

Healthy Choices, Healthy Students

2007 NEW MEXICO HIGH SCHOOL RESULTS

Alcohol Use and Related Behaviors

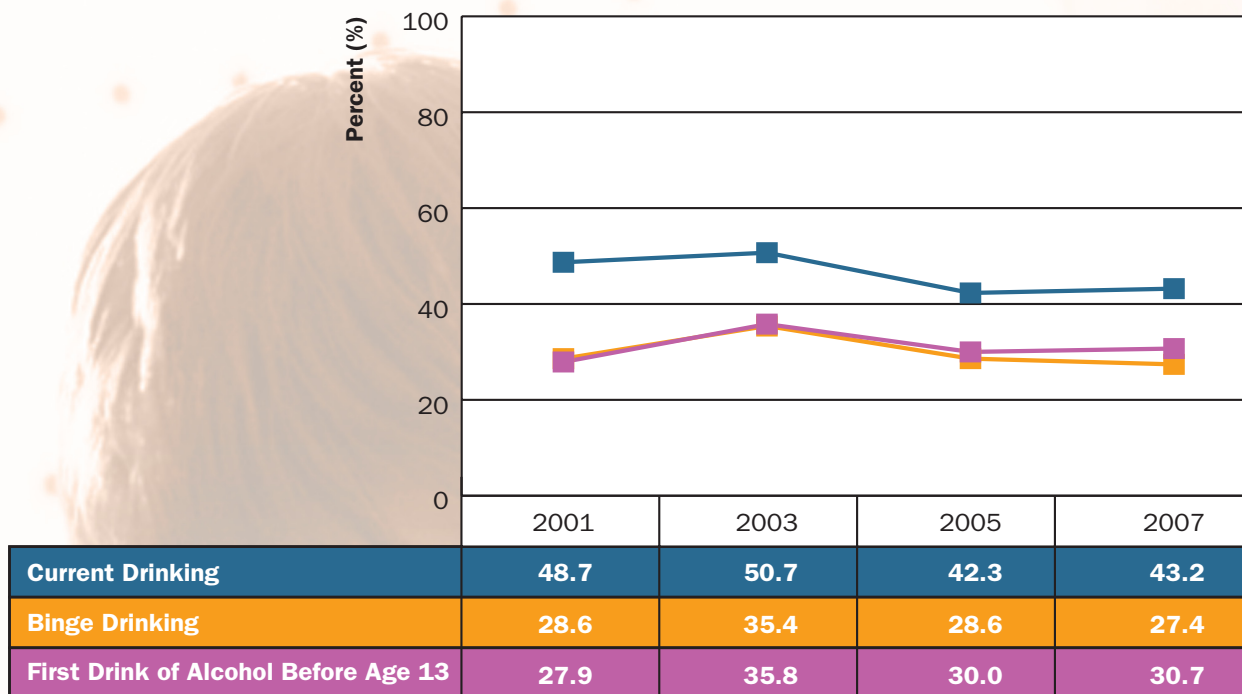


Figure 1

Trends in Alcohol Use, Grades 7–12, 2001–2007

In 2007, 43.2% of high school students were current drinkers (had a drink of alcohol within the past 30 days), 27.4% were binge drinkers (had 5 or more drinks in a row, or within a couple of hours), and 30.7% had their first drink of alcohol before age 13. From 2003 to 2005, the prevalence of current drinking and binge drinking both declined. Between 2005 and 2007 there were no statistically significant changes in any of these three behaviors.

KEY FINDINGS

Of New Mexico students grades 9–12:

- 43.2% of 9th–12th graders were current drinkers
- 27.4% were binge drinkers
- 30.7% had their first drink before age 13

In a classroom of 30 students, this represents:

- 13 current drinkers
- 8 binge drinkers
- 9 who had their first drink before age 13

Among current drinkers:

- 2/3 (65.7%) were binge drinkers.
- Liquor was the type of alcohol most frequently consumed, followed by beer and malt liquor.
- 80.3% usually drank alcohol in their own home or someone else's home.
- 3.9% bought alcohol in a store.

Binge drinkers were more likely than others to:

- drive when they had been drinking
- ride in a car with a driver who had been drinking
- smoke cigarettes
- use illegal drugs such as marijuana and cocaine
- be involved in physical fights
- be sexually active

Binge drinkers were less likely than others to get good grades.

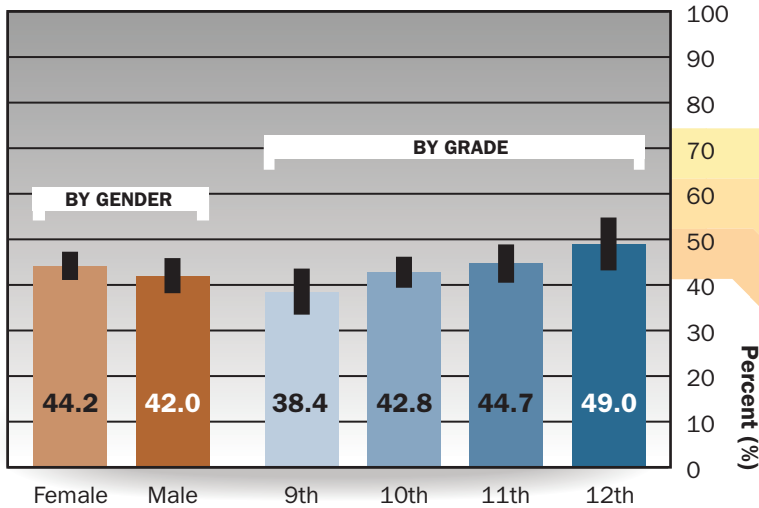
Students with clear behavioral boundaries in the school and home were less likely to binge drink than other students.

The NM rates for binge and current drinking were similar to national rates. However, for drinking alcohol before age 13, NM had the highest rate of the 39 states that participated in the survey.

All YRRS data are from self-reported responses to survey questions.

CURRENT DRINKING

Figure 2

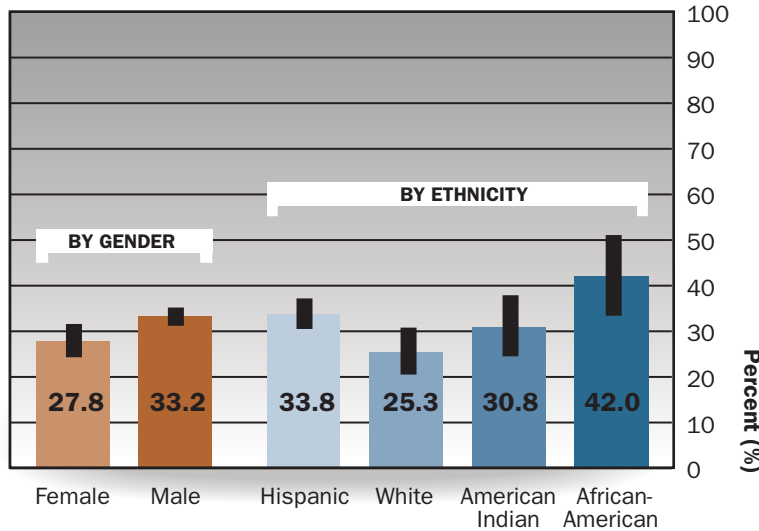


Current Drinking

Alcohol use was common among high school students. 43.2% of high school students were current drinkers (had a drink of alcohol within the past 30 days). Girls (44.2%) and boys (42.0%) had similar rates of current drinking. The percentage of students reporting current drinking increased with each grade level, although this relationship was not statistically significant. There was not a statistically significant difference in current drinking by race/ethnicity.

