

Alcohol, Tobacco and Other Drug (ATOD) Use among Michigan High School Students, 2011

**Katy Gonzales, MPH
Alcohol Epidemiologist
Michigan Department of Community Health**

**MCRUD Meeting
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Alcohol & Drug Use among Adolescents

Why do we care?

- **Marijuana, synthetic marijuana, prescription drug use becoming more prevalent**
- **Polysubstance use is relatively unknown**

Increased risk of:

- **unsafe sex & unplanned pregnancies**
- **drug dependence & serious drug use**
- **concentration problems, memory issues, cognitive problems**
- **serious health problems; liver damage, psychotic behavior, respiratory distress, seizures**

Alcohol & Tobacco Use among Adolescents

Why do we care?

- **“Gateway” substances**
- **Youth and adult smoking linked**
- **Increased marketing of alternative tobacco**
- **Increased risk of:**
 - **difficulties at school, delinquency**
 - **use of other drugs**
 - **throat & mouth cancers**

Youth Risk Behavior Survey

- **Monitors health-risk behaviors**
 - six categories
- **Anonymous & self-reported**
- **Administered biennially**

2011 Michigan YRBS

- 4,194 students (87% response rate)
- 45 public high schools (90% response rate)
- Results representative of all students in grades 9-12

Current & Binge Drinking Definitions

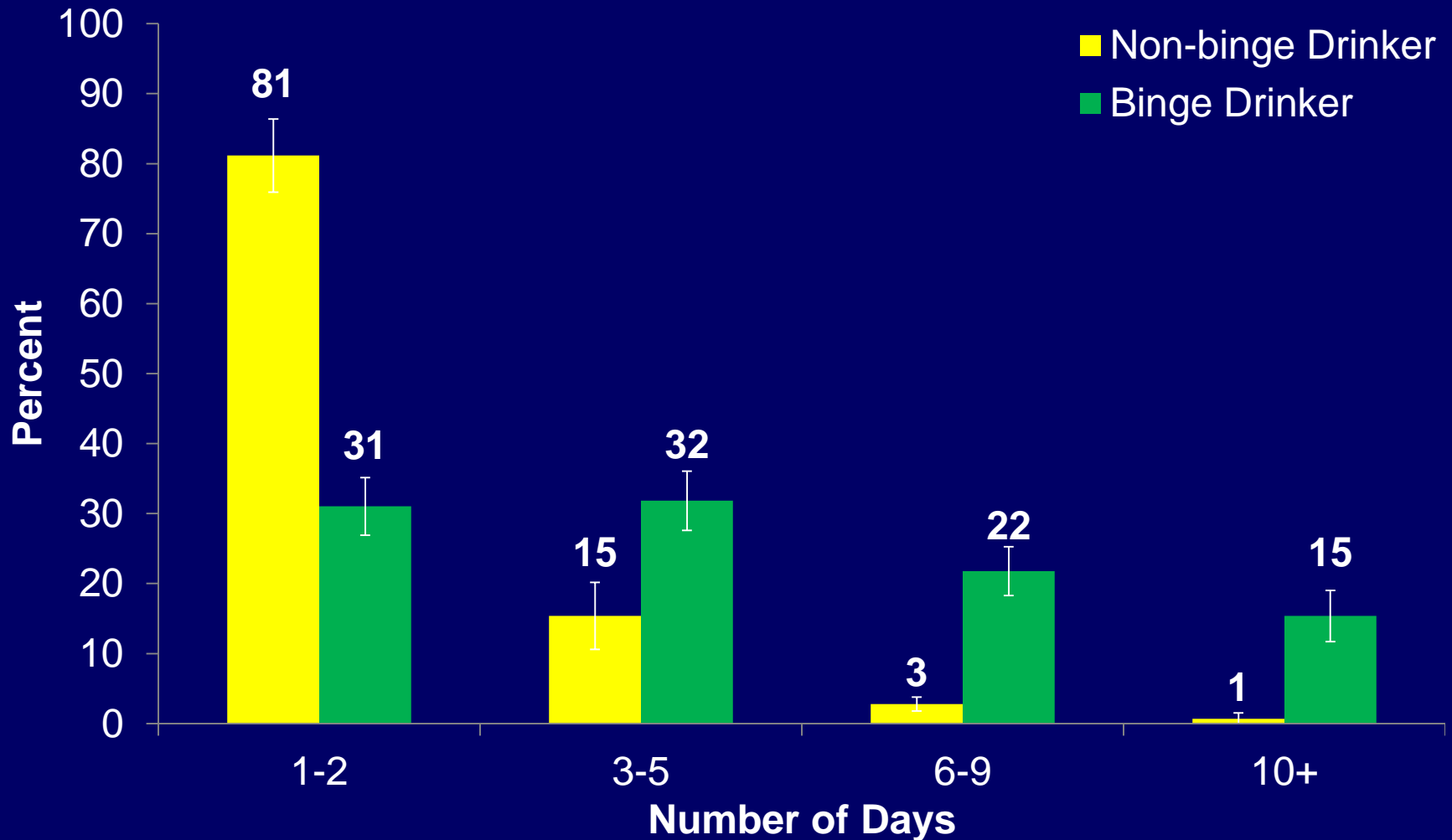
- **Current: Reported having at least 1 alcoholic drink in the previous 30 days**
- **Binge: Reported drinking 5 or more alcoholic drinks in a row, within a couple of hours in the previous 30 days**
 - **Underestimate for females**

