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New Mexico Youth Risk & Resiliency 2015 Survey Results Report: Alcohol Use and Related Behaviors.

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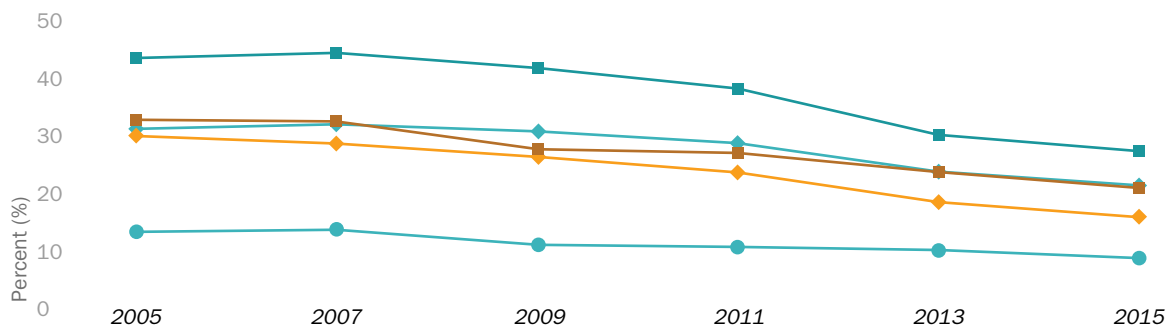
Alcohol and Related Behaviors

Alcohol is the most commonly used and abused drug by youth in the United States.¹ Youth who drink alcohol before age 15 are six times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at age 21 or older.² Binge drinking (5 or more drinks on a single occasion) accounts for about

90% of the alcohol consumed by youth 12–20 years of age in the United States.³ The New Mexico Youth Risk & Resiliency Survey (NM-YRRS) includes questions about alcohol use, access, attitudes, and behaviors as well as protective (resiliency) factors that can help reduce these risky behaviors.

Alcohol Use Trends (High School)

Figure 1
Trends in alcohol indicators
 Grades 9–12, NM
 2005–2015



Indicator	2005	2007	2009	2011	2013	2015
Current drinking	42.3	43.2	40.5	36.9	28.9	26.1
First drink before age 13	30.0	30.7	29.4	27.4	22.3	20.1
Rode with a drinking driver	31.5	31.2	26.4	25.8	22.5	19.7
Binge drinking	28.6	27.4	25.0	22.4	17.1	14.6
Drinking and driving	12.0	12.5	9.7	9.3	8.8	7.4

Summary of high school trends, 2005–2015:

- *Current drinking* decreased by 38% (42.3% to 26.1%).
- *Binge drinking* decreased by almost 50% (28.6% to 14.6%).
- *First drink before age 13* decreased by 33% (30.0% to 20.1%).
- *Drinking and driving* decreased by 38% (12.0% to 7.4%).
- *Rode with a drinking driver* decreased by 37% (31.5% to 19.7%).

Summary of 2015 NM high school alcohol use with U.S.-NM comparison:

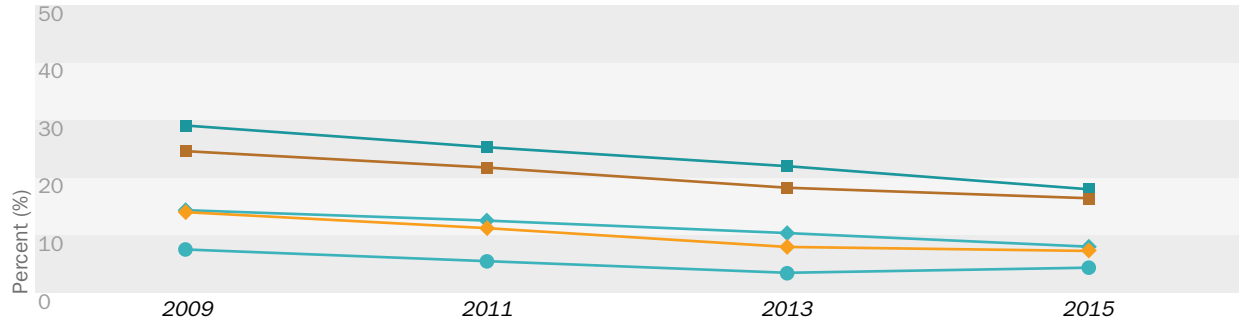
	NM%	U.S.%	at higher risk	NM rank
Current drinking	26.1	32.8	U.S.	28 (of 36 states)
Binge drinking	14.6	17.7	U.S.	24 (of 36 states)
First drink before age 13	20.1	17.2	NM	4 (of 36 states)
Rode with a drinking driver	19.7	20.0	–	13 (of 33 states)
Drinking and driving	7.4	7.8	–	15 (of 35 states)
10 or more drinks on a single occasion	3.6	4.3	–	9 (of 20 states)
Drank on school property	5.0	-na-	-na-	-na-

