



SANTA FE PREVENTION ALLIANCE

Protecting Our Community, Building A Positive Future

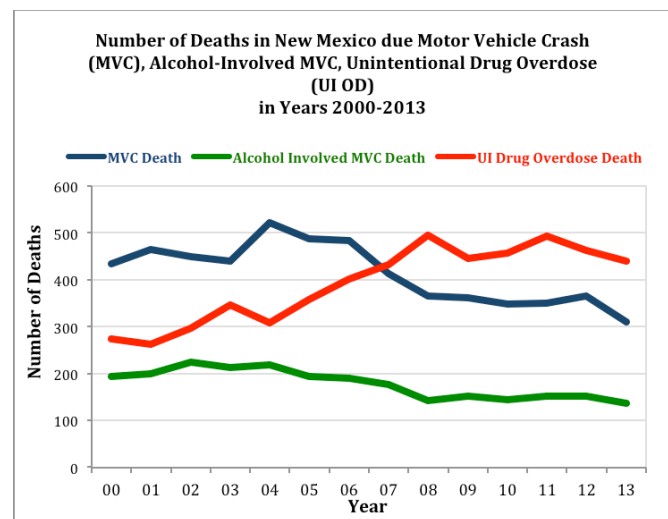
Needs Assessment: Youth Substance Use in Santa Fe County, New Mexico

Santa Fe Prevention Alliance, February 2015

CONSEQUENCE: Alcohol and Drug-Related Death and Injury

Alcohol Related Death

New Mexico's total alcohol-related death rate has ranked first, second or third in the US since 1981. The negative consequences of excessive alcohol use include death, in addition to domestic violence, crime, chronic liver disease, motor vehicle crash, injuries and mental illness. Nationally, one in ten deaths among working age adults (age 20-64) is attributable to alcohol. In NM this ratio is one in six deaths (NM DOH Substance Abuse Epidemiological Profile). The two principal components of alcohol-related death are: 1) chronic disease associated with chronic heavy drinking, and 2) death due to alcohol-related injuries associated with binge drinking. In New Mexico, the most common alcohol related chronic disease is chronic liver disease. The most common alcohol-related injury death is alcohol related drug overdose, surpassing motor vehicle crash death in 2007.