Alcohol Use

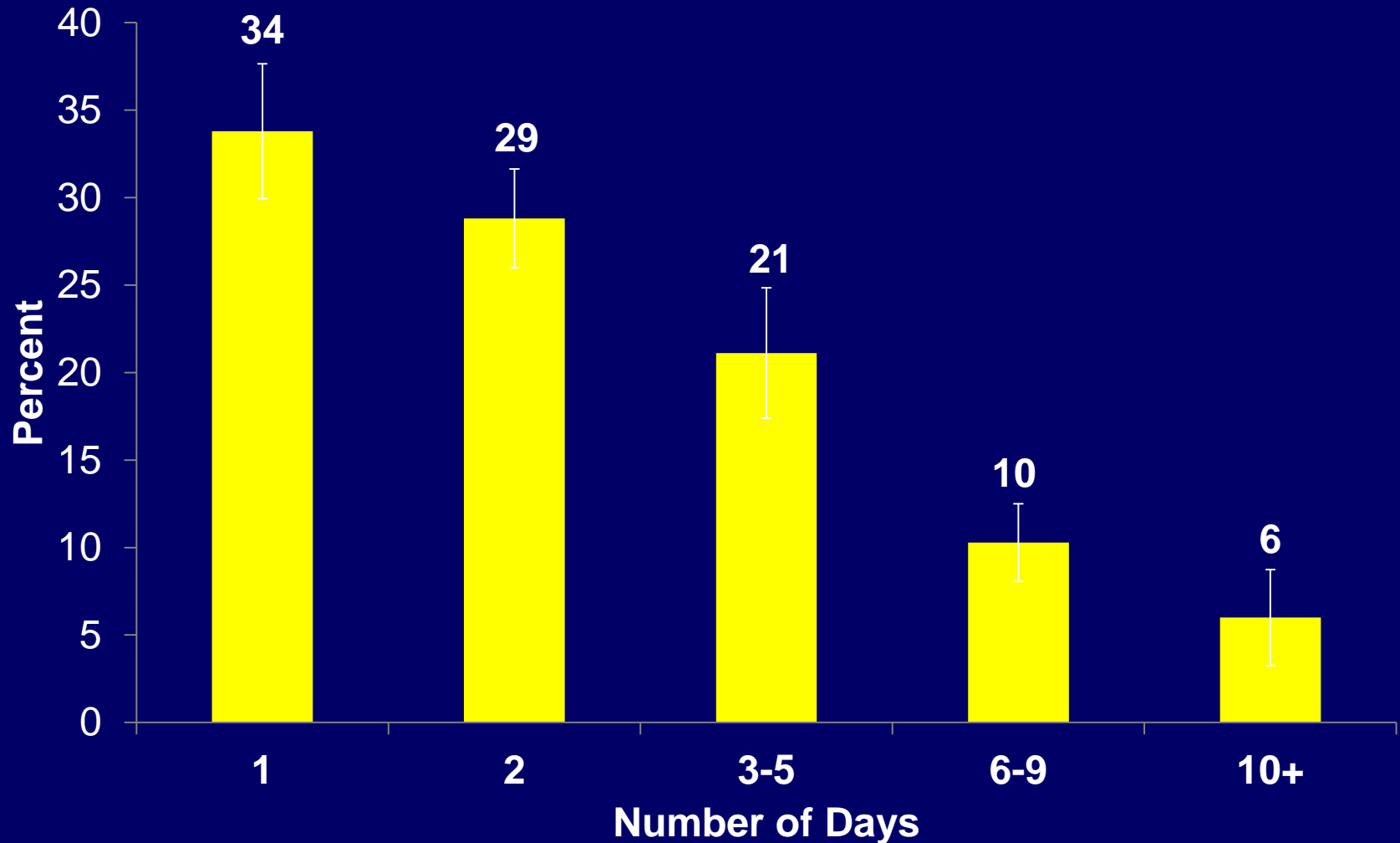
2011 Prevalence of Current & Binge Drinking

- **30.5% (27.1-33.9) current drinking**
 - **142,708 current drinkers**
- **61.1% (56.0-66.1) report binge drinking**
 - **86,895 binge drinkers**

