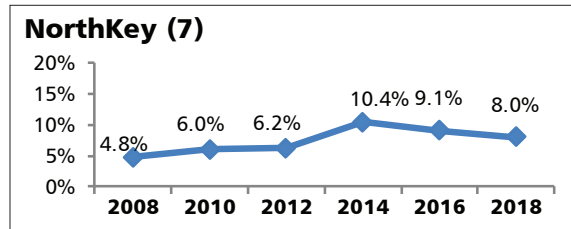
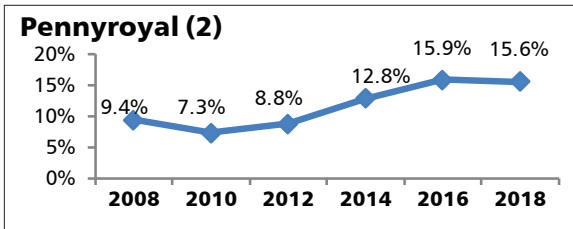
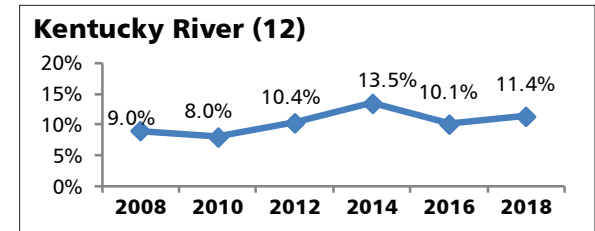
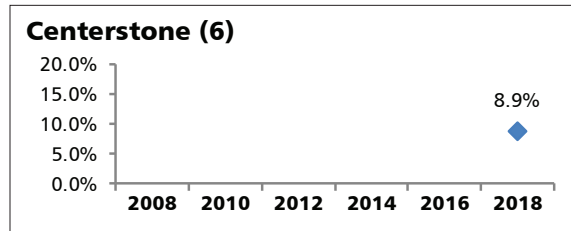
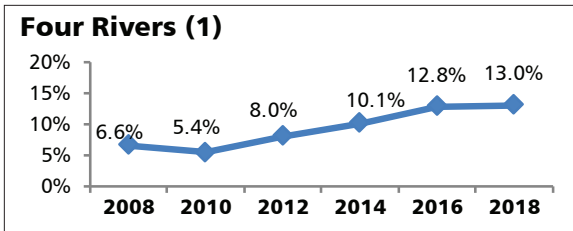


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Regional Trends—Carried a Handgun, by 10th Graders, 2008-2018

(% responding that they had carried a handgun at least one time within the past year)

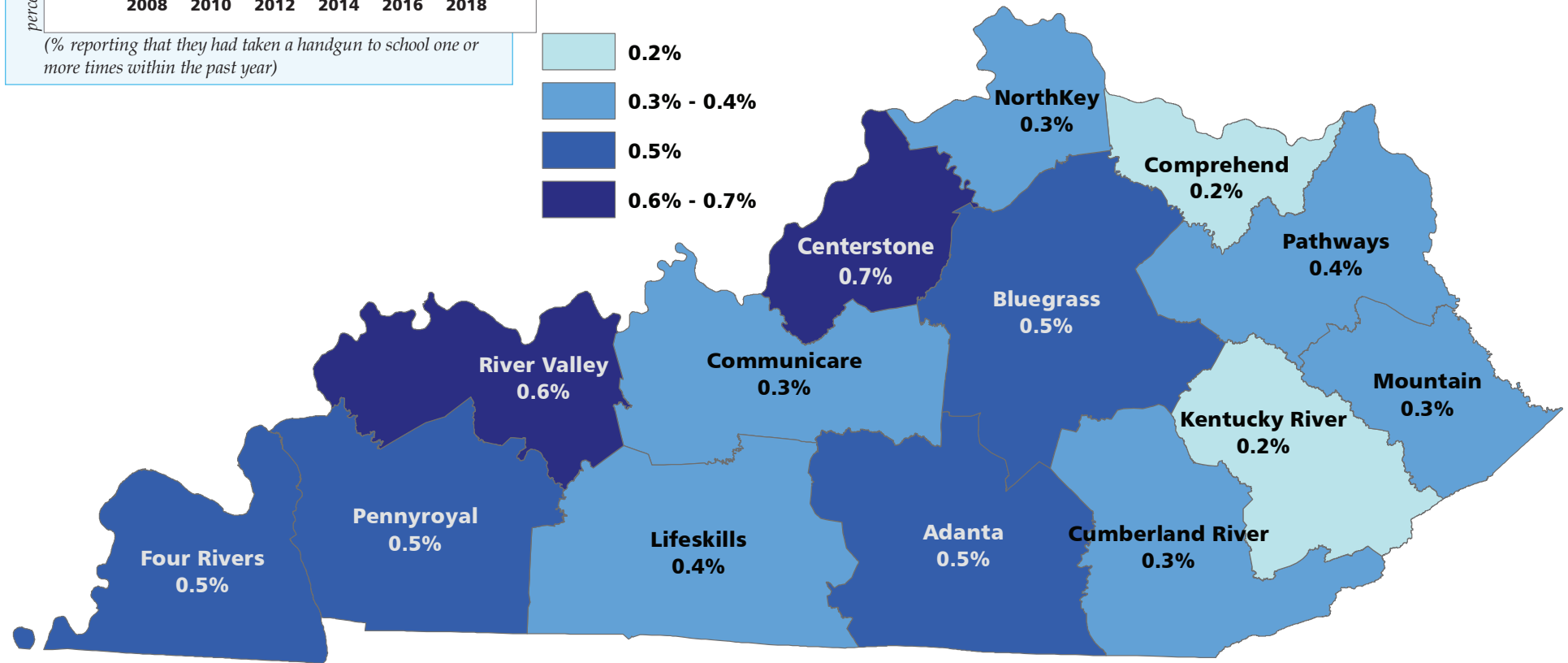
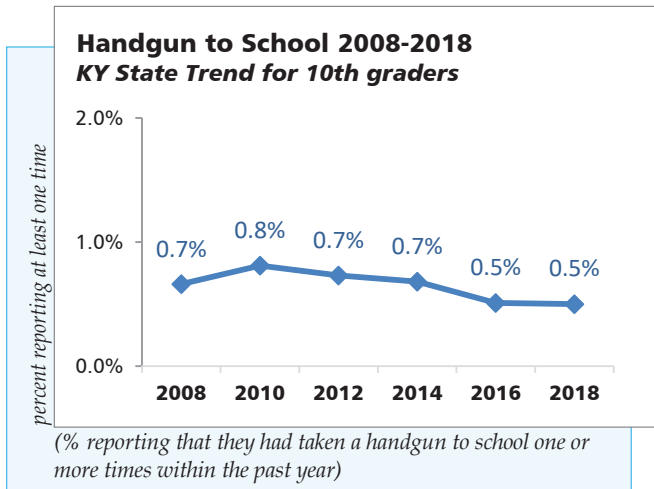


Grade 10 - Handgun to School, 2018

(% responding that they had taken a handgun to school at least one time within the past year)

PERCENTAGE OF 10TH GRADERS, 2018

Min: .2% (COMPREHEND/KENTUCKY RIVER); Max: .7% (CENTERSTONE)

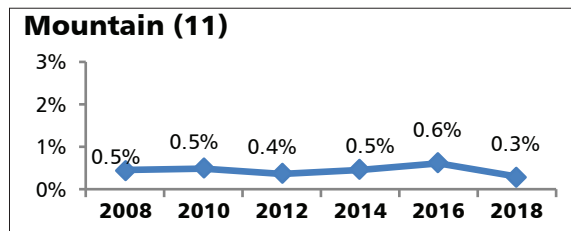
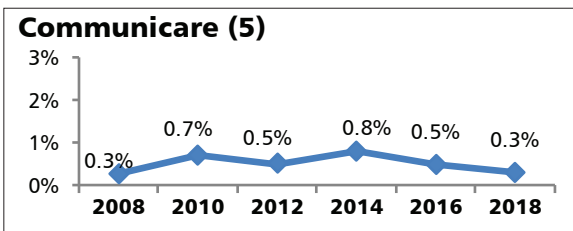
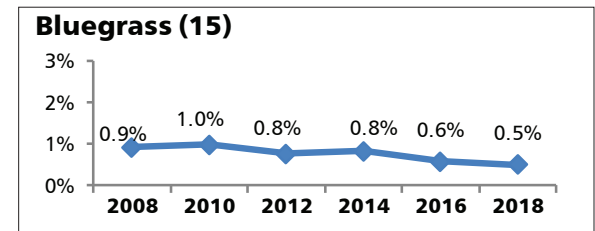
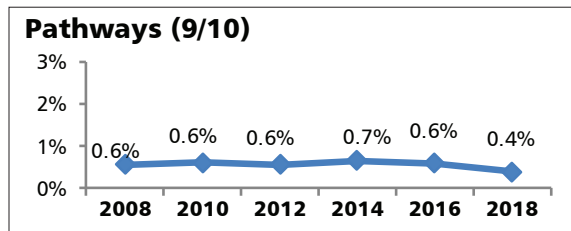
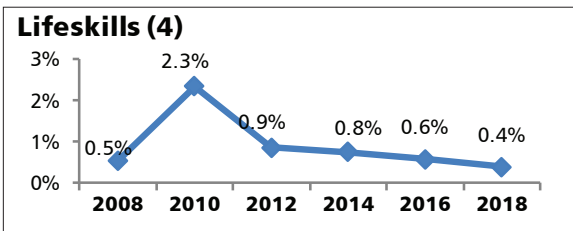
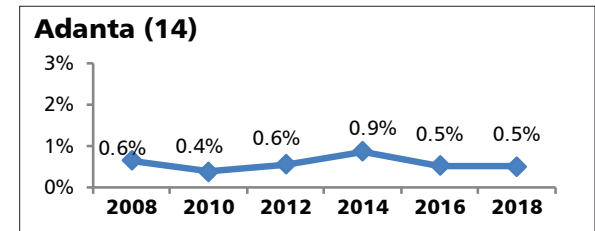
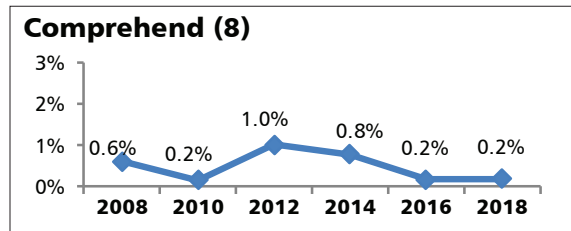
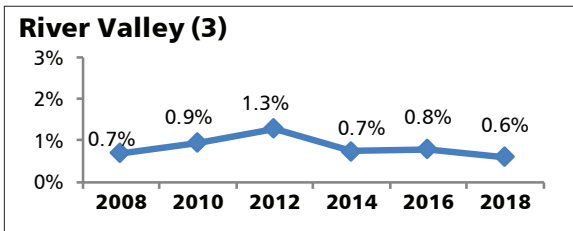
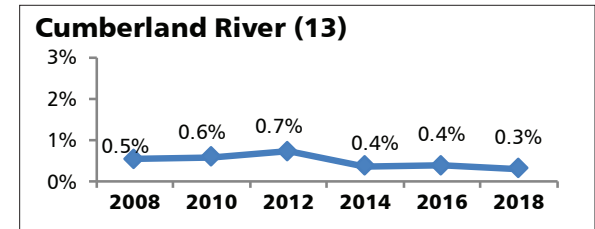
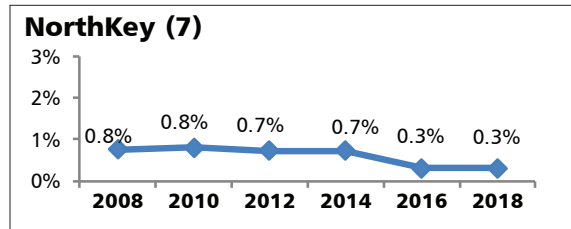
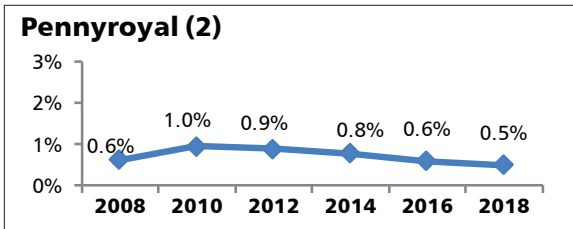
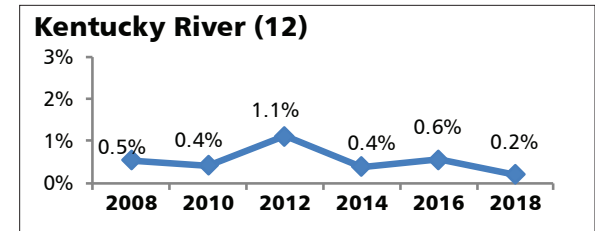
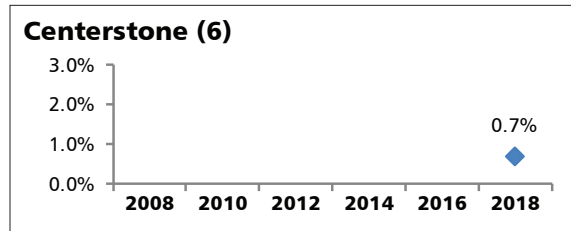
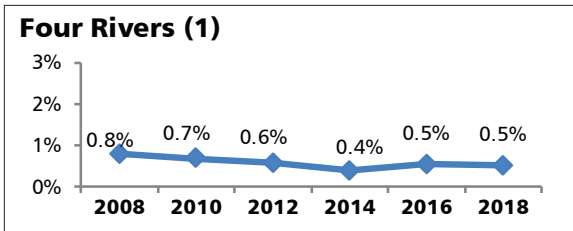


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Regional Trends—**Handgun to School**, by 10th Graders, 2008-2018

(% responding that they had taken a handgun to school at least one time within the past year)

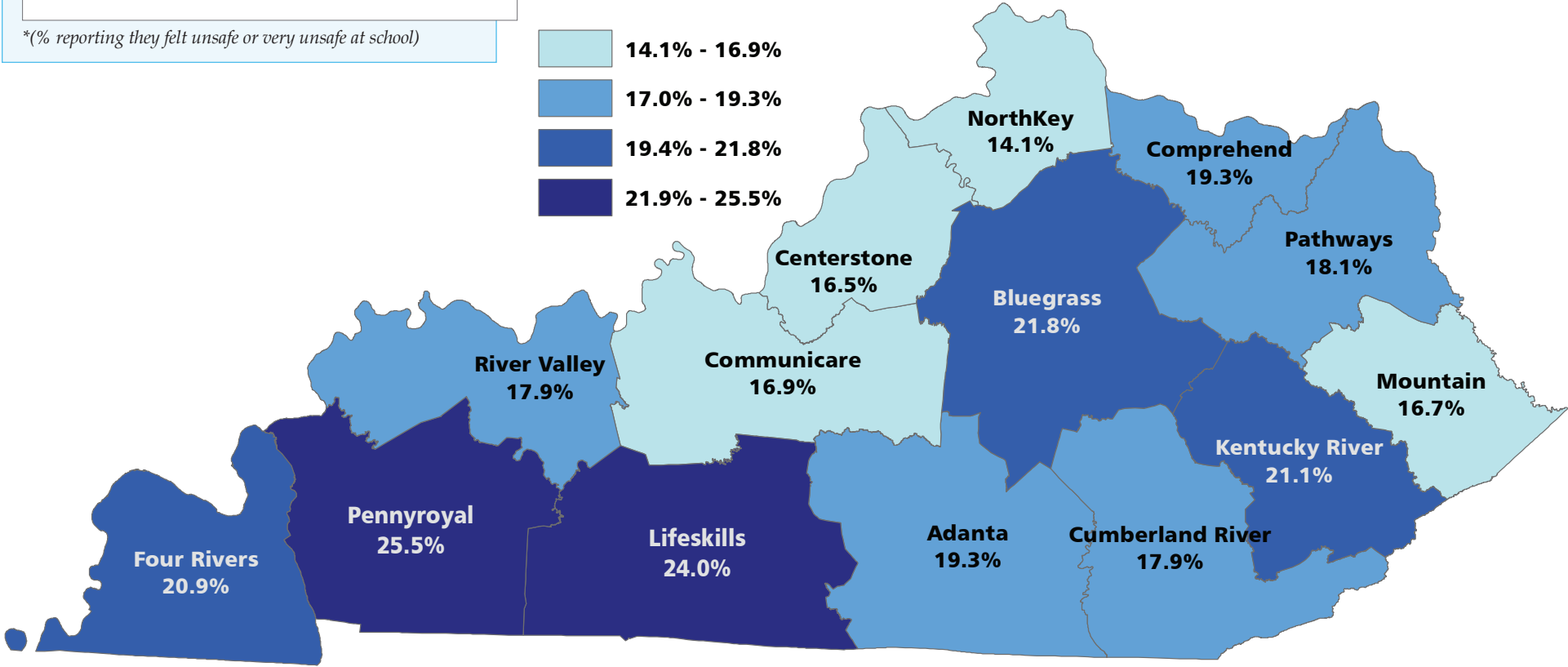
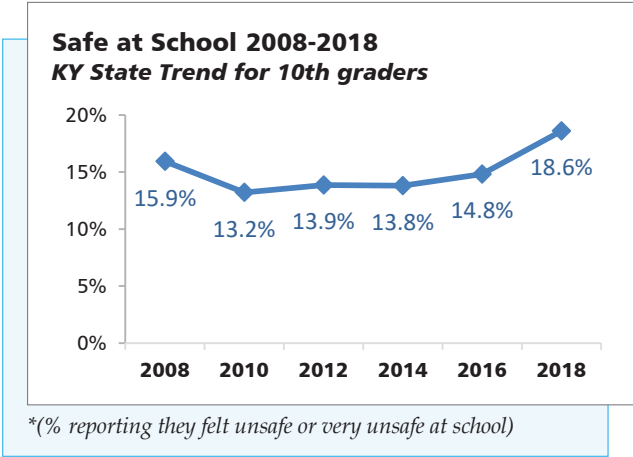