Drug Overdose Death

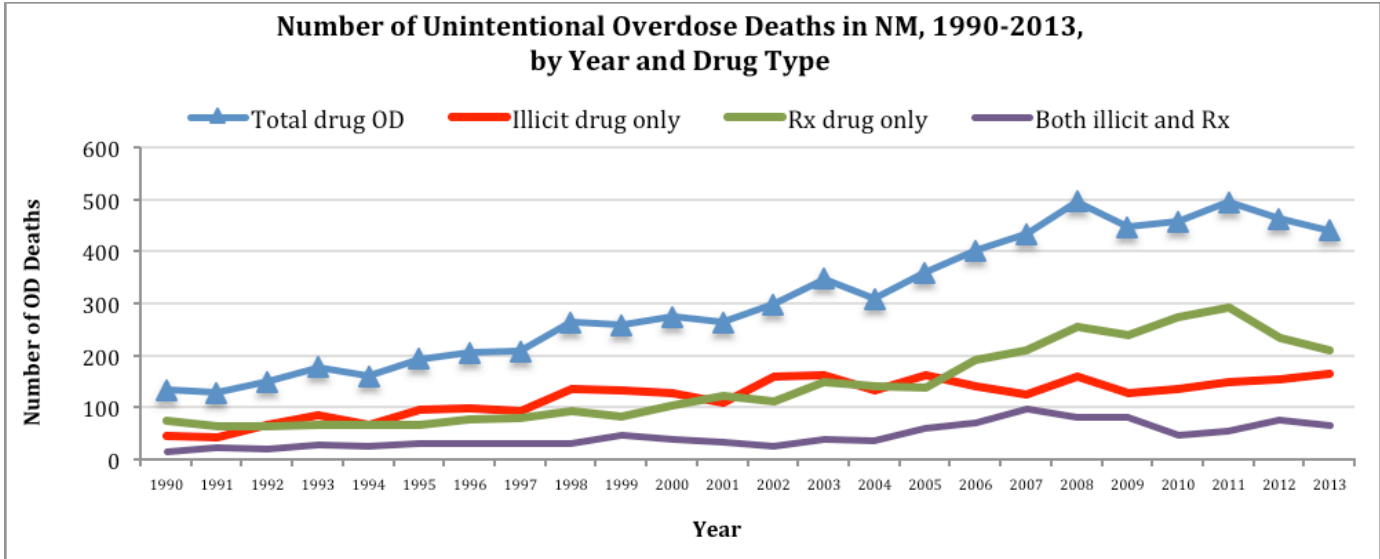
Every day in the United States, 120 people die as a result of drug overdose and another 6,748 are treated in emergency departments (ED) for the misuse or abuse of drugs (CDC: <http://www.cdc.gov/homeandrecreationalafety/overdose/>; last updated 1/9/15). Drug use can result in overdose death and is also associated with crime, violence, homelessness, loss of productivity and spread of blood-borne diseases such as HIV and hepatitis. Unintentional drug overdose is the largest subset of total drug overdose death accounting for about 85% of drug overdose deaths in NM. Suicide, or intentional overdose (self poisoning), is another subset of drug overdose death and accounts for about 15% of all drug overdoses death in NM. In 2013, NM had the fifth highest total drug overdose death rate in the US (CDC WISQARS). During 2009-2013, prescription drugs caused 54% of unintentional drug overdose deaths, while illicit drugs caused 32%, and 14% involved both types (NM OMI). The most common drugs causing unintentional overdose death were prescription opioids, heroin, tranquilizers/muscles relaxants, antidepressants, cocaine and methamphetamine (not mutually exclusive). The table below shows the trend in unintentional (UI) drug overdose deaths in New Mexico from 1990 through 2013. Note that while the number of UI drug overdose deaths due to prescription drugs has decreased since 2011, the number of UI drug overdose deaths due to illicit drugs are increasing.

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The following table provides an update on indicators related to alcohol and drug related death in Santa Fe County. Comparisons are made to NM and the US where available. The tables also show if an increase or a decrease in the indicator was observed since the Santa Fe Prevention Alliance conducted an initial community needs assessment in 2007.

Trends in Alcohol & Drug Related Death Rates (DR) in Santa Fe County, NM and the US

Source: New Mexico Substance Abuse Epidemiology Profile, CDC WISQARS

Indicator (# of deaths)	Santa Fe County (SFC) DR					Change in Rate in SFC	Rank in State (2013)	NM 2009-2013 State DR*	US DR*
	2003-2007 (base line)	2005-2009	2007-2011	2008-2012	2009-2013 *				
All Alcohol-Related (A-R) Death	44.4	53.0	51.8	52.8	52.0	↓	NYA	52.2	27.7
A-R Chronic Disease Death	20.5	22.4	24.0	24.1	24.7	↑	NYA	25.2	12.0
A-R Chronic Liver Disease Death	12.1	12.0	13.8	14.2	13.9	↓	NYA	15.8	6.6
A-R Injury Death	23.9	30.7	27.8	28.7	27.3	↓	NYA	27	16.2
A-R Motor Vehicle Crash Death	7.0	6.3	6.5	5.0	4.2	↓	NYA	5.1	3.4
All Drug Overdose Death	16.9	18.1	24.3	25.1	29.6	↑	13th	23.9	13.0
Unintentional Drug Overdose Death	14.3	14.7	20.2	21	25.4	↑	12th	22.8	10.3
Overdose due to Illicit drug	9.7	9.3	11.2	7.3	9.0	↑	6th	7.4	--
Overdose due to prescription drug	4.6	5.4	9.0	10.1	11.0	↑	16th	12.3	--
Overdose due to a illicit & prescription drug	NA	NA	NA	3.5	4.8	↑	--	3.1	--