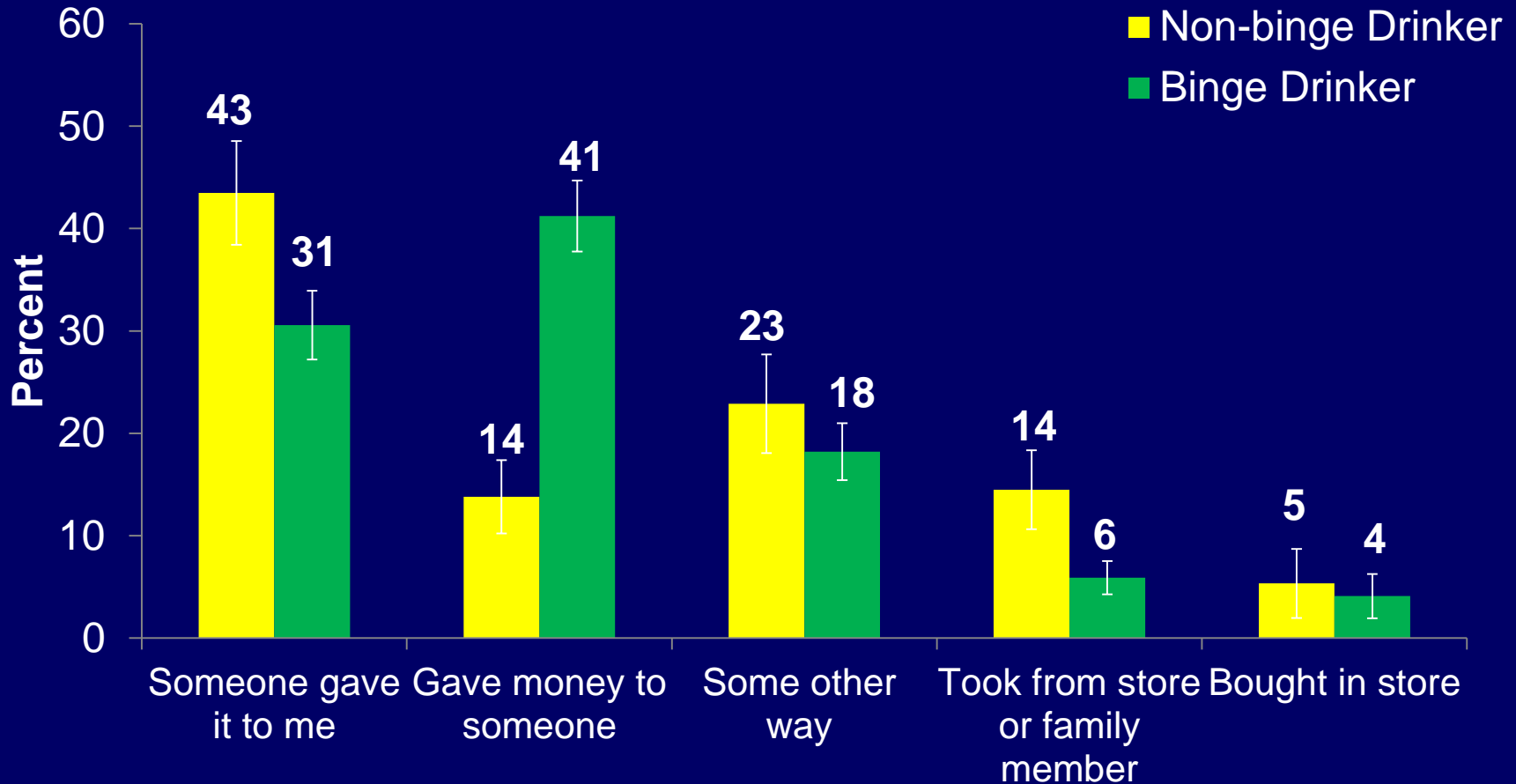
Number of Drinking Days, in past 30 days