FIRST DRINK OF ALCOHOL BEFORE AGE 13

Figure 3



First Drink before Age 13

Close to one-third (30.7%) of students had a drink of alcohol before age 13. Female and male students had similar rates of drinking alcohol before the age of 13 (27.8% and 33.2%, respectively). African-Americans (42.0%) had a higher prevalence of drinking before age 13 than White students (25.3%).

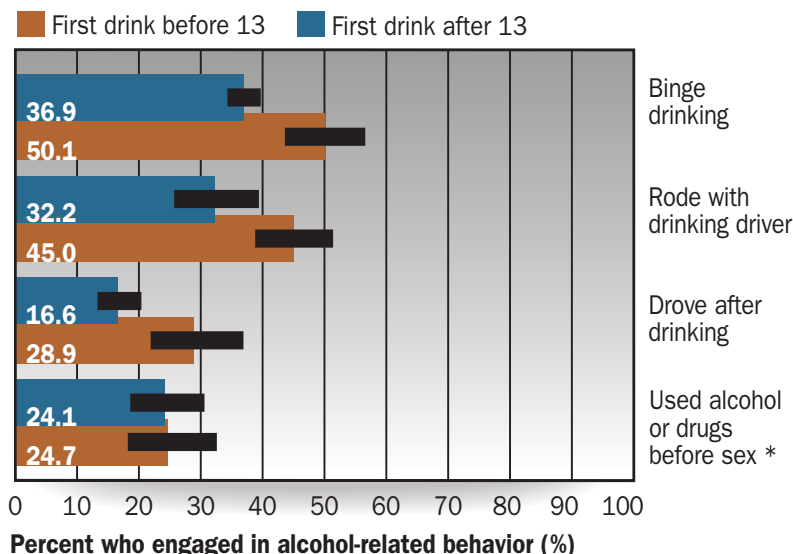


Figure 4

Alcohol Related Risk Behaviors Among 11th and 12th Graders Who Have Ever had Alcohol

Among 11th and 12th graders who ever drank alcohol, those who had their first drink before age 13 were at higher risk for other alcohol-related behaviors than those whose first drink was later than age 13. They were more likely to binge drink (50.1% vs. 36.9%), and were more likely to drive a car when they had been drinking (28.9% vs. 16.6%). While a higher percentage of early drinkers reported riding with a drinking driver than those whose first drink came later (45.0% vs. 32.2%), this relationship was not statistically significant. Among sexually active students (had sexual intercourse in the past three months), there was no detectable difference in the rate of alcohol or drug use before sexual intercourse by age of initiation of alcohol use.

Percent who engaged in alcohol-related behavior (%)

* Among sexually active students (had sexual intercourse within the past 3 months)

BINGE DRINKING

Figure 5

Binge Drinking Among Current Drinkers

Binge drinking (five or more drinks in a row, or within a couple of hours, in the past 30 days) was the norm among current drinkers. Of the 43.2% of students who were current drinkers, 65.7% were binge drinkers, while only 34.3% did not binge drink.

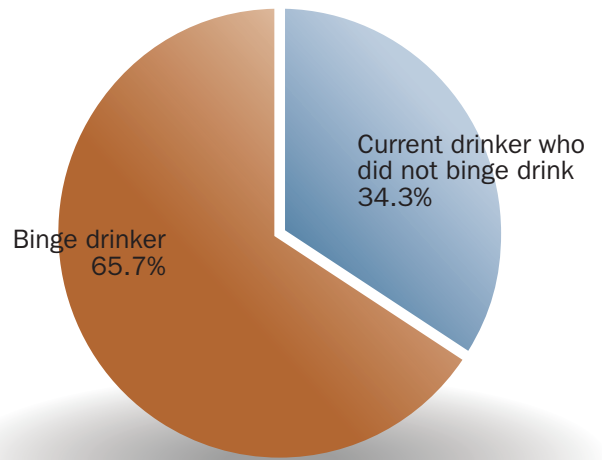


Figure 6

Binge Drinking

27.4% of students were binge drinkers. Boys (28.0%) and girls (26.6%) had a similar prevalence of binge drinking. Ninth graders (23.3%) were less likely to report binge drinking than 10th (27.7%), 11th (27.7%), or 12th (31.4%) graders. African-Americans (37.0%) were more likely than Hispanics (27.1%), Whites (25.3%), or American Indians (28.6%) to report binge drinking.

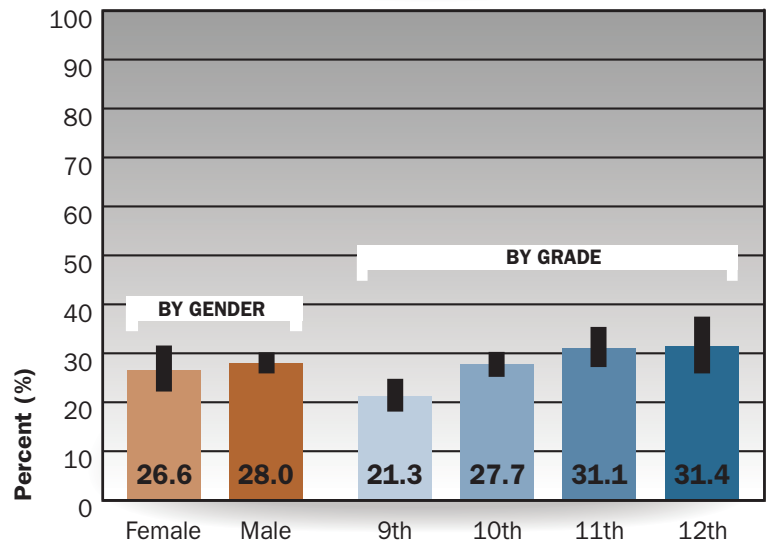
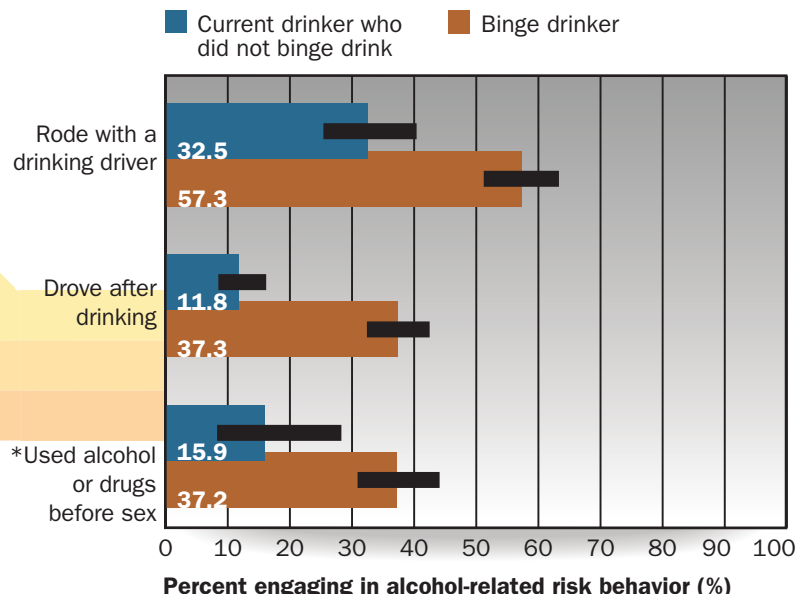


Figure 7

Alcohol Related Risk Behaviors by Binge Drinking Behavior Among Current Drinkers

Binge drinkers exhibited higher levels of other alcohol-related risk behaviors than current drinkers who did not binge drink. They were more likely to have ridden with a drinking driver in the past 30 days (57.3% vs. 32.5%), to drive when they had been drinking (37.3% vs. 11.8%), and among sexually active students, to have used alcohol or drugs before sexual intercourse (37.2% vs. 15.9%).



