

# Alcohol Use and Related Behaviors

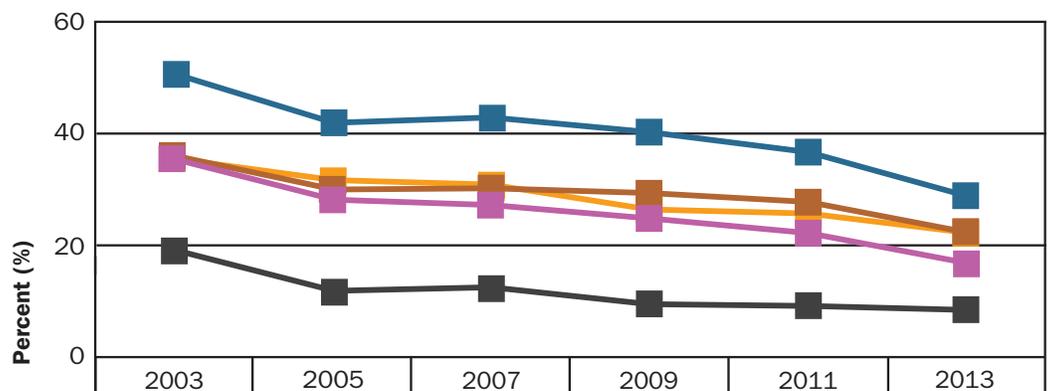
Alcohol is the most commonly used and abused drug among youth in the United States, more so than tobacco or illicit drugs.<sup>1</sup> Youth who start drinking before age 15 are five times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21 years.<sup>2</sup> Binge drinking accounts for about 90% of the alcohol consumed by youth under the age of 21 in the United States.<sup>3</sup> The NM-YRRS includes questions about alcohol use, access, attitudes and behaviors.

1 U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking*. Rockville, MD: U.S. Department of Health and Human Services; 2007

2 Hingson RW, Heeren T, Winter MR. Age at drinking onset and alcohol dependence: age at onset, duration, and severity. *Pediatrics* 2006;160:739–746

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

**Figure 1**  
Trends in alcohol indicators  
Grades 9–12 ■ NM ■ 2003–2013



Indicator	2003	2005	2007	2009	2011	2013
Current drinking	50.7	42.3	43.2	40.5	36.9	28.9
First drink before age 13	35.8	30.0	30.7	29.4	27.4	22.3
Rode with a drinking driver	34.9	31.5	31.2	26.4	25.8	22.5
Binge drinking	35.4	28.6	27.4	25.0	22.4	17.1
Drinking and driving	19.1	12.0	12.5	9.7	9.3	8.8

### Summary of Trends

- There was a downward trend in each alcohol indicator from 2003–2013 for high school students in New Mexico.
- Among NM high school students, binge drinking and drinking and driving have seen greater than 50% reductions since 2003.

### In 2013, among high school students (grades 9–12) in New Mexico:

- 28.9% were current drinkers
- 17.1% were binge drinkers (consumed more than 5 drinks in a single session at least once during the last 30 days)
- 22.3% drank alcohol before age 13
- 8.8% reported drinking and driving at least once in the past 12 months
- 22.5% rode in a vehicle with a driver who had been drinking alcohol
- 5.5% drank on school property

## Alcohol Indicators in 2013 NM-YRRS, grades 9–12:

Indicator	YRRS Question
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?
Maximum number of drinks consumed	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?
Drank alcohol before age 13	How old were you when you had your first drink of alcohol other than a few sips?
Drinking and driving	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?
Access to alcohol	During the past 30 days, how did you usually get the alcohol you drank?
Where alcohol is consumed	During the past 30 days, where did you usually drink alcohol?

