

Sedatives & Tranquilizers

Sedatives or tranquilizers (e.g., Quaaludes, downers/reds, Valium) are central nervous system depressants that are legally sold only by prescription. Respondents are told to exclude any medically prescribed use.

Although sedatives and tranquilizers can have many beneficial effects when used for medical purposes, these substances pose a high risk of abuse. Initial effects of using sedatives and tranquilizers are feelings of sleepiness and being uncoordinated. Withdrawal symptoms can include seizures because when one suddenly stops taking the drugs the brain's activity can rebound.

One of the potential dangers of using sedatives and tranquilizers without a doctor's supervision is the chance of using the drugs in conjunction with other drugs they should not be combined with, such as over-the-counter cold and allergy medications, or alcohol. Combined with certain drugs, sedatives and tranquilizers can lead to slow breathing, slow heart and respiration, and, ultimately, death.

Hawaii Prevalence Rates

Beginning in 2002, sedatives and tranquilizers in Hawaii became as prevalent as methamphetamine and cocaine. In 2003, 1% of 6th and 8th graders, 3% of 10th graders, and 5% of 12th graders reported they had tried sedatives or tranquilizers at least once. Thirty-day prevalence rates for sedatives and tranquilizer use in Hawaii are 1% or less across all grades.

Lifetime prevalence reports of sedative or tranquilizer use are approximately twice as high nationwide as in Hawaii. Prevalence rates among 8th, 10th, and 12th graders in Hawaii are 1%, 3%, and 5%, compared to 4%, 8%, and 10% nationwide.

Trends in Use

Use of sedatives or tranquilizers declined in the early 90's, increased in 1996, and then started to head back down again until 2002. In 2002, Hawaii lifetime prevalence reports for sedative or tranquilizer use remained unchanged in the lower grades, but increased in the upper grades. The increases in the upper grades, while fairly small, brought Hawaii lifetime prevalence reports for sedative and tranquilizer use close to 1987 reports, which were at all-time highs. In 2003, Hawaii lifetime prevalence reports for sedative and tranquilizer use decreased in grade 10 and remained fairly stable in the other grades. Hawaii monthly prevalence reports for sedatives and tranquilizer use dropped slightly in the upper grades in 2003. Nationwide, lifetime and monthly prevalence reports are down in 2003 among students in the upper grades, and remain unchanged in grade 8.

Hawaii Subgroup Differences

In Hawaii, sedatives and tranquilizers are reportedly tried by more 8th-grade females (2%) than 8th-grade males (1%). Sex differences in sedative or tranquilizer use are minimal in grades 6, 10, and 12.

Over the years, White students in grades 10 and 12 have been much more likely than Native Hawaiian, Japanese, Filipino, and Chinese students to have tried sedatives or tranquilizers, and the trend continues in 2003. In grade 10, more than twice as many White students reported having tried sedatives or tranquilizers (5%) compared to Native Hawaiian, Japanese, Filipino, or Chinese students (2% or less). Similarly, in grade 12, 10% of White students reported having tried sedatives or tranquilizers compared to 4% or less of the students from the other predominant ethnic groups.

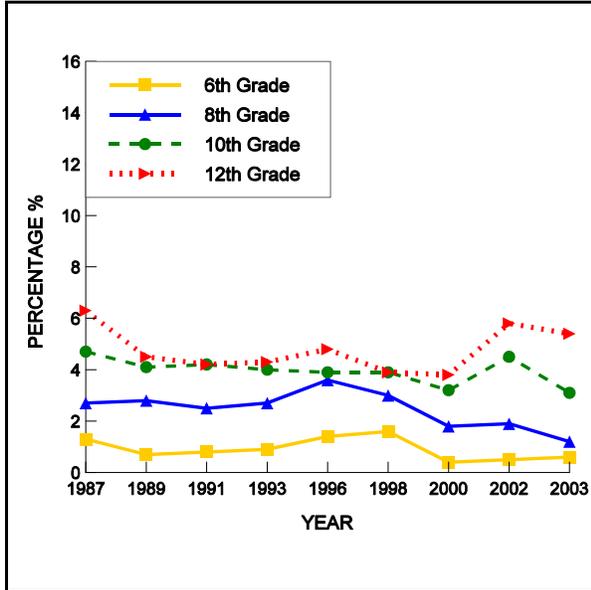
From a county perspective, Hawaii County has among the highest lifetime prevalence rates for sedative and tranquilizer use. In grade 8, Hawaii county has the second highest prevalence reports for sedative or tranquilizer use (2%), preceded only by Kauai County (3%). In grade 10, Hawaii and Maui County each have 5% of their students reporting use of sedatives or tranquilizers, which is higher than Kauai County (4%) or the City & County of Honolulu (2%). In grade 12, 9% of the students from Hawaii County reported having tried sedatives or tranquilizers, compared to 5% or fewer in the other counties.

