

ALCOHOL USE

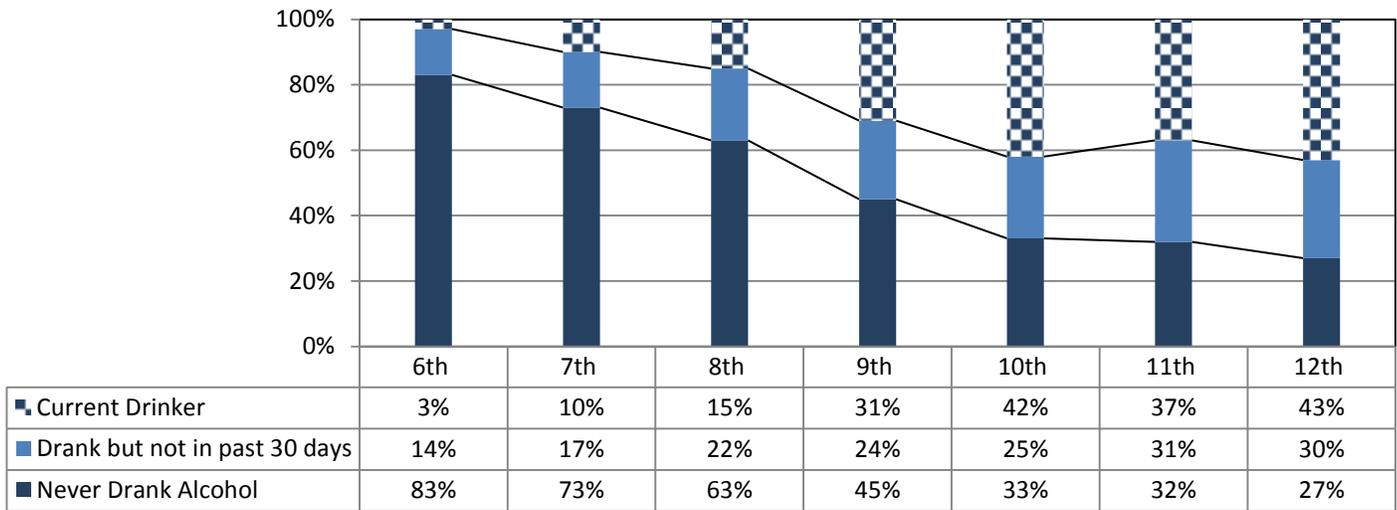
among American Indian Youth in NEW MEXICO 2011

2011 Youth Risk and Resiliency Survey



This fact sheet presents data on alcohol use among American Indian (AI) high school and middle school students in New Mexico. Comparisons are also made with the all-race student population of New Mexico. The data comes from the 2011 NM Youth Risk and Resiliency Survey (YRRS), which seeks to better characterize risk behaviors and resiliency/protective factors among youth in New Mexico.

American Indian Student Alcohol Use by Grade 6–12



In 2011, 10,480 American Indian students in grades 6th through 12th answered the questions about alcohol use. **The percentage of American Indian (AI) students who never drank more than a few sips of alcohol decreased with each grade from 83% in 6th grade to 27% in 12th grade.** The percentage of AI students who drank alcohol within the past 30 days ranged from 3% for 6th grade students to 43% for 12th grade students.

Facts about Alcohol & Adolescents

- The Healthy People 2020 goal is for 30.5% of all 12 grade students to never use alcohol.
- The behavioral patterns established during youth developmental periods help determine young people's current health status and their risk for developing chronic diseases in adulthood.¹
- Youth who start drinking before age 15 years are five times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21 years.^{2,3}
- Reducing underage drinking will require community-based efforts to monitor the activities of youth and decrease youth access to alcohol.⁴

