

ALCOHOL USE

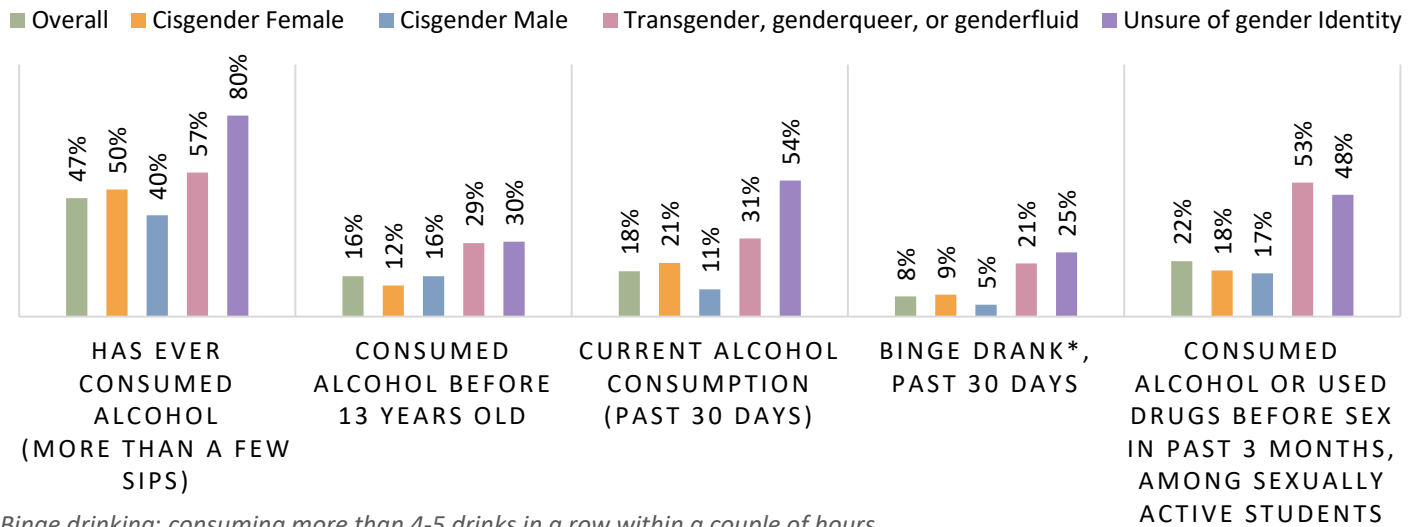
Among American Indian Youth in New Mexico

2019 Youth Risk and Resiliency Survey



This fact sheet presents data on alcohol use and related behaviors among American Indian (AI/AN) high school and middle school students in New Mexico (NM). Unless otherwise stated, these data come from the 2019 New Mexico Youth Risk and Resiliency Survey (NMYRRS), which seeks to better understand youth health and the factors that support improved wellbeing.

ALCOHOL-RELATED BEHAVIORS BY GENDER IDENTITY, NM AI/AN HIGH SCHOOL STUDENTS



*Binge drinking: consuming more than 4-5 drinks in a row within a couple of hours

AI/AN students who identify as transgender, genderqueer, or genderfluid, along with those who are unsure of their gender identity, reported the highest rates of alcohol-related behaviors.

Almost half of all AI/AN HS students have consumed alcohol, and 16% had their first drink before they were 13 years old. About 1 in 5 AI/AN HS students currently drinks alcohol, 8% have binge drank in the past 30 days, and 22% of sexually active AI/AN HS students used drugs or alcohol the last time they had sex.

RISKS ASSOCIATED WITH YOUTH ALCOHOL CONSUMPTION ¹

Development of adult health issues including sleep disorders, high blood pressure, heart disease, and memory issues

Misuse of other substances such as marijuana and prescription pain medication

Unintentional injuries, such as motor vehicle accidents, falls, burns, and alcohol poisoning

Other risky behaviors such as driving under the influence, and unwanted and/or unprotected sex

Early initiation of drinking is one of the strongest predictors of developing an alcohol use disorder later in life

Potential legal problems (associated with underage drinking, DWI, etc.)

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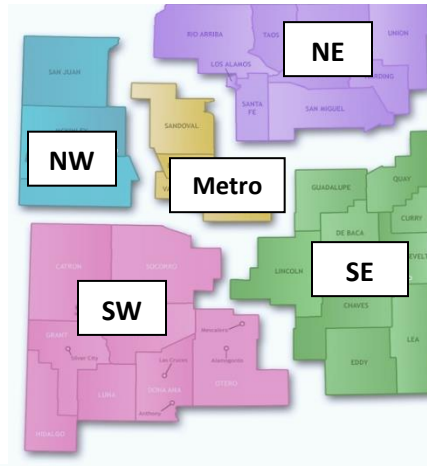
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REGIONAL DIFFERENCES: HOW AI/AN HIGH SCHOOL STUDENTS OBTAIN ALCOHOL & WHERE THEY CONSUME IT

Across *most* regions in NM, AI/AN students report that alcohol is usually **given to them by someone, or that they give someone money to buy it for them.**