Availability

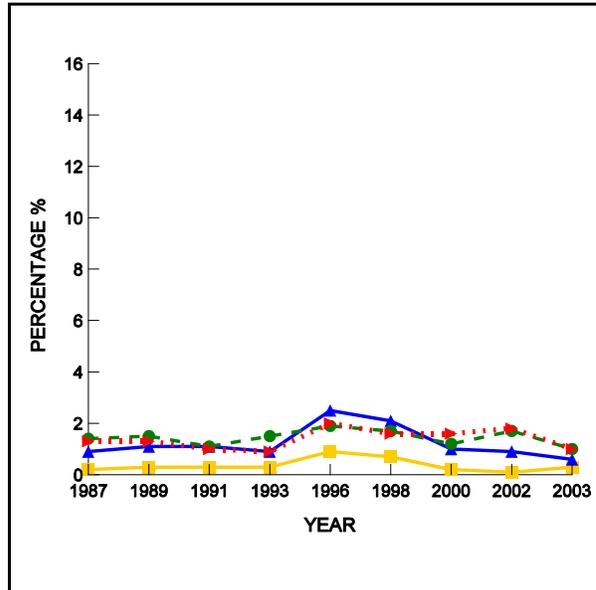
Perceived availability of sedatives and tranquilizers was assessed in Hawaii during 1996, 1998, and 2000. In 2000, sedatives were viewed as easier to obtain than tranquilizers, with 6% of 6th graders, 14% of 8th graders, 28% of 10th graders, and 34% of 12th graders reporting that they thought sedatives would be “fairly easy” or “very easy” to get if they wanted some. In comparison, only 4% of 6th graders, 10% of 8th graders, 18% of 10th graders, and 22% of 12th graders thought tranquilizers would be “fairly easy” or “very easy” to get if they wanted some. In 2000, both sedatives and tranquilizers were viewed as more easily obtainable than heroin; sedatives were viewed as more easily obtainable than ecstasy, cocaine, methamphetamine, hallucinogens, and steroids.

Sedatives & Tranquilizers
Hawaii Trends in Prevalence and Availability
Sixth, Eighth, Tenth, and Twelfth Graders, 1987-2003

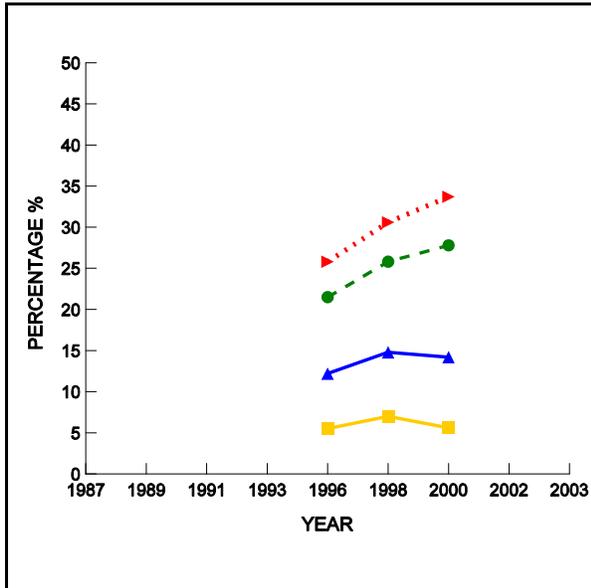
Lifetime Sedative/Tranquilizer Use
 % who used at least once in their lifetime



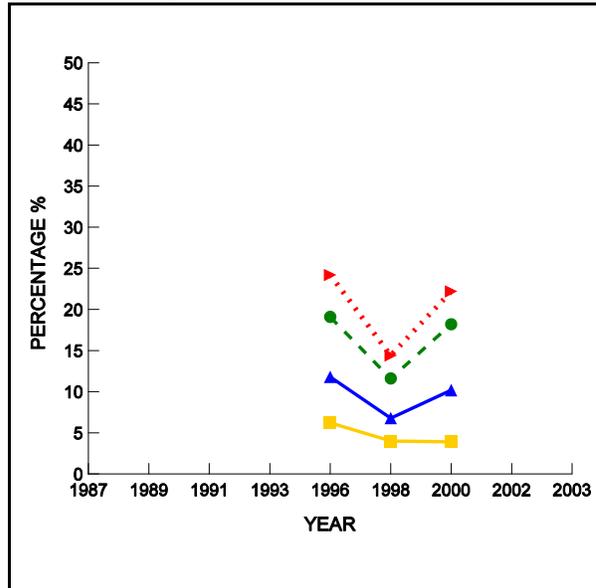
30-Day Sedative/Tranquilizer Use
 % who used in past 30 days