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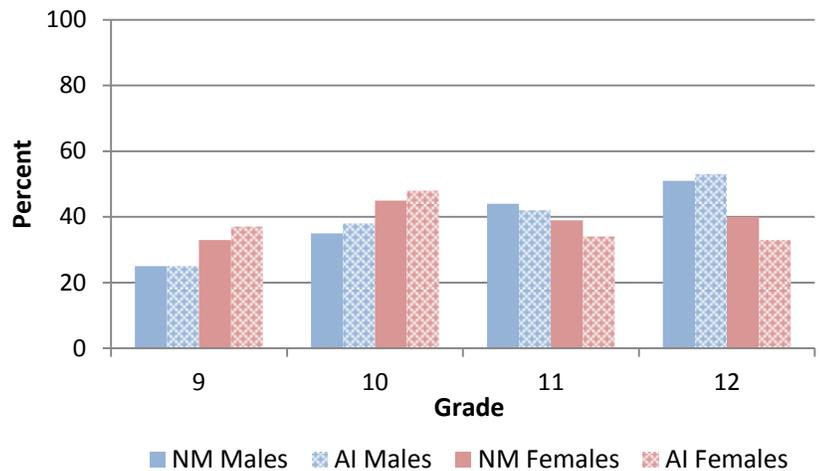
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Current Alcohol Use among High School Students by Grade and Gender

In 9th and 10th grades, more females currently drink alcohol than males. Thirty-seven percent of 9th grade AI females reported drinking compared to 25% AI males. However in 11th and 12th grade more males drink than females. Fifty-three percent of 12th grade AI males reported current drinking compared to 33% of AI females. Overall, AI students drink at rates similar to all New Mexico students.



- Among American Indian high students who drank alcohol, **77% had their first drink before they were 15 years old.**
- In the past 30 days, **almost 1 in 3 (30%)** of American Indian students in grades 6-12 **rode in a vehicle with a driver who had been drinking alcohol.**

PROTECTIVE Factors – High School*

- ❖ Parents know where their child is and with whom
- ❖ Student has NOT missed school in the past 30 days without permission
- ❖ Family has clear rules about drug and alcohol use
- ❖ Student is involved in extra-curricular school activities

WARNING Factors – High School*

- ❖ Currently uses hookah
- ❖ Has tried drugs**
- ❖ Currently smokes cigars
- ❖ Currently uses marijuana
- ❖ Most or all of the student's "close" friends drink once a week or more
- ❖ Very easy for student to get alcohol
- ❖ Has been in a physical fight

* All warning or protective factors were statistically significant and are listed in order from strongest to weakest influence on current alcohol use controlling for grade and sex

**Marijuana, cocaine, inhalants, heroin, methamphetamines, ecstasy, non-prescribed prescription drugs, painkillers and illegal injectable drugs

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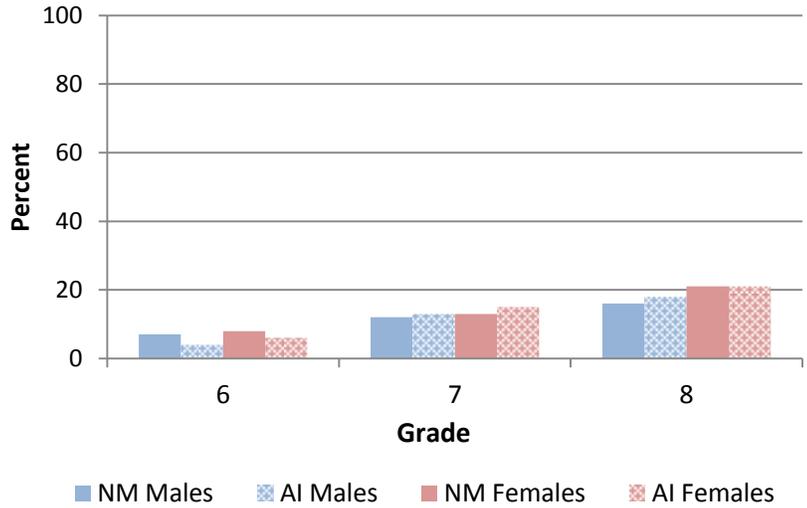
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Current Alcohol Use Among Middle School Students by Grade and Gender

In 2011, significantly fewer American Indian (AI) 6th graders drank alcohol in the past 30 days (5%) than the New Mexico statewide population of 6th graders (8%). Overall, slightly more females in middle school were current drinkers than their male counterparts. With the exemption of 6th grade, AI students drink at rates similar to all New Mexico students.