– = no statistically significant difference

-na- = data not available

Alcohol Use Trends (Middle School)

Figure 2
Trends in alcohol indicators
Grades 6–8, NM
2009–2015



■ Ever drank alcohol	33.8	29.5	25.7	21.1
■ Rode with a drinking driver	28.1	24.8	20.9	18.8
◆ First drink before age 11	16.5	14.5	11.9	9.2
◆ Current drinking	16.2	12.9	9.2	8.5
● Binge drinking	8.6	6.3	3.9	5.0

Summary of middle school trends, 2009–2015:

- *Ever drank alcohol* decreased by 38% (33.8% to 21.1%).
- *Current drinking* decreased by 48% (16.2% to 8.5%).
- *Binge drinking* decreased by 42% (8.6% to 5.0%).
- *First drink before age 11* decreased by 44% (16.5% to 9.2%).
- *Rode with a drinking driver* decreased by 33% (28.1% to 18.8%).

Alcohol indicators in 2015 NM-YRRS:

Ever drank alcohol	Have you ever had a drink of alcohol, other than a few sips?
Current drinking (at least one day)	During the past 30 days, on how many days did you have at least one drink of alcohol?
Binge drinking (at least one day)	During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
10 or more drinks on a single occasion	During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?
First drink before age 13 (grades 9–12) or age 11 (grades 6–8)	How old were you when you had your first drink of alcohol other than a few sips?
Drinking and driving (high school survey only)	During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
Rode with drinking driver	During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? (high school) Have you ever ridden in a car driven by someone who had been drinking alcohol? (middle school)
Access to alcohol (high school survey only)	During the past 30 days, how did you usually get the alcohol you drank?
Where alcohol is consumed (high school survey only)	During the past 30 days, where did you usually drink alcohol?

Alcohol and Student Characteristics

Alcohol Use by Sex

Grades 9–12:

- Boys (4.6%) were more likely than girls (2.7%) to drink 10 or more drinks on a single occasion.
- Boys (22.7%) were more likely than girls (17.3%) to drink before age 13.
- There were no statistically significant differences between girls and boys for binge drinking (13.8% vs. 15.2%), current drinking (27.0% vs. 25.1%), drinking and driving (6.4% vs. 8.2%) or riding with a drinking driver (19.5% vs. 19.7%).

Grades 6–8:

- There were no statistically significant differences between girls and boys for ever drinking alcohol (20.6% vs. 21.7%), current drinking (8.1% vs. 9.0%) or binge drinking (4.5% vs. 5.4%).
- There was no statistically significant difference between girls and boys for drinking before age 11 (7.5% vs. 10.9%).

Alcohol Use by Grade Level

All indicators of alcohol use increased in prevalence with grade level.

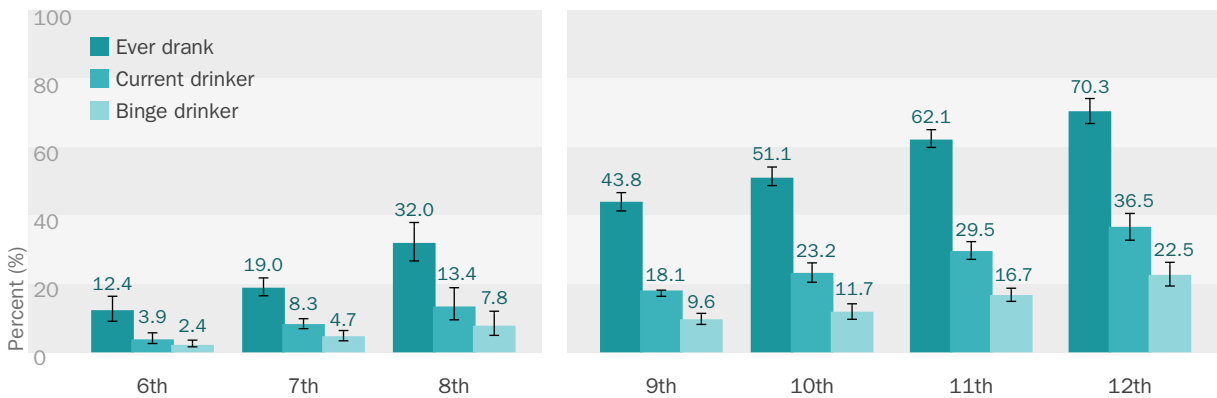


Figure 3
Prevalence of drinking behaviors by grade level
Grades 6–8 and
Grades 9–12, NM
2015