* Among sexually active students (had sexual intercourse within the past 3 months)

ALCOHOL RELATED BEHAVIORS OF CURRENT DRINKERS

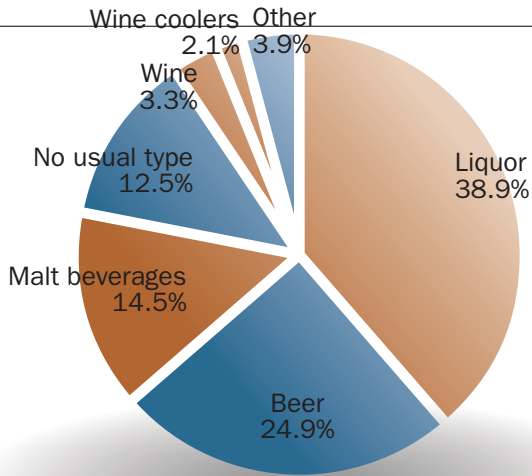


Figure 8

Usual Type of Alcohol Consumed by Current Drinkers

Among current drinkers, the type of alcohol most frequently consumed was liquor (i.e., vodka, rum, scotch, bourbon, or whiskey) (38.9%). Liquor was followed by beer (24.9%), malt beverages (i.e., Smirnoff Ice, Bacardi Silver, and Hard Lemonade) (14.5%), and “no usual type” (12.5%). Wine, wine coolers, and “other” were each the usual drink of fewer than 4% of current drinkers.

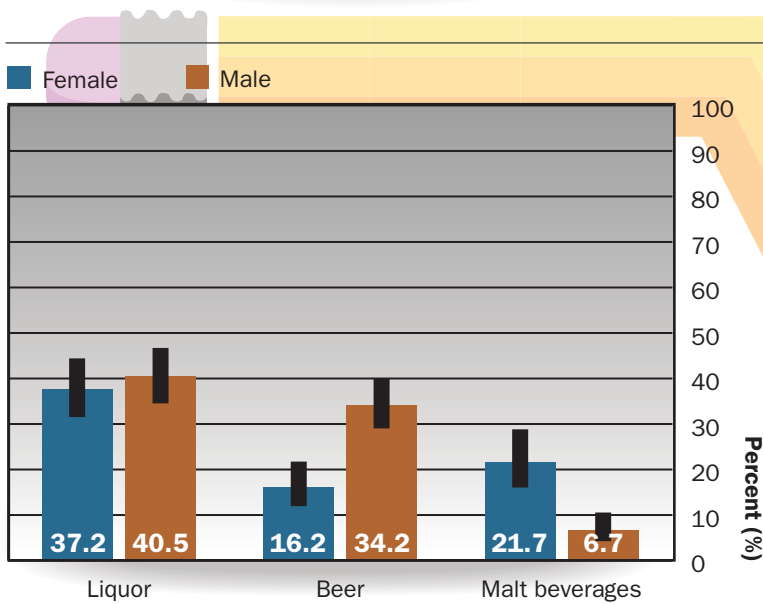


Figure 9

Usual Type of Alcohol Consumed by Gender Among Current Drinkers

Liquor was the most frequently reported usual alcohol type by both girls (37.7%) and boys (40.5%). Boys were more likely than girls to usually drink beer (34.2% vs 16.2%), while girls were more likely than boys to usually drink malt beverages (12.7% vs. 6.7%). There was no significant difference for usual alcohol type by grade level or race/ethnicity.

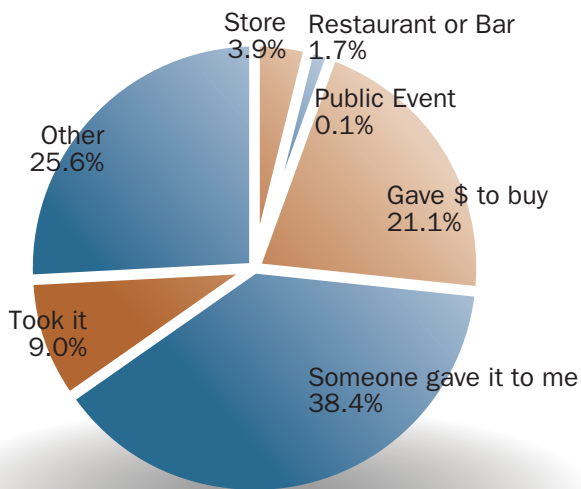


Figure 10

How Current Drinkers Usually Obtained Alcohol

The most frequently reported means of obtaining alcohol was “Someone gave it to me” (38.4%), followed by “Other” (25.6%), “I gave someone else money to buy it” (21.2%), “I took it from a store or family member” (9.0%), “I bought it in a store” (3.9%), and “I bought it in a restaurant, bar or club” (1.7%). Fewer than 1% bought alcohol at a public event. Girls were more likely than boys to report that they usually got their alcohol from someone who gave it to them (45.1% vs. 31.4%). Boys (6.4%) were more likely to buy alcohol in a store than girls (1.4%). There was no significant difference by grade level in the percentage who bought alcohol in a store. 9th graders (12.5%) were more likely than 12th graders (5.1%) to have taken their alcohol from a store or family member.

ALCOHOL RELATED BEHAVIORS OF CURRENT DRINKERS

Figure 11

Usual Drinking Location Among Current Drinkers

The most common usual drinking location by current drinkers was another person's home (54.2%). Other locations given as usual drinking location were: at their own home (26.1%), a public place such as a park, beach, or parking lot (8.3%), in a car (5.3%), on school property (4.0%), a public event (1.5%), and a restaurant, bar, or club (0.6%). There were only minor variations to this pattern by gender and race/ethnicity. Ninth graders (35.4%) were more likely to drink in their own home than 11th (23.3%) or 12th graders (19.4%).

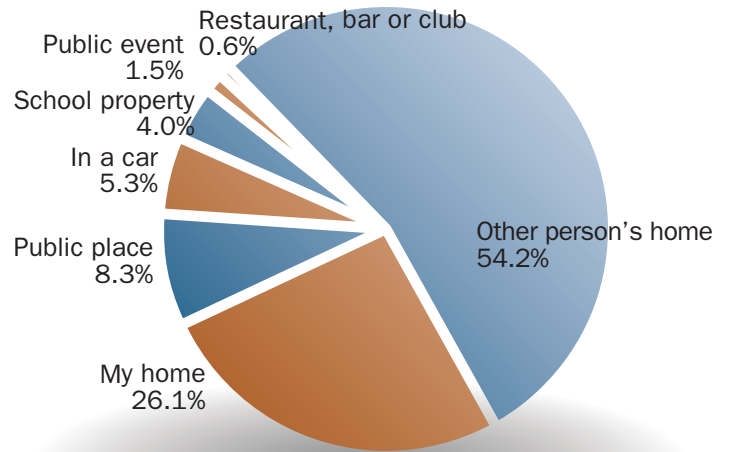
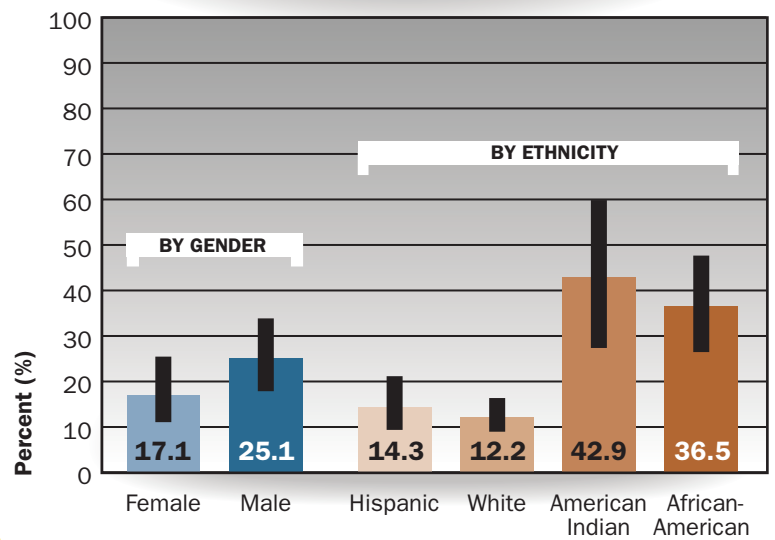


Figure 12

Drank Alcohol on School Property in the Past 30 Days

20.9% of current drinkers drank alcohol on school property in the past 30 days. American Indians (42.9%) and African Americans (36.5%) were more likely to drink alcohol on school property than Hispanics (14.3%) or White students (12.2%). The difference between boys (25.1%) and girls (17.1%) was not statistically significant.