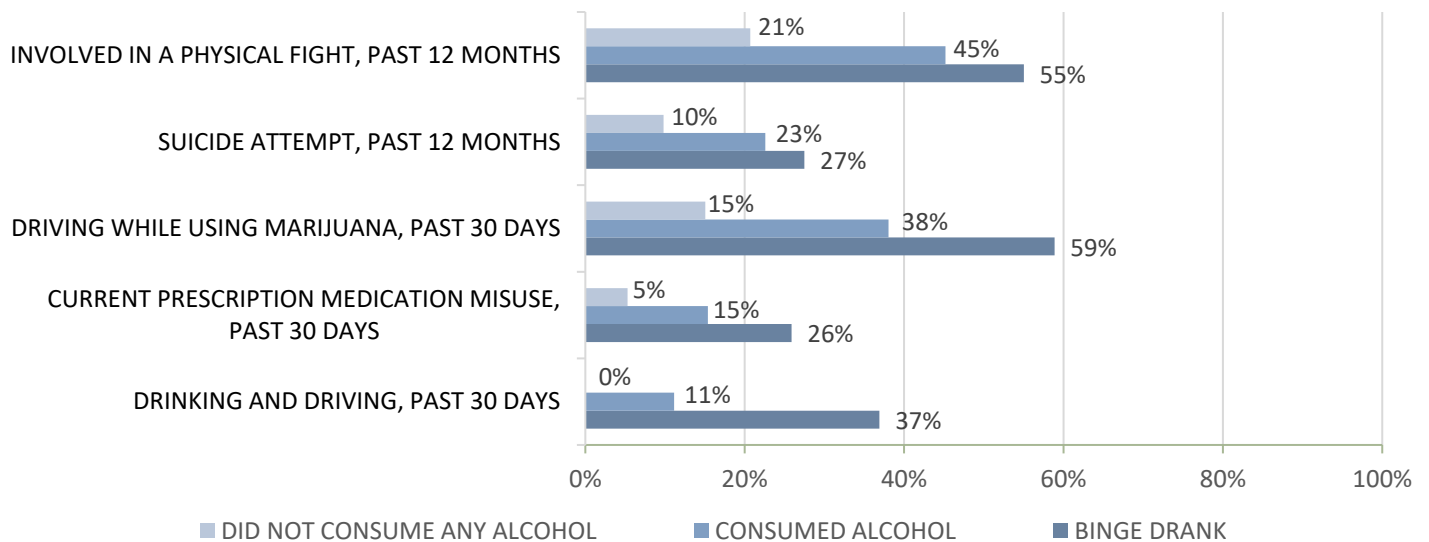
However, AI/AN students in the Southeast (SE) region report that the most common way they obtain alcohol is by **getting it themselves from a store.**



Across all regions in NM, most AI/AN students report that they usually drink alcohol **in their own, or someone else's home.**

About 10% of AI/AN students in the Northwest (NW) region report that they usually drink alcohol **in a vehicle**, and 16% of AI/AN students in the SE region report that they usually drink alcohol **at school.**

RISKY BEHAVIORS BY ALCOHOL CONSUMPTION (PAST 30 DAYS), NM AI/AN HIGH SCHOOL STUDENTS



The risk of experiencing negative effects associated with drinking, such as injury, disease, and development of alcohol use disorder is highest among youth who binge drink.¹

In New Mexico, AI/AN high school students who binge drank in the past 30 days engaged in other risky behaviors at significantly higher rates when compared to students who drank in the past 30 days but did not binge drink, and students who did not drink at all.

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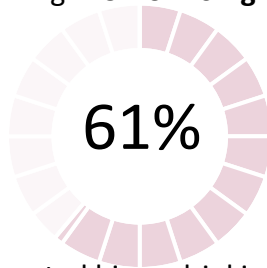
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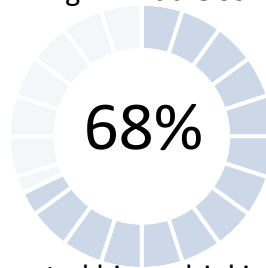
BINGE DRINKING BY INITIATION OF ALCOHOL CONSUMPTION, AMONG AI/AN 12TH GRADE STUDENTS WHO CONSUME ALCOHOL

Among those who started drinking in **9th or 10th grade**,



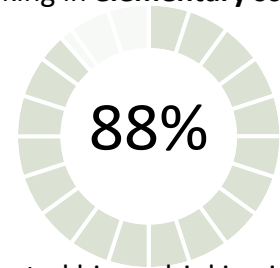
reported binge drinking in the past 30 days

Among those who started drinking in **middle school**,



reported binge drinking in the past 30 days

Among those who started drinking in **elementary school**,



reported binge drinking in the past 30 days

Early initiation of alcohol consumption is associated with excessive alcohol use and development of alcohol use disorder later in life.¹ Among AI/AN 12th grade students who consume alcohol, those who started drinking in elementary school were more likely to report having drunk in the past 30 days.

SOURCES OF STRENGTH THAT DECREASE EARLY ALCOHOL CONSUMPTION AMONG AI/AN YOUTH

Middle school students who **feel supported by their friends**



were 50% less likely to have drunk alcohol in elementary school

Middle school students who **feel supported at school**



were 60% less likely to have drunk alcohol in elementary school

Middle school students who **feel supported at home**



were 70% less likely to have drunk alcohol in elementary school

Resources to support the prevention of underage and excessive drinking:

For students: [SAMHSA's free, confidential helpline \(1-800-662-4357\)](https://www.samhsa.gov/1-800-662-4357) can provide guidance and information on [underage alcohol use and prevention](https://www.samhsa.gov/underage)

For parents: [Parent and Caregiver Resources \(SAMHSA\)](https://www.samhsa.gov/parent-caregiver-resources)

For communities: [The Community Preventive Services Task Force Recommendations \(CDC\)](https://www.cdc.gov/communities/prevention-services)

For educators: [What Educators Can Do to Help Prevent Underage Drinking and Other Drug Use \(SAMHSA\)](https://www.samhsa.gov/what-educators-can-do)

1. www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm . Centers for Disease Control and Prevention website.