

Press Release

January 5, 2026

FOR IMMEDIATE RELEASE

CONTACT:

Dr. Sharon Harris: 516- 676-2008

safeglencove@yahoo.com

SAFE Glen Cove Coalition: NIDA Reports Encouraging News Regarding Youth Alcohol and Substance Use

According to the National Institute on Drug Abuse (NIDA), reported use of most drugs remains low among U.S. teens and abstention from drug use remains at historic high, according to the 2025 Monitoring the Future Survey. 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 and has been doing so since 1975.

The MTF survey is given annually to students in eighth, 10th, and 12th grades who self-report their substance use behaviors over various time periods, such as past 30 days, past 12 months, and lifetime. The survey also documents students' perception of harm, disapproval of use, and perceived availability of drugs. The results were gathered from a national representative sample, and the data were statistically weighted to provide national numbers. The investigators collected 23,726 surveys from students enrolled across 270 public and private schools nationwide from February through June 2025. Students took the in-school survey via the web – either on tablets or on a computer.

For the fifth year in a row, use of most substances among teenagers in the United States has continued to hover around the low-water mark reached in 2021. Researchers detected a sharp decline in reported use of most drugs from 2020 to 2021. This substantial falloff was largely attributed to disruptions in drug availability and in the social lives of teens during the pandemic, when many were isolated at home with parents or other caregivers and spending less time with friends. The researchers also found that the percentage of teens currently abstaining from alcohol, tobacco, and nicotine use held steady at historically high levels.

The data indicates that, compared to 2024, reported use of most drugs in most grades held steady in 2025. These are some of the key findings:

- Abstaining from, or not using, marijuana, alcohol, and nicotine remained stable for all grades, with 91% of eighth graders 82% of 10th graders, and 66% of 12th graders reporting abstaining in the past 30 days.
- Alcohol use remained stable among all three grade levels, with 11% of eighth graders, 24% of 10th graders, and 41% of 12th graders reporting use in the past 12 months.
- Cannabis use remained stable among all grades, with 8% of eighth graders, 16% of 10th graders, and 26% of 12th graders reporting use in the past 12 months. Of note, 2% of 8th graders, 6% of 10th graders, and 9% of 12th graders reported use of cannabis products made from hemp, which include intoxicating products such as delta-8-tetrahydrocannabinol, in the past 12 months.
- Nicotine vaping remained stable among all grades, with 9% of eighth graders, 14% of 10th graders, and 20% of 12th graders reporting use in the past 12 months.
- Nicotine pouch use remained stable among all grades, with 1% of eighth graders, 3% of 10th graders, and 7% of 12th graders reporting use in the past 12 months.
- Nicotine pouch use remained stable among all grades, with 1% of eighth graders, 3% of 10th graders, and 7% of 12th graders reporting use in the past 12 months.
- Cocaine use also remained low and stable for 10th graders, with 0.7% reporting use in the past 12 months; though values increased significantly among the other grades surveyed, with 0.6% of eighth graders (compared to 0.2% in 2024) and 1.4% of 12th graders (compared to 0.9% in 2024) reporting use in the past 12 months.
- Heroin use among all three grades remains low, though values increased significantly from 2024, with 0.5% of eighth graders (compared to 0.2% in 2024), 0.5% of 10th graders (compared to 0.1% in 2024), and 0.9% of 12th graders (compared to 0.2% in 2024) reporting use in the past 12 months.

Researchers maintain the slight increase in cocaine and heroin use warrants close monitoring. However, to put these current levels of use in context, they are leagues below what they were decades ago.

The National Institute on Drug Abuse (NIDA): NIDA is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world's research on the health aspects of drug use and addiction. The Institute carries out a large variety of programs to inform policy, improve practice, and advance addiction science. For more information about NIDA and its programs, visit www.nida.nih.gov.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove. Its Coalition is conducting alcohol, tobacco and other drug use prevention awareness campaigns entitled, "Keeping Glen Cove SAFE," to educate and update the community regarding alcohol, prescription and illicit drug use and its consequences. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's website to learn more at www.safeglencove.org.