Alcohol and Student Characteristics

Alcohol Use by Race/Ethnicity

Grades 9–12:

- The prevalence of current drinking was lower among American Indian students (18.4%) than among Hispanic (28.9%) students. Other differences by race/ethnicity were not statistically significant (Asian or Pacific Islander: 21.2%; African American: 28.3%; White: 25.0%).
- American Indian students had a lower rate of binge drinking (10.5%) than Hispanic students (16.4%). Other differences by race/ethnicity were not statistically significant (Asian or Pacific Islander: 12.4%; African American: 17.7%; White: 13.2%).
- African American students (15.8%) had a higher rate of drinking and driving than American Indian (6.2%), White (6.6%), or Hispanic (7.3%). The rate for Asian or Pacific Islander students (12.4%) was not statistically different from the other groups.
- There were no statistically significant differences by race/ethnicity for drinking before age 13.

Grades 6–8:

- The prevalence of students who ever had a drink of alcohol was lower among American Indian students (16.4%) and White students (17.4%) than Hispanic students (25.3%). Other differences by race/ethnicity were not statistically significant (Asian or Pacific Islander: 14.3%; African American: 20.0%).
- The prevalence of current drinking was lower among American Indian students (4.7%) than among Hispanic students (10.6%). Other differences by race/ethnicity were not statistically significant (Asian or Pacific Islander: 5.0%; African American: 6.8%; White: 7.3%).
- There were no statistically significant differences by race/ethnicity for binge drinking or first drink before age 11.

Alcohol Use by Urban or Rural County

Students attending schools in rural counties had higher rates of ever drinking, current drinking, and binge drinking than students attending schools in

urban counties. The rate of drinking and driving was not statistically significant by rural/urban county designation.

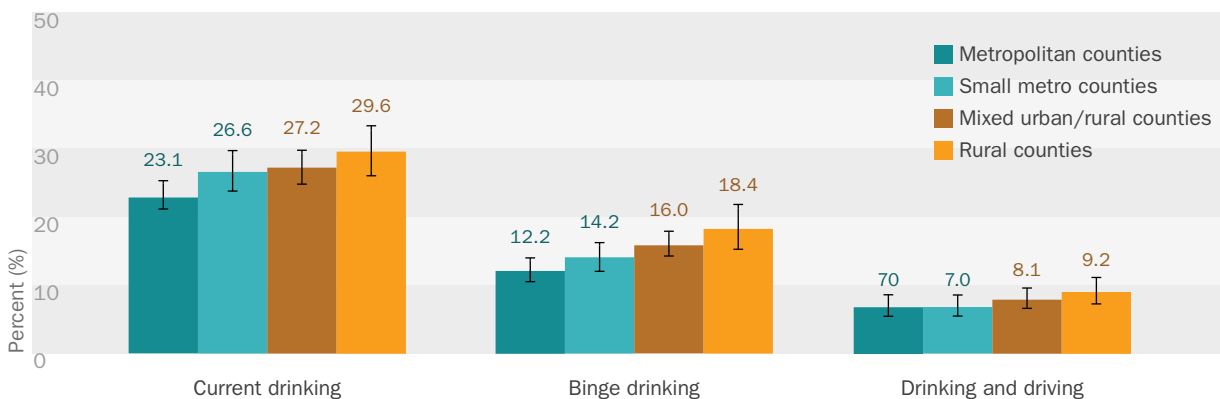


Figure 4
Prevalence of current drinking, binge drinking, and drinking and driving, by county rurality
Grades 9–12, NM
2015

Alcohol and Student Characteristics

Alcohol Use by Sexual Orientation

Students who identified as lesbian, gay, bisexual (LGB) or who were unsure of their sexual identity were more likely to engage in binge drinking and drinking and driving than students who identified as

straight. Students who identified as LGB were more likely to engage in current drinking than students who identified as straight.