Grade 10 - Safe at School, 2018

(% responding that they felt unsafe or very unsafe at school)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 14.1% (NORTHKEY); Max: 25.5% (PENNYROYAL)

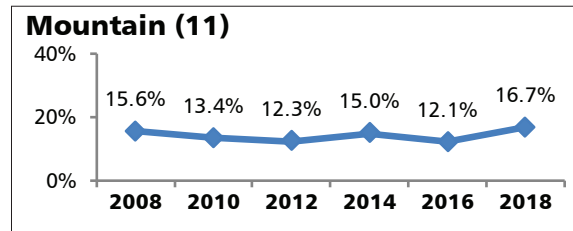
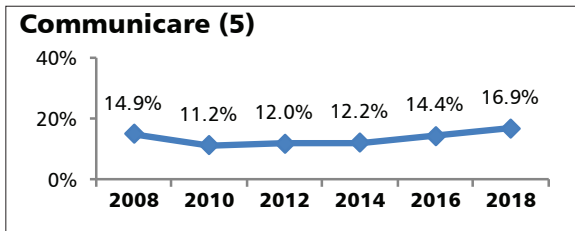
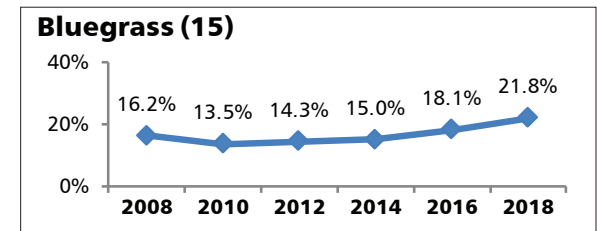
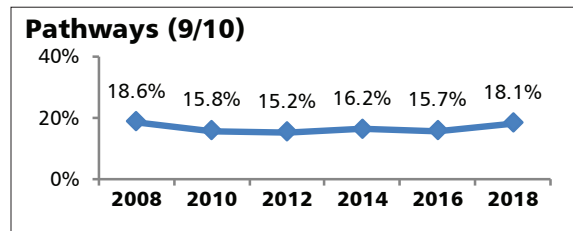
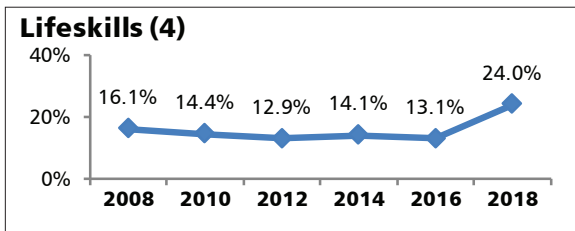
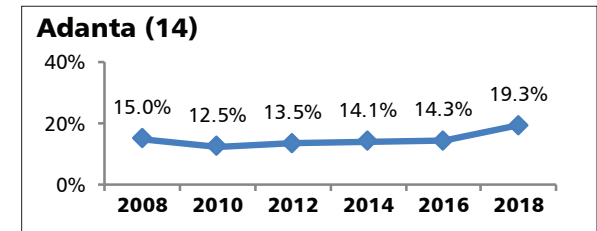
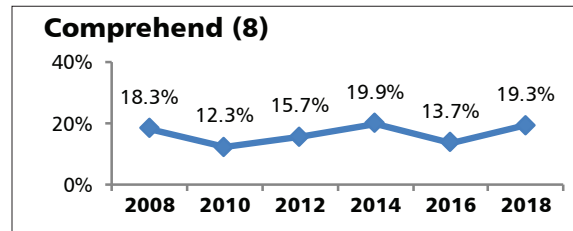
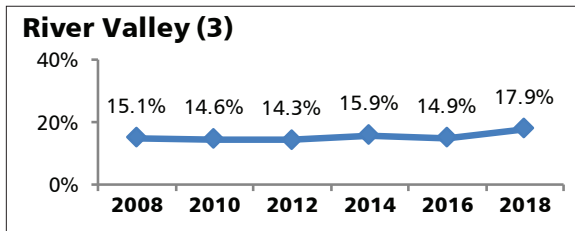
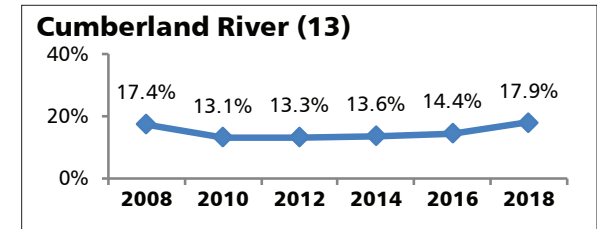
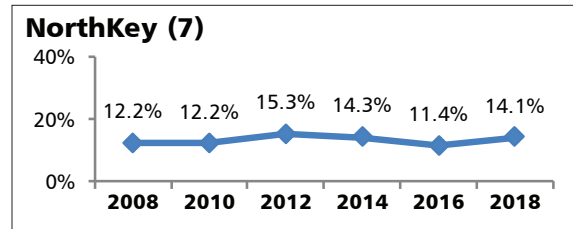
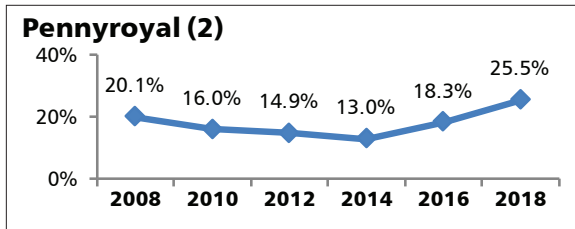
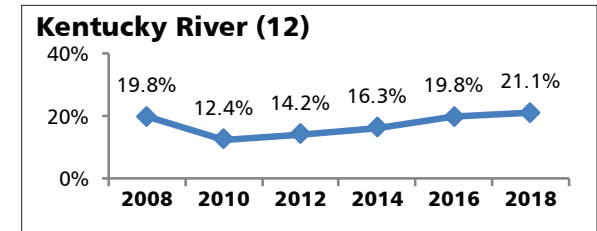
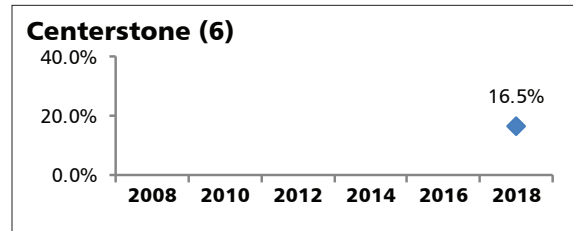
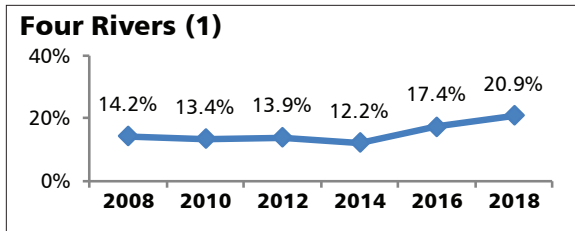


NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Regional Trends—**Safe at School**, by 10th Graders, 2008-2018

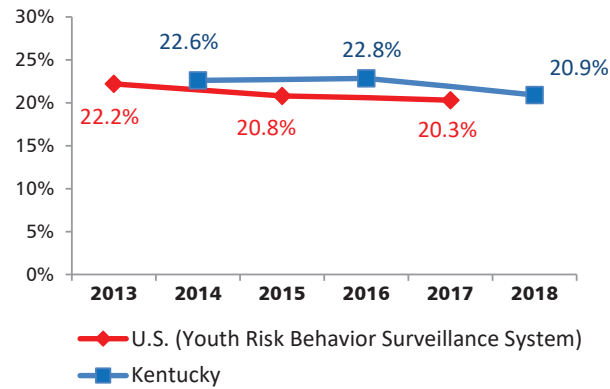
(% responding that they felt unsafe or very unsafe at school)



Grade 10 - Bullying at School, 2018

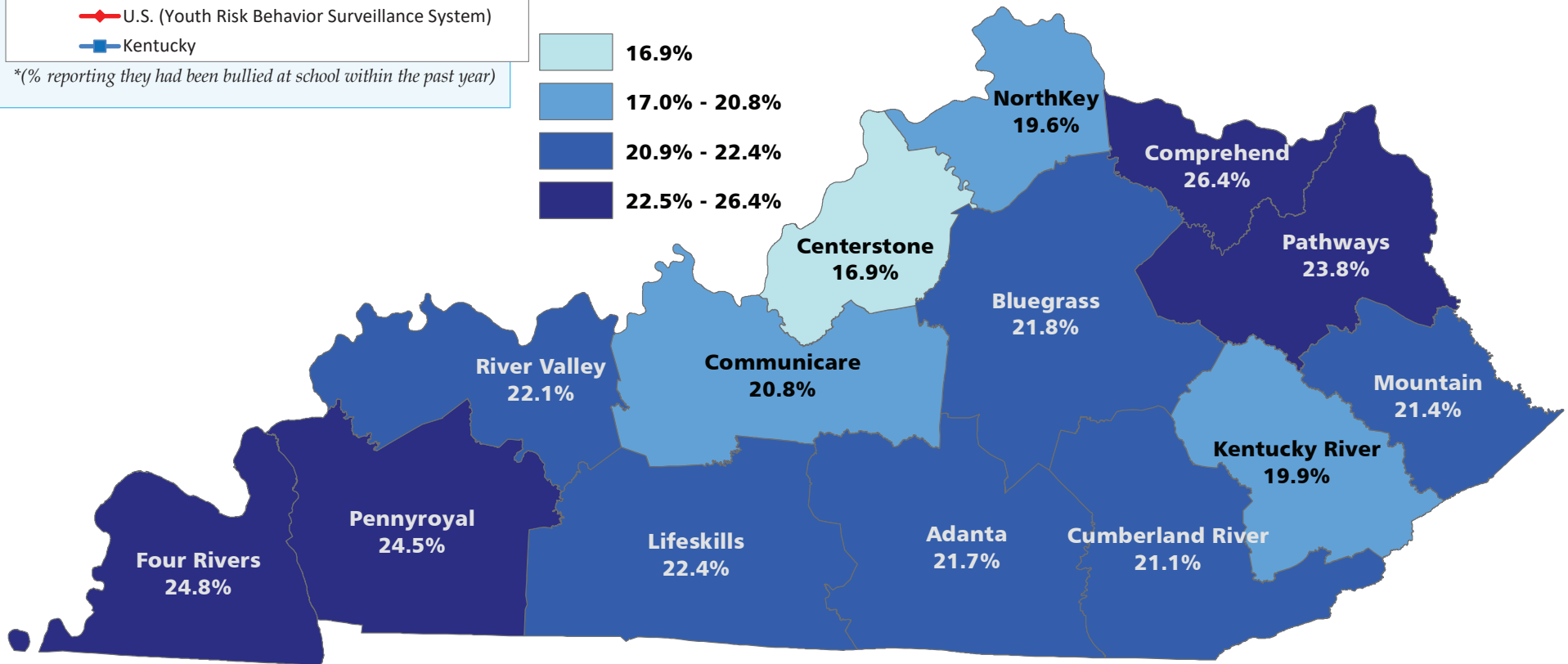
(% responding that they had been bullied on school property within the past year)

Past Year Bullying at School 2013-2018
U.S. and KY State Trends for 10th graders



PERCENTAGE OF 10TH GRADERS, 2018

Min: 16.9% (CENTERSTONE); Max: 26.4% (COMPREHEND)

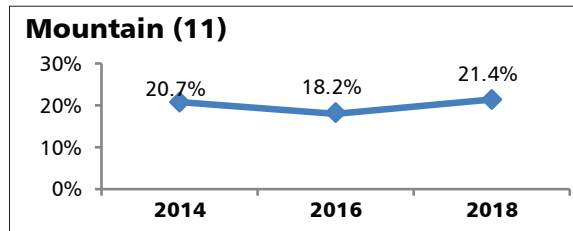
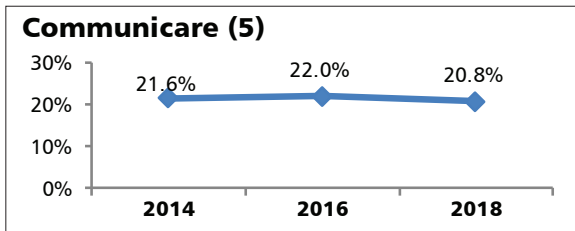
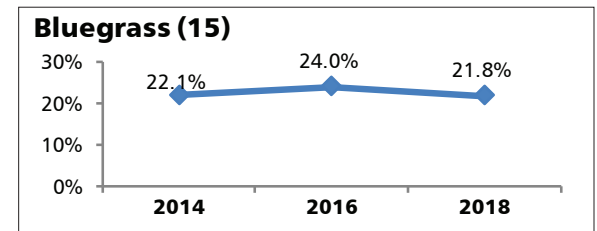
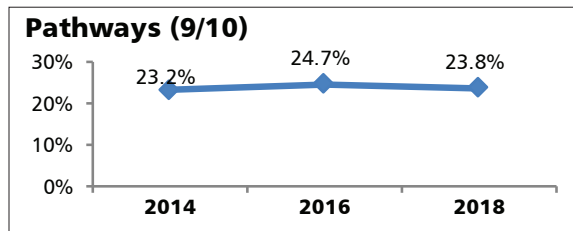
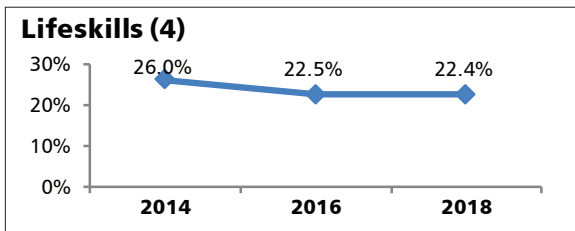
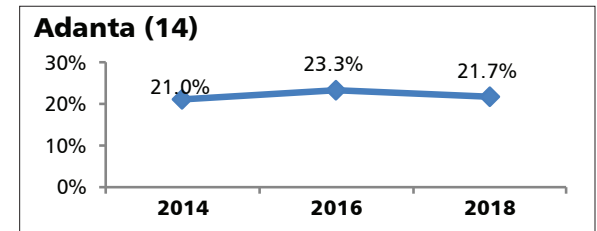
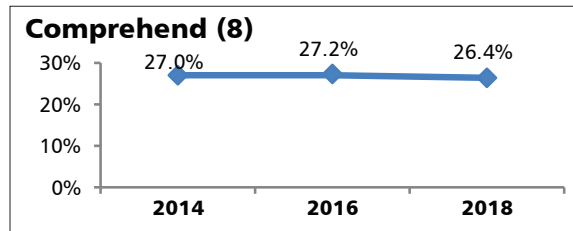
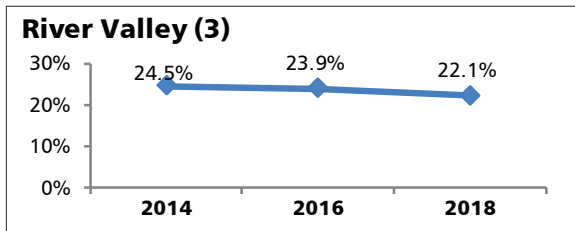
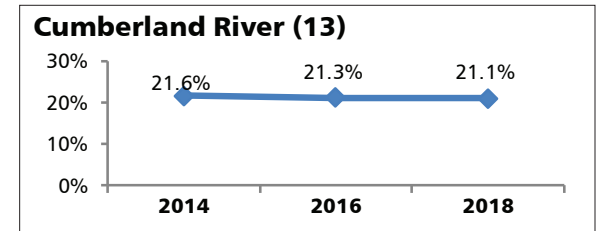
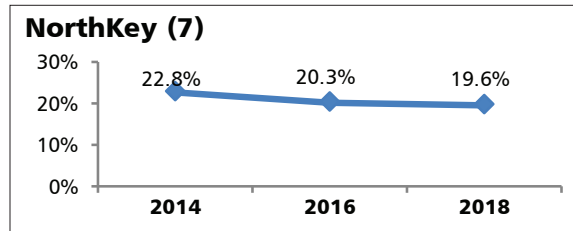
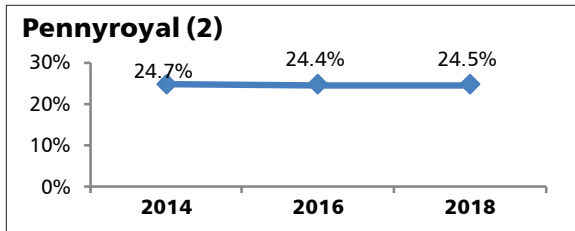
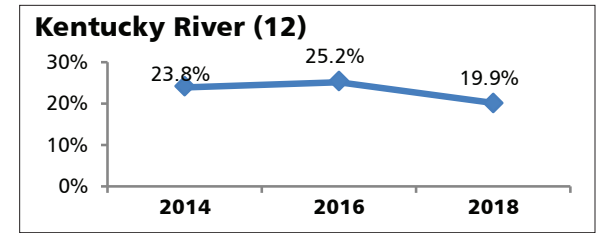
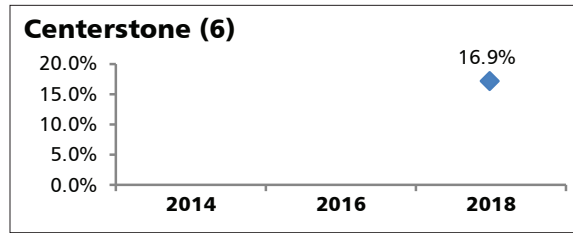
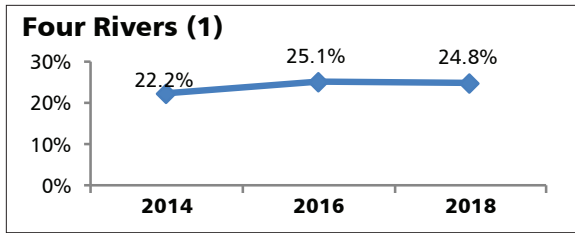