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*All death rates are age-adjusted based on the 2000 Census. NYA: Not Yet Available. The US A-R death data represents the 2011, except A-R Motor Vehicle Crash death rate represents years 2008-2012; The NM and US Total Drug Overdose Death Rate represents years 2009-2013 and was gathered from CDC WISQARS. **Notes:** All A-R Death and All Drug Overdose Death are the primary categories for substance abuse related deaths. A-R Chronic Disease Death and A-R Injury Death are subsets of all A-R death. A-R Chronic Liver Disease is a subset of A-R Chronic Disease Death; A-R Motor Vehicle Crash Death is a subset of A-R Injury death. Unintentional Drug Overdose death is a subset of All Drug Overdose Death and the mechanism of the overdose (illicit drug, prescription drug or a combination thereof) is a subset of unintentional drug overdose death.

BEHAVIORS

Binge Drinking

Binge drinking is defined as a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to .08% or above. According to the latest estimates from the Centers for Disease Control and Prevention, about 47% of homicides, 32% of falls injury deaths, 29% of drug overdose deaths, and 23% of suicide deaths are alcohol attributable. Likewise, alcohol consumption is the primary causal factor in roughly 45% of motor vehicle crash deaths among males aged 20-44, and in more than a third of motor vehicle crash deaths among females aged 20-44. Binge drinking is also associated with a wide range of other social problems including domestic and sexual violence, crime, and risky sexual behavior. Youth who begin drinking before age 15 are four times more likely to develop alcohol dependence during their lifetime than those who begin drinking at age 21 or later.

Drinking and Driving

Drinking and driving is a precursor to alcohol-related motor vehicle crash injury and death. In 2014, 40% of all fatal motor vehicle crashes in NM involved alcohol; 9 (3%) of these alcohol-involved crashes were drivers under the age of 21 (NM Monthly Traffic Fatality Report, 2014, NMDOT). In this same year, in Santa Fe County, 33% of all fatal motor vehicle crashes involved alcohol; none of these involved a minor driving. In 2011 (most recent year for which data is available), 30% of people involved in an alcohol-involved crash in NM were injured; 17% of those sustained incapacitating injuries.

Prescription Drug Abuse

The abuse of and addiction to opioids such as heroin and prescription pain relievers is a serious global problem that affects the health, social, and economic welfare of all societies. It is estimated that between 26.4 million and 36 million people abuse opioids worldwide with an estimated 2.1 million people in the United States suffering from substance use disorders related to prescription opioid pain relievers in 2012 and an estimated 467,000 addicted to heroin (NIDA, May 2014) There is also growing evidence to suggest a relationship between increased non-medical use of opioid pain killers and heroin abuse, both of which are addictive. Marijuana is also addictive. About 9% of users may become dependent: 1 in 6 who start use in adolescence become dependent on marijuana later in life (National Institutes of Drug Abuse Research Report Series on Marijuana. Publication Number 15-3859, 2014).

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Prevalence of Behaviors

The following tables provide an update on behaviors related to prevalence of binge drinking, drinking and driving and drug abuse among youth in Santa Fe County. Comparisons are made to NM and the US where available. The tables also show if an increase or a decrease in the indicator was observed since the Santa Fe Prevention Alliance conducted an initial community needs assessment in 2007.