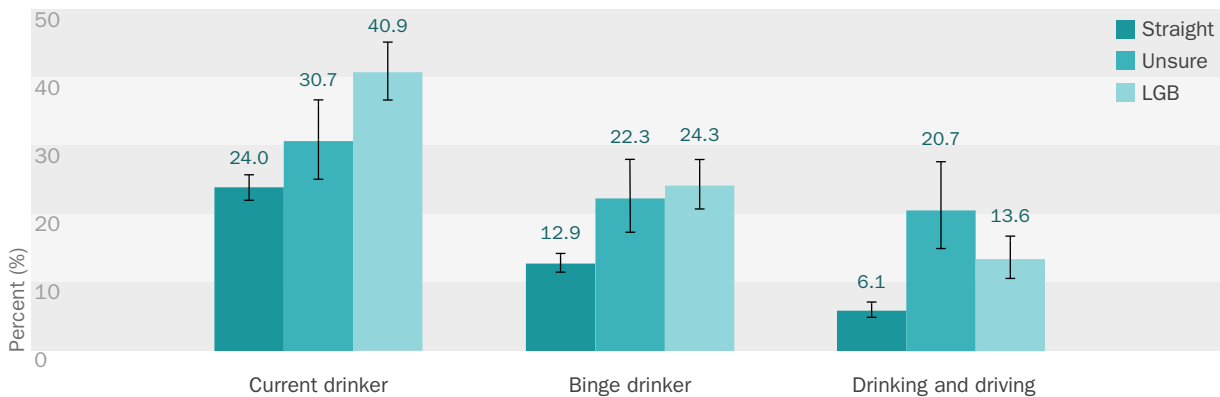


Figure 5
Prevalence of current alcohol use, by LGB status
Grades 9–12, NM
2015

Alcohol Use by Housing Stability

Students who lived in unstable housing conditions were more than twice as likely as students in stable housing to be current drinkers, more than three

times as likely to be binge drinkers, and nearly six times as likely to drink and drive.

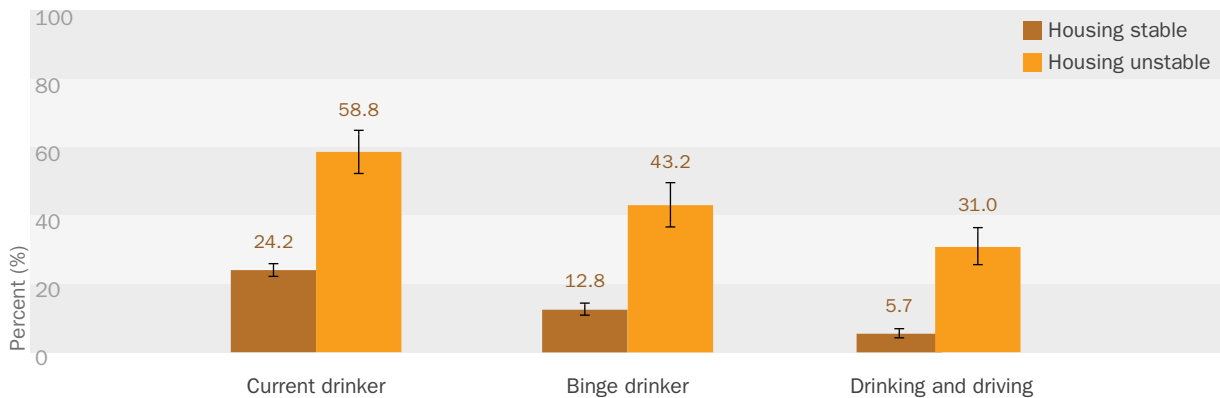


Figure 6
Prevalence of current alcohol use, by housing stability
Grades 9–12, NM
2015

Alcohol and Risk Behaviors

Source of Alcohol and Location of Drinking by Housing Stability

- NM high school students who were current drinkers typically consumed alcohol at someone else's home (49.2%) or their own home (30.7%), and usually obtained their alcohol by someone giving it to them (39.3%). However, there were marked differences in source of alcohol access and drinking location by housing stability.
- Students in stable housing were three times more likely than students in unstable housing to obtain their alcohol by someone giving it to them. Students in unstable housing were five times more likely than students in stable housing to purchase alcohol at a store or a public event, and 10 times more likely to purchase alcohol at a restaurant or bar.

- Students in unstable housing were less likely than students in stable housing to drink alcohol in their own or in someone else's home. They were twice as likely to consume alcohol in a car, twice as likely to drink in a park or other public place, five times as likely to consume alcohol in a restaurant or bar, and seven times as likely to drink on school property.