- American Indian middle school students who say their parents feel it would be wrong for them to drink alcohol are **8 times more likely to never drink alcohol**.
- Of the American Indian middle students who drank alcohol, **58% had their first drink before they were 11 years old**.

PROTECTIVE Factors – Middle School*

- ❖ Parents know where their child is and with whom
- ❖ Student receives mostly A's & B's
- ❖ Student understands that people risk harming themselves if they drink regularly

WARNING Factors – Middle School*

- ❖ Currently smokes cigars
- ❖ Currently uses marijuana
- ❖ Has tried inhalants
- ❖ Currently uses spit tobacco
- ❖ Has taken prescription drugs to get high

* All warning or protective factors were statistically significant and are listed in order from strongest to weakest influence on current alcohol use controlling for grade and sex

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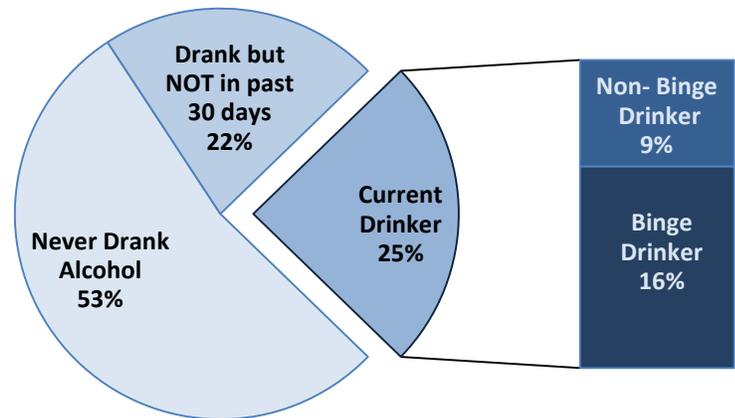
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Alcohol Use & Binge Drinking among American Indian Students – All Grades (6-12)

In 2011, over half (53%) of all American Indian students in middle and high school never drank more than a few sips of alcohol. Forty-seven percent of AI students drank alcohol but only 25% were current drinkers or drank in the past 30 days. Sixty-four percent of the current drinkers report binge drinking behavior.



Definitions

- Alcohol = beer, wine, wine coolers and/or hard liquor such as rum, gin, vodka or whiskey.
- Never drank alcohol = students who never had a drink of alcohol other than a few sips.
- Current drinker = students who reported having at least one drink of alcohol in the past 30 days.
- Binge drinker = students who consumed 5 or more alcoholic drinks in a row during one occasion.

Sources

The NM YRRS is a joint project of the New Mexico Department of Health (NMDOH), the University of New Mexico Prevention Research Center (UNM PRC), the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), the Division of Adolescent and School Health, and Centers for Disease Control and Prevention (CDC-DASH). For more information on the NM YRRS visit www.Youthrisk.org.

¹ National Research Council. Adolescent Health Services: Missing Opportunities. Washington, DC: The National Academies Press, 2009.

² Hingson RW, Heeren T, Winter MR. Age at drinking onset and alcohol dependence: age at onset, duration, and severity. *Pediatrics* 2006;160:739–746.

³ Office of Applied Studies. The NSDUH Report: *Alcohol Dependence or Abuse and Age at First Use*. Rockville, MD: Substance Abuse and Mental Health Services Administration, October 2004.

⁴ U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking*. Rockville, MD: U.S. Department of Health and Human Services; 2007.