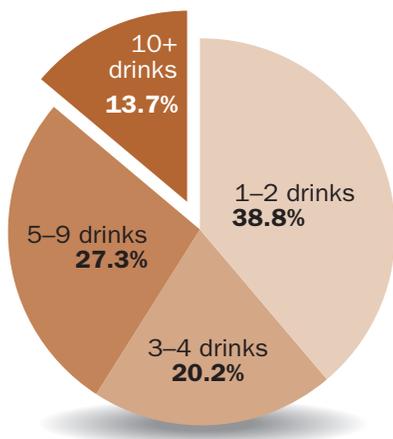
## NM rank among Youth Risk Behavior Surveillance System (YRBSS) participating states, Grades 9–12, 2013 \*

	NM %	US %	NM compared to US	NM RANK
Drank alcohol before age 13	22.3	18.6	higher	4th (of 40 states)
Current drinker	28.9	34.9	lower	29th (of 41 states)
Binge drinker	17.1	20.8	lower	25th (of 42 states)
Maximum number of drinks consumed was 10 or more	4.0	6.1	lower	18th (of 27 states)

\* Difference is statistically significant between NM and US rate for all alcohol indicators.



## New Question for 2013 NM-YRRS, grades 9–12: Maximum number of drinks consumed



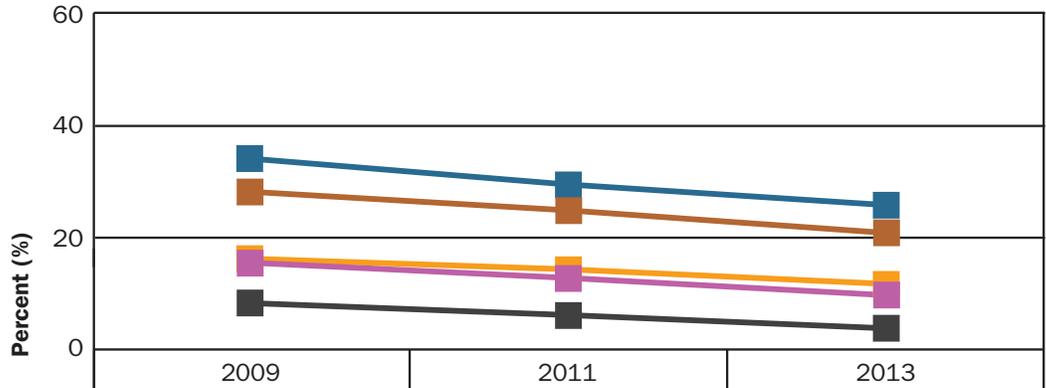
The NM-YRRS high school survey included a new question about the maximum number of drinks students consumed in a single session. In 2013, **4.0% of New Mexico high school students consumed 10 or more drinks.** Among *current drinkers*, the proportion was **13.7%**.

Among current drinkers, **boys (18.5%)** were twice as likely as **girls (9.1%)** to drink 10 or more drinks in a single session

**Figure 2**

Maximum number of drinks consumed, among current drinkers  
Grades 9–12 ■ NM ■ 2013

**Figure 3**  
Trends in alcohol indicators  
Grades 6–8 ■ NM ■ 2009–2013



Indicator	2009	2011	2013
Ever drank alcohol	33.8	29.5	25.7
Rode with a drinking driver	28.1	24.8	20.9
First drink before age 11	16.5	14.5	11.9
Current drinking	16.2	12.9	9.2
Drinking and driving	8.6	6.3	3.9

### Summary of Trends

- There was a downward trend in four of the five alcohol indicators from 2009 to 2013 for middle school students in New Mexico. These indicators were “ever drank alcohol,” “rode with a drinking driver,” “current drinking,” and “binge drinking.”
- The trend for “first drink before age 11” was not statistically significant.

### In 2013, among middle school students (grades 6–8) in New Mexico:

- 25.7% ever drank alcohol
- 11.9% drank alcohol before age 11
- 9.2% were current drinkers
- 3.9% were binge drinkers
- 20.9% rode in a vehicle with a driver who had been drinking

### Alcohol Indicators in 2013 NM-YRRS, grades 6–8:

Indicator	YRRS Question
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?
Drank before age 11	How old were you when you had your first drink of alcohol other than a few sips?
Ever rode with a driver who had been drinking	Have you ever ridden in a car driven by someone who had been drinking alcohol?

