Trends in Youth Drug and Alcohol Use in Santa Fe County and NM

October 2016
DECREASE ALCOHOL and DRUG RELATED DEATH and INJURY IN SANTA FE COUNTY

DECREASE/PREVENT DRIVING WHILE INTOXICATED

- Increase Enforcement of UAD/DWI/ATOD Policies and Laws
  - Support DWI Enforcement
  - Advocate for Sales to Intoxicated and Sales to Minors Operations
  - Advocate for MIP/MUI Enforcement
  - Support and Track Source Investigation & Documentation (POLD)

- Support DWI Enforcement
- Advocate for Sales to Intoxicated and Sales to Minors Operations
- Advocate for MIP/MUI Enforcement
- Support Direct Services to Youth and Families:
  - Parent Involvement Program
  - Life of An Athlete
  - Alcohol Literacy Challenge
  - Overdose Prevention Education
  - Universal School-Based Curricula
  - PAX Good Behavior Game

DECREASE/PREVENT BINGE DRINKING

- Increase Perceived Risk of Consequences for DWI and UAD
  - Publicize DWI Enforcement Activities
  - Publicize MIP/MUI Enforcement
  - Publicize Low Risk Alcohol Guidelines

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- Publicize MIP/MUI Enforcement
- Publicize Low Risk Alcohol Guidelines

DECREASE/PREVENT YOUTH Rx PAIN KILLER ABUSE

- Decrease Retail and Social Access to Alcohol by Youth
  - Promote Responsible Retailing & Beverage Service (RBS)
  - Advocate for and Publicize Safe Drug Disposal
  - Support Increased Medication Assisted Treatment Capacity
  - Advocate for Provider Pain Management Best Practices
  - Support Access to Narcan and Overdose Prevention Education

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- Advocate for Provider Pain Management Best Practices
- Support Access to Narcan and Overdose Prevention Education

BUILD COMMUNITY CAPACITY TO ADDRESS YOUTH SUBSTANCE ABUSE

- Decrease Social Access to Rx Painkillers
  - Advocate for Provider Pain Management Best Practices
  - Support Access to Narcan and Overdose Prevention Education

- Advocate for Provider Pain Management Best Practices
- Support Access to Narcan and Overdose Prevention Education

- Change Community Norms
- Implement DWI March of Sorrow/March of Hope
- Implement Faith Communities Initiative
- Implement Community Outreach

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ST=Santafé 0212, P=Policy, E=Educación, SOS=Santafé Ópico Safe, ST=Guión, S=Personal

As of 9/30/2016
Alcohol-Related (A-R) Death Rates Over Time, Santa Fe County Compared to NM and US

<table>
<thead>
<tr>
<th>All A-R Death Rate Per 100,000 Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>SFC</td>
</tr>
<tr>
<td>53</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A-R Chronic Disease Death Rate Per 100,000 Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>SFC</td>
</tr>
<tr>
<td>23</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A-R Injury Death Rate Per 100,000 Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>SFC</td>
</tr>
<tr>
<td>27</td>
</tr>
</tbody>
</table>

Rates are age-adjusted to the 2000 US standard population;
Source: NM Substance Abuse Epidemiology Profile
More people are dying from drug overdose than alcohol related motor vehicle crash.

Rates are age-adjusted to the 2000 US standard population; Source: NM Substance Abuse Epidemiology Profile
Number of Deaths in SF County due to MVC, A-I MVC and Drug OD, 2000-2015
A look at Drug Overdose Death Rates in US, NM, and Santa Fe County

NM DOH reported a decrease in drug overdose death in 2015 with 493 deaths down from 547 in 2014.

Source: NM DOH, ERD
OD Death Rates for Selected Drugs, 3-Year Moving Averages, SFC, 1990-2015

Rates adjusted for non-specific reporting prior to 3-year moving average
Drug categories are not mutually exclusive
Source: Office of the Medical Investigator; UNM/GPS population estimates
A look at Alcohol Related Death Rates in US, NM, and Santa Fe County

Source: NM DOH, ERD
Source of Data & Response Rate (RR)

- **Youth Risk & Resiliency Survey**
  - Administered in odd years since 2003 in HS and 2009 in MS.
  - HS Survey data comparable to NM and US.
  - SFC response rate generalizable to HS population
    - A RR of at least 60% allows generalization of results to entire student body
    - A RR of 70% is excellent and allows a high degree of confidence in results.

