Preventive Care Tips: Alcohol and Drug Use Screening

The Youth Risk Behavior Survey (YRBS) provides data on health-risk behaviors among 9th–12th grade students in the United States, including behaviors that contribute to injuries and violence; alcohol or other drug use; tobacco use and sexual risk behaviors.

According to the 2013 YRBS, teens in the United States self reported that:

- 62.2% Have had at least one drink of alcohol on at least 1 day during their life
- 40.7% Have used marijuana one or more times during their life
- 2.2% Have used heroin, 3.2% have used methamphetamines, 6.6% have used ecstasy and 6.5% have used any form of cocaine one or more times
- 8.9% Have sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to high one or more times, and
- 22.1% Have been offered, sold, or given an illegal drug by someone on school property.

Your child’s health care provider should include a discussion of substance use and abuse as part of routine health care and as part of ongoing anticipatory guidance.

In addition to the questions asked as a part of the behavioral risk screen, your teens’ provider might use a more in-depth screening tool like the CRAFFT. The CRAFFT consists of a series of 6 questions developed to screen adolescents for high risk alcohol and other drug use disorders simultaneously.

C -Have you ever ridden in a CAR driven by someone (including yourself) who was “high” or had been using alcohol or drug?
R - Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?
A - Do you ever use alcohol/drugs while you are by yourself, ALONE?
F - Do you ever FORGET things you did while using alcohol or drugs?
F - Do your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?
T - Have you gotten into TROUBLE while you were using alcohol or drugs?

This short, effective screening tool is meant to assess whether a longer conversation about the context of use, frequency, and other risks and consequences of alcohol and other drug use is warranted.

What To Expect At The 17 Year Visit

- Your child will have a dyslipidemia risk screen.
- Your child’s exam will include a behavioral risk screen

Transportation Assistance
West Virginia HealthCheck Program
1-800-642-9704
www.dhhr.wv.gov/healthcheck
www.mtm-inc.net/west-virginia

Contact MTM to schedule a ride
1-844-549-8353

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