Number of Binge Drinking Days among Current Drinkers, in past 30 days

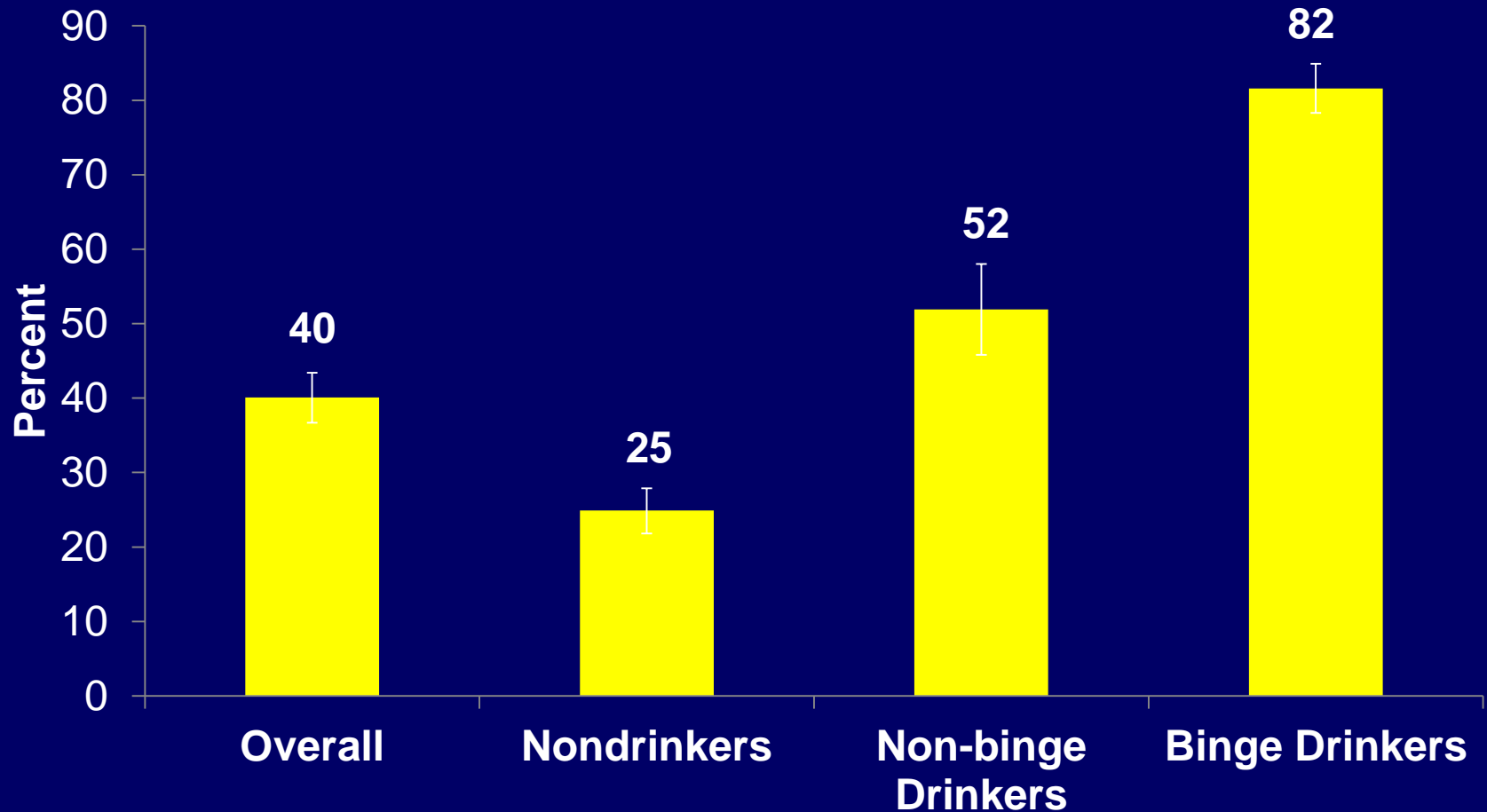


Usual Source of Alcohol in the past 30 days

