

ALCOHOL USE

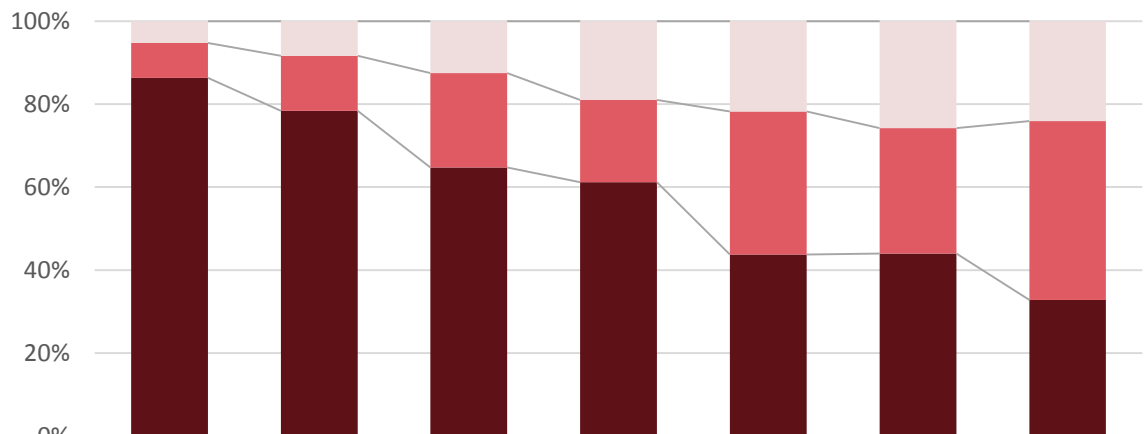
among American Indian Youth in NEW MEXICO

2013 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 2013 NM Youth Risk and Resiliency Survey (YRRS), which seeks to better characterize risk behaviors and resiliency/protective factors among youth in New Mexico.

Current Alcohol Use among American Indian Students Grades 6-12



	6th	7th	8th	9th	10th	11th	12th
Current Drinker	5%	8%	13%	19%	22%	26%	24%
Drank but not in past 30 days	8%	13%	23%	20%	34%	30%	43%
Never Drank Alcohol	86%	78%	65%	61%	44%	44%	33%

The percentage of American Indian (AI) students who **never drank more than a few sips of alcohol** decreased with each grade from 86% of 6th graders to 32% for 12th graders. The percentage of AI students who drank alcohol within the past 30 days (current drinkers) ranged from 5% for 6th graders to 24% for 12th graders.

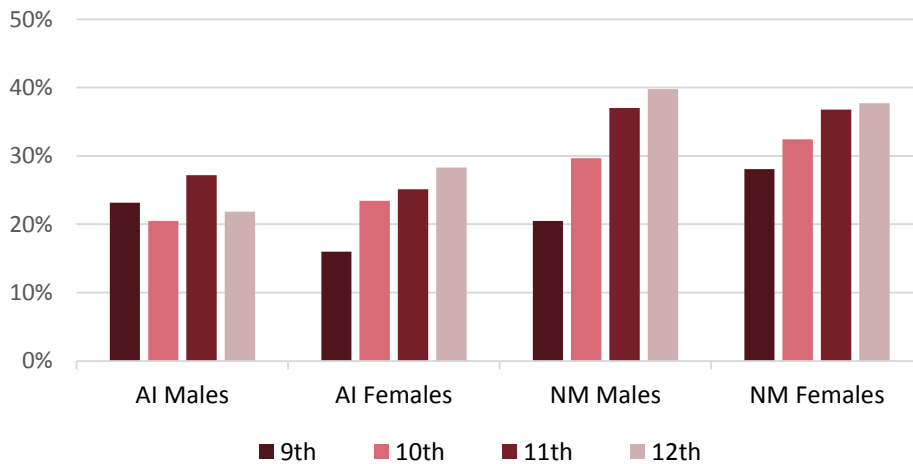
Important Facts about Alcohol & Adolescents

- Alcohol use during youth can cause changes in the structure and function of the developing brain. Alcohol use during youth may have consequences into adulthood.¹
- Alcohol was involved in 42% of motor vehicle crashes, 46% of homicides, and 28% of suicides among New Mexico youth aged 15-20 years.²

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Current Alcohol Use among High School Students by Grade and Gender

In 9th grade, more American Indian males (23%) drank alcohol than females (16%). By 12th grade, 28% of American Indian females were current drinkers compared to 21% of American Indian males. Overall, American Indian high school students drank at lower rates than all New Mexican high school students.

More American Indian high school students have never drank (44%), compared to all New Mexican High students (39%).