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Regional Trends—**Bullying at School** by 10th Graders, 2014-2018

(% responding that they had been bullied on school property within the past year)



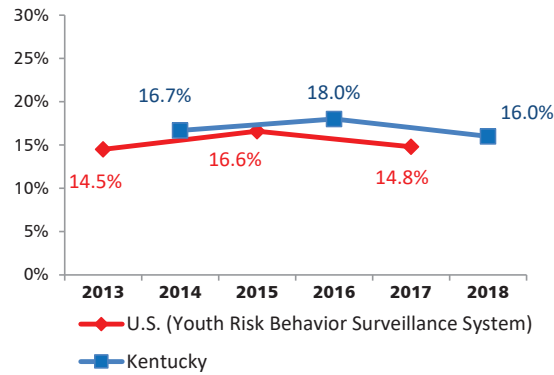
Grade 10 - Cyberbullying, 2018

(% responding that they had been electronically bullied within the past year, including bullying through email, chat rooms, instant messaging, websites, social networks, or texting)

PERCENTAGE OF 10TH GRADERS, 2018

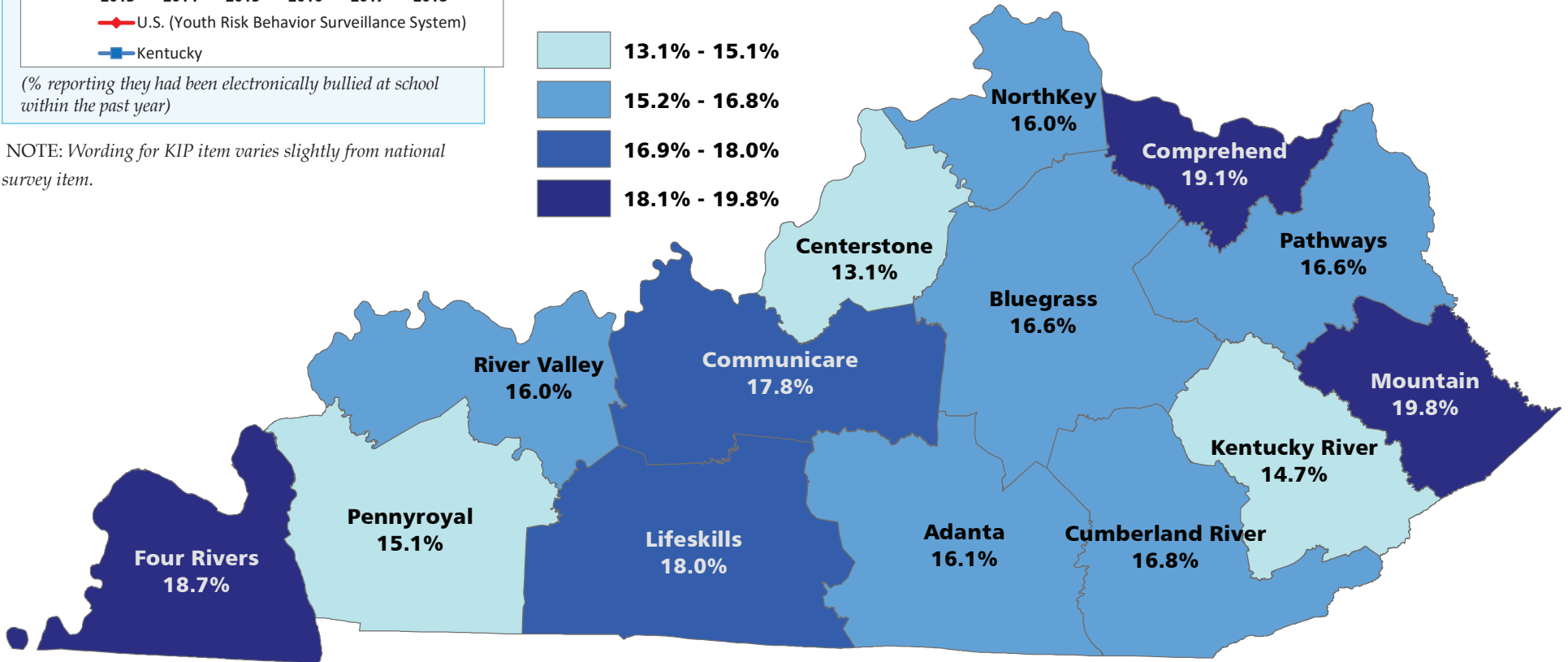
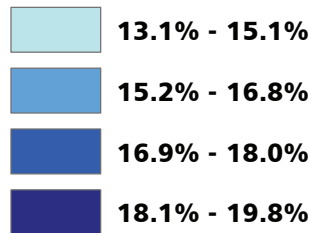
Min: 13.1% (CENTERSTONE); Max: 19.8% (MOUNTAIN)

Past Year Cyberbullying at School 2013-2018
U.S. and KY State Trends for 10th graders



(% reporting they had been electronically bullied at school within the past year)

NOTE: Wording for KIP item varies slightly from national survey item.

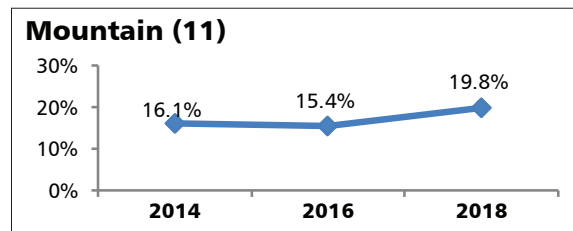
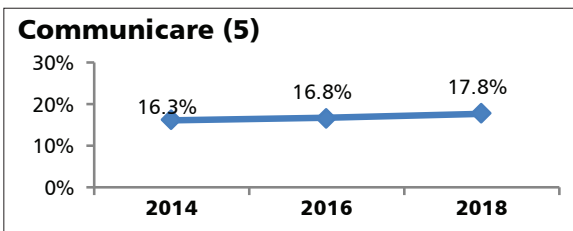
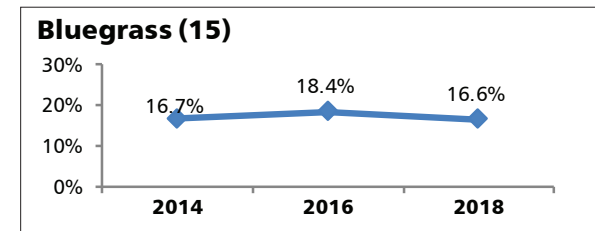
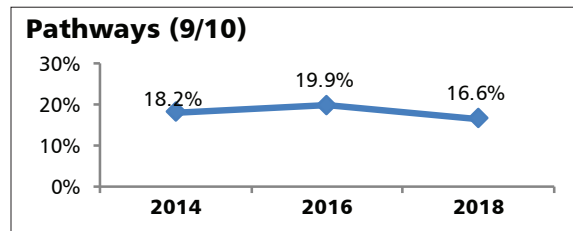
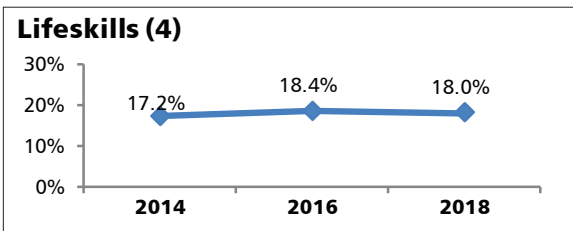
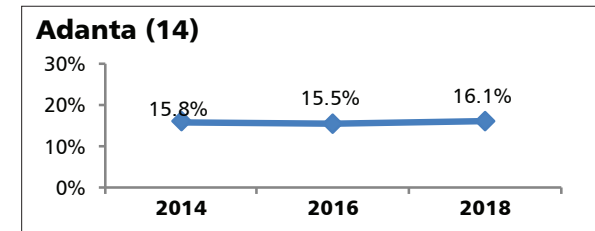
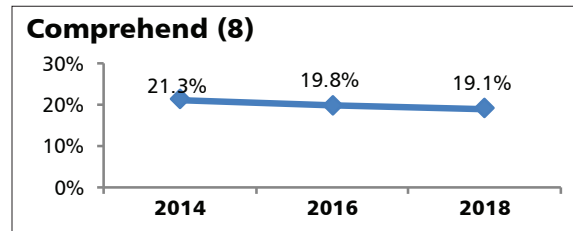
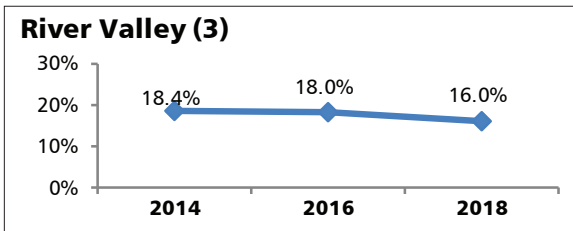
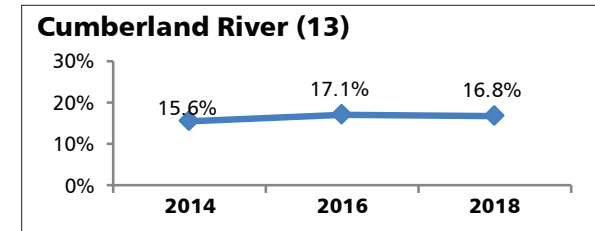
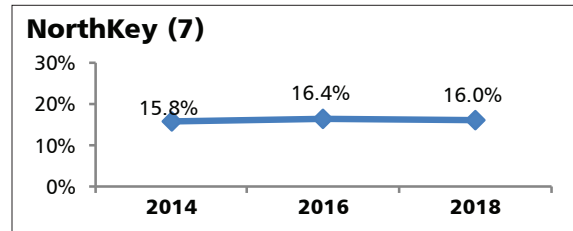
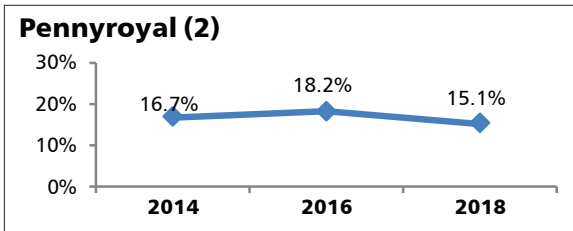
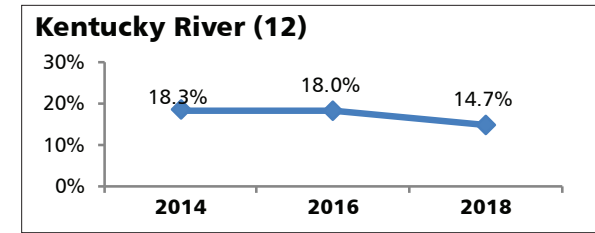
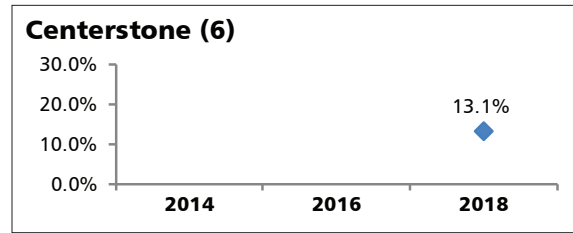
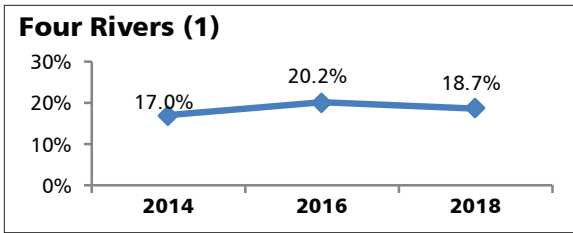


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Regional Trends—**Cyberbullying** by 10th Graders, 2014-2018

(% responding that they had been electronically bullied within the past year, including bullying through email, chat rooms, instant messaging, websites, social networks, or texting)



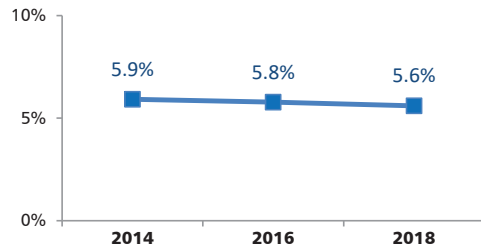
Grade 10 - Physical Dating Violence, 2018

(% responding that they had been physically hurt on purpose by a boyfriend or girlfriend within the past year, including being hit, pushed, or hair pulled)

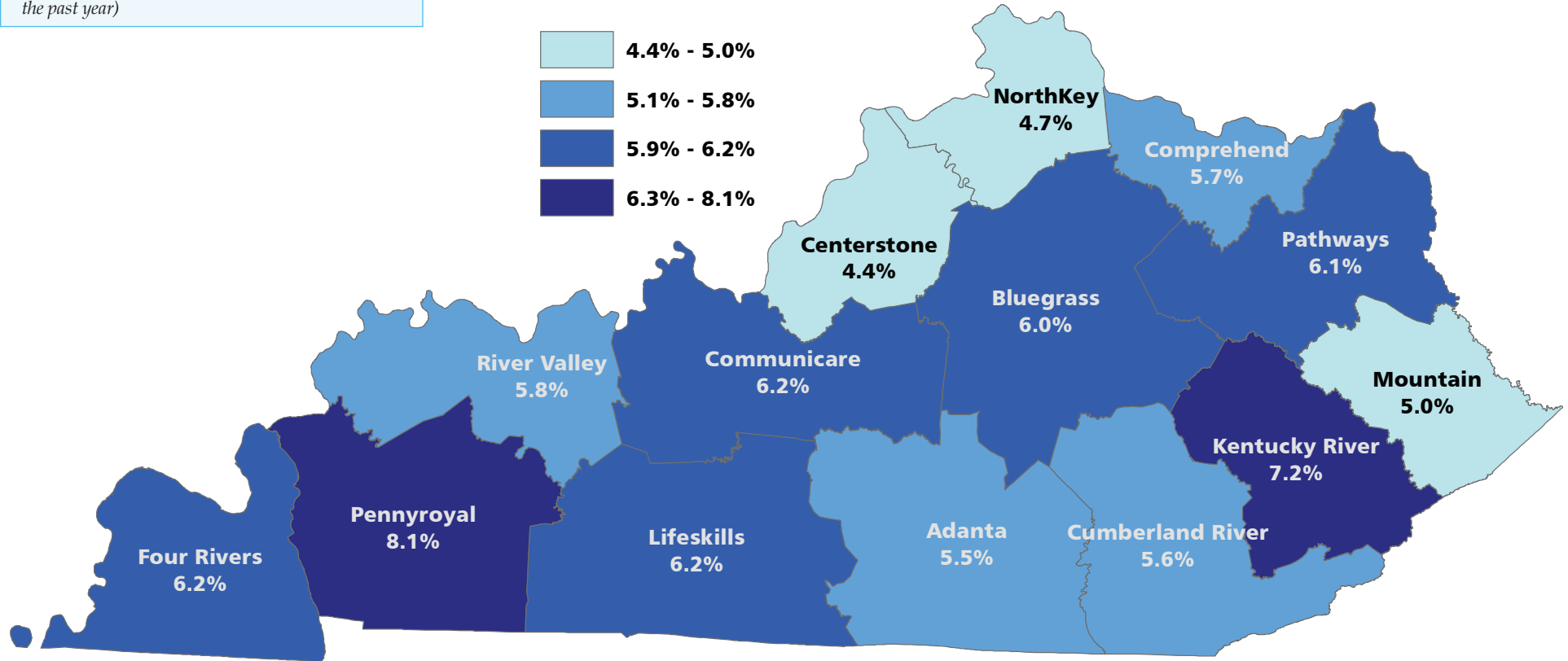
PERCENTAGE OF 10TH GRADERS, 2018

Min: 4.4% (CENTERSTONE); Max: 8.1% (PENNYROYAL)