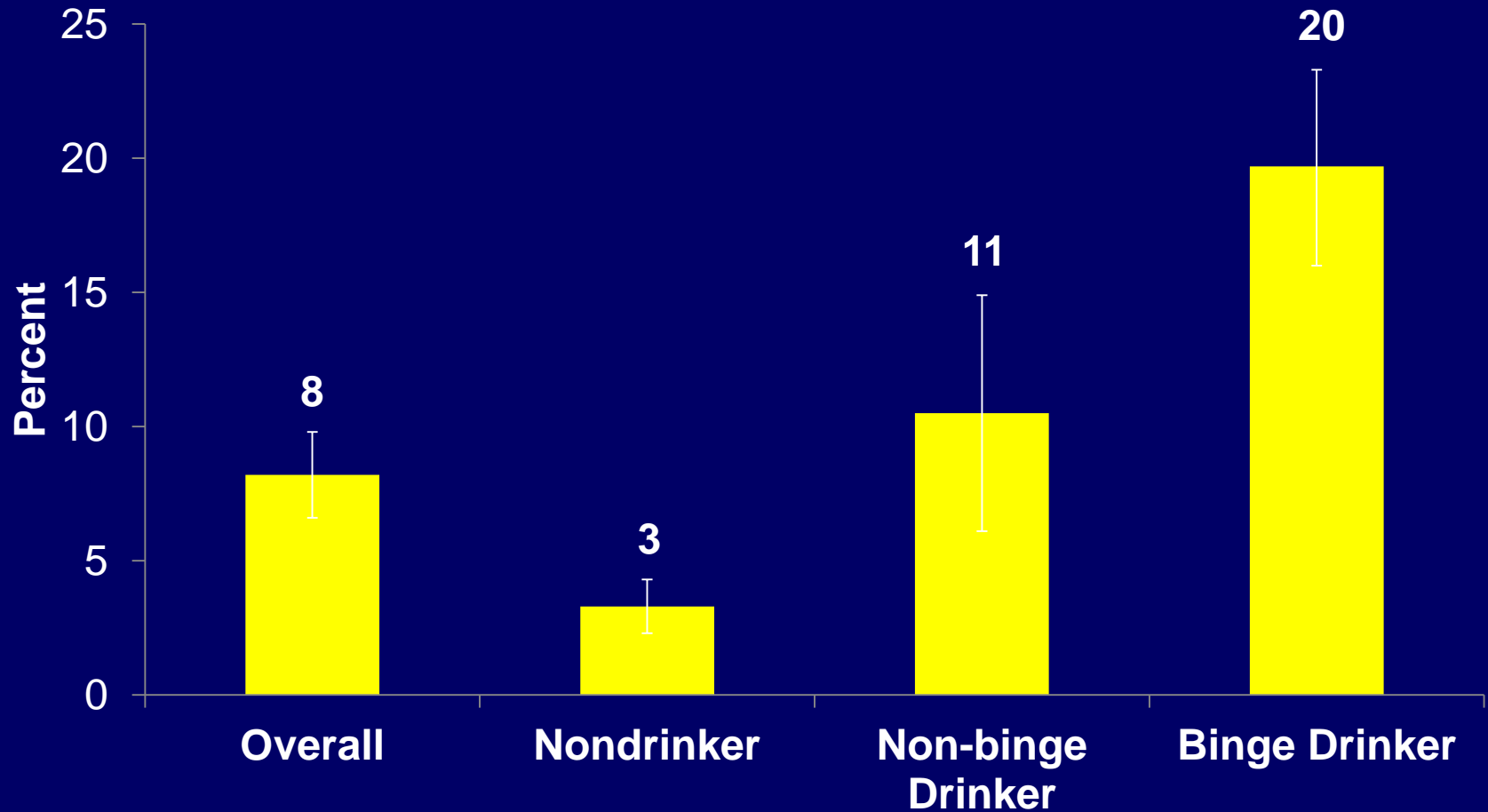


Alcohol & Tobacco Use

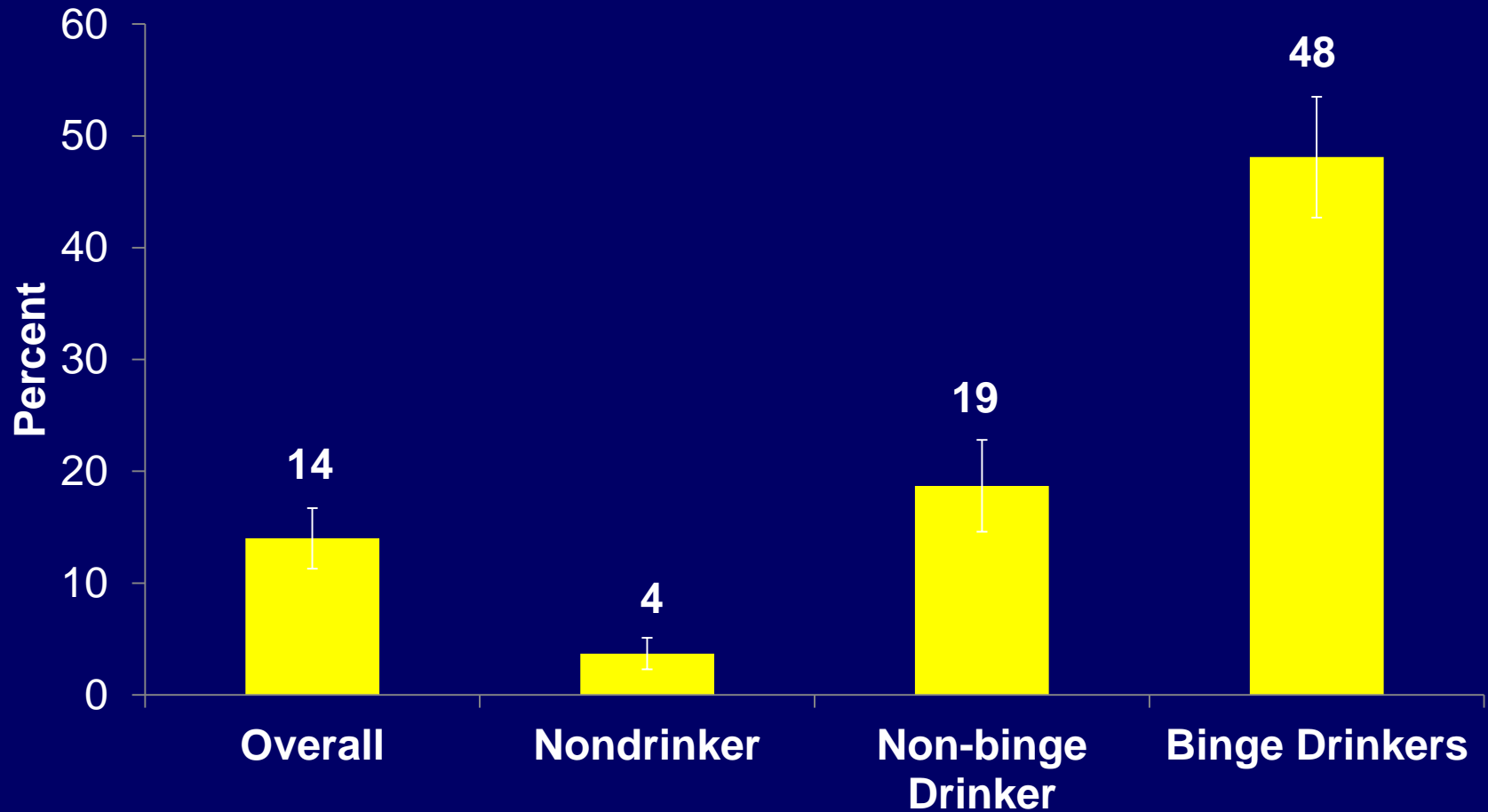
Have you ever tried cigarette smoking, even one or two puffs?