<table>
<thead>
<tr>
<th>Year</th>
<th>HS</th>
</tr>
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<tbody>
<tr>
<td>2007</td>
<td>71%</td>
</tr>
<tr>
<td>2009</td>
<td>73%</td>
</tr>
<tr>
<td>2011</td>
<td>76%</td>
</tr>
<tr>
<td>2013</td>
<td>77%</td>
</tr>
<tr>
<td>2015</td>
<td>80%</td>
</tr>
</tbody>
</table>
CurrentDrug Use Among High School Students, 2015 YRRS

New Mexico

Marijuana: 25.3%

Binge Drinking: 14.6%

Painkiller to get high: 7.9%

Inhalants: 4.2%

Ecstasy: 4.6%

Cocaine: 4.5%

Heroin: 2.8%

Methamphetamine: 3.2%

Santa Fe County

Overall drug use is higher among HS students in SFC than the state as a whole.
Reported ALCOHOL CONSUMPTION has DECREASED in Santa Fe County, NM and the Nation as a whole; SF County’s decline is steepest

The percent of youth who report having their first drink of alcohol before the age of 13 (AGE OF INITIATION) has steadily DECREASED in Santa Fe County, NM and the US.
Reported RIDING WITH A DRINKING DRIVER has DECREASED locally, as well as in NM and the US.

Reported DRINKING AND DRIVING has remained somewhat CONSISTENT in Santa Fe County while decreasing in NM.
Reported use of a PAINKILLER to get high has DECREASED among youth in Santa Fe County, and NM.

Reported HEROIN use DECREASED in Santa Fe County, while remaining constant across the state and nationally.
Attitude, Perceived Risk, Perceived Attitude of Drug and Alcohol Consumption

61% of high school students somewhat or strongly disapprove of their peers drinking 1 or 2 drinks of an alcoholic beverage nearly every day.
Students perceived risk of moderate/great harm if........

<table>
<thead>
<tr>
<th>Activity</th>
<th>2015</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>People use prescription drugs not prescribed to them</td>
<td>73%</td>
<td>78%</td>
</tr>
<tr>
<td>People smoke marijuana once or twice a week</td>
<td>36%</td>
<td>44%</td>
</tr>
<tr>
<td>People have 5 drinks once or twice a week</td>
<td>67%</td>
<td>70%</td>
</tr>
<tr>
<td>People drink 1-2 drinks every day</td>
<td>58%</td>
<td>60%</td>
</tr>
</tbody>
</table>

Source: YRRS DFC Module
Student Perception of Attitudes:

*My parents/friends feel it is wrong or very wrong for me to.............*

<table>
<thead>
<tr>
<th>Perception of Parents Attitude</th>
<th>Perception of Friends Attitude</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use prescription drugs not prescribed to me</td>
<td>86%</td>
</tr>
<tr>
<td></td>
<td>85%</td>
</tr>
<tr>
<td>Smoke marijuana</td>
<td>76%</td>
</tr>
<tr>
<td></td>
<td>75%</td>
</tr>
<tr>
<td>Drink 1-2 alcohol drinks nearly every day</td>
<td>83%</td>
</tr>
<tr>
<td></td>
<td>82%</td>
</tr>
</tbody>
</table>

Source: YRRS DFC Module
Access to Alcohol

Behaviors of Current Drinkers: How usually obtained alcohol
New Mexico and Santa Fe County
Grades 9-12, 2015

43.1% of community survey respondents say it is NEVER ok to provide alcohol to a minor.
(2016 SF County Community Survey)
<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aware that in NM it is a 4th degree felony to provide alcohol to a minor</td>
<td>65%</td>
<td>--</td>
<td>60%</td>
</tr>
<tr>
<td>Aware that a property owner can be cited for underage drinking that occurs on their property</td>
<td>59%</td>
<td>--</td>
<td>51%</td>
</tr>
<tr>
<td>Provided alcohol to a minor in the past year</td>
<td>2.2%</td>
<td>4%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Where no one drinks alcohol before the age of 21,
Where adults model low risk use,
No one drives while impaired, and
No one abuses drugs.

Santa Fe County