Past Year Physical Dating Violence
2014-2018 - KY State Trend for 10th graders



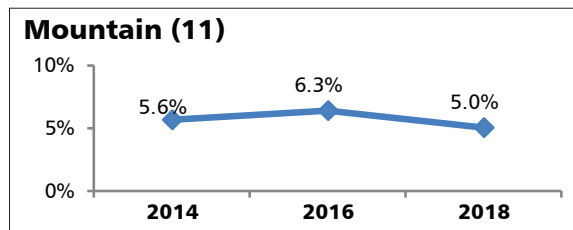
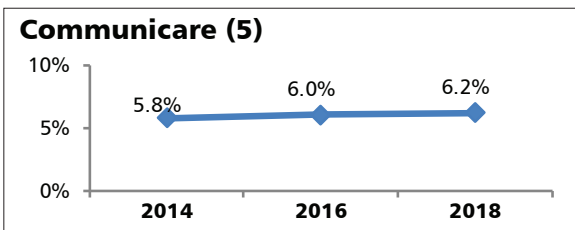
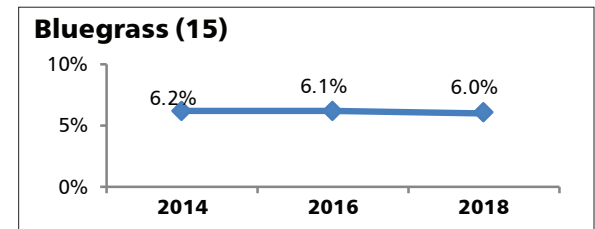
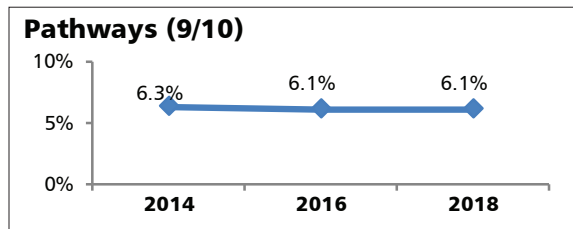
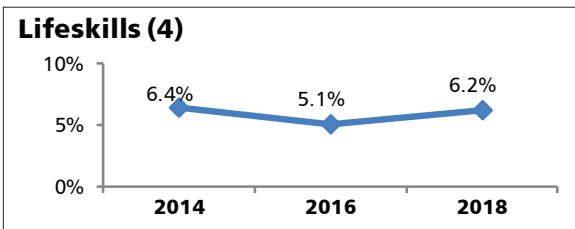
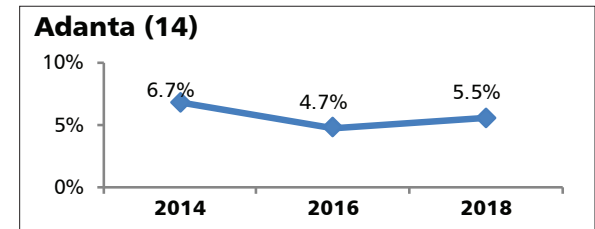
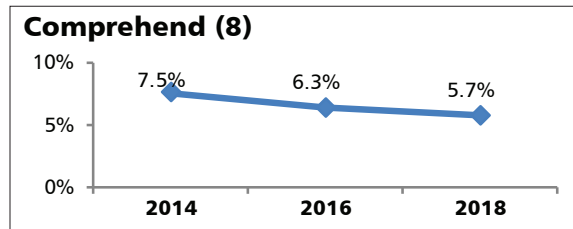
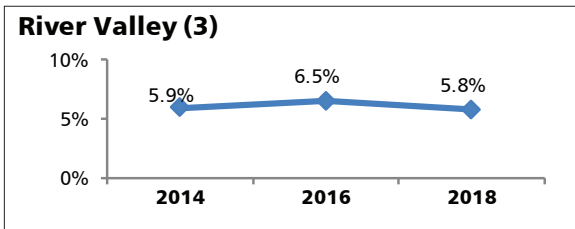
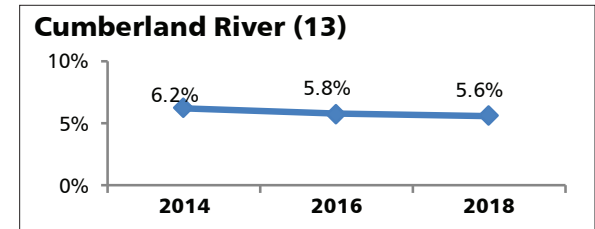
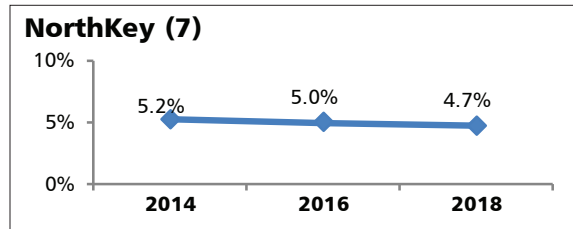
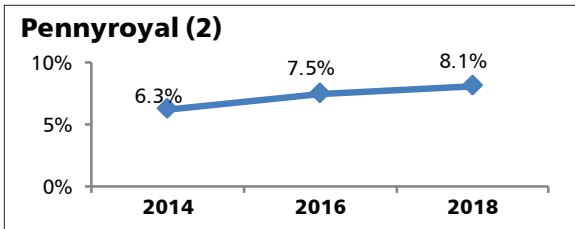
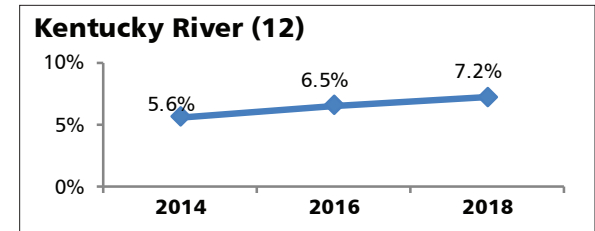
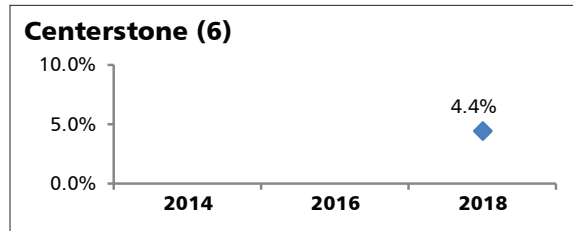
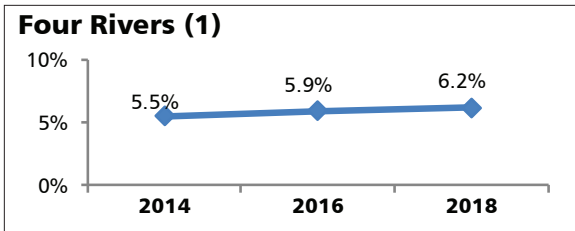
*(% reporting they had been physically hurt within the past year)



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Regional Trends—**Physical Dating Violence** by 10th Graders, 2014-2018
 (% responding that they had been physically hurt on purpose by a boyfriend or girlfriend within
 the past year, including being hit, pushed, or hair pulled)

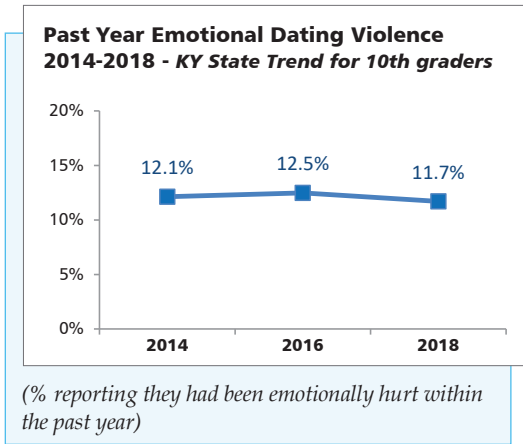


Grade 10 - Emotional Dating Violence, 2018

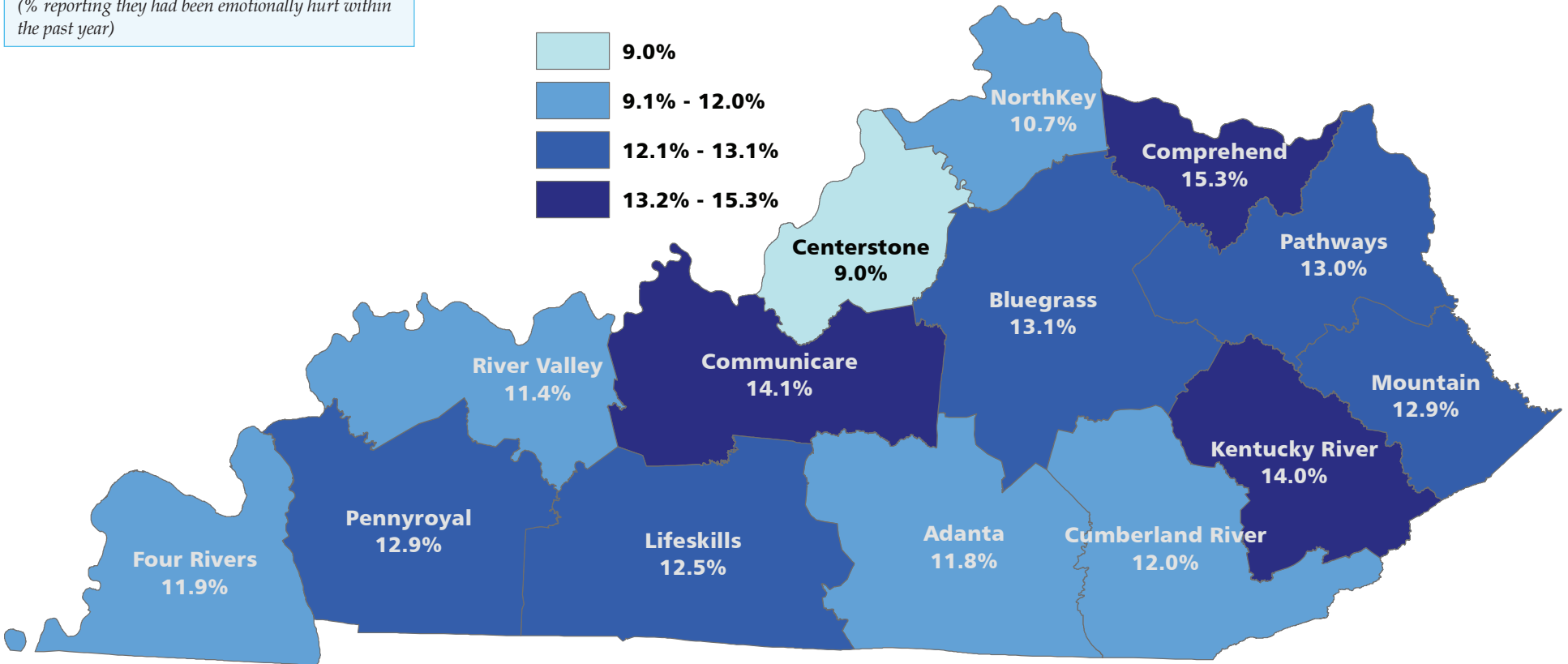
(% responding that they had been emotionally hurt on purpose by a boyfriend or girlfriend within the past year, including threats, threatening phone calls/texts, name-calling, online harrasment)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 9.0% (CENTERSTONE); Max: 15.3% (COMPREHEND)



(% reporting they had been emotionally hurt within the past year)

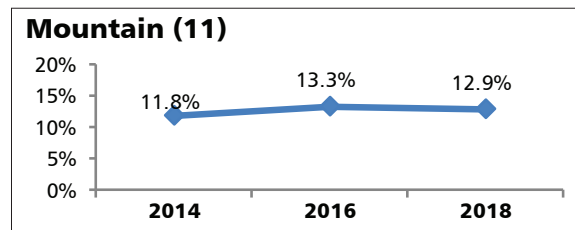
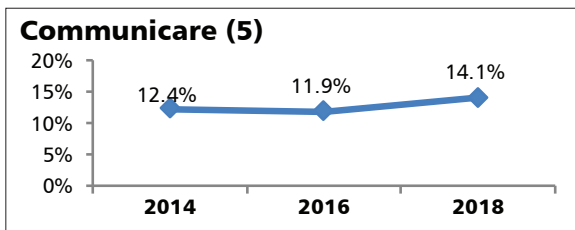
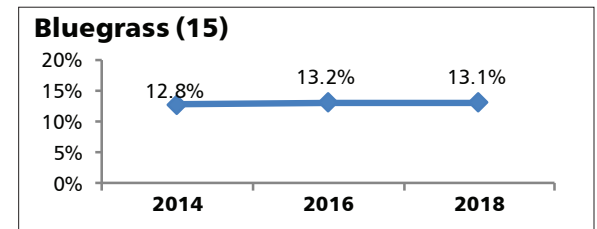
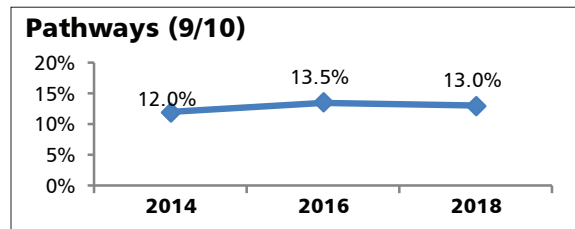
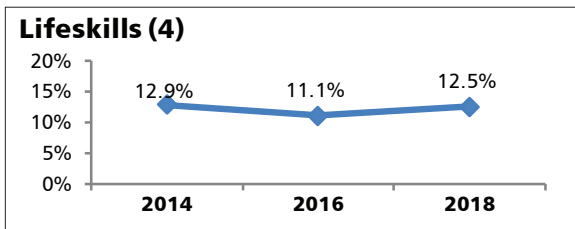
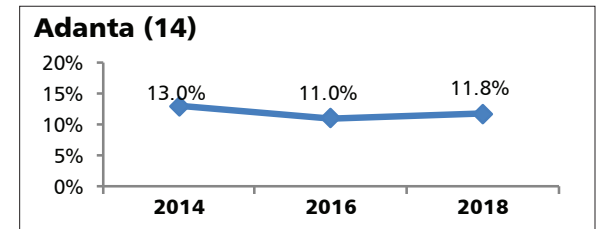
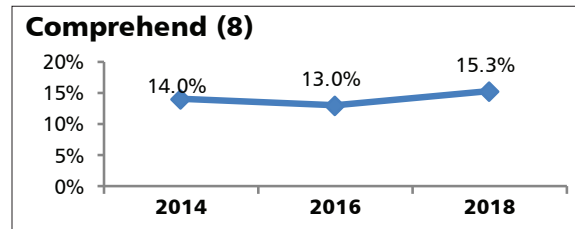
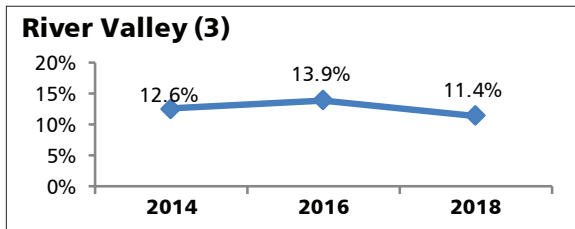
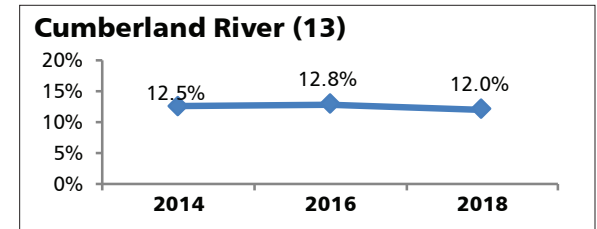
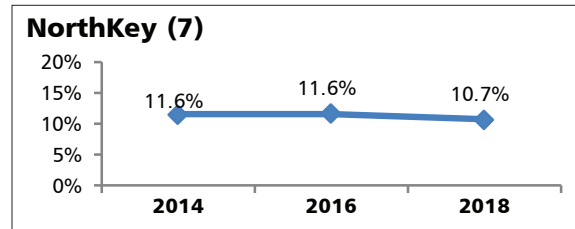
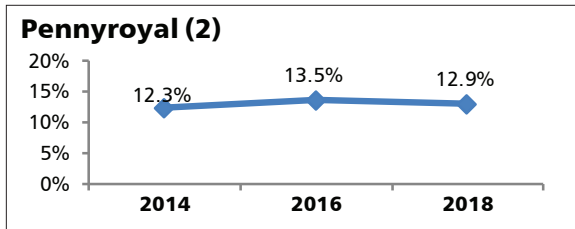
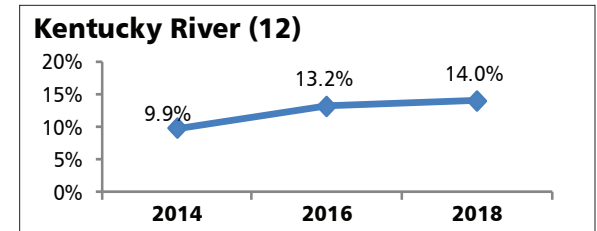
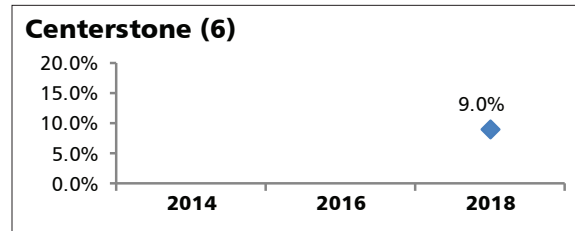
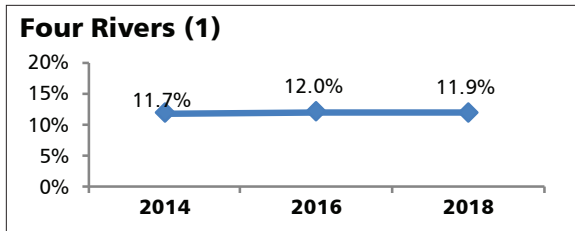


