

Community Prevention Wellness Initiative: Take-Home Messages From Cohort 1 Tenth-Grade Evaluation

Question 1: Did 10th grade substance use & risk factors decrease in CPWI communities from 2008 to 2016?

- **Yes. Cohort 1 CPWI communities showed improvement on all measures related to alcohol and tobacco use and all risk factors in the family and community domains.** In total, CPWI communities showed improvement on 19 of the 27 (70%) substance use and risk factors we measured.
- Like other communities in Washington State and nationally, **both alcohol use and cigarette smoking continue a steep downward trend in CPWI communities.**
 - Between 2008 and 2016, alcohol use in past 30 days decreased by 36% and binge drinking by 42%. Similarly, cigarette use in past 30 days decreased by 49%.
- Similar to other communities in Washington State, **marijuana use has decreased in CPWI communities.**
 - Between 2008 and 2016, any marijuana use ever and marijuana use in past 30 days decreased by 11%.
 - This can be interpreted as a positive finding, given that marijuana was legalized in 2012, and likely became more accessible during this time period.
- **CPWI communities showed improvement on all risk factors in the family and community domains.**
 - Results were mixed in the individual and peer domain (decreased risk on 3 measures, increased risk on 1 measure, and no change on 3 measures) and in the school domain (decreased risk on 1 measure, increased risk on 2 measures, and no change on 1 measure).

Whereas Question 1 simply describes trends in CPWI communities over time, Question 2 tests for significant differences between CPWI and other similar Washington communities.

Question 2: In 2008, CPWI communities were significantly higher than other similar Washington communities on a number of substance use outcomes and risk factors. Had CPWI communities closed the gap by 2016?

- **Yes, for alcohol.** Even though all communities showed decreases in alcohol use, alcohol use decreased more in CPWI communities.
- **No, for tobacco and marijuana.**
 - Despite decreases in marijuana use from 2008 to 2016, CPWI communities continue to remain at higher levels of risk. In both 2008 and 2016, CPWI communities had higher rates of marijuana use than other similar communities.
 - Despite the substantial decrease in cigarette smoking in CPWI communities from 2008 to 2016, smoking decreased even more in other communities, creating a new gap that did not exist in 2008. This may reflect more emphasis in coalition efforts on prevention of alcohol and other substances.
 - CPWI communities reported significantly higher frequency of prescription drugs misuse than other communities. This item was not measured in 2008, so we can't compare change over time for this variable.
- **Yes, for family and community risk factors.**
- **No, for peer-individual and school risk factors**
 - By 2016, CPWI closed the gap on 1 of 2 school risk factors.
 - In 2016, CPWI communities continue to report higher levels of risk for 2 peer-individual risk factors.

Take-home messages:

- **Prevention activities in Cohort 1 CPWI communities appear to have equalized most of the 2008 gaps with other communities in alcohol use, family risk factors, school risk factors, and community risk factors.** Risk factors are a leading indicator -- that is, we expect to see changes in risk factors before we see changes in substance use behaviors. Substance use is a lagging indicator, and we would expect to see changes in these variables later. It is promising to see positive changes across multiple substance use and risk factor domains.
- **Overall, the news about alcohol and tobacco is good, but CPWI communities may need to increase focus on youth tobacco and marijuana use as well as prescription drug misuse.**

Targeted Prevention Efforts Were Successful

Cohort 1 CPWI communities were selected based on their significantly higher levels of alcohol use and risk behaviors as measured by the 2008 Healthy Youth Survey and Risk Profile data. Cohort 1 communities began prevention programming in 2011 with an emphasis on preventing alcohol use and decreasing risk factors.

The charts below show several important findings related to Cohort 1 targets. First, **all alcohol use decreased, and by 2016, CPWI communities were no longer at significantly higher levels of risk for 30-day alcohol use when compared with other similar communities.** Second, CPWI communities equalized all the 2008 gaps in risk factors with other communities in the family and community domain. Third, CPWI communities are moving in the right direction towards closing the gap with other communities in school risk factors. **Targeted prevention efforts of CPWI communities have been successful in reducing alcohol use as well as risk factors in the family, school, and community domains.**

CPWI communities continue to be at higher levels of risk for some marijuana outcomes, and for some risk factors in the individual-peer domain. Similarly, in 2016, CPWI communities were at increased level of risk for some tobacco outcomes, a gap which did not exist in 2008. An important implication of these findings is to place more emphasis on prevention activities targeting cigarette smoking, marijuana use, and individual-peer risk factors.