# Alcohol and Student Characteristics

## by GENDER:

### Among high school students:

- No differences were found between boys and girls for riding with a drinking driver or current drinking.
- Among current drinkers, boys were more likely than girls to be binge drinkers (68.0% vs. 57.6%).
- Among current drinkers, boys were more likely than girls to report that they had their first drink of alcohol before age 13 (48.9% vs. 36.2%).

- Among current drinkers, boys were twice as likely as girls to have 10 or more drinks on a single occasion (18.5% vs. 9.1%).
- Among current drinkers, boys were twice as likely as girls to buy their alcohol (in a store, restaurant, or at a public event) (10.3% vs. 4.9%).

### Among middle school students:

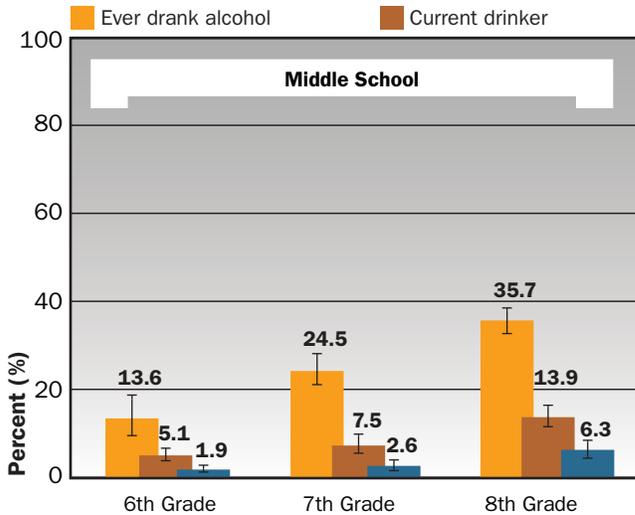
- No differences were found between boys and girls for any indicators.

## by GRADE:

The prevalence of current drinking and binge drinking increased with grade level. (See figures 4 and 5.)

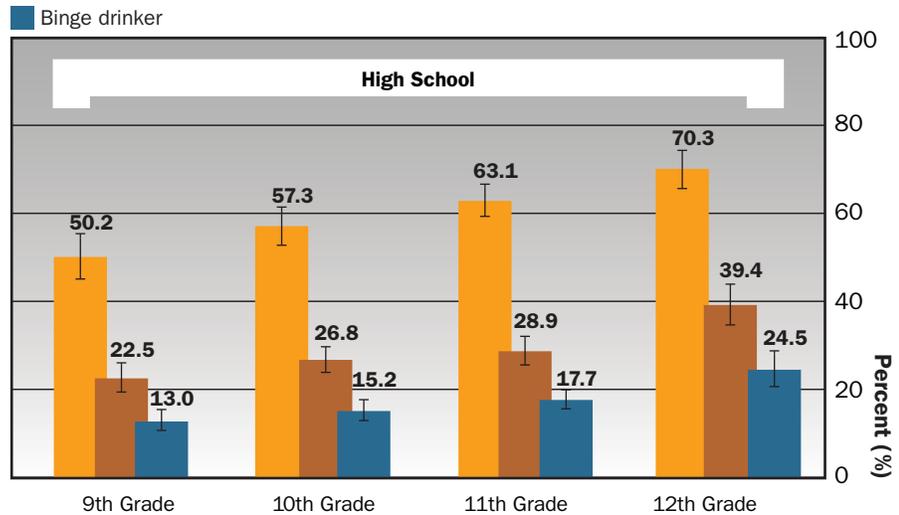
**Figure 4**

*Prevalence of drinking behaviors by grade*  
Grades 6–8 ■ NM ■ 2013



**Figure 5**

*Prevalence of drinking behaviors by grade*  
Grades 9–12 ■ NM ■ 2013



## by RACE/ETHNICITY:

### Among middle school students:

- Hispanic students (28.7%) were more likely than white (22.1%) and American Indian/Alaska Native (19.5%) students to have ever had a drink of alcohol.
- No differences between race/ethnicity were found for drinking before age 11, current drinking, or binge drinking.