Youth Alcohol Consumption In Santa Fe County and New Mexico

New Mexico Youth Risk and Resiliency Survey (YRRS) 2007-2013: Self-Reported

Indicator* (Percent of people in population who report consumption behavior on the NM YRRS)	Santa Fe County				Change in last two reports	State Percent (2013)	US Percent (2013)
	2007	2009	2011	2013			
Current Drinking H.S.	52%	46.6%	41.5%	32.0%	↓	28.9%	34.9%
Current Drinking M.S.	–	23.7%	16.0%	13.9%	↓	NYA	NA
Binge Drinking H.S.	32.8%	31.0%	27.1%	19.3%	↓	17.1%	20.8%
Extreme binge Drinking H.S.*	–	–	–	5.3%	NA	4.0%	6.1%
Binge Drinking M.S.	–	13.2%	8.5%	3.8%	↓	NYA	NA
Drinking on School Property H.S.	13.2%	9.7%	8.2%	10.1%	↑	5.5%	NA
First Drink Before Age 13 (On-Set) H.S.	33.9%	34.1%	28.7%	25.5%	↑	22.3%	18.6%
First Drink Before Age 11 (On-Set) M.S.	--	19.3%	21.5%	10.8%	↓	NYA	NA
Drinking and Driving H.S.	13.1%	11.5%	12.3%	12.6%	↑	8.9%	10.0%
Rode With Drinking Driver H.S.	33.2%	30.4%	28.5%	25.2%	↑	21.2%	21.9%
Rode With Drinking Driver M.S.	–	33.6%	32.5%	37.6%	↑	NYA	NA

*Extreme binge drinking: 10 or more drinks on at least one occasion in the past 30 days.

NYA: Not Yet Available; NA: Not Available

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Other Youth Drug Use In Santa Fe County and New Mexico

New Mexico Youth Risk and Resiliency Survey (YRRS) 2007-2013 Self-Reported

Indicator* (Percent of people in population who report drug use behavior on the NM YRRS)	Santa Fe County				Change in last two reports	State Percent (2013)*	US Percent (2013)*
	2007	2009	2011	2013			
Current use of pain killers drug to get high H.S.	13.0%	16.3%	13.8%	10.3%	↓	8.5%	NA
Ever used a pain killer to get high M.S.	–	–	7.5%	6.2%	↓	3.1%	NA
Ever used a Rx drug w/o a Rx H.S.	–	–	24.0%	18.1%	↓	16.3%	17.8%
Ever used a Rx drug w/o a Rx M.S.	–	–	10.7%	4.0%	↓	5.5%	NA
Current Use of Heroin H.S.	4.2%	5.2%	4.8%	5.8%	↑	2.9%	NA
Ever injected an illegal drug H.S.	4.2%	5.2%	6.5%	6.5%	Same	3.1%	1.7%
Ever injected an illegal drug M.S.	–	4.0%	2.7%	1.2%	↓	NYA	NA
Current Marijuana H.S.	31.1%	34%	34.1%	31.3%	↑	28%	23.4%
Current Marijuana M.S.	–	17.6%	19.0%	12.9%	↓	NYA	NA
Tried Marijuana before age 13 H.S.	22.8%	22.4%	24.5%	22.2	↓	17.3%	8.6%
Tried Marijuana before age 11 H.S.	–	9.9%	9.0%	5.8%	↓	NYA	NA

*NYA: Not Yet Available; NA: Not Available

Problem: Adult and Youth Binge Drinking

Risk Factors and Local Conditions:

1) Availability: According to the 2011 YRRS, 66% of SF County high school students and 30% of middle school students think is *sort of easy* or *very easy* to get alcohol. Of the 32% of high school students who report drinking alcohol in the past 30 days, 19.7% got alcohol from someone buying it for them, 38.2% got it from someone who gave it to them and 10.1% bought it from a store, restaurant, bar, club or public event (2013 YRRS). The local conditions that allow for this are complex. Firstly, adults are unaware of the laws and legal consequences of providing alcohol to a minor. In the 2014 Santa Fe Community Survey, 35% of adults said they were not aware of the 4th degree felony charge for providing alcohol to a minor and 41% stated that they were not aware that under the City of Santa Fe’s Nuisance Abatement Ordinance, a property owner can be cited for underage drinking that occurs on their property. Secondly, there is a high number of alcohol sales on and off premise of alcohol establishments in Santa Fe County. As of January 2015, Santa Fe County was 373.5% of the state quota for allowed licenses or 273.5% over quota (NM DOH, 2015). The County also has a clustering of alcohol sales outlets. In 2014, there were approximately 299 licenses in Santa Fe County. Of these, 151 (51%) are within 500 feet of another license (only speaks to dispenser license, inter-local dispenser license, restaurant license or retailer license). In the NM State Fiscal Year 2013, there were 38 applications for a new or transfer of a liquor license in Santa Fe

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County, 21 (55%) were approved. Thirdly, alcohol outlets and public events are not implementing Responsible Beverage Service best practices. Among high school students who reported drinking in the past 30 days, 12% consumed the alcohol in a bar or restaurant, at a public event or in a public space.