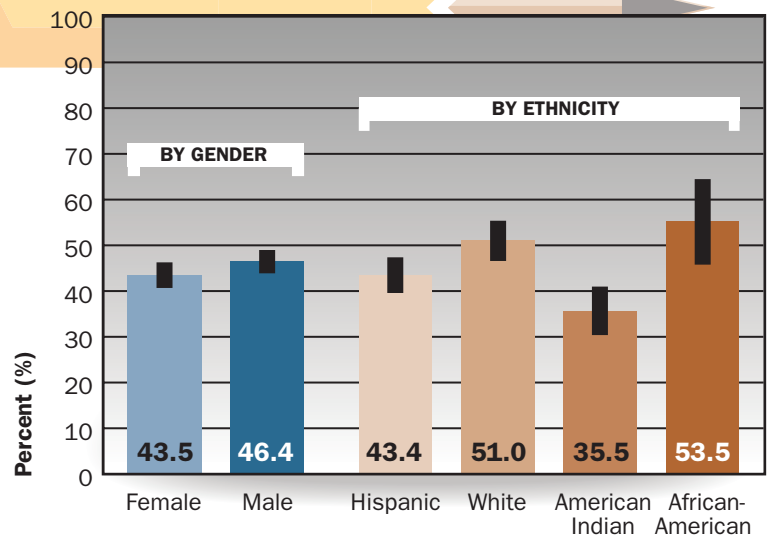
EASE OF OBTAINING ALCOHOL

Figure 13

Very Easy to Get Alcohol

44.9% of all students said that it was "very easy" to get alcohol (i.e., beer, wine, or hard liquor). Eleventh graders (51.2%) and 12th graders (54.2%) were both more likely than 9th (39.5%) and 10th graders (39.6%) to report that it was "very easy" to get alcohol. White (51.1%) and African-American students (55.3%) were both more likely to report it was "very easy" to get alcohol than were American Indian students (35.5%).

Binge drinking was closely related to the ease of obtaining alcohol. Of students who said it was "very easy" to get alcohol, 37.8% were binge drinkers. This is more than two times the rate of binge drinking among those who said it was "sort of hard" (17.1%) and 6 times the rate among those who said it was "very hard" to get alcohol (6.0%).



ATTITUDES ABOUT YOUTH ALCOHOL USE

My parents feel that my own regular use of alcohol would be ...

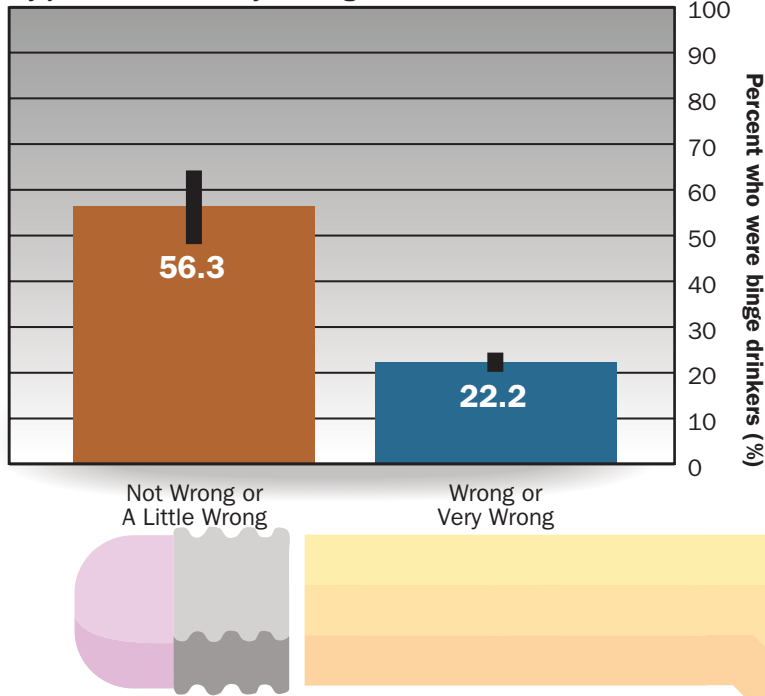


Figure 14

Binge Drinking by Parental Attitudes About Youth Alcohol Use

Respondents commonly thought youth alcohol use was wrong, and held the perception that their parents and other adults in the community also thought youth alcohol use was wrong. 57.4% of respondents believed regular alcohol use by someone about their own age was “Wrong” or “Very Wrong.” 76.0% said most adults in the community thought it was “Wrong” or “Very Wrong,” and 84.2% reported their parents believed the same. There were only minor variations in youth perception of these attitudes by gender, grade level, or race/ethnicity.

Binge drinking was less common among students who perceived that their parents thought regular youth alcohol use was “Wrong” or “Very Wrong” (22.2%) than among those who reported their parents thought it was “Not Wrong” or “A Little Wrong” (56.3%).

Binge drinking was less common among students who perceived that other adults in the community thought that regular youth alcohol use was “Wrong” or “Very Wrong” (23.6%) than among those who perceived that adults thought it was “Not Wrong” or “A Little Wrong” (40.5%). Students who believed that regular youth alcohol use was “Wrong” or “Very Wrong” were also less likely to binge drink (13.2% vs. 46.9%).

ALCOHOL USE BY PEERS

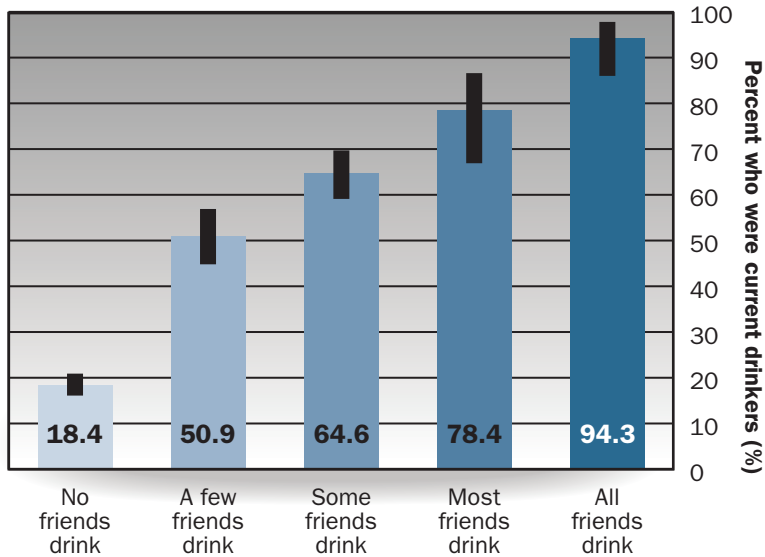


Figure 15

Current Drinking by Number of Closest Friends who Drink Once a Week or More

12.6% of students said that most or all of their closest friends used alcohol once a week or more. There were no significant differences in this by gender, grade level, or race/ethnicity.

Students who reported alcohol use by their friends were more likely to drink themselves. Of students who reported that none of their closest friends drank once a week or more, only 18.4% were current drinkers, while among those who reported that all their closest friends drank weekly, 94.3% were current drinkers.

