

HEALTHY CHOICES HEALTHY STUDENTS



Alcohol-Related Behaviors Among NATIVE AMERICAN YOUTH IN NEW MEXICO 2009 Youth Risk & Resiliency Survey

Overview

Grades 6th -12th

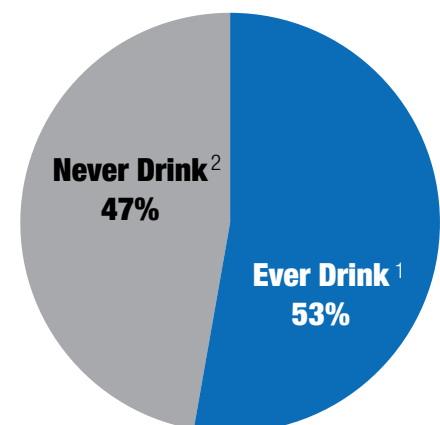
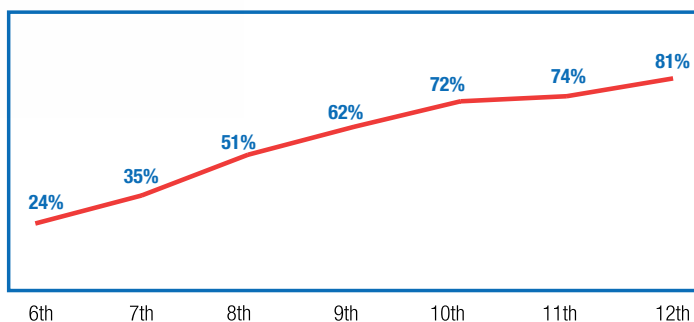
Youth who drink alcohol may put themselves at risk for a range of health problems and becoming dependent at some point in their lives. Alcohol use is common among middle school and high school students in New Mexico, including Native American youth. Results from the 2009 NM Youth Risk and Resiliency Survey (YRRS) indicate the following for Native Americans:

Students who use alcohol were more likely to binge drink, be in a fight, smoke cigars, use marijuana, use smokeless tobacco and have had sex.

Students who did NOT use alcohol were more likely to think drinking is wrong, receive A's & B's, and have parents who think it is wrong to drink and know where they are and with whom.

Fortunately, alcohol related-behaviors are preventable and there are protective factors that may discourage Native American youth in New Mexico from drinking.

Percentage of Students Who Ever Drink¹ Alcohol, by Grade



Almost half of all students NEVER had more than a few sips of alcohol.