Availability of Sedatives
 % saying "fairly easy" or "very easy" to get



Availability of Tranquilizers
 % saying "fairly easy" or "very easy" to get

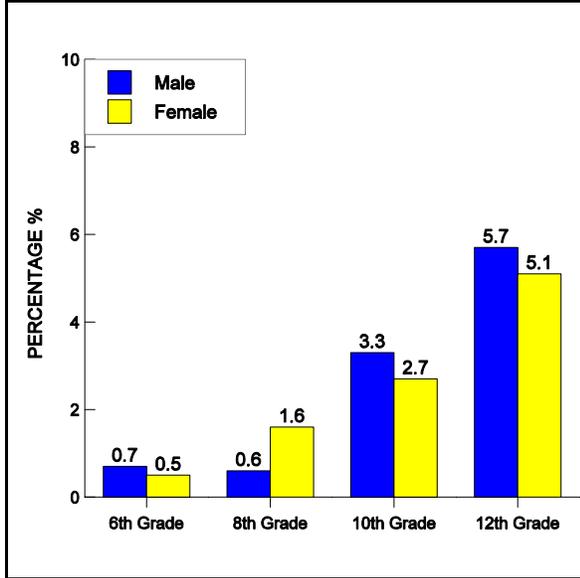


Sedatives and Tranquilizers Hawaii Subgroup Differences in Lifetime Prevalence Reports, by Grade, 2003

(Entries are percentages %)