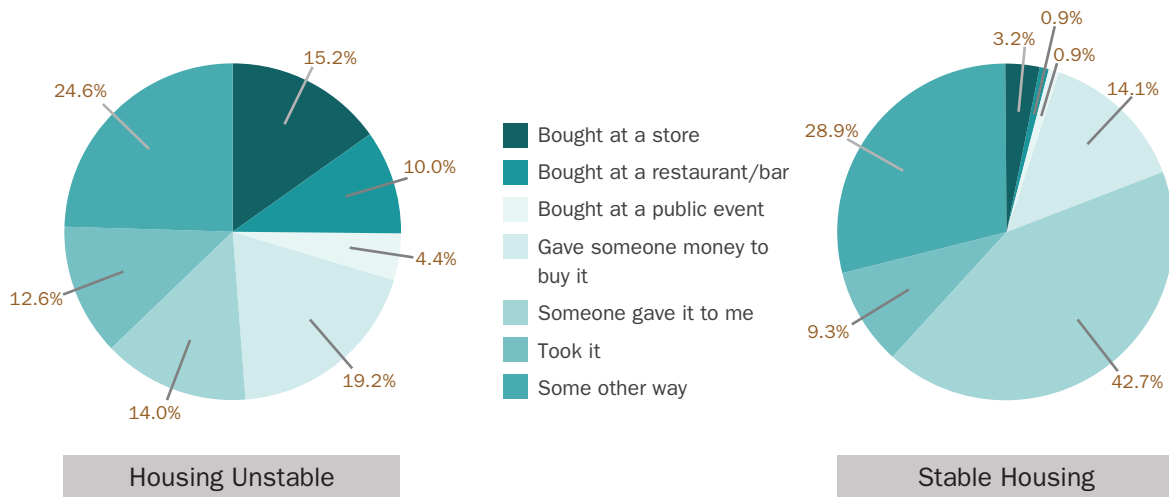


Figure 7
Source of alcohol among current drinkers, by housing status
Grades 9–12, NM
2015

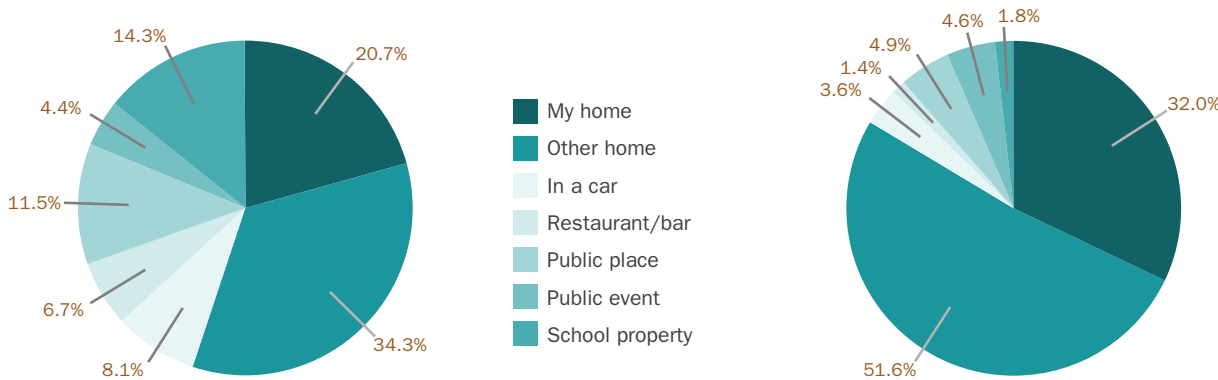


Figure 8
Where current drinkers usually consumed alcohol, by housing status
Grades 9–12, NM
2015

Alcohol and Risk Behaviors

Selected Risk Behaviors by Alcohol Use Pattern (High School)

Among high school students, the prevalence of other risk behaviors increased as the level of alcohol consumption increased. For most of these risk behaviors, the prevalence is lowest among non-drinkers, higher among students who drank less than 5 drinks on a single occasion, and highest among binge drinkers.