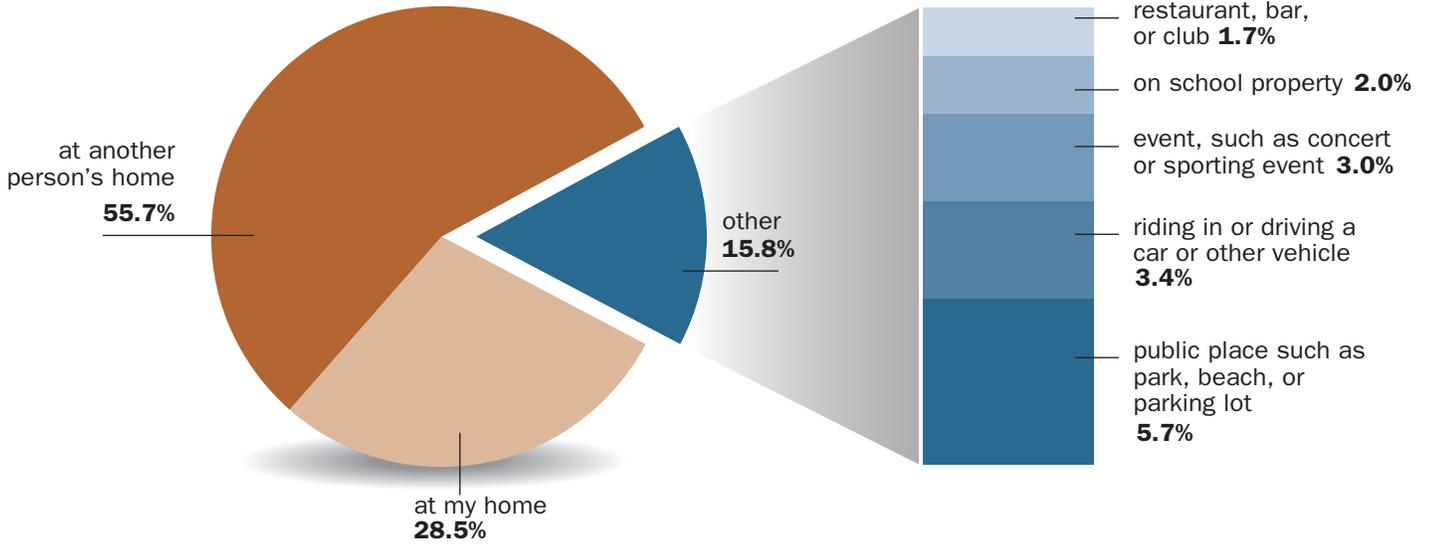
### Among high school students:

- Hispanic students (33.5%) were more likely than white (23.7%) or American Indian/Alaska Native (17.6%) students to be current drinkers.
- Hispanic students (9.8%) were more likely than white (14.0%) or American Indian/Alaska Native (10.8%) students to be binge drinkers.