HIGH SCHOOL



31% of high school students said it was easy to get alcohol

Protective Factors Against Drinking*

Student thinks it is wrong for students their age to drink

Parents think it is wrong for students to drink

Parents know where their student is and with whom

Receives mostly A's & B's

Student plans to attend college

Family has clear rules about drug and alcohol use

70% of current drinkers are binge drinkers³

Warning Factors of Drinking*

Currently uses marijuana

Currently smokes cigars

Recently rode with a drinking driver

Currently uses ecstasy

Has had sex

Can easily get alcohol

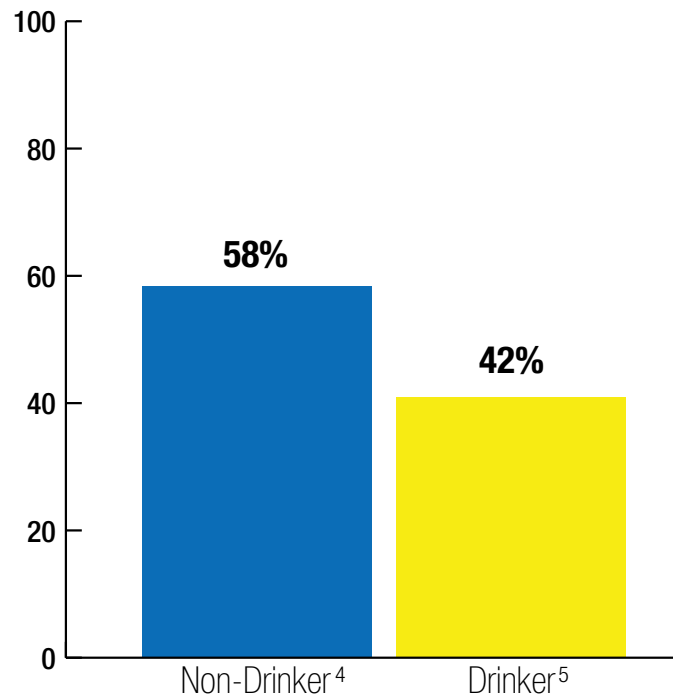
Student's friends drink

Currently uses inhalants

Recently skipped or ditched school

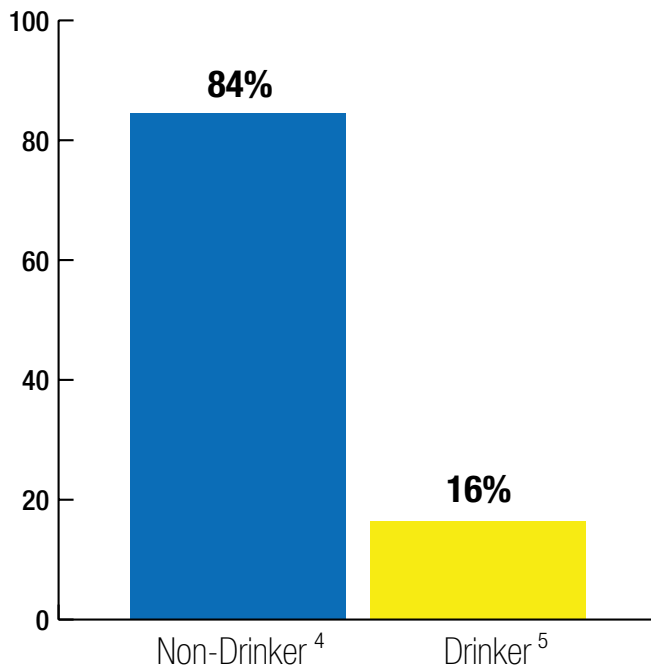
Has been in a physical fight

Currently uses smokeless tobacco



*All warning or protective factors were statistically significant and are listed in order from strongest to weakest influence on alcohol use.

MID SCHOOL



Warning Factors of Drinking*

- Currently smokes cigars
- Currently uses marijuana
- Currently uses smokeless tobacco
- Currently smokes at school
- Has ever tried cocaine
- Has been in a physical fight
- Has tried marijuana
- Has seriously thought about suicide
- Has had sex
- Has made a suicide plan
- Has tried inhalants
- Bullied at school in the past year

60% of current drinkers are binge drinkers³



27% of middle school students said it was easy to get alcohol

Protective Factors Against Drinking*

- Student thinks it is wrong for students their age to drink
- Parents think it is wrong for students to drink
- Receives mostly A's & B's
- Parents listen to student
- Student thinks people risk harming themselves if they drink regularly
- Parents know where their student is and with whom

DEMOGRAPHICS

In the New Mexico 2009 Youth Risk & Resiliency Survey, 7,405 Native American students in grades 6-12 answered the questions about alcohol use.

High School Students

Female = 1,717
Male = 1,735
Gender not reported = 10
Total 3,462

Middle School Students

Female = 1,952
Male = 1,982
Gender not reported = 9
Total 3,943

DEFINITION

- ¹ “Ever Drink” are students who have had more than a few sips of alcohol ever.
² “Never Drinkers” are students that have never had more than a few sips of alcohol.
³ “Binge Drinkers” are students who had 5 or more drinks in a row within a couple of hours on at least one of the past 30 days.
⁴ “Non-Drinkers” are students who drank but not in the last 30 days.
⁵ “Drinkers” are students have had at least one drink in the last 30 days.



Albuquerque Area Southwest Tribal Epidemiology Center

For more information contact AASTEC at (800) 658-6717

For more information on the YRRS:

Dan Green, M.P.H.

Epidemiology and Response Division, NM DOH
Dan.Green@state.nm.us
(505) 476-1779

William O. Blair, Ph.D.

School and Family Support Bureau
NM PED
william.blair@state.nm.us
(505) 827-1807

Linda J. Peñaloza, Ph.D.

University of New Mexico
Prevention Research Center
LPenaloza@salud.unm.edu
(505) 272-4462



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