2) Pricing: The Federal Alcohol Excise tax was last raised in 1993. Low alcohol tax allows for increased affordability of alcohol and there is no local option tax in Santa Fe County.

3) Low Enforcement of alcohol, tobacco and other drug laws leading to low perceived risk of law enforcement: In 2013, 32% of high school students and 14% of middle school students reported drinking alcohol at least once in the past 30 days. Youth are consuming alcohol at house parties and on school campus. Among youth who report current drinking, 78% consumed it at their own home or at another person's home; 3% consumed it on school property. There is little policing of laws prohibiting minors from possessing or being under the influence of alcohol. In FY13, the NM Children Youth and Families Department reported 114 MIP citations in Santa Fe County. In the 2012 survey of law enforcement, 52% of officers who participated in the survey (which was 62% of all Santa Fe Police Department officers) cited a minor for MIP/MUI at least once.

Low enforcement of alcohol related law leads to underage consumption, drinking and driving among adults, and the serving of alcohol to minors and intoxicated individuals. In 2014, there were 140 alcohol involved crashes in Santa Fe County, an increase of 32% from 2013 (Santa Fe County DWI Dashboard). In 2014, the NM Public Safety Department, Special Investigations Division conducted 171 compliance operations and administered 97 citations for sales to intoxicated persons and 40 for sales to a minor. Low enforcement of Alcohol Tobacco and Other Drug laws leads to low perceived risk of enforcement. According to the 2014 Santa Fe County Community Survey, 74% of residents think it is *very likely* they would be arrested for DWI if stopped; 50% think it *very likely* they would be convicted of DWI if arrested; 23.1% think it is very likely a server would be arrested if caught selling alcohol to an intoxicated person.

Perceived risk of harm and perceived community norms accept underage drinking: According to SAMHSA, positive beliefs about alcohol's effects and the social acceptability of drinking encourage adolescents to begin and continue drinking. According to the 2013 YRRS, only about one quarter (28%) of high school students believe there is a great risk of harm from consuming 1-2 drinks of alcohol daily. Two thirds (62%) think their parents would think it is very wrong for the student to consume alcohol daily. This decreases to one third (31%) thinking that their friends would think their daily alcohol was very wrong.