ALCOHOL USE AND OTHER RISK BEHAVIORS

Figure 16

Substance Use Related Risk Behaviors by Alcohol Consumption Patterns

Binge drinkers were more likely than students with lower risk drinking behaviors (i.e., current drinker but not a binge drinker) and non-drinkers to have engaged in other substance-use related risk behaviors. This includes riding in a car with a driver who had been drinking, drinking and driving, smoking cigarettes, using marijuana, and using cocaine.

Current drinkers were more likely than non-drinkers to have engaged in each of these behaviors.

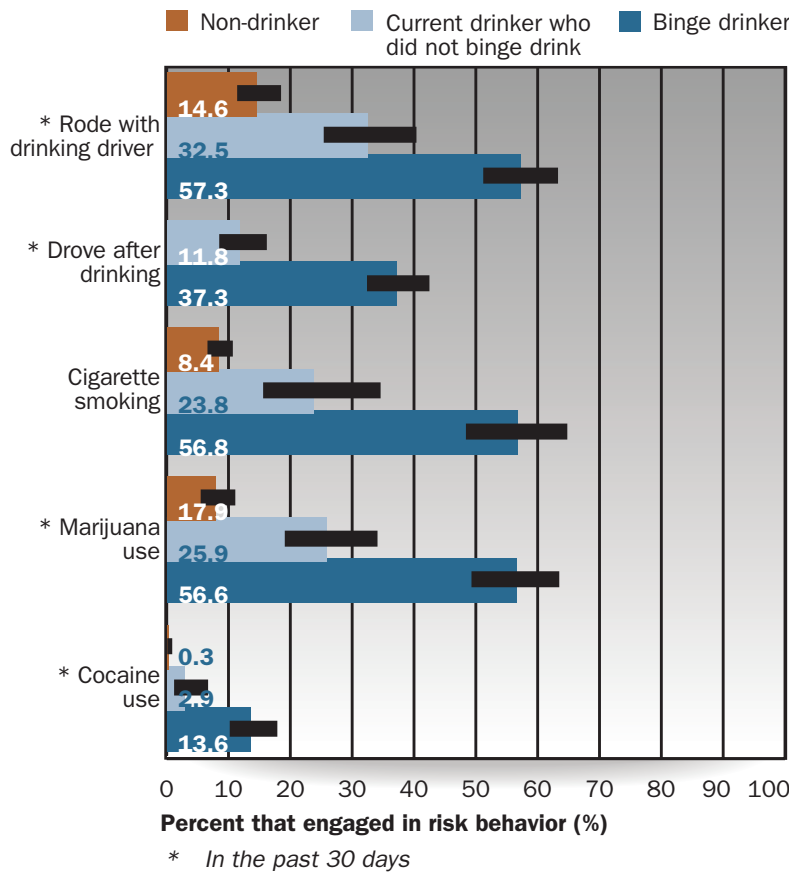


Figure 17

Other Risk Behaviors by Alcohol Consumption Patterns

In general, students with higher risk alcohol consumption behaviors were more likely to be in physical fights, to be hit by a boyfriend or girlfriend, to experience persistent feelings of sadness and hopelessness, to have attempted suicide, and to be sexually active.

There was no association between alcohol consumption patterns and fruit and/or vegetable consumption, being overweight or obese, or levels of physical activity.

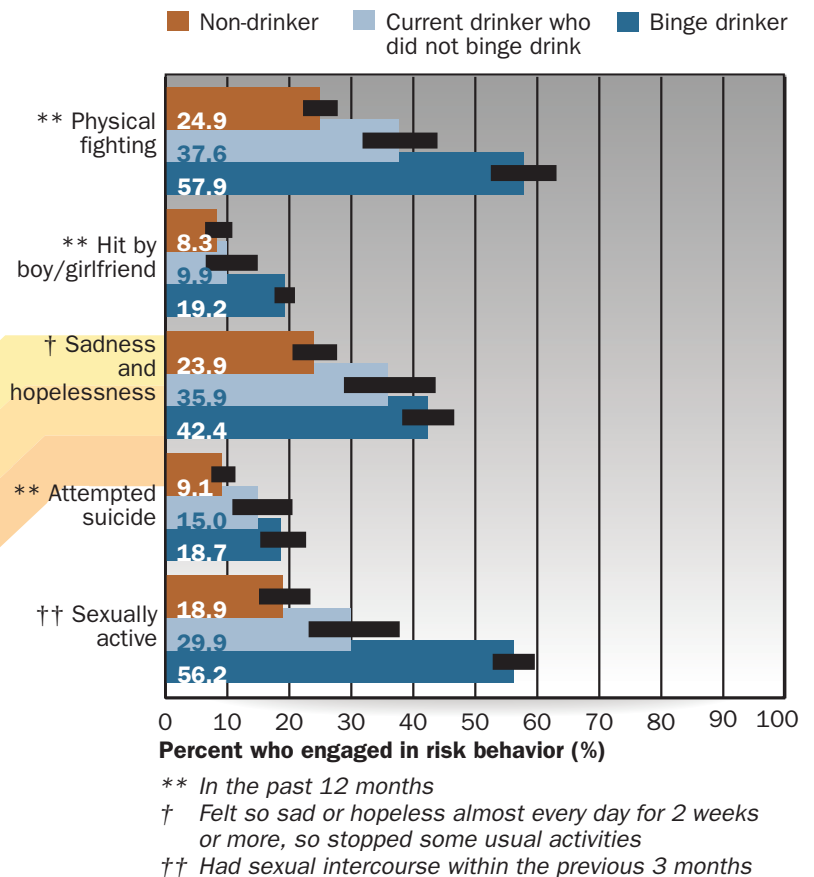
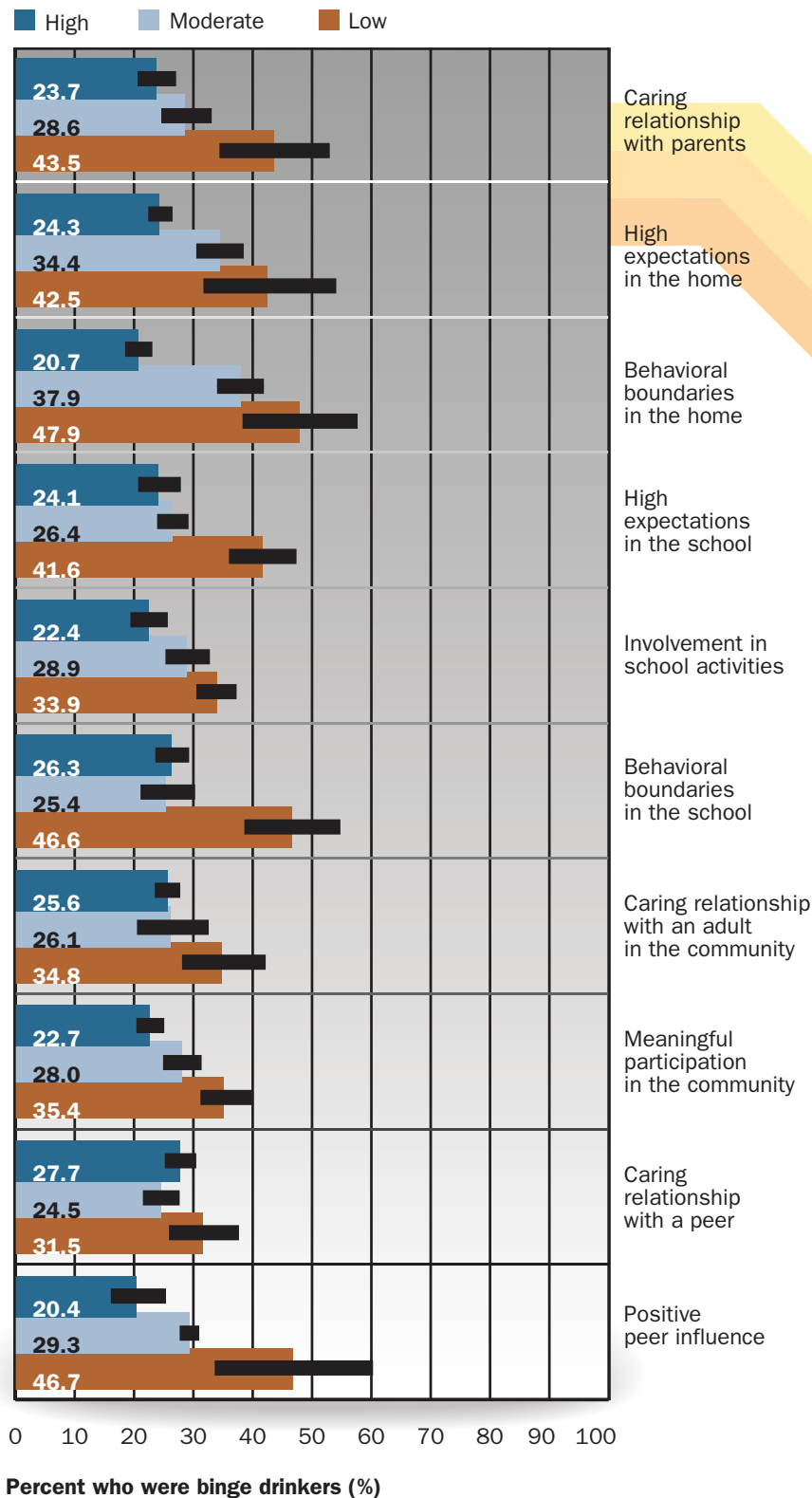