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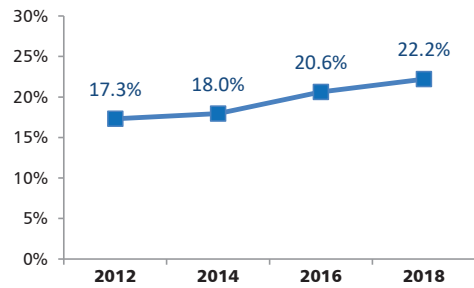
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Regional Trends—**Emotional Dating Violence** by 10th Graders, 2014-2018

(% responding that they had been emotionally hurt on purpose by a boyfriend or girlfriend within the past year, including threats, threatening phone calls/texts, name-calling, online harrasment)



**30-Day Serious Psychological Distress
2012-2018 - KY State Trend for 10th graders**



**(% meeting the threshold for serious psychological distress)*

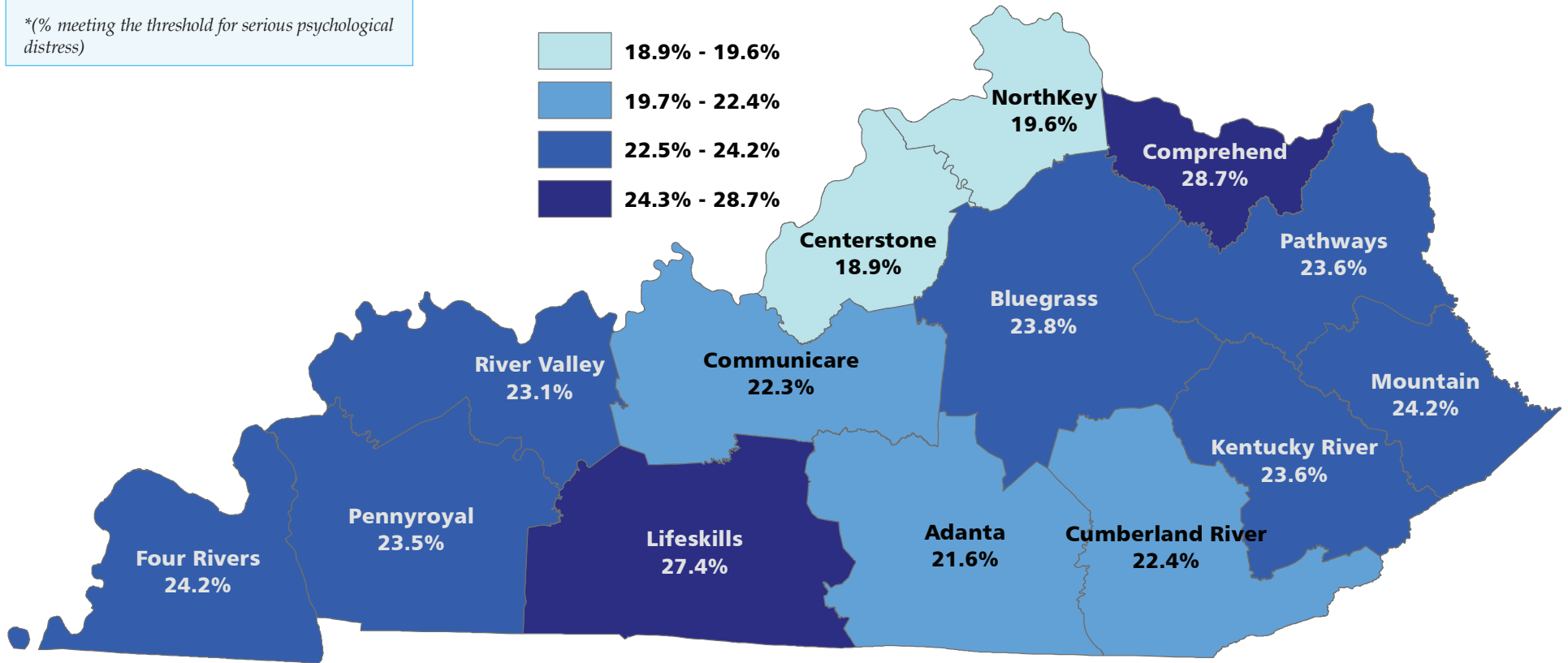
Grade 10 - Serious Psychological Distress,* 2018

**nervous, hopeless, restless or fidgety, so depressed nothing could cheer you up, everything was an effort, worthless*

(% meeting the threshold for serious psychological distress)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 18.9% (CENTERSTONE); Max: 28.7% (COMPREHEND)



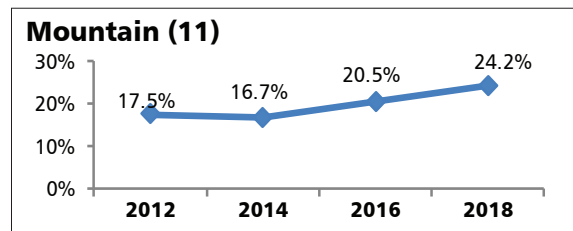
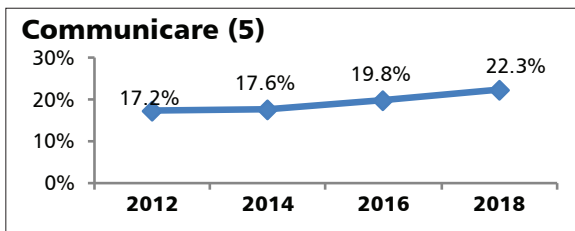
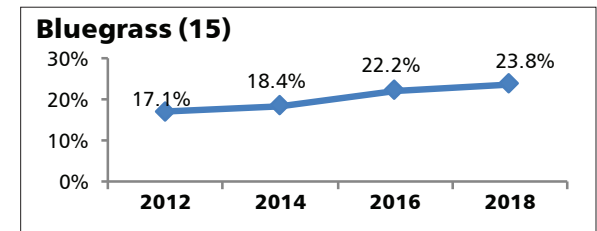
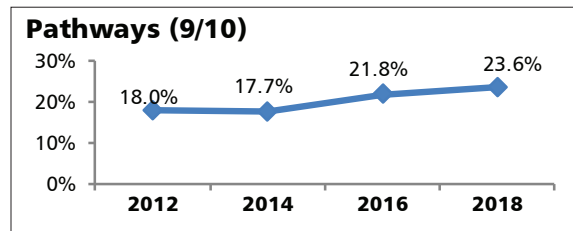
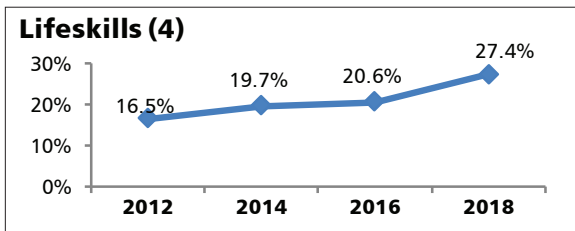
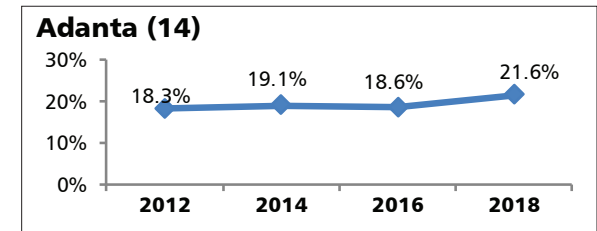
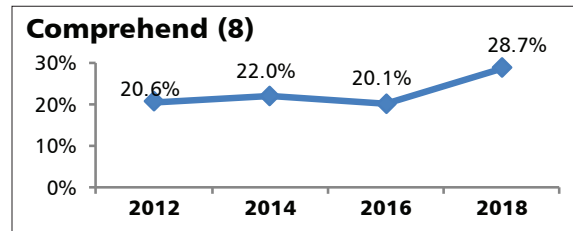
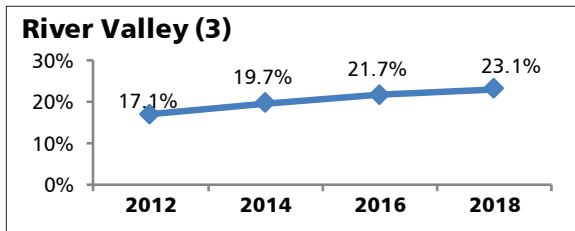
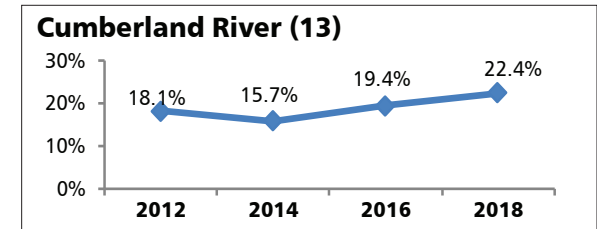
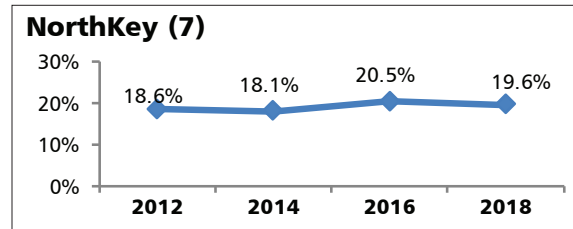
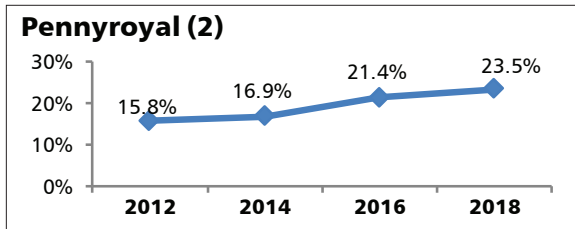
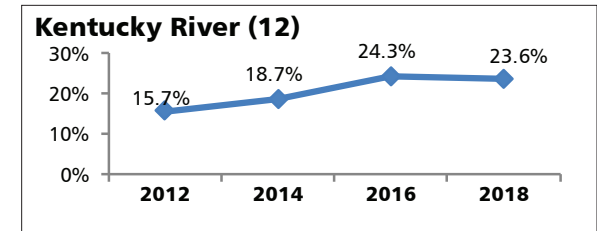
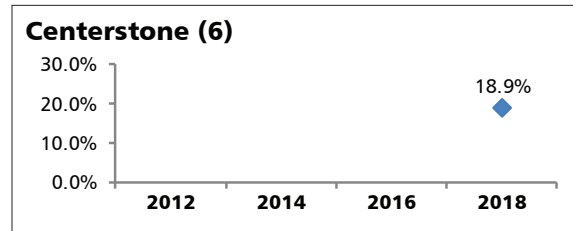
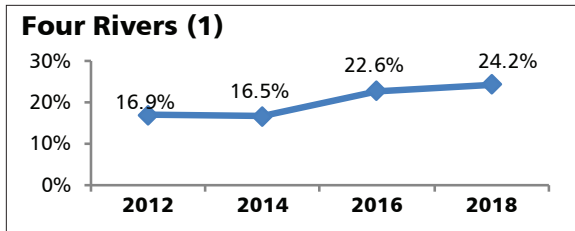
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Regional Trends—**Serious Psychological Distress*** by 10th Graders, 2012-2018

(% meeting the threshold for serious psychological distress)

*nervous, hopeless, restless or fidgety, so depressed nothing could cheer you up, everything was an effort, worthless

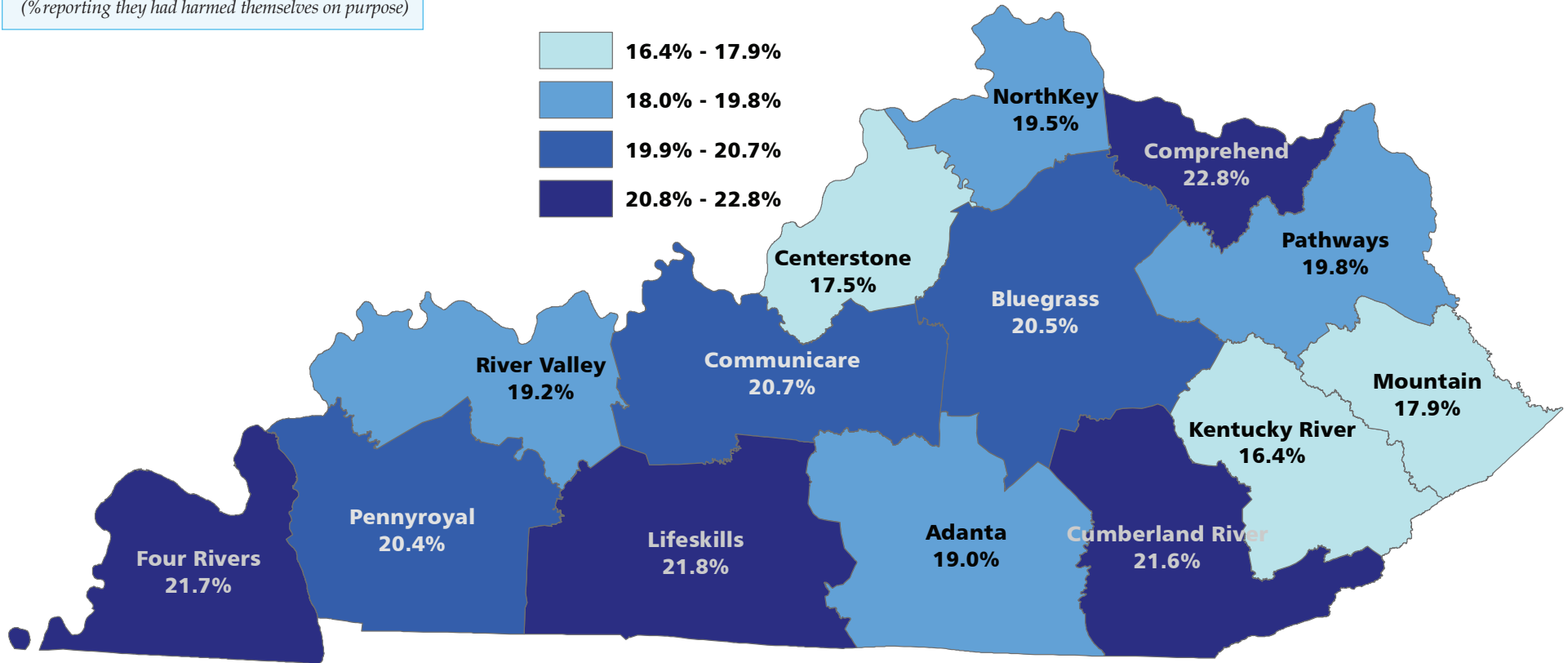
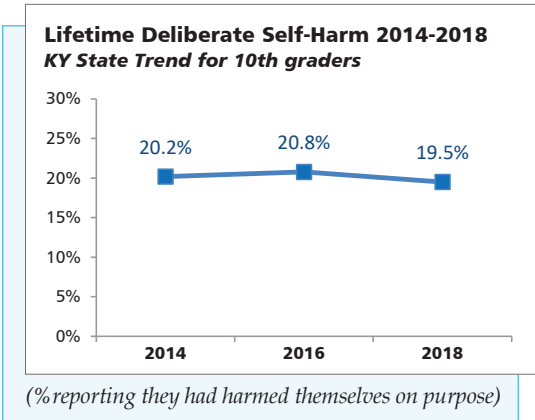


Grade 10 - Self-Harm, 2018

(% responding that they had ever cut or harmed themselves on purpose)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 16.4% (KENTUCKY RIVER); Max: 22.8% (COMPREHEND)