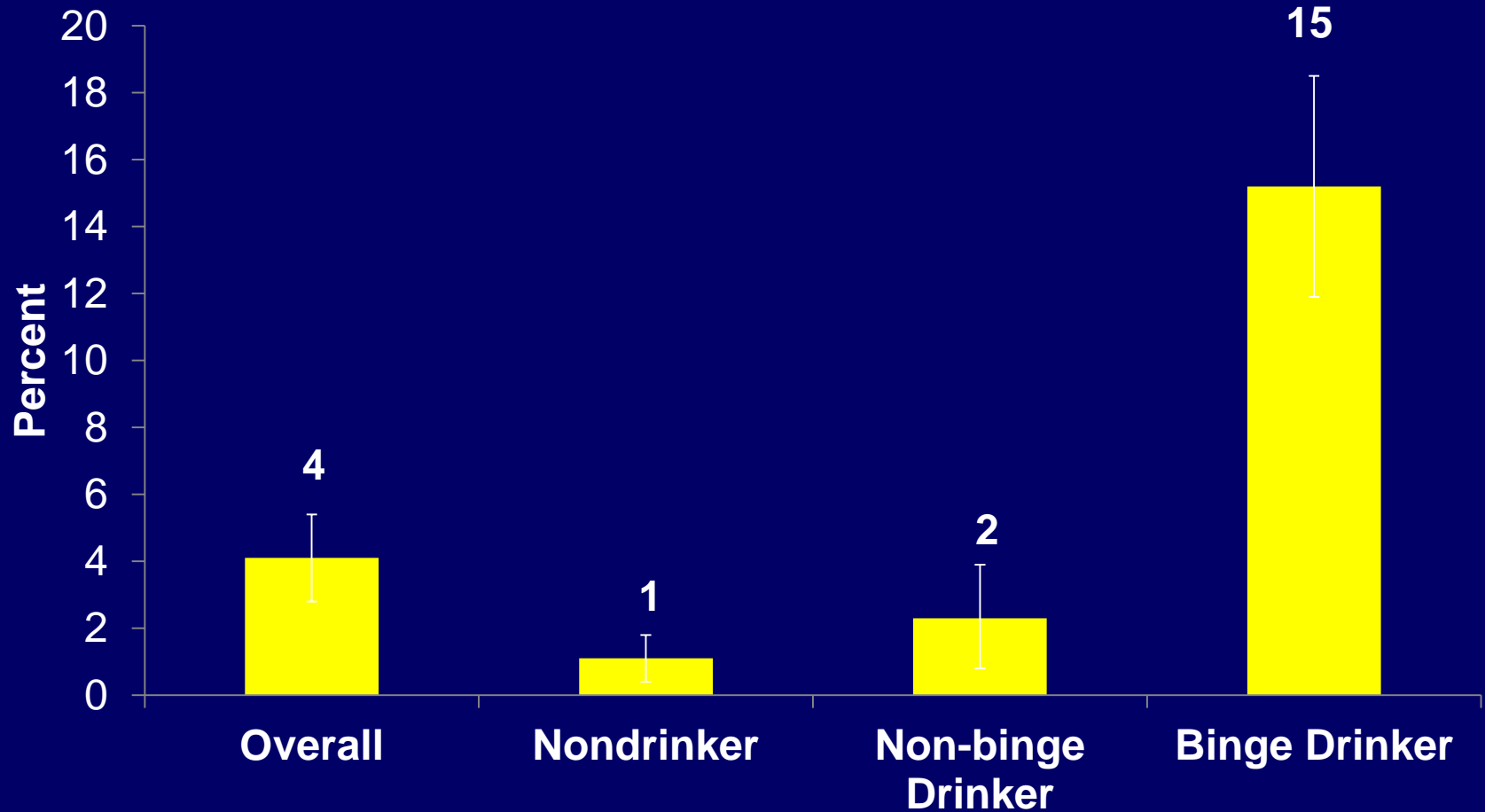
Cigarette Use Before 13 years



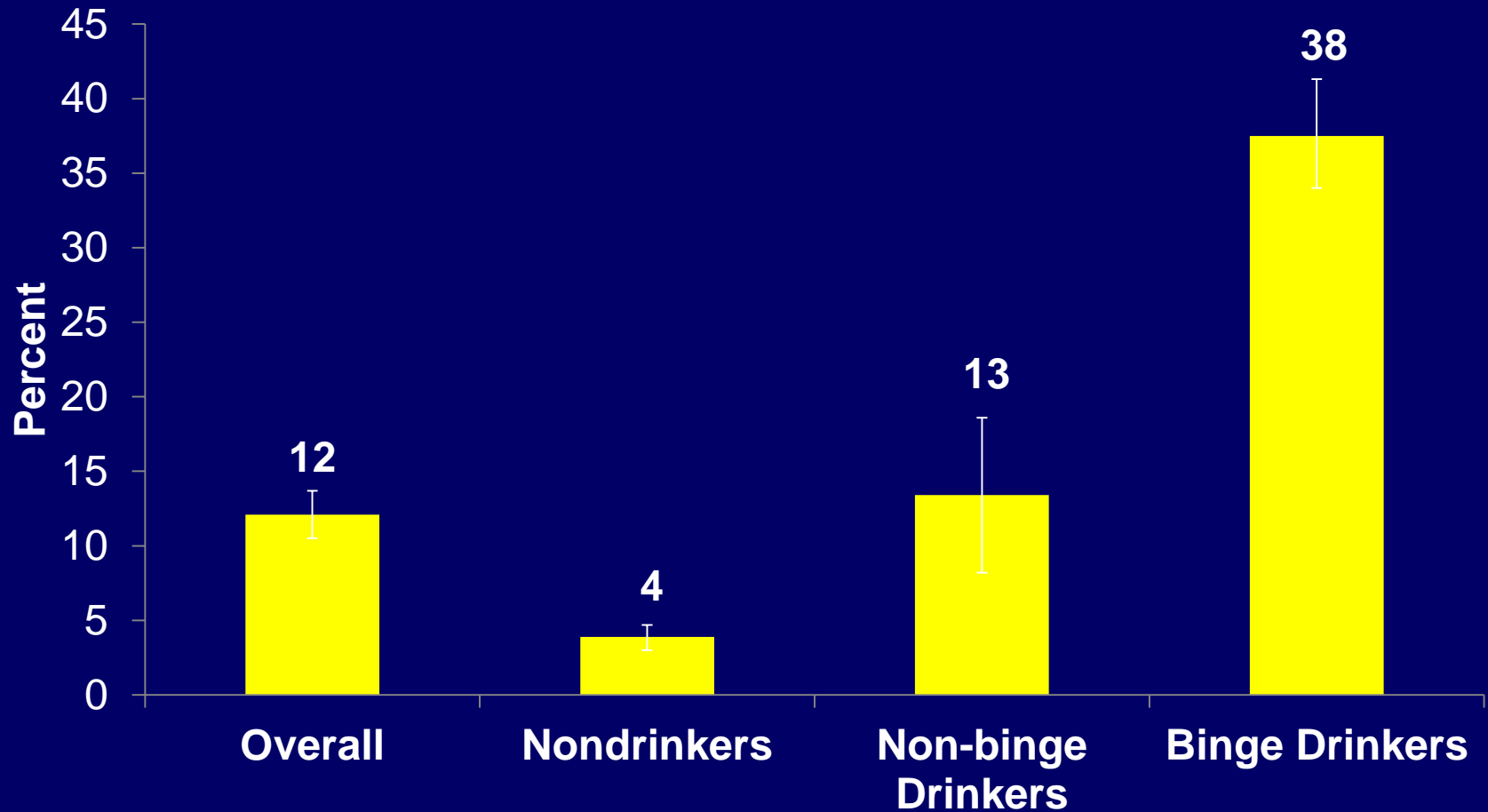