Figure 18



Binge Drinking by Protective Factors

Students with higher levels of most resiliency/protective factors were less likely to be binge drinkers than those with lower levels. Differences in binge drinking by “Caring relationship with a peer” were not statistically significant.

Meaning of resiliency/protective factors

Caring relationship with parents: A parent or other adult who “is interested in my school work,” “talks with me about my problems,” and “listens to me when I have something to say.”

High expectations in the home: A parent or other adult “expects me to follow the rules” and believes “I will be a success.”

Behavioral boundaries in the home: “My family has clear rules about drug and alcohol use.” “My family has clear rules and standards for my behavior, and when not at home,” a parent/guardian “knows where I am and who I am with.”

High expectations in the school: A teacher or other adult who “tells me when I do a good job,” and “who believes I will be a success.”

Involvement in school activities: “Involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, student council, etc.)” at school.

Behavioral boundaries in the school: “Clear rules about what students can and cannot do” at school.

Caring relationship with an adult in the community: Outside the home and school, there was an adult “who really cares about me,” “who notices when I am upset about something,” and “whom I trust.”

Meaningful participation in the community: Outside home and school “I am a part of clubs, sports teams, church/temple, or other group activities,” “I help other people,” and “I am involved in music, art, literature, sports, or a hobby.”

Caring relationship with peer: Friend their own age who “really cares about me,” “talks with me about my problems,” “helps me when I’m having a hard time.”

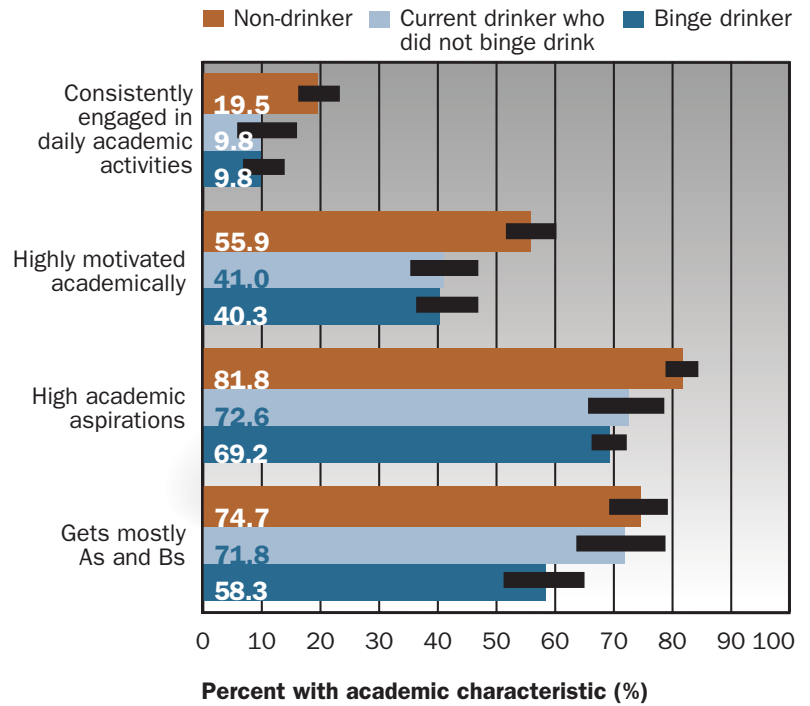
Positive peer influence: Friends “do well in school” and do not “get into a lot of trouble.”

ALCOHOL USE AND ACADEMIC CHARACTERISTICS

Figure 19

Academic Performance by Level of Alcohol Use

Higher risk alcohol use patterns were closely associated with less desirable academic characteristics. Binge and current drinkers who did not binge drink were less likely to be consistently engaged in daily academic activities (completing homework, not skipping class, and bringing paper and pencil to class) than non-drinkers. Binge and current drinkers who did not binge drink were less likely than non-drinkers to be highly motivated to perform well in school (“try hard to do my best work”). Binge drinkers and current drinkers who did not binge drink were less likely than non-drinkers to have high academic aspirations (have plans to go to college or some other school after high school). Binge drinkers were less likely than non-drinkers to get mostly A’s and B’s in school.



HOW DOES NEW MEXICO COMPARE?

NM alcohol indicators compared to US and other state rates

Alcohol related behaviors	NM	US	Compared to US, NM rate is...*	NM rank compared to other states **
Current alcohol use	43.2%	44.7%	- ns -	17
Binge drinking	27.4%	26%	- ns -	17
Use before age 13	30.7%	23.8%	Higher	1
Bought alcohol in a store	3.9%	5.2%	- ns -	20
Past 30-day use on school property	8.7%	4.1%	Higher	1

* Based on 95% confidence intervals (ns = No statistically significant difference)

** Of the 39 states that participated in the survey, 1 = Highest rate

Table 2. Alcohol use and related attitudes and behaviors among New Mexico high school students (grades 9-12) by demographics