# Alcohol Consumption (High School only)

**Figure 6**

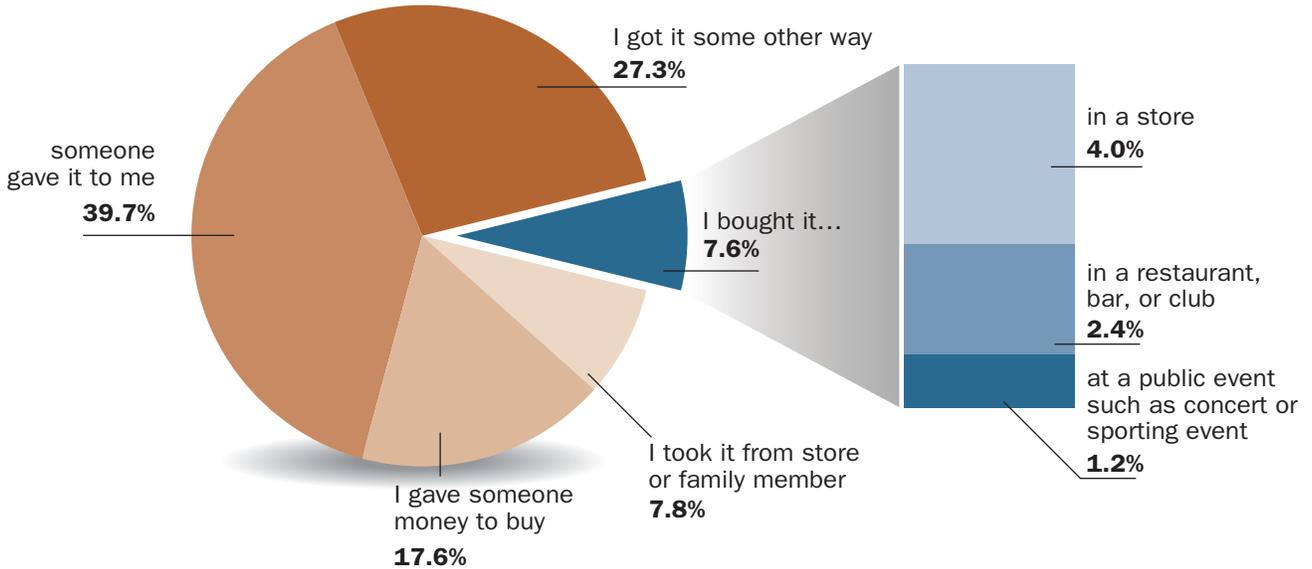
Where alcohol is usually consumed (among current drinkers)  
Grades 9–12 ■ NM ■ 2013



The majority of current drinkers usually drank alcohol in their own home (28.5%) or in someone else's home (55.7%).