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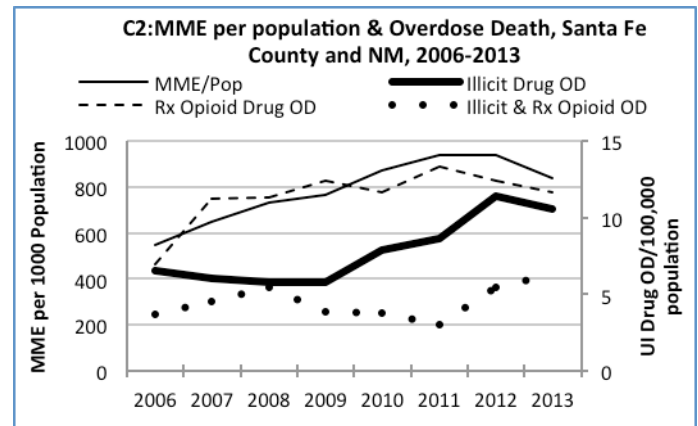
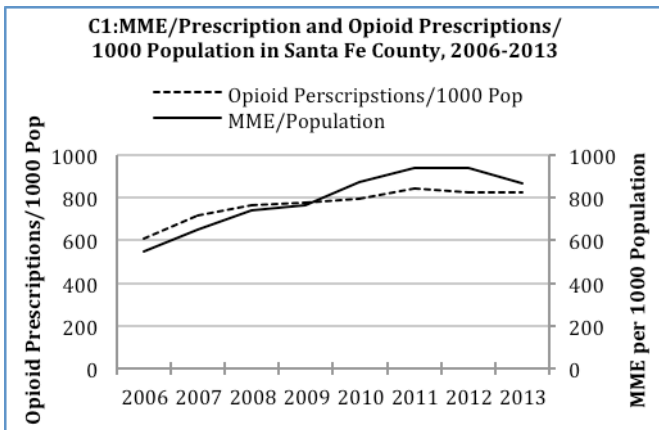
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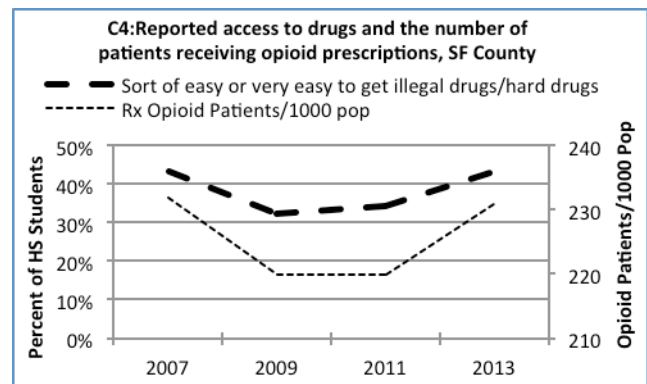
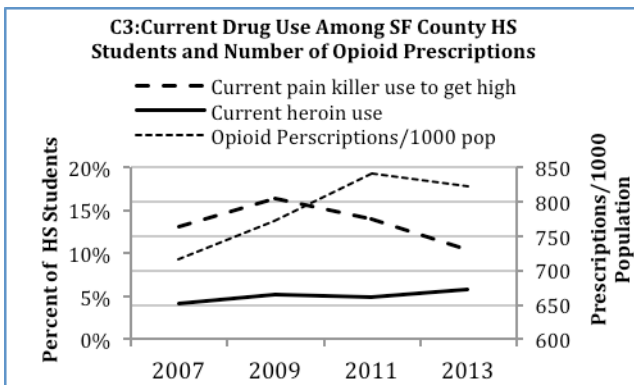
Problem: Pain Killer Abuse by Youth in Santa Fe County

Risk Factors and Local Conditions:

1) Availability. In 2013, the rate of opiate prescriptions was 873 prescriptions per 1,000 population in Santa Fe County (PMP, 2013). Prescriptions are not locked up at home so youth can easily take them. In the 2014 Santa Fe County Community Survey, 31% of adults report not keeping their medications locked up or safely stored away at home. Likewise, 95% of people attending Santa Fe Public Schools Block Party reported that they do not lock up their prescription medications at home. Dentists & health care providers prescribe large quantities of painkillers. In 2013, data from the NM Prescription Drug Monitoring Program show that there were 844 opioid prescriptions/1000 people in Santa Fe County (crude rate) and 1.033 MME (Morphine Milligram Equivalents) per prescription (see C1 below). As the amount of morphine in opioid prescriptions decreased, unintentional overdose deaths due to opioid prescription drugs decreased, while unintentional overdose deaths due to a combination of illicit and prescription drugs increased (see C2 below).



Reported use of heroin among high school students increased slightly when the number of opioid prescriptions/1000 population decreased (see C3 below). Reported ease of getting drugs by high school students increased as the number of people receiving opioid prescriptions increased (see C4 below)



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2) Favorable Attitudes: 47% of middle and high school students do not perceive there is a great risk of physical harm if a person uses prescription drugs without a prescription (YRRS, 2013). Families in the community keep leftover Rx painkillers for future use. Take Back events in Santa Fe County collected a total of 2,100 lbs. of medications since 2012. In the 2014 Community Survey, almost one quarter (23%) of residents over 18 years of age report obtaining their prescription painkillers from family or friends. The community readiness assessment conducted in 2013 found that youth use painkillers to cope with untreated depression, anxiety and other mental health issues. One third (33%) of SF County high school youth report symptoms of depression (41% female/24% male); 21% of MS students report ever having thought of killing themselves (YRRS, 2013).

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