Indicator	Total	Sex		Grade in School		
	All Students %[95% CI]	Female %[95% CI]	Male %[95% CI]	9th %[95% CI]	10th %[95% CI]	11th %[95% CI]
Current alcohol use in past 30 days	43.2 [40.9,45.6]	44.2 [41.1,47.3]	42 [38.2,45.9]	38.4 [33.5,43.6]	42.8 [39.4,46.2]	44.7 [40.5,48.9]
Used alcohol before age 13	30.7 [28.1,33.5]	27.8 [24.3,31.6]	33.2 [31.2,35.2]	38.6 [31.7,46.1]	32.6 [29.3,36.1]	26.6 [22.2,31.6]
Binge drinking in past 30 days	27.4 [25.6,29.4]	26.6 [22.2,31.6]	28 [25.9,30.2]	21.3 [18.1,24.8]	27.7 [25.2,30.3]	31.1 [27.2,35.4]
Drank alcohol on school property in past 30 days	8.7 [6.2,12.2]	7.5 [4.7,11.8]	10.1 [7.3,13.7]	7.6 [5.1,11.1]	11.2 [6.4,18.8]	8.5 [5.6,12.7]
Type of alcohol usually drank †						
No usual type	12.5 [9.8,15.7]	12.4 [9.0,16.8]	12.5 [9.6,16.0]	14.7 [10.7,19.9]	13.6 [9.5,19.0]	11.5 [7.6,17.2]
Beer	24.9 [21.3,29.0]	16.2 [11.9,21.7]	34.2 [29.0,39.9]	20.5 [14.7,27.9]	24 [18.7,30.3]	25.9 [21.5,30.9]
Malt beverage	14.5 [11.2,18.5]	21.7 [16.0,28.8]	6.7 [4.2,10.5]	18 [13.3,24.0]	10.3 [5.6,18.2]	13.9 [9.3,20.3]
Wine coolers	2.1 [1.3,3.4]	2.2 [1.2,4.3]	1.8 [0.9,3.5]	1.8 [0.7,4.4]	3.4 [1.5,7.4]	1.5 [0.5,4.9]
Wine	3.3 [1.8,5.7]	4.6 [2.5,8.1]	1.7 [0.6,4.8]	2.4 [0.9,6.6]	4.2 [1.9,8.9]	2.6 [0.9,7.1]
Liquor	38.9 [34.5,43.4]	37.7 [31.5,44.4]	40.5 [34.5,46.7]	37.1 [28.6,46.5]	41.2 [35.6,47.1]	42 [34.1,50.3]
Other	3.9 [2.7,5.7]	5.1 [3.1,8.2]	2.7 [1.5,4.8]	5.5 [3.0,9.6]	3.3 [1.8,6.0]	2.5 [0.8,7.5]
Where usually drank alcohol †						
My home	26.1 [22.8,29.7]	25.6 [21.4,30.2]	26.2 [22.1,30.8]	35.4 [28.0,43.5]	26.1 [18.3,35.8]	23.3 [18.1,29.6]
Another person's home	54.2 [50.2,58.1]	57.1 [51.4,62.6]	51.5 [45.7,57.2]	47 [39.5,54.7]	47.9 [38.7,57.3]	56.2 [49.5,62.6]
In a car	5.3 [3.5,7.9]	5 [2.9,8.5]	5.6 [3.1,10.0]	4 [2.3,7.2]	8 [4.6,13.6]	6.5 [3.7,11.3]
Restaurant, bar, or club	0.6 [0.2,1.5]	0.6 [0.2,1.8]	0.4 [0.2,1.1]	0.4 [0.1,1.9]	0.6 [0.1,3.0]	0.9 [0.2,2.9]
Public place	8.3 [5.7,11.8]	7.3 [4.1,12.6]	9.5 [6.0,14.7]	8.4 [5.1,13.4]	9.5 [5.3,16.3]	8.4 [4.7,14.3]
Public event	1.5 [0.8,2.8]	1.7 [0.8,3.7]	1.4 [0.7,2.8]	2.1 [0.7,6.6]	1.8 [0.7,4.3]	1.3 [0.4,3.8]
On school property	4 [2.2,7.2]	2.8 [1.2,6.3]	5.4 [3.0,9.5]	2.7 [0.5,12.8]	6.2 [2.8,13.1]	3.5 [1.4,8.4]
Usually bought the alcohol they drank at a store †	3.9 [2.7,5.8]	1.4 [0.5,4.0]	6.4 [4.6,9.0]	5.1 [3.2,8.0]	3.8 [1.6,8.7]	2.1 [0.7,6.1]
Most or all of closest friends drink alcohol once a week or more	12.6 [11.0,14.5]	12.2 [11.0,13.4]	12.9 [10.0,16.4]	11.3 [8.4,14.9]	10.9 [8.1,14.4]	14.3 [10.7,18.9]
Most adults in community would think it is wrong or very wrong for kids their age to drink alcohol regularly	76 [73.0,78.8]	78 [74.6,81.1]	74.5 [71.0,77.6]	78.3 [73.0,82.8]	76.1 [72.3,79.5]	74.5 [67.6,80.3]
Parents feel it would be wrong or very wrong for kids to drink alcohol regularly	84.2 [82.1,86.1]	85.6 [82.9,88.0]	82.8 [79.9,85.4]	84.2 [79.8,87.8]	86.9 [83.4,89.7]	83.7 [80.0,86.8]
Think it is very wrong for someone their age to drink alcohol regularly	57.4 [53.1,61.5]	58.7 [53.7,63.5]	56 [51.9,60.1]	60.2 [53.0,67.1]	58.7 [54.5,62.7]	52.8 [44.5,60.9]
Think it would be very easy to get beer, wine or hard liquor if they wanted to	44.9 [42.9,47.0]	43.5 [40.7,46.3]	46.4 [43.9,49.0]	39.5 [33.5,45.8]	39.6 [35.3,44.1]	51.2 [45.2,57.3]