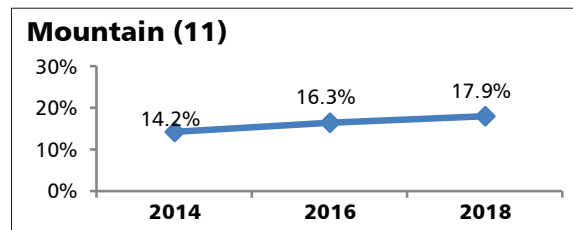
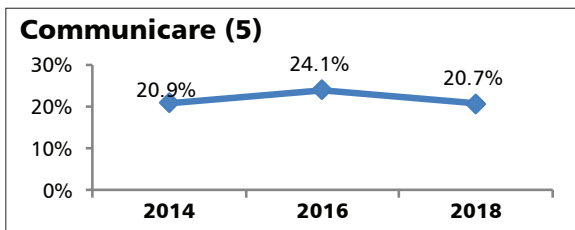
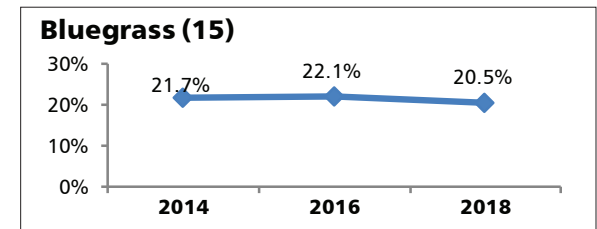
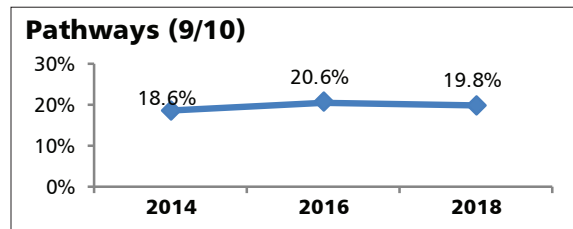
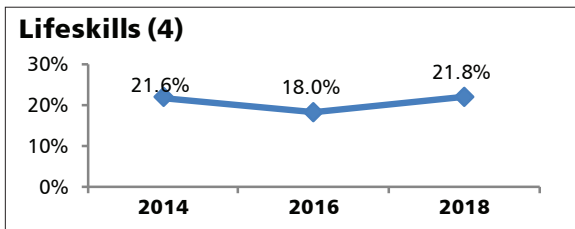
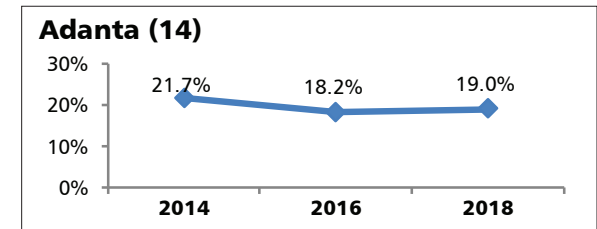
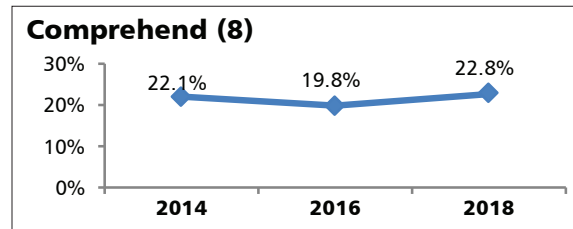
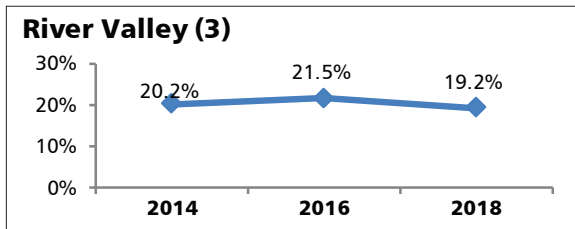
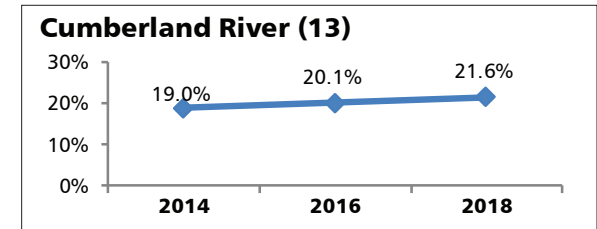
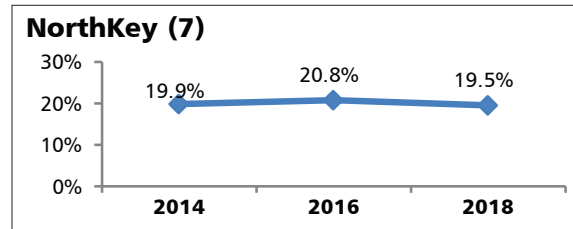
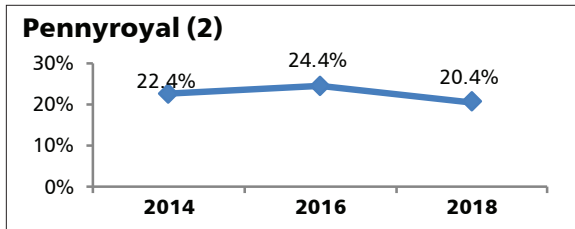
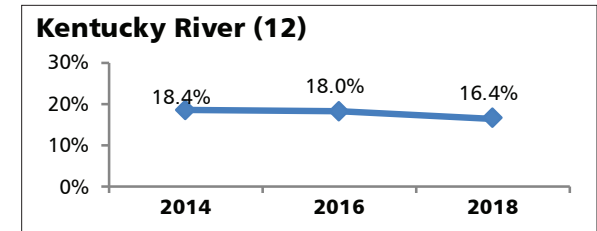
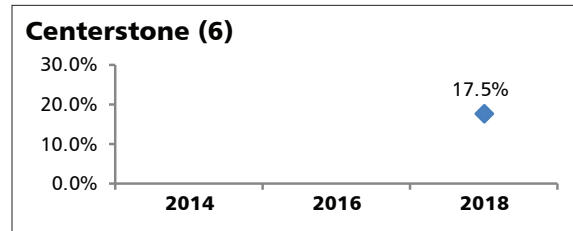
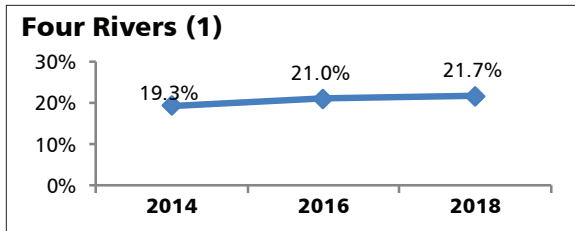


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Regional Trends—**Self Harm** by 10th Graders, 2014-2018

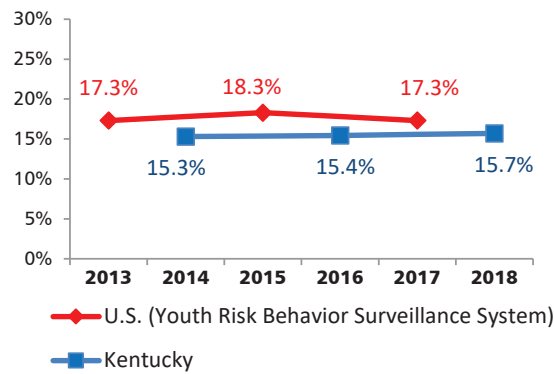
(% responding that they had ever cut or harmed themselves on purpose)



Grade 10 - Suicidal Ideation, 2018

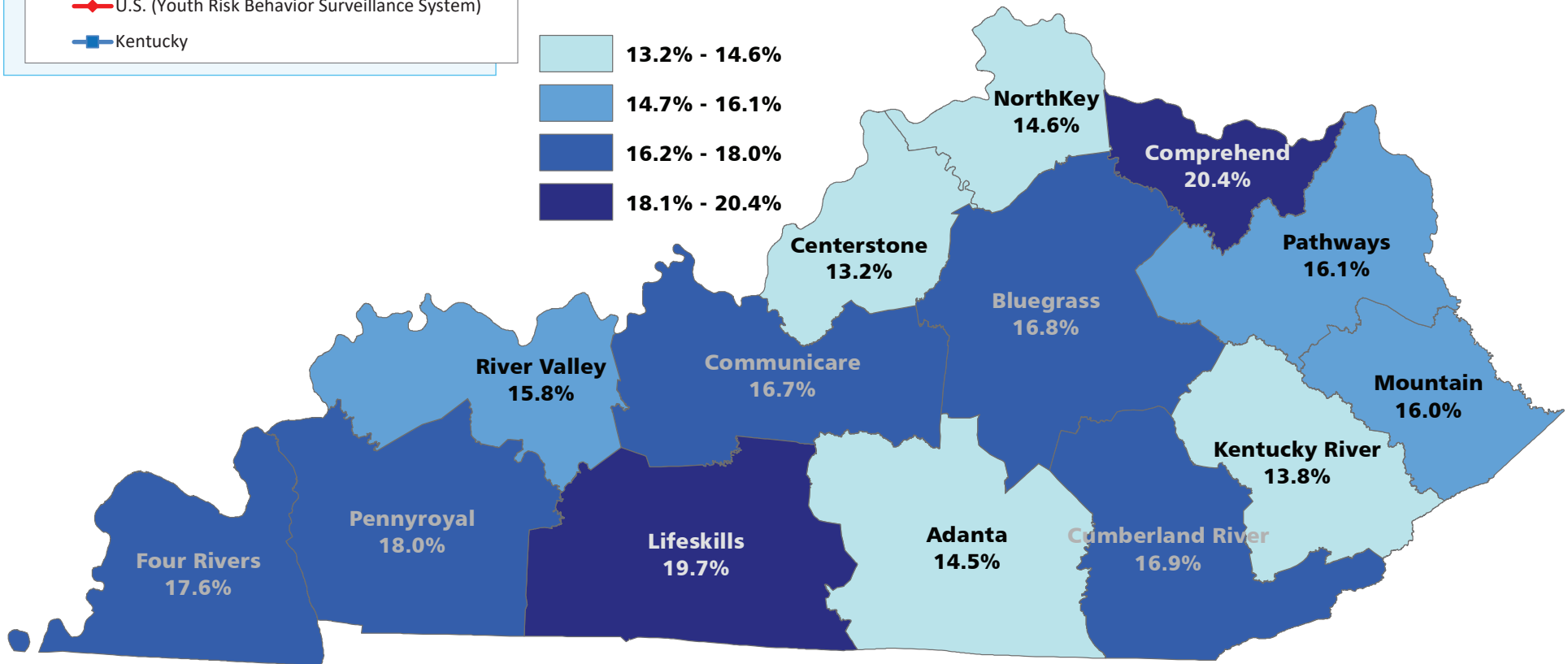
(% responding that they had seriously considered attempting suicide within the past year)

Past Year Suicidal Ideation 2013-2018
U.S. and KY State Trends for 10th graders



PERCENTAGE OF 10TH GRADERS, 2018

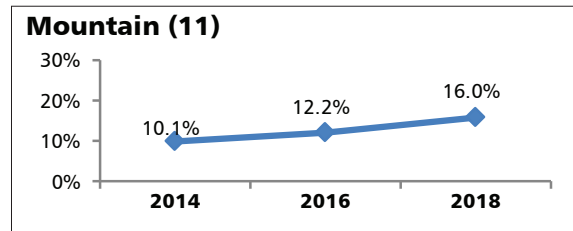
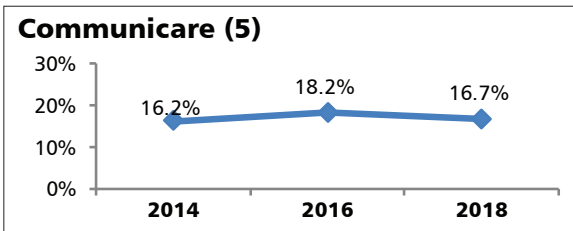
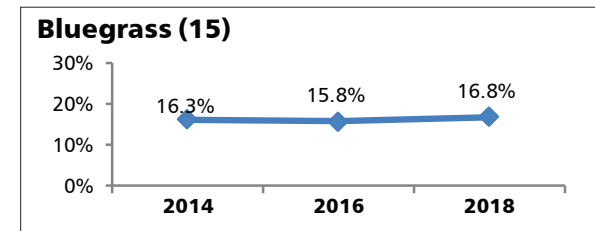
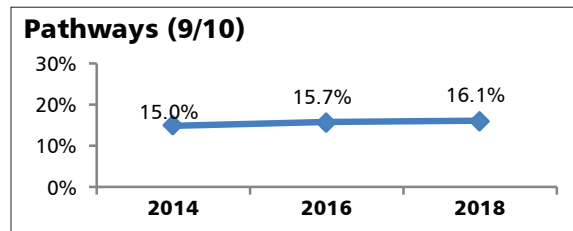
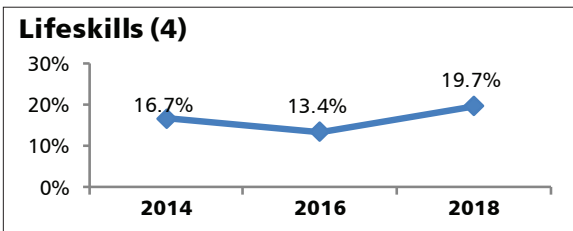
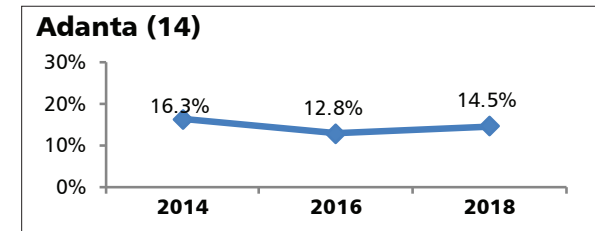
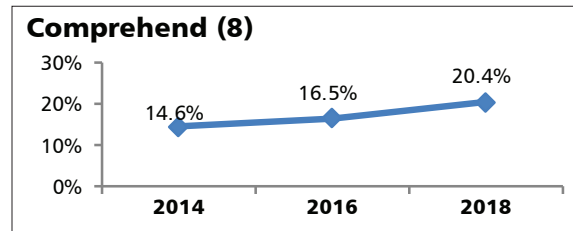
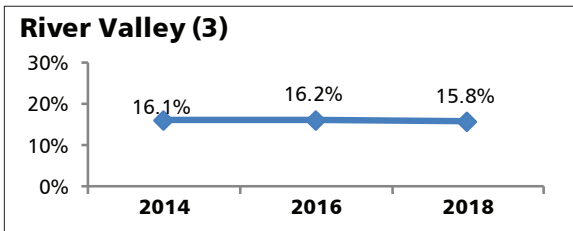
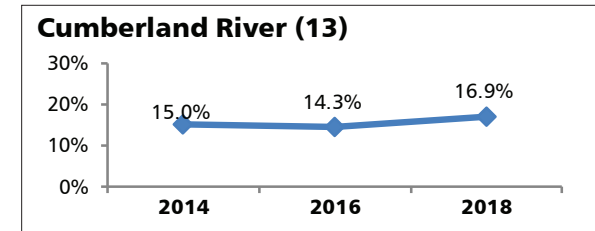
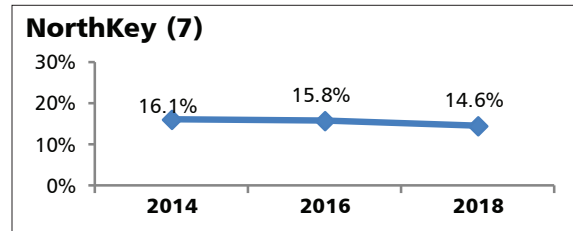
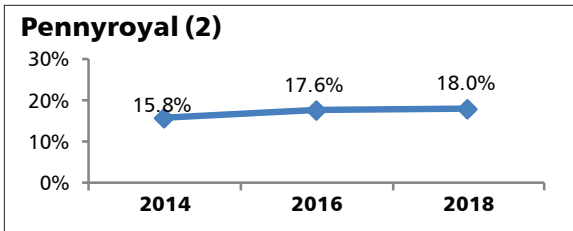
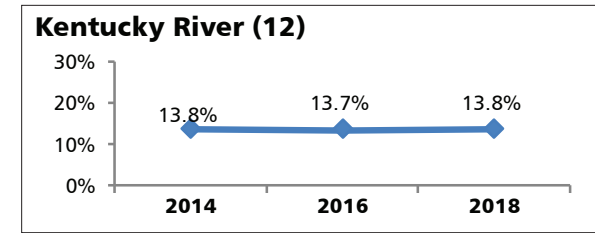
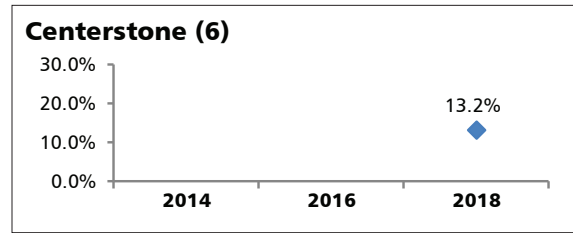
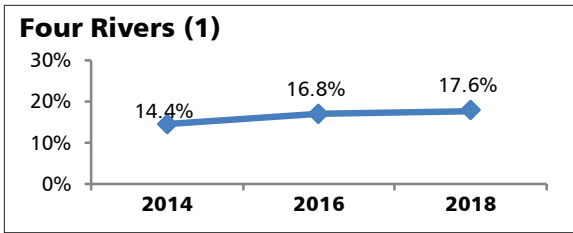
Min: 13.2% (CENTERSTONE); Max: 20.4% (COMPREHEND)



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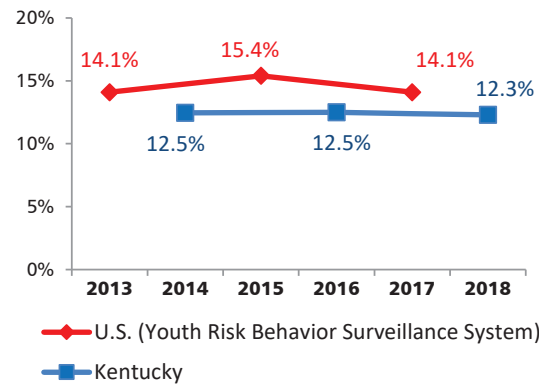
Regional Trends—**Suicidal Ideation** by 10th Graders, 2014-2018
 (% responding that they had seriously considered attempting suicide within the past year)