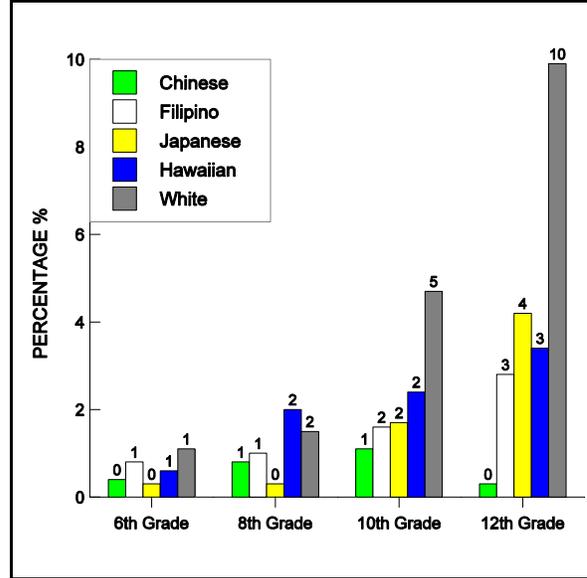
Sex Differences

% who used Sedatives at least once in their lifetime



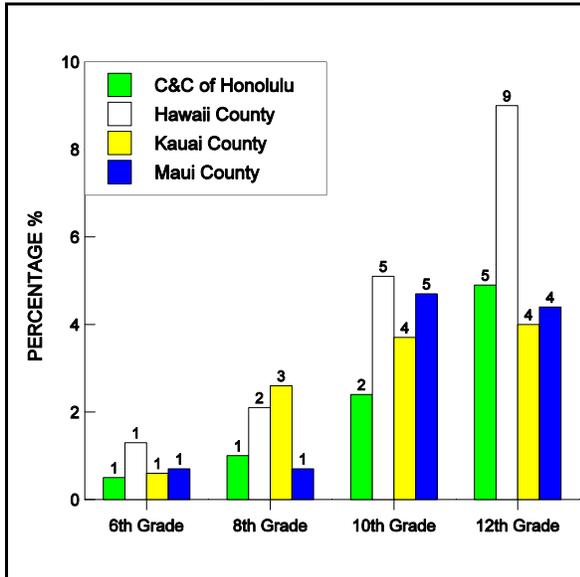
Ethnic Differences

% who used Sedatives at least once in their lifetime



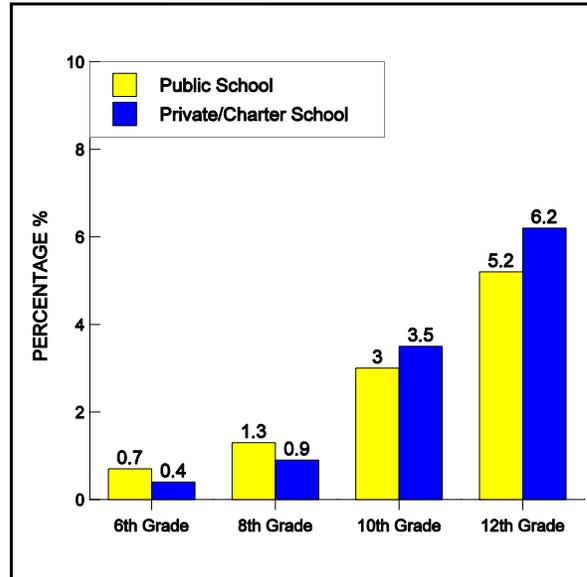
County Differences (Place of Residence)

% who used Sedatives at least once in their lifetime



School Type Differences

% who used Sedatives at least once in their lifetime



Notes: References to sedatives in the charts on this page refer to use of sedatives and/or tranquilizers. County includes public, private, and charter school students who reside in that particular county.

Sedatives & Tranquilizers Table
Hawaii Trends in Prevalence and Availability
Grades 6 through 12, 1987-2003

(Entries are percentages %)

	Hawaii Results									Nationwide Results
	1987	1989	1991	1993	1996	1998	2000	2002	2003	2003
Lifetime Prevalence ^a										
6th Grade	1.3	0.7	0.8	0.9	1.4	1.6	0.4	0.5	0.6	–
7th Grade	–	–	–	–	–	–	–	–	1.0	–
8th Grade	2.7	2.8	2.5	2.7	3.6	3.0	1.8	1.9	1.2	4.4
9th Grade	–	–	–	–	–	–	–	–	1.8	–
10th Grade	4.7	4.1	4.2	4.0	3.9	3.9	3.2	4.5	3.1	7.8
11th Grade	–	–	–	–	–	–	–	–	4.2	–
12th Grade	6.3	4.5	4.2	4.3	4.8	3.9	3.8	5.8	5.4	10.2
30-Day Prevalence ^b										
6th Grade	0.2	0.3	0.3	0.3	0.9	0.7	0.2	0.1	0.3	–
7th Grade	–	–	–	–	–	–	–	–	0.2	–
8th Grade	0.9	1.1	1.1	0.9	2.5	2.1	1.0	0.9	0.6	1.4
9th Grade	–	–	–	–	–	–	–	–	0.9	–
10th Grade	1.4	1.5	1.1	1.5	1.9	1.7	1.2	1.7	1.0	2.4
11th Grade	–	–	–	–	–	–	–	–	1.0	–
12th Grade	1.3	1.3	1.0	0.9	2.0	1.6	1.6	1.8	1.0	2.8
Perceived Availability of Sedatives ^c										
6th Grade	–	–	–	–	5.5	7.0	5.6	–	–	–
7th Grade	–	–	–	–	–	–	–	–	–	–
8th Grade	–	–	–	–	12.2	14.8	14.2	–	–	–
9th Grade	–	–	–	–	–	–	–	–	–	–
10th Grade	–	–	–	–	21.5	25.8	27.8	–	–	–
11th Grade	–	–	–	–	–	–	–	–	–	–
12th Grade	–	–	–	–	25.8	30.6	33.7	–	–	–
Perceived Availability of Tranquilizers ^d										
6th Grade	–	–	–	–	6.2	4.0	3.9	–	–	–
7th Grade	–	–	–	–	–	–	–	–	–	–
8th Grade	–	–	–	–	11.8	6.8	10.2	–	–	17.3
9th Grade	–	–	–	–	–	–	–	–	–	–
10th Grade	–	–	–	–	19.1	11.6	18.2	–	–	25.6
11th Grade	–	–	–	–	–	–	–	–	–	–
12th Grade	–	–	–	–	24.2	14.4	22.2	–	–	29.8

(a) Lifetime Prevalence is the % using sedatives/tranquilizers at least once in their lifetime.

(b) 30-Day Prevalence is the % using sedatives/tranquilizers at least once in the past 30 days.

(c) Perceived Availability of Sedatives is the % reporting “fairly easy” or “very easy” to get sedatives (barbiturates, downers/reds, Quaaludes, sleeping pills).

(d) Perceived Availability of Tranquilizers is the % reporting “fairly easy” or “very easy” to get tranquilizers or Valium.