10 th grade Substance Use, 2008-2016	Question 1	Question 2		
<i>In this chart we compare CPWI with other Washington communities, using Healthy Youth Survey data from 2008 and 2016.</i>	Did CPWI decrease in substance use 2008-2016?	Was CPWI higher than other communities in 2008?	Was CPWI higher than other communities in 2016?	Did CPWI close the gap?
Alcohol – Alcohol use has decreased, and by 2016, CPWI closed the only gap that existed in alcohol use.				
Any alcohol use ever		No	No	NA
Any alcohol use in past 30 days		Higher	No	
Frequency of alcohol use in past 30 days		No	No	NA
Any binge drinking in past 2 weeks		No	No	NA
Tobacco – Cigarette smoking has decreased, but the magnitude of decrease was higher in other communities than in CPWI. Therefore, in 2016, CPWI communities were at significantly higher risk for cigarette smoking than other communities				
Any cigarette smoking ever		No	No	NA
Any cigarette smoking in past 30 days		No	Higher	
Frequency of smoking in past 30 days		No	Higher	
Marijuana – Lifetime marijuana use and marijuana use prevalence has decreased. However, CPWI communities continue to be at higher levels of risk for these outcomes.				
Any marijuana use ever		Higher	Higher	
Any marijuana use in past 30 days		Higher	Higher	
Frequency of marijuana use in past 30 days		No	Higher	
Prescription drug misuse – In 2016, CPWI communities were at higher risk for frequency of prescription drug misuse. Data is not available for 2008.				
Prescription drug misuse in past 30 days	NA	NA	No	NA
Frequency of misuse in past 30 days	NA	NA	Higher	NA

10 th grade Risk Factors, 2008-2016	Question 1	Question 2		
<i>In this chart we compare CPWI with other Washington communities, using Healthy Youth Survey data from 2008 and 2016.</i>	Did CPWI decrease in risk 2008-2016?	Was CPWI higher than other communities in 2008?	Was CPWI higher than other communities in 2016?	Did CPWI close the gap?
Peer- Individual Risk Factors – CPWI decreased on 3 peer-individual individual-peer risk factors. However, in 2016, CPWI communities continued to be at higher levels of risk for students reporting favorable attitudes toward drug use, and students reporting lower perceived risk of substance use. When compared with 2008, the percentage of CPWI students reporting low social skills in 2016 has remained stable, but the percentage of other students reporting low social skills has declined. This created a gap in the level of risk between the communities in 2016.				
Less interaction with prosocial peers		No	No	NA
Low social skills		No	Higher	
Low belief in the moral order		No	No	NA
Early initiation of substance use		No	No	NA
Friends' substance use		No	No	NA
Favorable attitudes toward drug use		Higher	Higher	
Low perceived risk of substance use		Higher	Higher	
Family Risk Factors – All family risk factors decreased, and by 2016, CPWI closed the only gap in this domain.				
Less opportunity for prosocial involvement		No	No	NA
Parental attitude favorable towards drug use		No	No	NA
Poor family management		Higher	No	
School Risk Factors – CPWI decreased on 1 school risk factor, but increased on 2 risk factors in this domain. CPWI closed the gap on prosocial involvement, while CPWI continues to be at higher levels of risk for students reporting low school commitment.				
Fewer opportunities for prosocial involvement		Higher	No	
Fewer rewards for prosocial involvement		No	No	NA
Low school commitment		Higher	Higher	
Academic failure		No	No	NA
Community Risk Factors – CPWI decreased on all community risk factors, and by 2016, closed the only gap in this domain.				
Fewer opportunities for prosocial involvement		No	No	NA
Laws and norms favorable to drug use		Higher	No	
Perceived availability of drugs		No	No	NA