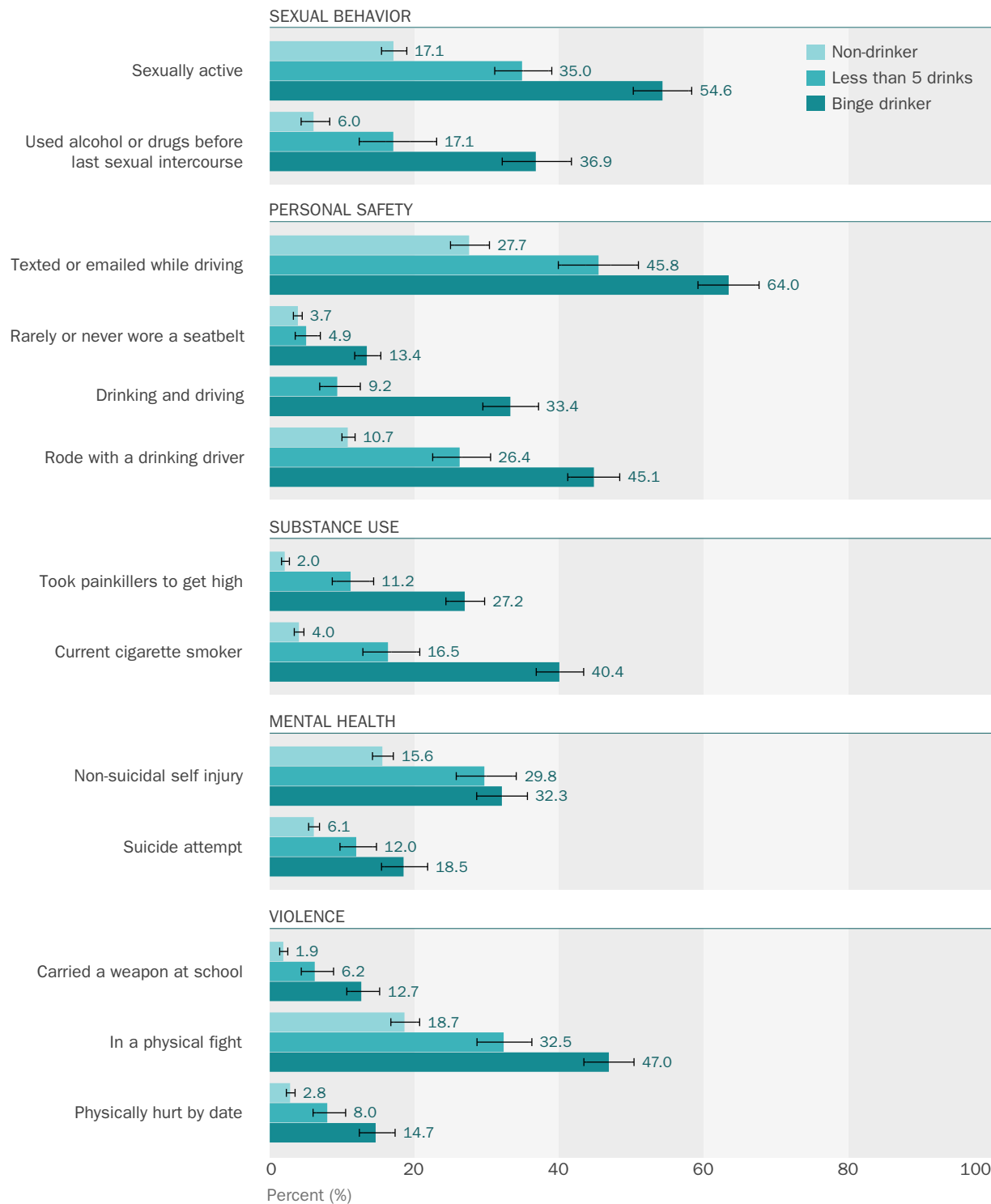


Figure 9
Alcohol consumption by other risk behaviors
 Grades 9–12, NM
 2015

How to read this chart:
 Each colored bar represents how common the indicated risk behavior is among students who engage in the different levels of alcohol consumption keyed to the bar's color.

For example: Among students who were binge drinkers, 12.7% carried a weapon at school (dark blue), compared to 6.2% of students who drank less than 5 drinks on a single occasion (medium blue), and 1.9% of non-drinkers (light blue).

Risk and Resiliency

Selected Risk Behaviors by Alcohol Use Pattern (Middle School)

Among middle school students, the prevalence of other risk behaviors increased as the level of alcohol consumption increased. For most of these risk behaviors, the prevalence is lowest among

non-drinkers, higher among students who drank less than 5 drinks on a single occasion, and highest among binge drinkers.