**Figure 7**

Access to alcohol (among current drinkers)  
Grades 9–12 ■ NM ■ 2013



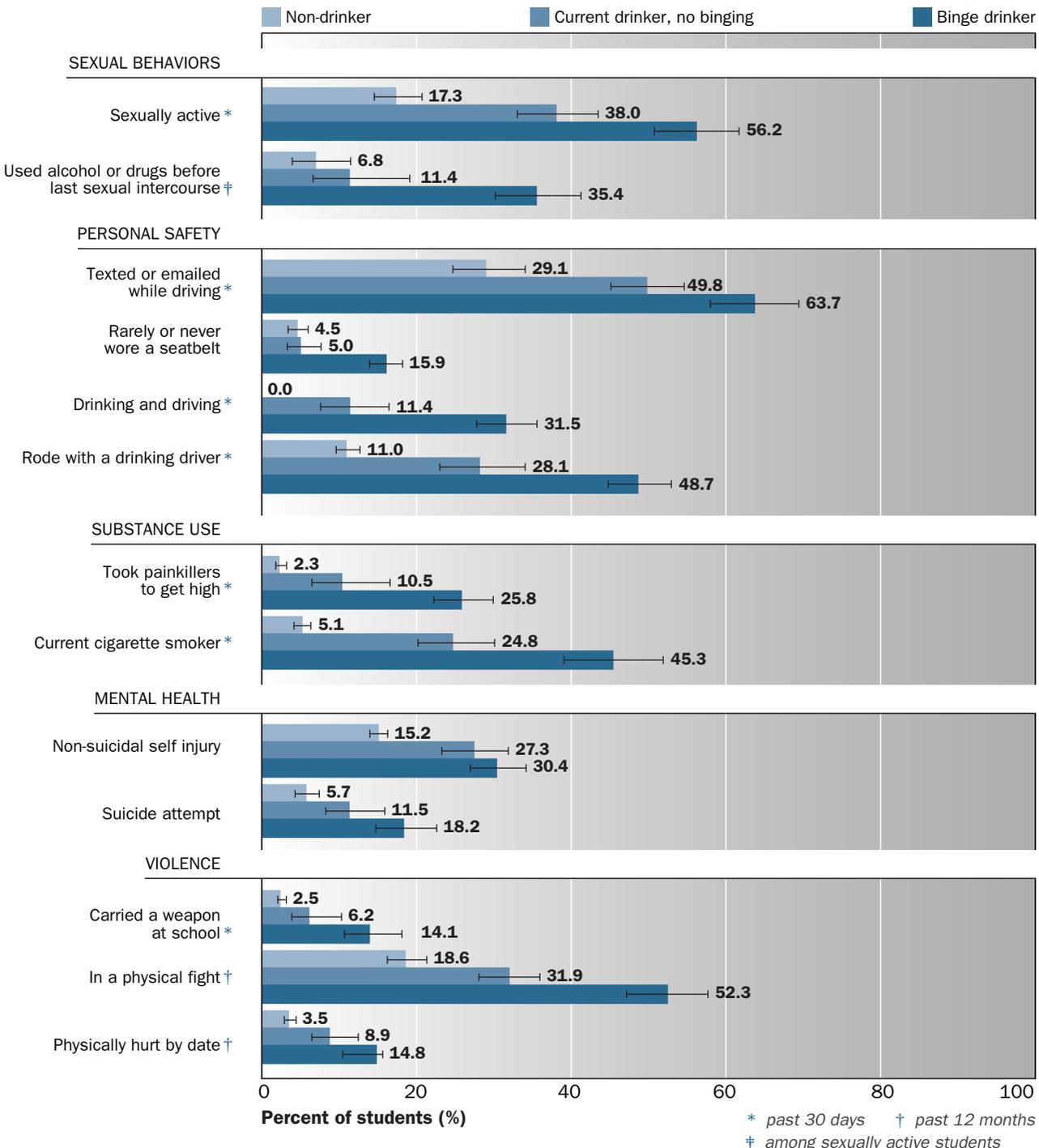
The most common ways of obtaining alcohol were, "Someone gave it to me (39.7%)," "I got it some other way (27.3%)," and "I gave someone else money to buy it for me (17.6%)."

7.7% of current drinkers usually bought alcohol themselves. Boys were twice as likely as girls to buy their own alcohol (10.3% vs. 4.9%).

# Alcohol and Associated Risks: High School

In general, the prevalence of other risk behaviors increased as the level of alcohol consumption increased among high school students. For a selection of related sexual, violence, safety, substance use, and mental health risk behaviors the prevalence is lowest among non-drinkers, higher among current drinkers who did not binge drink, and highest among binge drinkers.