WARNING Factors- High School*

- ❖ Currently uses marijuana
- ❖ Currently uses hookah
- ❖ Has tried drugs**
- ❖ Has been in a physical fight
- ❖ Dates or has dated someone who physically abuses them
- ❖ Currently smokes cigarettes

PROTECTIVE Factors- High School*

- ❖ Plan to go to college or some school after high school
- ❖ Parent or some adult at home is interested in their school work
- ❖ Parent or adult outside of school really cares about student
- ❖ Involved in sports, clubs, or other extra-curricular activities

**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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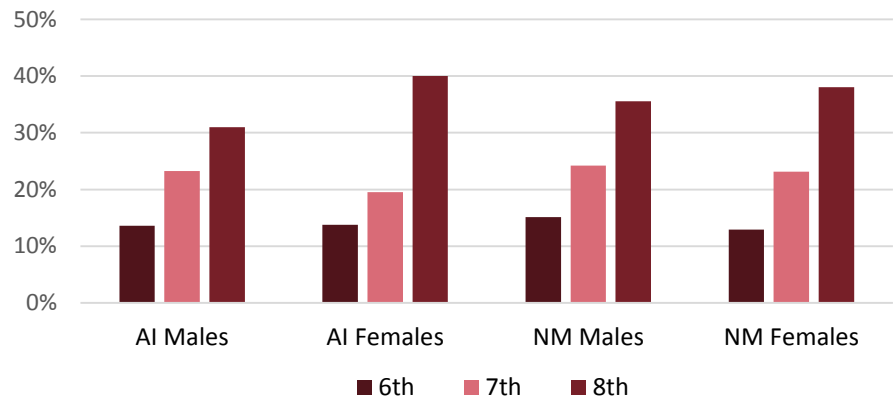
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Middle School Students Who Ever Drank Alcohol by Grade and Gender

Among American Indian Middle School students, 13% of 6th grade males and females ever drank alcohol. This rate increased significantly by 8th grade to 40% for American Indian females and 30% for American Indian males.



66% of American Indian middle school students said that it was **“very hard”** to access alcohol.

10% of American Indian middle school students had their first drink of alcohol **before age 11**.

WARNING Factors- Middle School*

- ❖ Current cigarette smoker
- ❖ Uses prescription medication to get high
- ❖ Has had sex
- ❖ Has used drugs**
- ❖ Has tried inhalants

PROTECTIVE Factors- Middle School*

- ❖ Parents feels it is wrong for student to drink alcohol
- ❖ Parent or some adult at home knows where student is at most of the time
- ❖ Part of clubs, sports teams, church, or other group activities
- ❖ An adult outside of home or school is interested in the student’s school work

**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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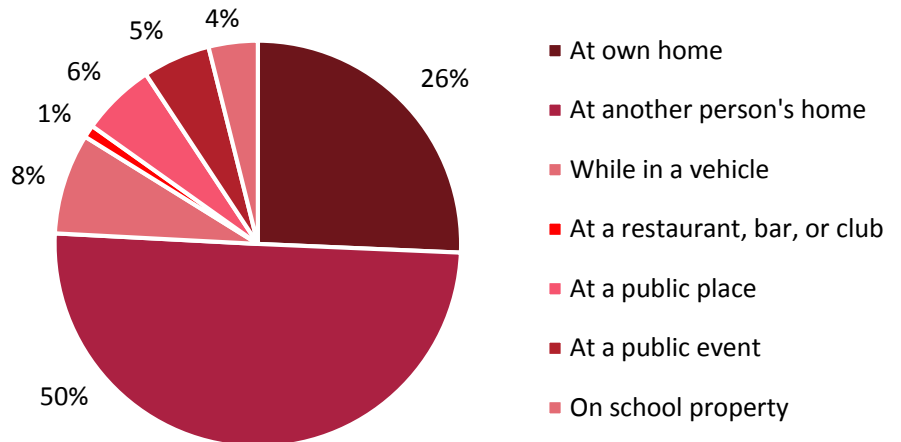
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Where American Indian High School Students Drank Alcohol

The most common place for students to drink alcohol was at another person's house (50%). The second most common place was in their own home (26%), followed by a vehicle (8%).



74% of American Indian high school students who drink, reported **binge drinking** (past 30 days).

22% of American Indian high school students have **ridden with a driver who had been drinking**.

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 (UNM), 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 U.S. Department of Health and Human Services. The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.pg-11

² Underage Drinking in New Mexico, Overview and Highlights. Jim Roeber, Substance Abuse Epidemiology Unit Epidemiology and Response Division, New Mexico Department of Health.