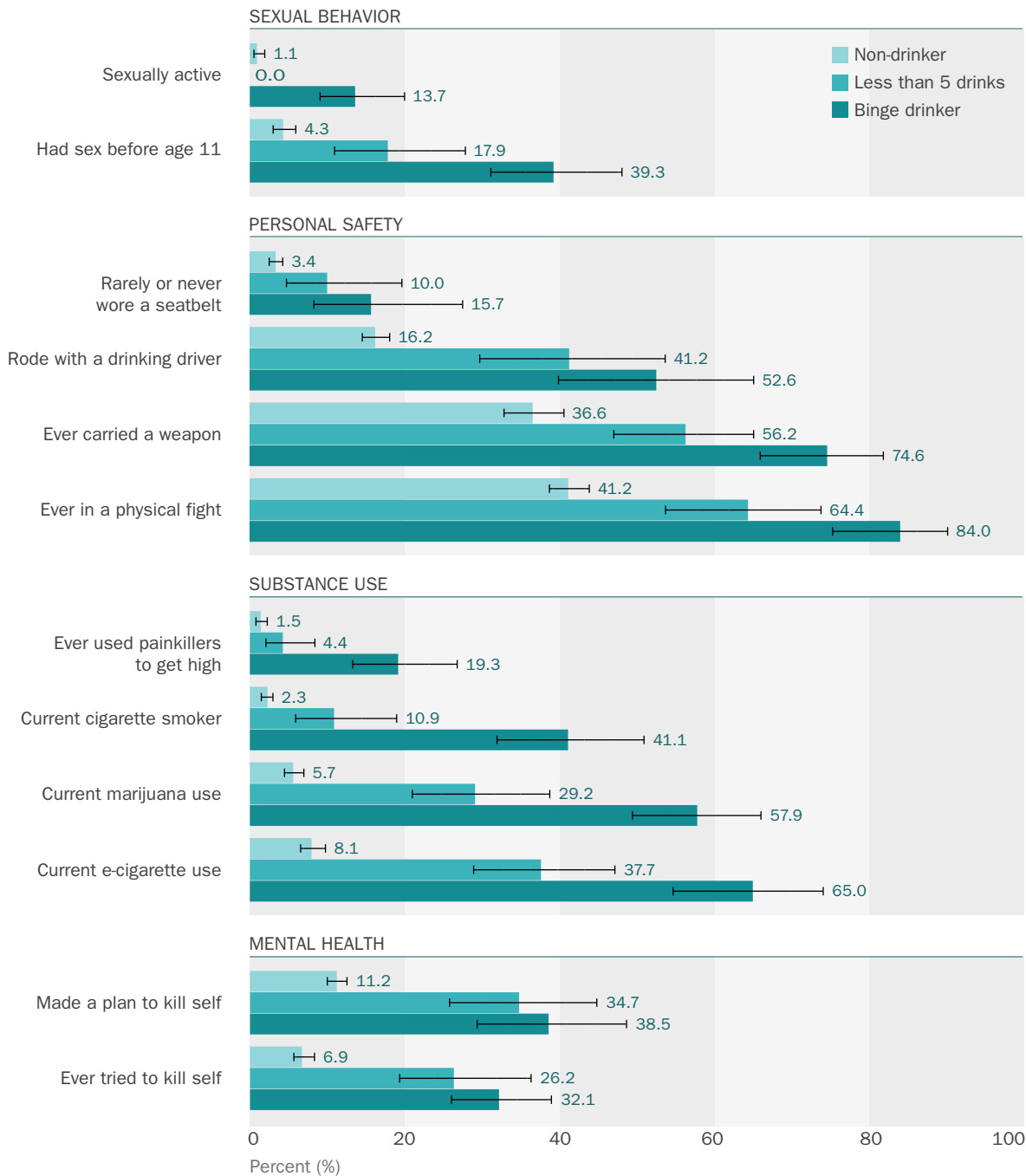


Figure 10
Alcohol consumption by other risk behaviors
Grades 6–8, NM
2015

Risk and Resiliency

Selected Resiliency Behaviors by Alcohol Use (High School)

Protective factors at home and school were more closely associated with lower rates of binge drinking than protective factors outside of the home or school.