Grade 10 - Suicide Plan, 2018

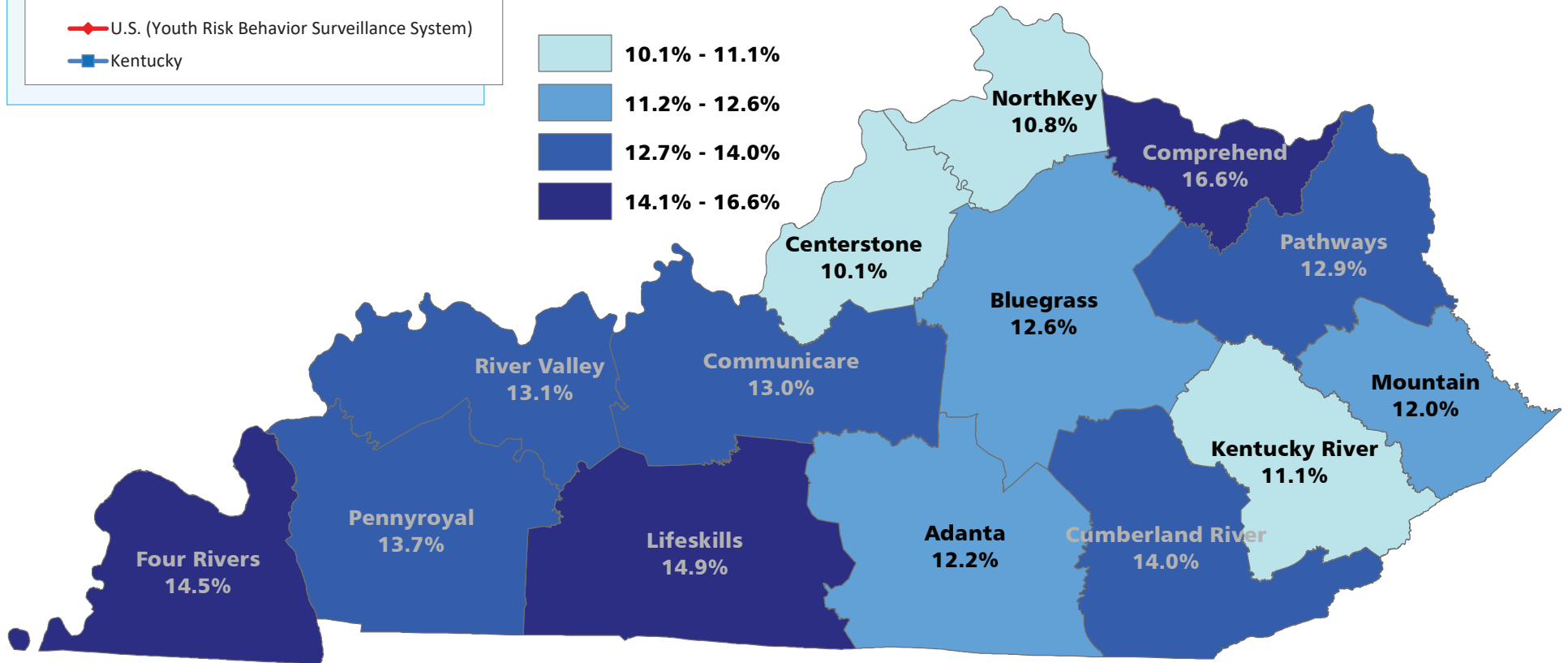
(% responding that they had made a plan about how they would attempt suicide within the past year)

Past Year Suicide Plan 2013-2018
U.S. and KY State Trends for 10th graders



PERCENTAGE OF 10TH GRADERS, 2018

Min: 10.1% (CENTERSTONE); Max: 16.6% (COMPREHEND)

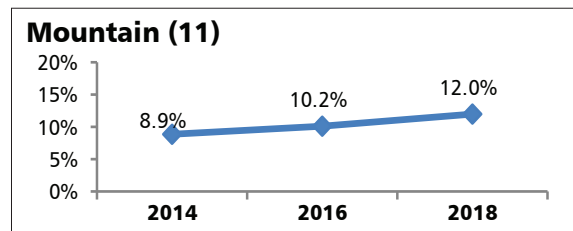
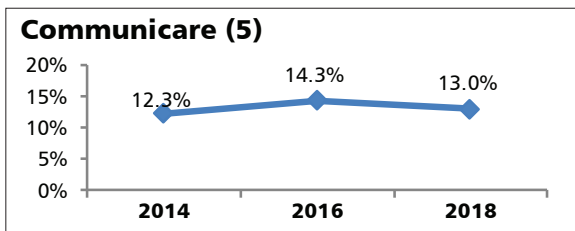
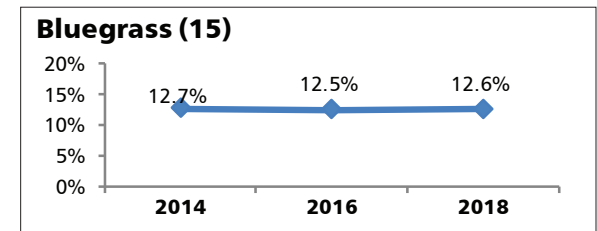
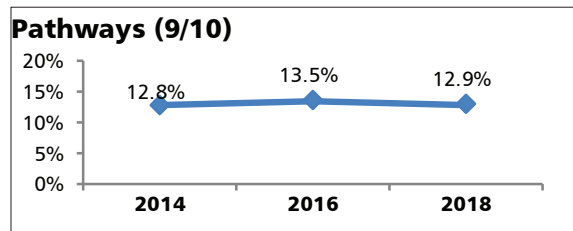
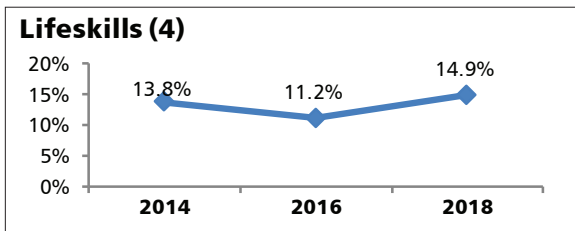
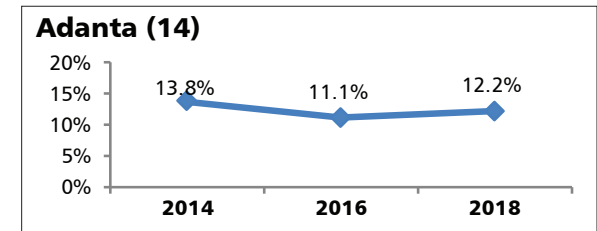
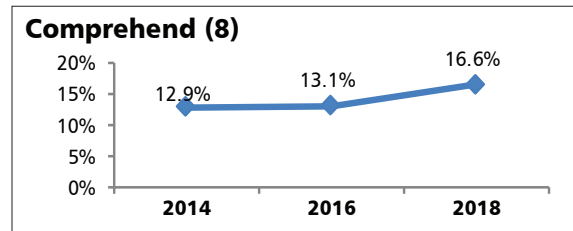
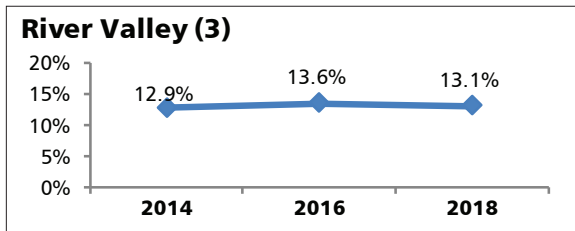
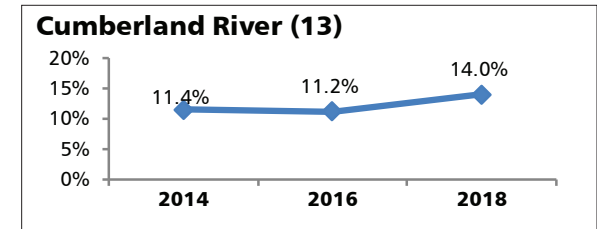
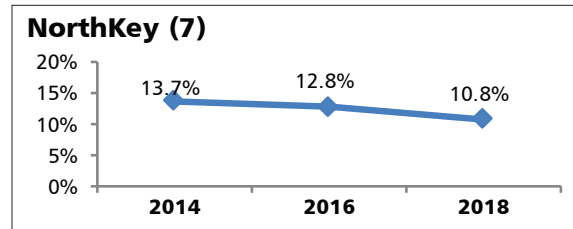
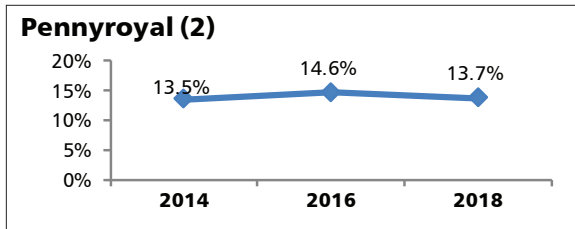
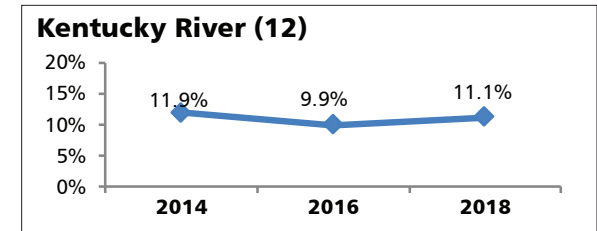
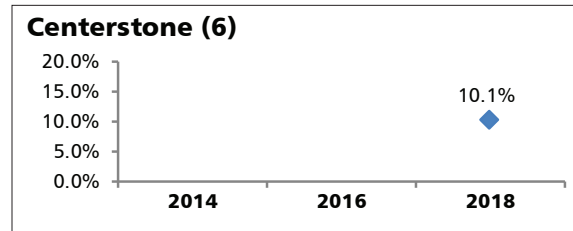
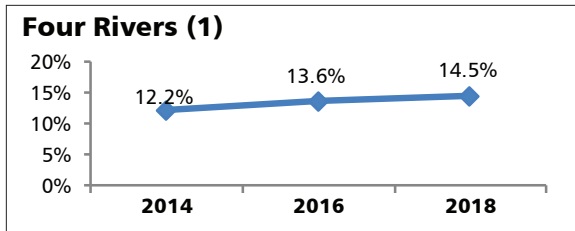


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Regional Trends—**Suicidal Plan** by 10th Graders, 2014-2018

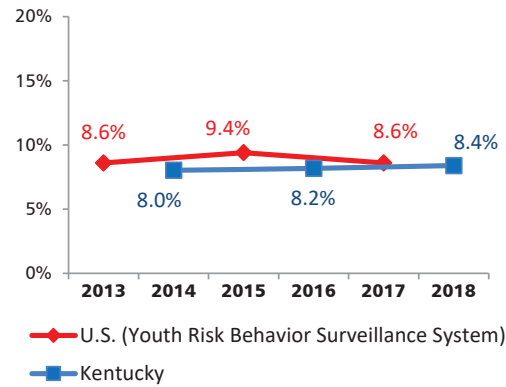
(% responding that they had made a plan about how they would attempt suicide within the past year)



Grade 10 - Suicide Attempt, 2018

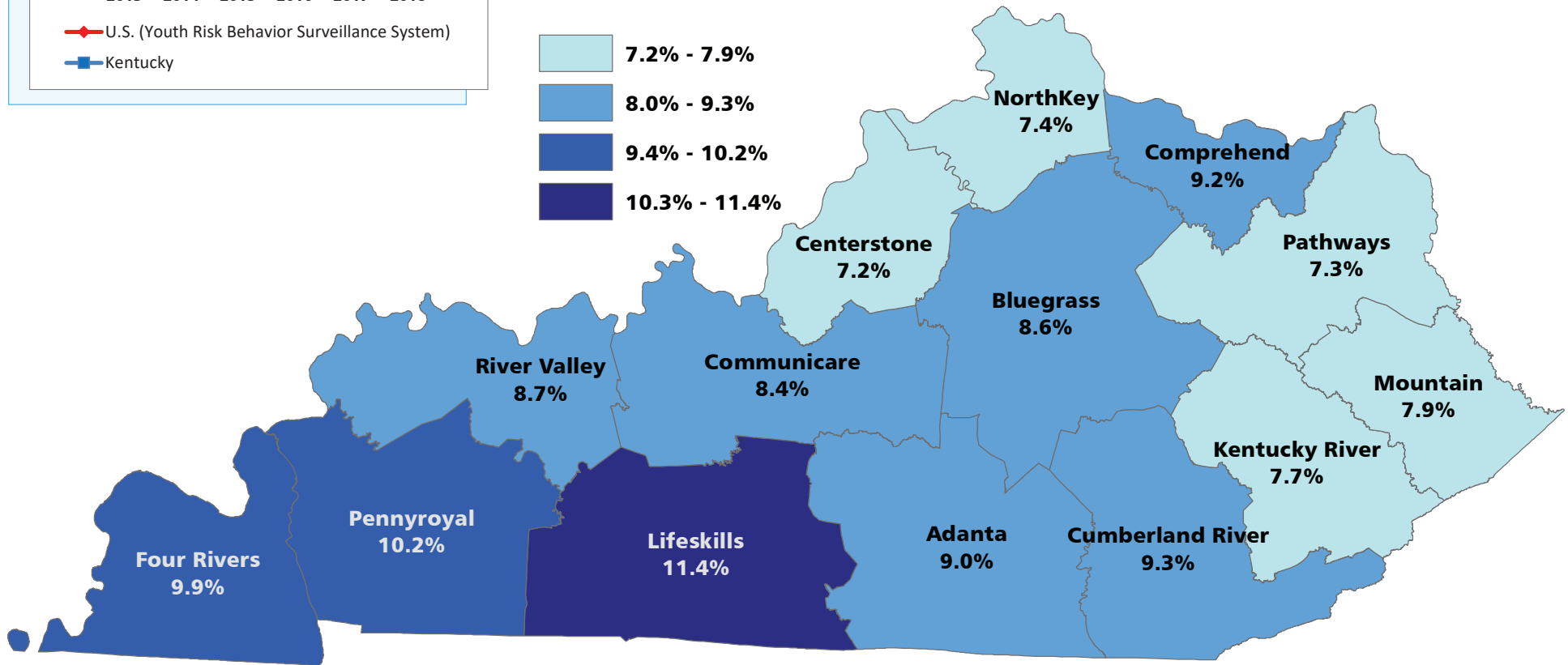
(% responding that they had actually attempted suicide at least one time within the past year)

Past Year Suicide Attempt 2013-2018
U.S. and KY State Trends for 10th graders



PERCENTAGE OF 10TH GRADERS, 2018

Min: 6.8% (MOUNTAIN); Max: 11.4% (LIFESKILLS)