**Figure 8**  
Alcohol consumption by other risk behaviors  
Grades 9-12 NM 2013

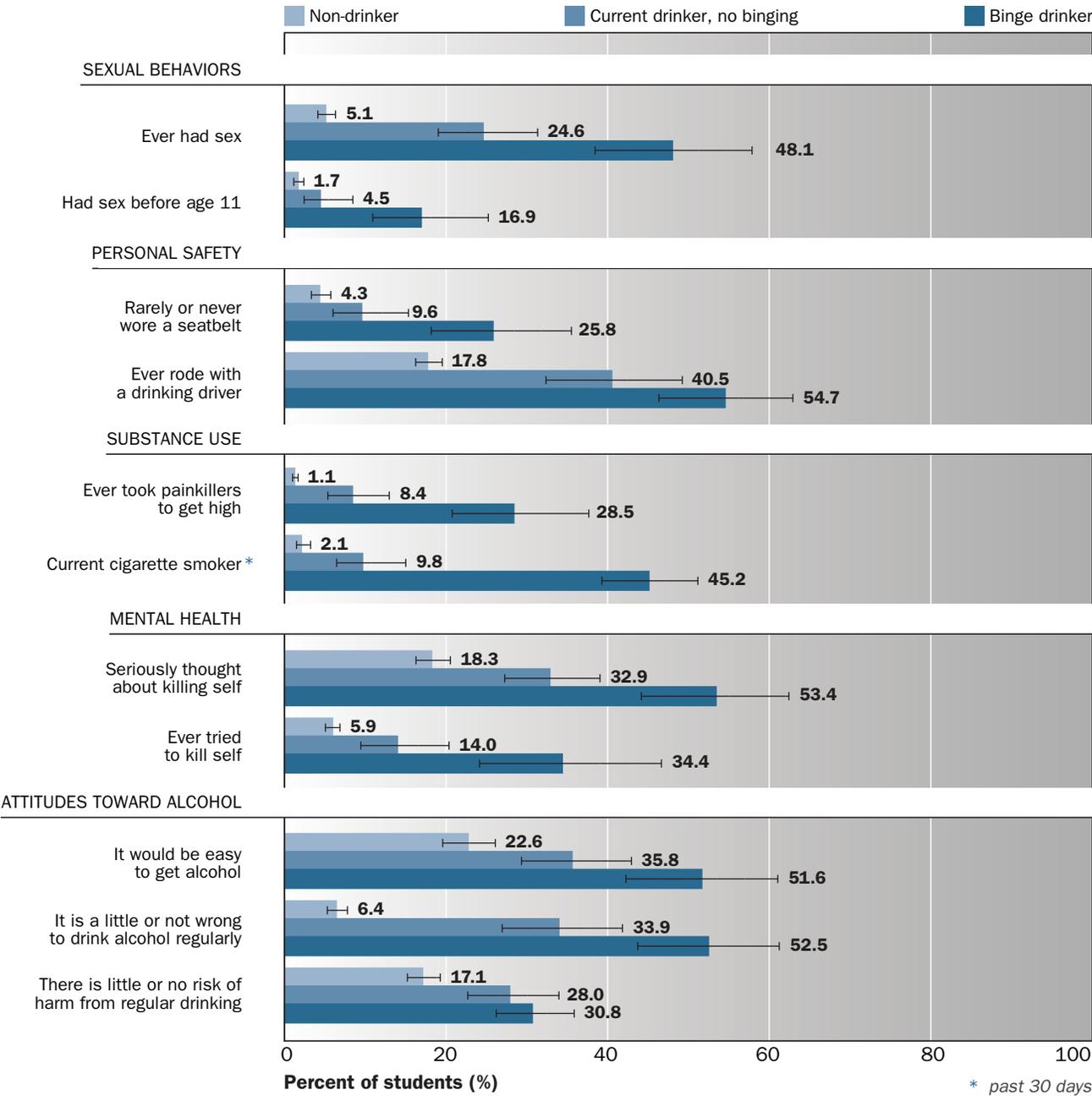


**How to read this chart:** Among students who were binge drinkers, 56.2% were sexually active. 38.0% of current drinkers and 17.3% of non-drinkers were sexually active.

# Alcohol and Associated Risks: Middle School

In general, the prevalence of other risk behaviors increased as the level of alcohol consumption increased among middle school students. For a selection of risk behaviors, the prevalence is lowest among non-drinkers, higher among current drinkers who did not binge drink, and highest among binge drinkers. As level of alcohol consumption increased, students were also more likely to experience ease in access to alcohol, believe that drinking alcohol was not wrong, and believe there was little or no risk of harm from drinking alcohol.