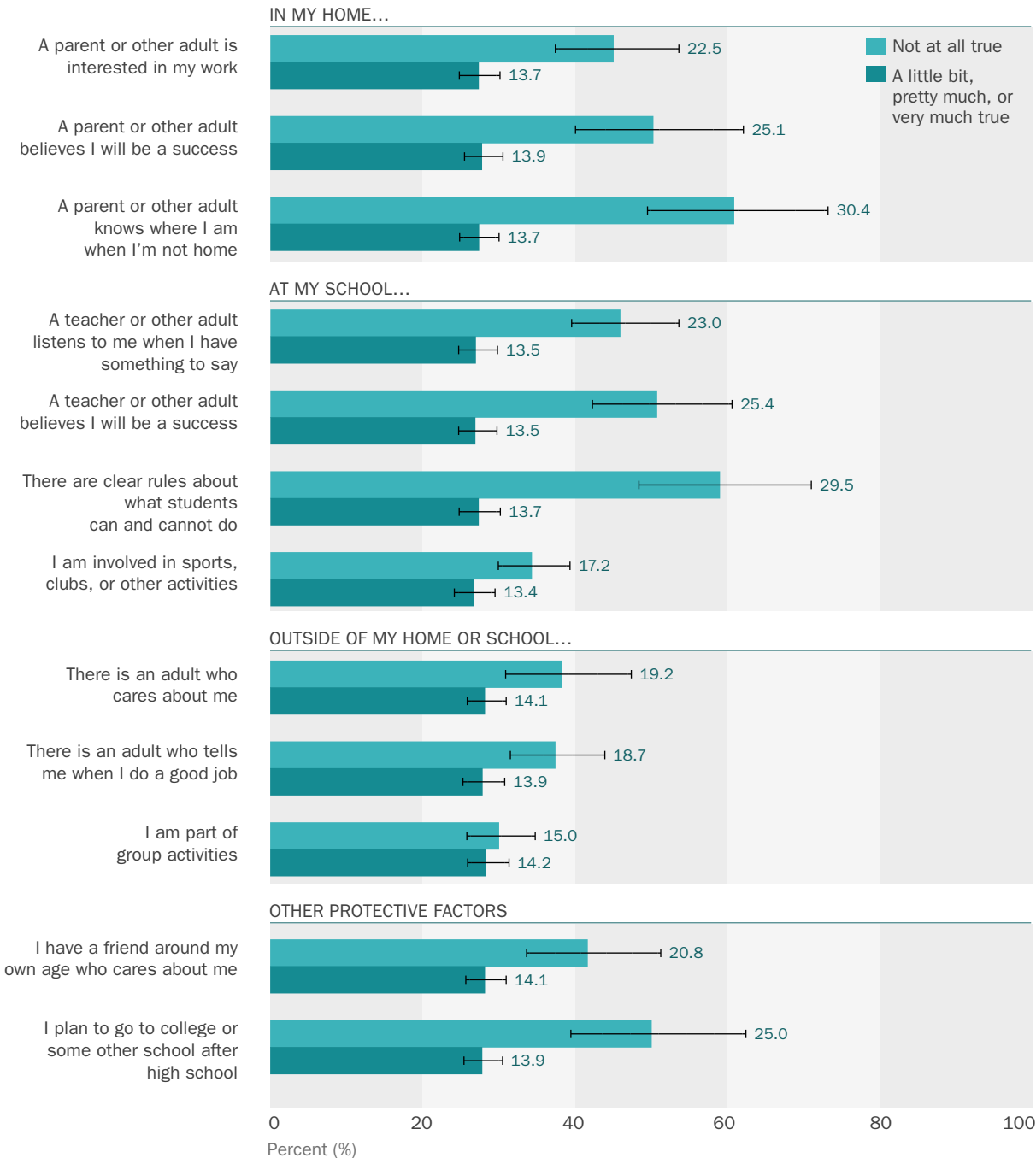


Figure 11
Selected resiliency factors, by binge drinking
Grades 9–12, NM
2015

How to read this chart:

Each colored bar represents the percentage of students who binge drank gave the answer keyed to its color.

For example: Among students who said it was not at all true that “I have a friend around my own age who cares about me,” 20.8% were binge drinkers (light blue), compared to only 14.1% of students who said it was a little bit, pretty much, or very much true (dark blue).

Notes

1. Center for Behavioral Health Statistics and Quality. 2015 National Survey on Drug Use and Health: Detailed Tables. Substance Abuse and Mental Health Services Administration, Rockville, MD; 2016.
2. Hingson RW, Heeren T, Winter MR. Age at drinking onset and alcohol dependence: age at onset, duration, and severity. *Pediatrics* 2006;118:739–746
3. Office of Juvenile Justice and Delinquency Prevention. *Drinking in America: Myths, Realities, and Prevention Policy*. Washington, DC: U.S. Department of Justice, Office of Justice Programs, Office of Juvenile Justice and Delinquency Prevention, 2005.

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