30-day Cigarette Use



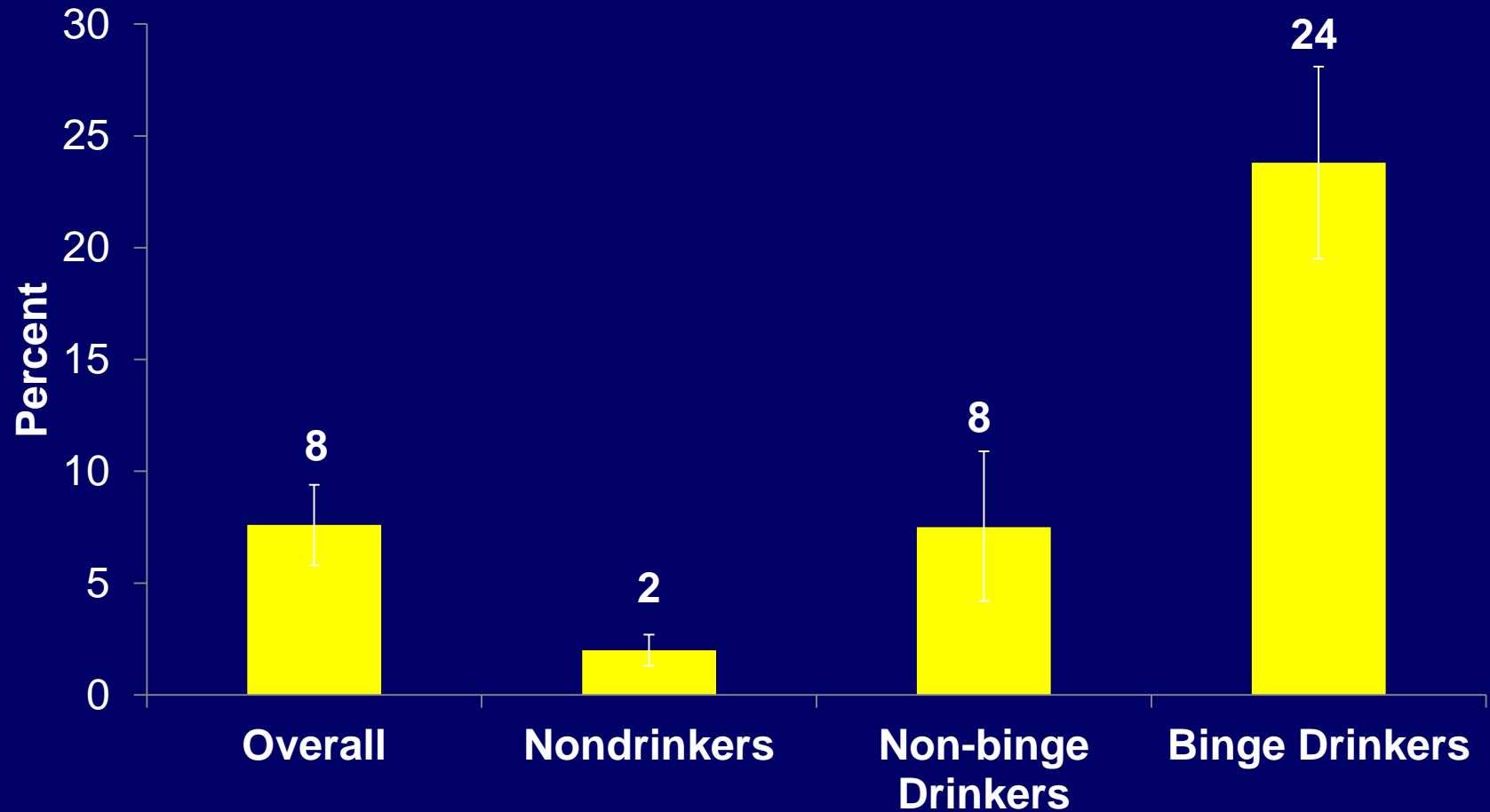
Daily Cigarette Use



30-day Cigarillo Use