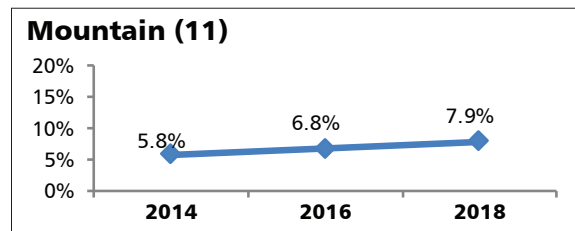
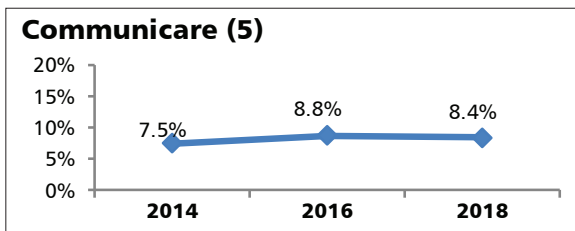
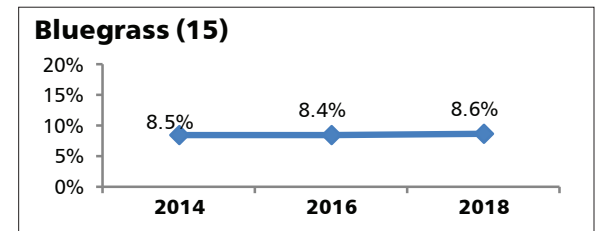
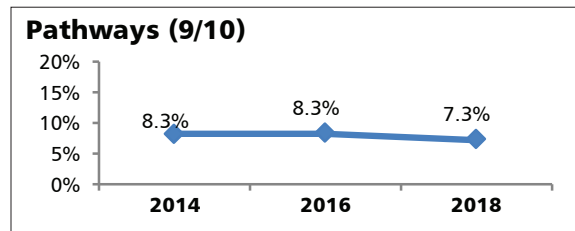
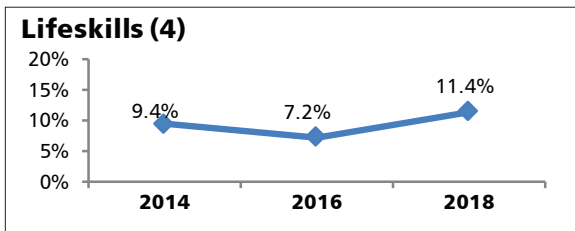
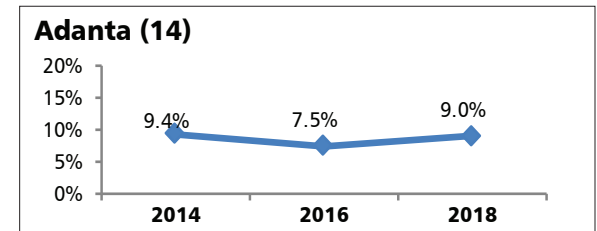
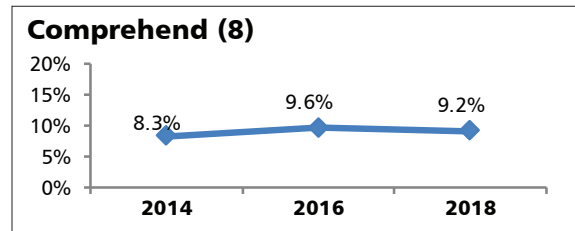
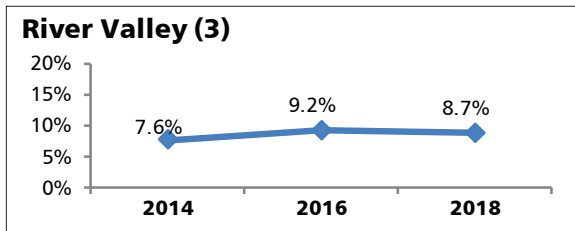
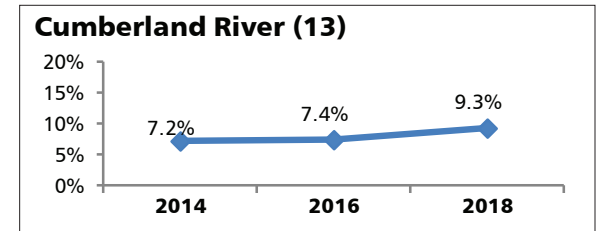
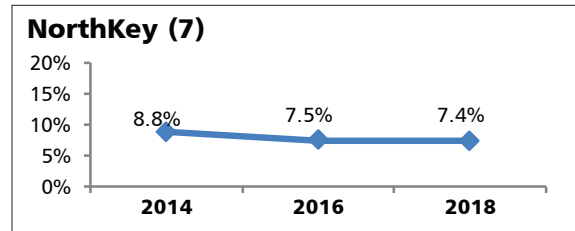
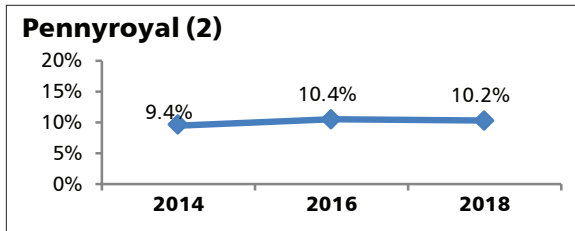
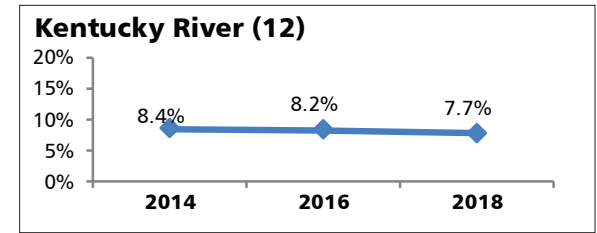
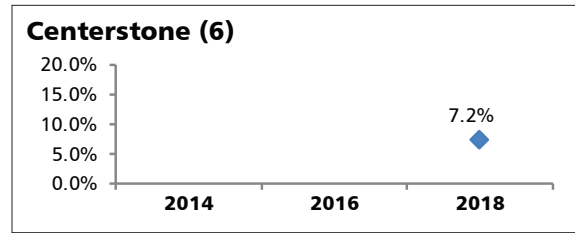
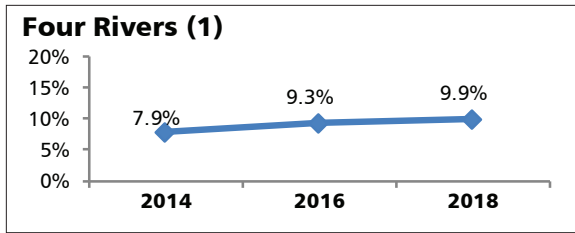


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Regional Trends—**Suicide Attempt** by 10th Graders, 2014-2018

(% responding that they had actually attempted suicide at least one time within the past year)

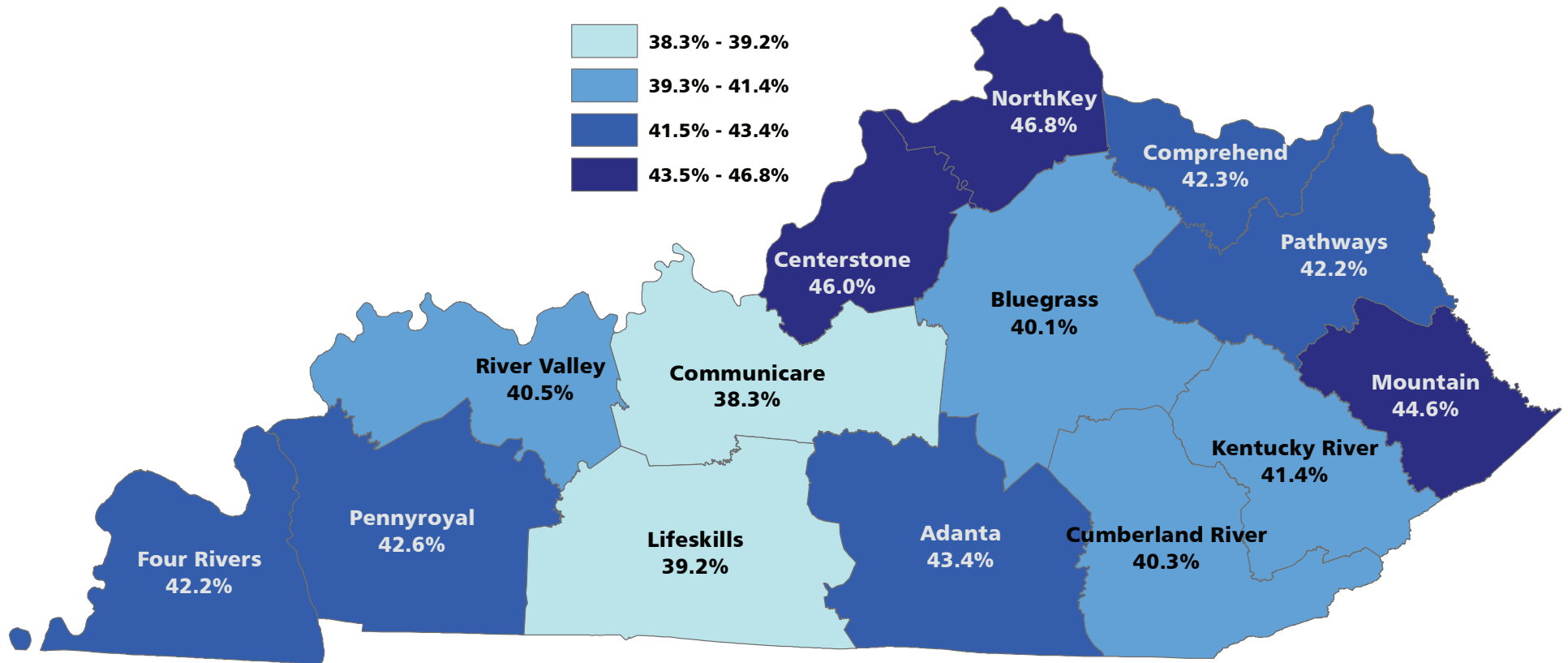


Grade 10 - E-Cigarettes, Risk Perception, 2018

(% responding that they perceive using e-cigarettes on some days but not every day to be a moderate or high risk)

PERCENTAGE OF 10TH GRADERS, 2018

Min: 38.3% (COMMUNICARE); Max: 46.8% (NORTHKEY)



NON-PARTICIPATING DISTRICTS BY REGION: PENNYROYAL (Dawson Springs Independent, Hopkins County), COMMUNICARE (Hardin County), CENTERSTONE (Anchorage Independent), NORTHKEY (Beechwood Independent, Fort Thomas Independent, Kenton County), BLUEGRASS (Fayette County, Berea Independent), PATHWAYS (Raceland-Worthington Independent), MOUNTAIN (Paintsville Independent), KENTUCKY RIVER (Lee County), CUMBERLAND RIVER (Barbourville Independent, East Bernstadt Independent, Laurel County, Rockcastle County), ADANTA (Science Hill Independent), LIFESKILLS (Warren County, Bowling Green Independent, Glasgow Independent, Logan County, Russellville Independent.)

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Resources

Prevention Science

Program planning and evaluation efforts to prevent substance abuse in Kentucky are grounded in the field of prevention science. Prevention science is related to on-going work in the areas of health promotion and behavioral risk reduction. Fundamental to this emerging science of substance abuse prevention are certain core empirically-based concepts. All are predicated on the belief that it is crucial to have clear estimates of the prevalence and incidence of substance abuse for various populations and settings (a key reason for the KIP survey in Kentucky) in order to gauge change and the effectiveness of prevention and treatment programs. There are a variety of developmental pathways to substance abuse.

- Early childhood developmental and family factors can play a substantial role in creating subsequent vulnerability.
- The eventual emergence of substance abuse is influenced by the presence or absence of specific risk and resilience factors, which can also serve as targets for intervention.
- Substance abuse prevention efforts need to be systemic in orientation, and have been shown to be effective in family, school, peer group, mass media, or community contexts (or combinations of these).
- Media-based programs have been shown to have some utility when used with other strategies, but alone are insufficient to induce change.
- Target population characteristics should be considered in planning for prevention program implementation (e.g., adolescents, African-American youth, male-female differences, children of divorce).
- Setting characteristics of prevention and intervention strategies can also make a difference (e.g., urban-rural).
- Promoting behavioral competence in social, behavioral, emotional, and academic areas is central to effective prevention.
- Effective substance abuse interventions tend to combine useful content with a delivery approach that is engaging.

Conceptual Framework for Substance Abuse Prevention

A review of the research literature in the field of prevention science suggests that there are certain key factors to be considered in school- and community-based substance abuse prevention. These can be grouped into three main areas (or domains): (1) Substance Abuse Problem Identification; (2) Proximal Risk and Resilience (i.e., protective) Factors; and, (3) Community Level Contextual Factors.

Substance Abuse Problem Identification

Substance Abuse Problem Identification refers to prevalence and incidence data that can help a community understand: (1) the rate at which substances are being used or abused; (2) the nature and scope of these problems; and, (3) how the problems are perceived. These kinds of problem identification data are most often used to construct a needs assessment for the community. The KIP survey can be invaluable in this respect, because it provides information about student self-reported use of substances (e.g., within last 30 days, last year), student perceptions about substance use (e.g., level of risk, peer and parent disapproval), and perceived accessibility of substances in the community. Other sources of data can help “fill in the picture”; these include data reported to the Kentucky Center for School Safety, such as the number of school disciplinary actions related to ATOD offenses on school property in a given year, and the rate of tobacco-related policy violations in a particular school district. It is important to note that in addition to the “quantitative” information described above, a fuller picture may emerge by using “qualitative” methods to gather information. Such methods can include anecdotal data from specific incidents, focus groups, and supplemental student surveys.

Proximal Risk and Resilience Factors

Research has shown that there are some factors that are highly correlated with substance abuse. Knowledge about the relative presence or absence of these factors in a given school-community can help to both understand the nature of the problems and plan for effective

preventive interventions. Examples of proximal factors at the school level may include economic disadvantage (as measured by the number of students eligible for free and reduced lunch), student engagement or “bonding” (as measured by attendance and drop out rates), school achievement (e.g., retention rates, academic performance/achievement assessment scores), and school safety and climate (e.g., perception of risk, number of law and school board policy violations). All of these are indicators that may help to understand the factors that may give rise to problems related to substance abuse. Interpretation of the KIP findings should always take these factors into consideration.

Community-Level Contextual Factors

The data for each school-community have meaning only in the context of the general factors that make that community unique. For example, some communities are densely populated within relatively small geographic regions, while others are more sparsely populated but are geographically quite large. Communities across Kentucky vary tremendously with respect to demographic characteristics, such as population, race/ethnicity, literacy, poverty, business patterns, and many other such dimensions. A broad understanding of these factors can also help to place substance abuse issues in context.

National Data Trends

A review of recent national and state-level data trends relative to substance abuse can help ‘set the stage’ for review and analysis of Kentucky Incentives for Prevention survey data. Included below are descriptions of significant resources for national data related to substance abuse, as well as various associated risk and protective factors.

The most comprehensive source of statistical information on the use of illegal drugs by the U.S. population is the National Survey of Drug Use and Health (NSDUH). This is an annual survey, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), and pertains to individuals aged 12 years or

older. To access findings from the 2015 NSDUH survey, go to <https://nsduhweb.rti.org/> (click on “Latest Survey Results” under the “Survey Results” tab) to read the “Key Substance Use and Mental Health Indicators in the United States: Results from the 2015 National Survey on Drug Use and Health” report. Here, you can explore findings related to youth (and adult) illicit drug use, tobacco use, alcohol use, and mental health issues.

A comparative analysis of state-level data provides additional insight into substance abuse trends in various regions of the US. Maps depicting key themes that emerge from such a review of the state-level 2014 National Survey of Drug Use and Health can be found here: <https://www.samhsa.gov/data/sites/default/files/NSDUHsaeMaps2014/NSDUHsaeMaps2014.htm>. Particularly notable are the maps depicting: Past Month Illicit Drug Use, Past Month Alcohol Use, Past Month Marijuana Use, Perception of Risk Associated With Marijuana Use, Past Year Non-Medical Use Of Pain Relievers, Past Month Binge Alcohol Use, and Past Month Tobacco Product Use.

State-specific data are also available from the Youth Risk Behavior Surveillance System (YRBSS). YRBSS includes a national school-based survey conducted by the Centers for Disease Control (CDC) as well as state and local school-based surveys conducted by education and health agencies. It monitors six categories of priority health-risk behaviors among youth and young adults, including alcohol, other drug and tobacco use. Comprehensive results of the 2015 YRBSS survey related to alcohol, other drug, and tobacco use among Kentucky youth (in grades 9, 10, 11 and 12) can be found here: <https://nccd.cdc.gov/Youthonline/App/Results.aspx?LID=KY>

Synthesizing Information

Sometimes patterns in the data will become more obvious by making region-to-region or region-to-state comparisons. Questions to consider include:

- What is the current state of affairs within our region with respect to student use of various substances? Has this changed over time?

- How do we compare to other regions in Kentucky? How do we compare to national scores, such as the Monitoring the Future?
- Are there any patterns or trends that emerge as we review our data? Any surprises? When there have been changes, what are the factors that likely contributed to the change?
- What are the areas of greatest concern for our region? Where should our priorities lie?
- Are there any obvious linkages between our current substance abuse prevention and intervention activities and the patterns seen in the data?
- What are the perceptual data about risk, approval/disapproval, and accessibility telling us about our community’s norms, values, and expectations?
- Are there demographic factors that cause our region to be more (or less) susceptible to youth substance abuse problems?
- To what extent do students in our communities perceive that they are engaged in the schooling process? To what extent do some students feel alienated or disenfranchised?
- In general, how do our students achieve in school, compared to other regions and the state? Do any patterns emerge across grade levels? Across subject areas?
- Do students perceive that they are safe in school? What aspects of school safety may be related to substance abuse?
- What are the physical, resource, and geographic features of our region? Population characteristics? Family characteristics? Socioeconomic characteristics? How might these variables contribute (directly or indirectly) to substance abuse?

The process of profiling your region and its communities can lead to not only insights into possible connections between these various factors, but also ideas for goal-setting and prevention program planning.

Additional Resources

Worksheets to help organize information related to the domains of Substance Abuse Problem Identification,

Proximal Risk and Resilience Factors and Community-Level Contextual Factors are available at www.reachevaluation.com/kip (click on “KIP Survey 2016 District Report Planning Worksheets”).

County-level demographics and related information are available online in Kentucky’s Substance Abuse Prevention Data Warehouse at <http://sig.reachoflouisville.com>. In addition to providing a wealth of information about community characteristics and substance abuse prevention, this site is useful in creating presentation-ready tables, graphs, and maps.

Additional information related to the KIP survey administration can be found at: <http://reachevaluation.com/kip>. This site includes answers to frequently asked questions about the KIP Survey, the KIP Training Manual, and contact information for KIP personnel. To access KIP regional and statewide reports, go to <https://reacheval.com/projects/kentucky-incentives-for-prevention-kip-survey/>

The Behavioral Health Prevention and Promotion Branch in the Division of Behavioral Health works to prevent substance misuse and abuse, prevent suicide, and promote mental health and resilience factors. With the support of federal and state funding, the Prevention and Promotion Branch and 14 Regional Prevention Centers (RPCs) across the state use data from the KIP survey and a number of other data sources to guide their prevention efforts. To learn more about the Prevention and Promotion Branch’s work and for a Provider Directory to contact your local RPC, visit: <http://dbhdid.ky.gov/dbh/bhpp.aspx>

Data Contact

Lisa Crabtree, M.A., Evaluation Researcher
REACH Evaluation
501 Park Avenue
Louisville, KY 40208
(502) 585-1911
lisa@reacheval.com



501 Park Avenue | Louisville, KY 40208 | 502.585.1911
www.reachevaluation.com