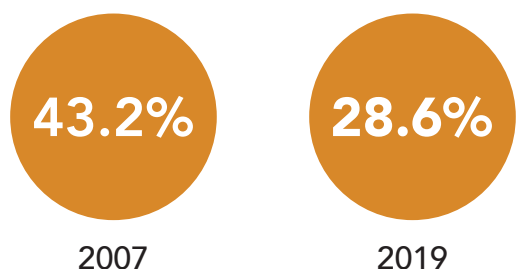


# A DOSE OF WELLNESS

Any alcohol consumption by a person under the age of 21 is excessive drinking. Alcohol is the most used drug among youth in New Mexico, more than tobacco or other drugs.

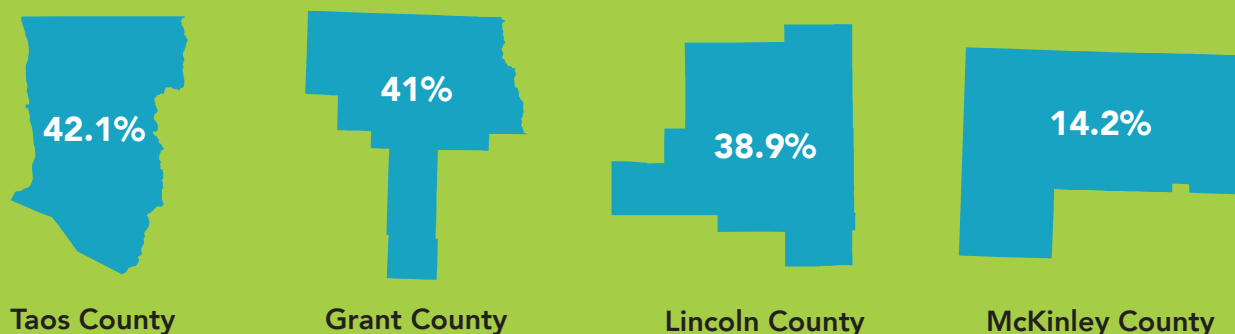


## HIGH SCHOOL STUDENTS REPORTED AS CURRENT DRINKERS



In 2019, 28.6% of high school students reported that they were current drinkers. This is a significant decrease from 43.2% in 2007. Boys and girls are equally likely to be current drinkers, and the percent of youth who drink increases with grade level. However, it is important to note that by ninth grade, close to 1 in 6 students are already drinking.

Students who identify as Hispanic are most likely to currently drink, followed by Black/African American students. American Indian students are the least likely to drink. Taos County has the highest prevalence of current drinking among high school students.



The main alcohol sources reported by underage youth (18-20 years old) were from unrelated adults or adult family members.



## YOUTH BINGE DRINKING FACTS:

Binge drinking (defined as having 5 or more drinks of alcohol for boys or 4 or more drinks for girls in a row within a couple of hours) is a major risk factor for the three leading causes of death among youth (motor vehicle crashes, suicide, and homicide), as well as being associated with poor academic performance and risk behaviors such as impaired driving, riding with a drinking driver, physical fighting, increased number of sexual partners, and other substance use.



NM high school students reported binge drinking at least once in the past month.

2019



Binge drinking is the norm among current high school drinkers in New Mexico. In 2019, of the 28.6% students who were current drinkers, 54.2% were binge drinkers.

2019

Binge drinking increases with increasing grade level and does not significantly differ by gender.

Overall, Black/African Americans and Hispanics have a higher prevalence of current binge drinking compared to other race/ethnicities.

## HIGH INTENSITY BINGE DRINKING:

On average, underage drinkers consume more drinks per drinking occasion than adult drinkers. The risk of harm increases as the number of drinks consumed.

Students in the 12th grade are more likely to drink 10 or more drinks on an occasion than 9th grade students. Female students are less likely to consume more drinks on an occasion when compared to male students. American Indian students have the lowest prevalence of consuming ten or more drinks on an occasion

## YOUTH DRINKING & DRIVING:

The rate of drinking and driving among New Mexico high school students has been decreasing since 2003 and decreasing among US high school students since at least 2001

In 2019, the prevalence of past-30-day drinking, and driving was 6.8% among NM high school students. Drinking and driving increased in prevalence with increasing grade levels. There were no statistically significant differences by gender or by race/ethnicity.

## DRINKING & DRIVING RATES IN 2019

<b>15.4%</b> Union County	<b>12.8%</b> Lincoln County	<b>11.8%</b> Taos County	
<b>10.9%</b> Luna County	<b>10.2%</b> Cibola County	<b>4.3%</b> Los Alamos County	
<b>3.9%</b> San Miguel County	<b>3.6%</b> Socorro County	<b>3.3%</b> Mora County	<b>2.6%</b> McKinley County