**Figure 9**  
Alcohol consumption by other risk behaviors  
Grades 6-8 NM 2013

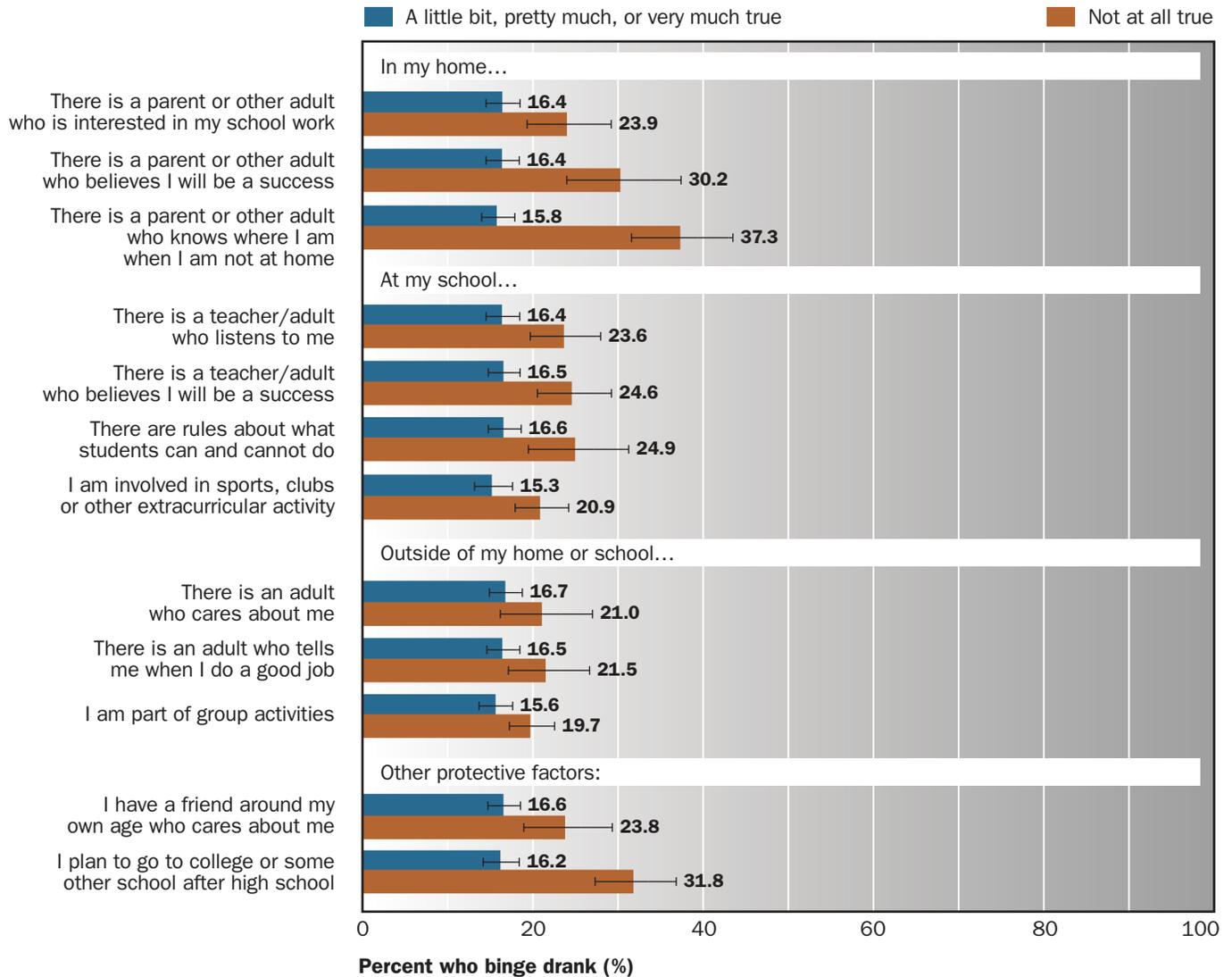


**How to read this chart:** Among middle school students who were binge drinkers, 48.1% had ever had sex. 24.6% of current drinkers and 5.1% of non-drinkers had ever had sex.

# Binge Drinking by Resiliency Factors: High School

Protective factors at home and school were more closely associated with lower rates of binge drinking than factors in the community. These relationships were similar to those found among middle school students.

**Figure 10**  
Prevalence of binge drinking by resiliency factors – Grades 9–12 • NM • 2013



**How to read this chart:** Among students who said it was not at all true that a parent is interested in their school work, 23.9% were binge drinkers, compared to 16.4% of students who said it was a little bit, pretty much, or very much true.

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