† Among current drinkers in the past 30 days

and academic performance

12th %[95% CI]	Ethnicity					Grades	
	Hispanic %[95% CI]	White %[95% CI]	American Indian %[95% CI]	Black %[95% CI]	Other %[95% CI]	Mostly As & Bs %[95% CI]	Mostly Cs or Lower %[95% CI]
49 [43.2,54.8]	44.6 [41.1,48.2]	40.9 [36.4,45.6]	42.2 [38.8,45.6]	48.5 [40.4,56.6]	45.5 [31.2,60.6]	38.4 [35.2,41.7]	52.3 [46.9,57.7]
20 [15.8,25.0]	33.8 [30.5,37.2]	25.3 [20.5,30.8]	30.8 [24.5,37.9]	42 [33.4,51.1]	29.9 [17.8,45.7]	26.8 [23.7,30.2]	38.6 [32.6,45.0]
31.4 [25.9,37.5]	27.1 [24.9,29.5]	25.3 [23.0,27.8]	28.6 [25.0,32.5]	37 [32.6,41.7]	27.6 [18.4,39.0]	22.9 [19.8,26.3]	36.9 [32.2,41.8]
6.5 [3.7,11.2]	6.5 [4.5,9.4]	4.7 [3.7,6.0]	17.3 [11.2,25.7]	16.3 [11.6,22.4]	13.2 [7.3,22.9]	5.6 [3.7,8.3]	13.8 [11.0,17.2]
9.5 [5.7,15.6]	13.8 [10.6,17.7]	12.8 [9.1,17.6]	10.3 [5.7,17.8]	10.3 [5.7,17.8]	11.3 [4.1,27.5]	12.9 [9.5,17.4]	11.8 [8.8,15.6]
30.1 [24.1,36.9]	26.6 [20.3,33.9]	29.1 [22.8,36.3]	20.3 [16.2,25.1]	20.3 [16.2,25.1]	11.9 [5.1,25.5]	24.5 [19.3,30.5]	25.6 [21.1,30.8]
16.1 [10.5,23.9]	16.2 [12.1,21.3]	11.4 [7.3,17.4]	16.2 [7.9,30.4]	16.2 [7.9,30.4]	20.2 [10.9,34.2]	16.6 [12.9,21.2]	10.7 [7.3,15.4]
1.7 [0.8,3.4]	2.6 [1.1,5.7]	0.8 [0.3,2.6]	2.6 [0.8,8.3]	2.6 [0.8,8.3]	5.1 [2.0,12.4]	2.5 [1.2,4.9]	1.4 [0.4,4.2]
4 [1.8,8.7]	2.5 [1.1,5.8]	5.7 [2.7,11.6]	1.1 [0.2,6.5]	1.1 [0.2,6.5]	4.9 [1.0,21.5]	4.7 [2.5,8.7]	1 [0.2,4.8]
34.1 [30.2,38.3]	32.9 [25.9,40.6]	38.6 [31.8,45.9]	45.3 [30.9,60.4]	45.3 [30.9,60.4]	40.8 [24.5,59.5]	35.2 [30.8,39.9]	46.1 [39.0,53.3]
4.4 [2.5,7.7]	5.5 [3.9,7.9]	1.6 [0.8,3.0]	4.2 [1.4,12.4]	4.2 [1.4,12.4]	5.8 [1.8,16.9]	3.5 [2.1,5.8]	3.4 [2.0,5.8]
19.4 [14.1,26.1]	26.1 [21.0,32.0]	26.1 [23.9,28.4]	29.7 [23.5,36.7]	22.4 [10.8,40.6]	17.1 [7.5,34.4]	29.6 [24.4,35.2]	21.9 [16.5,28.6]
67.1 [59.3,74.1]	58.4 [53.5,63.1]	55.4 [48.5,62.1]	41.1 [36.4,46.0]	53.6 [40.3,66.5]	55.6 [42.5,68.0]	55.1 [50.0,60.2]	52.5 [45.6,59.2]
2.4 [0.6,9.5]	3.6 [2.1,6.1]	4.5 [2.7,7.4]	9.1 [5.0,16.1]	5.3 [1.3,19.6]	11.6 [4.9,24.8]	4.4 [2.1,8.7]	7.2 [4.5,11.4]
0.3 [0.0,2.7]	0.8 [0.3,2.6]	0.3 [0.0,2.6]	0 [-]	0.8 [0.1,7.6]	2.4 [0.5,10.5]	0.5 [0.1,2.2]	0.9 [0.3,2.7]
6.8 [2.9,15.5]	7.2 [4.8,10.7]	9.4 [5.1,16.9]	8.6 [4.7,15.1]	8.3 [3.1,20.2]	9.7 [5.4,17.0]	7.2 [4.3,11.7]	9.7 [6.2,14.7]
0.9 [0.2,5.0]	1.4 [0.6,3.4]	0.7 [0.1,3.2]	2.4 [0.9,6.1]	3.5 [0.6,16.7]	3.7 [0.6,19.2]	0.7 [0.2,2.7]	2.6 [1.2,5.4]
3.1 [1.7,5.8]	2.4 [1.0,5.5]	3.5 [1.8,6.6]	9.1 [5.0,16.1]	6.1 [0.9,33.0]	0 [-]	2.5 [1.0,6.4]	5.2 [2.8,9.7]
3.9 [1.3,11.0]	3.5 [2.4,5.1]	2 [0.8,4.7]	1.9 [0.3,11.5]	22.2 [9.4,44.0]	5.4 [1.9,19.0]	3.5 [1.8,6.7]	4.5 [2.4,8.1]
13.6 [9.1,20.0]	13.1 [10.5,16.1]	10.6 [8.6,13.1]	11.7 [7.2,18.4]	22.8 [13.0,36.8]	17.5 [11.3,26.1]	9.9 [8.1,12.0]	18.3 [15.8,21.1]
74.8 [69.5,79.4]	76.6 [74.3,78.7]	71.2 [64.1,77.4]	83.9 [77.9,88.5]	75.7 [68.9,81.4]	74.5 [64.9,82.2]	76.8 [72.8,80.3]	73.5 [70.0,76.8]
82.3 [75.6,87.5]	84.5 [82.4,86.3]	82.6 [79.5,85.2]	88.8 [82.4,93.1]	81.4 [69.1,89.6]	79.4 [68.7,87.1]	85.7 [82.9,88.1]	81.1 [77.5,84.2]
57.2 [49.2,64.8]	55.9 [50.8,60.8]	55.5 [52.2,58.7]	65.1 [58.3,71.3]	54.9 [42.3,66.9]	58.3 [44.7,70.8]	62.5 [57.2,67.4]	46.9 [41.7,52.2]
54.2 [48.2,60.1]	43.4 [39.6,47.4]	51 [46.6,55.4]	35.5 [30.4,41.0]	55.3 [45.8,64.5]	41.6 [33.0,50.7]	45.8 [43.6,48.1]	45.2 [41.1,49.3]

YOUTH ALCOHOL USE: WHY ARE WE CONCERNED?

Both in New Mexico and nationwide, youth alcohol use is a major public health problem. According to the surgeon general, "Alcohol is the drug of choice among America's adolescents, used by more young people than tobacco or illicit drugs"¹. In 2005 alone, the cost of medical care and work loss due to underage drinking in New Mexico was \$243 million², or \$1,168 per youth. New Mexico's cost per youth is the third highest of the 50 states.

Alcohol use is closely associated with the three leading causes of death among young people ages 15-19 and 20-24 in the United States: unintentional injury (mostly motor vehicle crashes), homicide, and suicide³. From 2001-2005, 47 New Mexicans under age 21 died per year from alcohol related injuries and illnesses⁴. Motor vehicle crashes accounted for 22 (47%) of these deaths, 9 (19%) were from homicide, and 7 (15%) were from suicide. New Mexico has among the highest rates in the nation for each of these causes of death among 10-19 year olds (rates are expressed as deaths per 100,000 population):³

- **Motor vehicle crashes:** 8th highest rate of 50 states (NM-23.0 vs. US-14.6)
- **Homicide:** 10th highest of 50 states (NM 6.3 vs. US 5.2)
- **Suicide:** 5th highest of 50 states (NM - 11.6 vs. US - 4.5)

Underage drinkers are at higher risk for a variety of high risk behaviors and other negative outcomes.^{1,6} Underage drinking is associated with tobacco use, interpersonal violence, illicit drug use, academic failure, and risky sexual behavior (i.e., unwanted, unintended, and unprotected sexual activity; sex with multiple partners).

Binge drinking (5 or more drinks on a single occasion) is a particularly risky pattern of alcohol consumption, and accounts for 90% of the alcohol consumed by 12- to 17-year-olds⁵. Compared to other patterns of alcohol consumption (i.e., drinking alcohol without binge drinking), it carries a higher risk for unsafe sexual behavior, illicit drug use, tobacco use, drinking and driving, interpersonal violence, and suicide attempts.

In addition to the risk of acute consequences, drinking at an early age is associated with chronic alcohol related problems in adult-

hood. People who begin drinking before age 15 are 5 times more likely to develop alcohol dependence than those who begin drinking at age 21 or later⁶. Drinking behaviors established early in life and continued in later years also increase the risk for chronic medical problems such as liver cirrhosis, pancreatitis, hemorrhagic stroke, and several types of cancer¹.

SOURCES

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DEFINITIONS

BINGE DRINKER Has had 5 or more drinks in a row or within a couple of hours in the past 30 days.

CURRENT DRINKER Has had at least one drink of alcohol in the past 30 days.

CURRENT DRINKER WHO DID NOT BINGE DRINK Has had at least one drink of alcohol in the past 30 days, but has not had 5 or more drinks in a row or within a couple of hours.

NON-DRINKER Has not had a drink of alcohol in the past 30 days.

SEXUALLY ACTIVE Has had sexual intercourse within the past 3 months.

NM YRRS YOUTH RISK & RESILIENCY SURVEY

The 2007 high school Youth Risk and Resiliency Survey (YRRS) was a survey of approximately 11,000 public school students in grades 9-12 from 105 New Mexico high schools. In addition to alcohol related behaviors, topic areas include risk behaviors related to injury, violence, suicidal ideation and attempts, tobacco use, sexual activity, physical activity, and nutrition; resiliency (protective) factors such as relationships in the family, school, community, and with peers; and health status issues such as body weight and asthma. This report gives results for a subset of approximately 2,600 students selected to provide statewide estimates of behavior. The YRRS also supplies results at the county level. All data are self-reported by students who voluntarily completed the survey.

This report and other YRRS reports can be found at:

<http://www.health.state.nm.us/epi/yrrs.html>

Data from the national and other state Youth Risk Behavior Surveys can be found at:

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

