

FOR IMMEDIATE RELEASE  
Press Release August 28, 2023  
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## **SAFE Glen Cove Coalition: Big Increases in Marijuana, Hallucinogen, Alcohol use among Young Adults**

Recent data from Monitoring the Future (MTF) reported that although cigarette smoking is at a historic low among young adults, vaping nicotine and marijuana are at an all-time high. Only 8.5% of adults 19 to 30 smoked a cigarette in the previous 30 days in 2022, down from 28.8% in 2004. Monitoring the Future (MTF) is one of the nation's most relied upon scientific sources of valid information on trends in use of licit and illicit psychoactive drugs by U.S. adolescents, college students, young adults, and adults up to age 60. MTF is conducted each year by researchers at the University of Michigan, Ann Arbor, and funded by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health.

In terms of tobacco, laws prohibiting smoking in indoor public spaces, sometimes in residential buildings, are a factor, as are public-health campaigns on the negative health effects of tobacco. The reduction in cigarette use is a major win for public health.

Unfortunately, According to MTF, marijuana use among young and middle-aged adults has significantly increased in the past decade, a rise that experts attribute to increased social acceptance and expanded recreational legalization (New York and 22 other states) and the stress and isolation of the pandemic. Binge drinking and the use of hallucinogens are seeing similar trends.

The percentage of adults 19 to 30 who used marijuana over the previous year rose from 28% in 2012 to almost 44% in 2022, equating to more than 10,000 adults 19 to 50. The percentage of marijuana users ages 35 to 50 more than doubled from 2017 to 2022 in that across the same time period, from 13% up to 28%. and the proportion vaping nicotine nearly tripled, to 17.2%. More than 11% of young adults reported using marijuana every day in 2022, double the 5.6% in 2012. Daily use among adults 35 to 50 also doubled, to 6.5% from 3%.

Jaclyn McCarthy, director of integrated and mobile treatment for Hicksville-based Central Nassau Guidance & Counseling Services said higher use of alcohol, marijuana and other substances in the past few years is in part because of the effects of COVID-19. Binge drinking, defined as five or more drinks in a row, showed a significant increase among those 35 to 50, from almost 25% in a two-week period in 2019 to more than 29% in 2022. Trends like this can be linked back to what people faced during the pandemic: Isolation, anxiety, increased depression, all these things that go hand in hand with substance use.

Nehal Vadhan, associate director of the Center for Addiction Services and Personalized Interventions Research at Northwell Health's Zucker Hillside Hospital in Queens commented that the rise in marijuana use may in part also be because discussion of its health benefits has enhanced its image, as research shows that marijuana can reduce chronic pain and help with other conditions. Hence some people may believe marijuana can resolve a whole range of health problems, despite a lack of evidence. The average person is not going to pay attention to the specifics of what the evidence has shown. Youth are especially vulnerable to these misperceptions.

The goals and objectives of the SAFE Glen Cove Coalition draw on a community-wide approach to change community norms, values, and policies about alcohol, tobacco and substance abuse that foster consistent standards for behavior and the need for prevention. The Organization has been employing environmental strategies, education and resources in collaboration with Carol Meschkow, Manager- Tobacco Action Coalition of Long Island their long-standing technical partner. Coalition members, the Glen Cove Middle School and the Youth Bureau have been working to help change the social norms about the acceptability of tobacco through evidence-based Life Skills Training for students, emphasizing the dire need to reduce tobacco marketing and to shed light on the industries misleading marketing strategies. The positive outcomes of this education have recently come to light in the reporting of the decline of the rate of smoking combustibles, however when it comes to vaping, more prevention education is needed to protect youth from a deadly addiction by reducing visibility and access to vaping products.

According to SAFE, the best method of avoiding harm is not to ever start smoking/vaping and to "Live SAFE".

For information on how to quit smoking or vaping tobacco or nicotine, the New York State Smokers' Quitline provides free and confidential services that include information, tools, quit coaching, and support in both English and Spanish. Services are available by calling 1-866-NY-QUITS (1-866-697-8487), texting (716) 309-4688, or visiting [www.nysmokefree.com](http://www.nysmokefree.com), for information, to chat online with a Quit Coach, or to sign up for Learn2QuitNY, a six-week, step-by-step text messaging program to build the skills you need to quit any tobacco product. Individuals aged 13 to 24 can text "DropTheVape" to 88709 to receive age-appropriate quit assistance. The Department of Health continues to provide quitting and cessation support for youth and young adults to receive free, anonymous, and confidential texting services.

Please visit the American Lung Association on their Website at: [www.americanlung.org](http://www.americanlung.org). For help Quitting smoking/vaping or to help a loved one beat a Nicotine Addiction the American Lung Association is committed to helping educate, intervene, and prevent the use of tobacco and nicotine by the next generation. The Lung Help Line, available via phone or online and is ready to assist teens between the ages of 13 -17 in quitting tobacco, including vaping. Call 800-LUNGUSA or chat online through their website at Lung.org. Individuals aged 13 to 24 can text "DropTheVape" to 88709 to receive age-appropriate quit assistance. The Department of Health continues to provide quitting and cessation support for youth and young adults to receive free, anonymous, and confidential texting services.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. The Coalition is concerned about all combustible and electronic products with marijuana and tobacco. The Agency is employing environmental strategies to educate and update the community regarding the negative consequences in collaboration with Carol Meschkow, Manager- Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow [www.facebook.com/safeglencovecoalition](http://www.facebook.com/safeglencovecoalition) or to learn more about electronic products visit the Vaping Facts and Myths and the LIVE SAFE pages of SAFE's website to learn more about how vaping is detrimental to your health [www.safeglencove.org](http://www.safeglencove.org).