30-day Chewing Tobacco Use



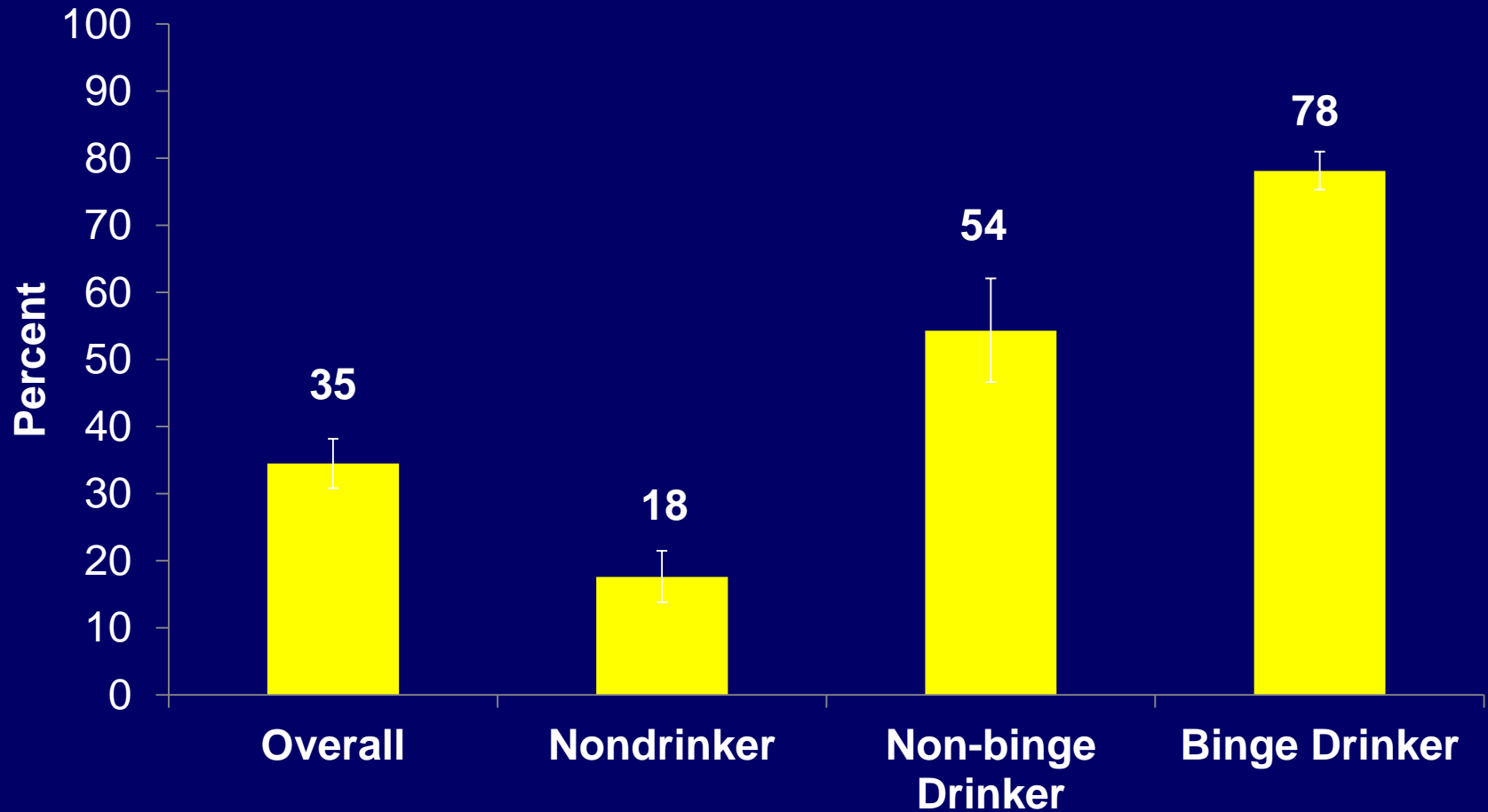
Summary Slide

Drinkers were significantly more likely to:

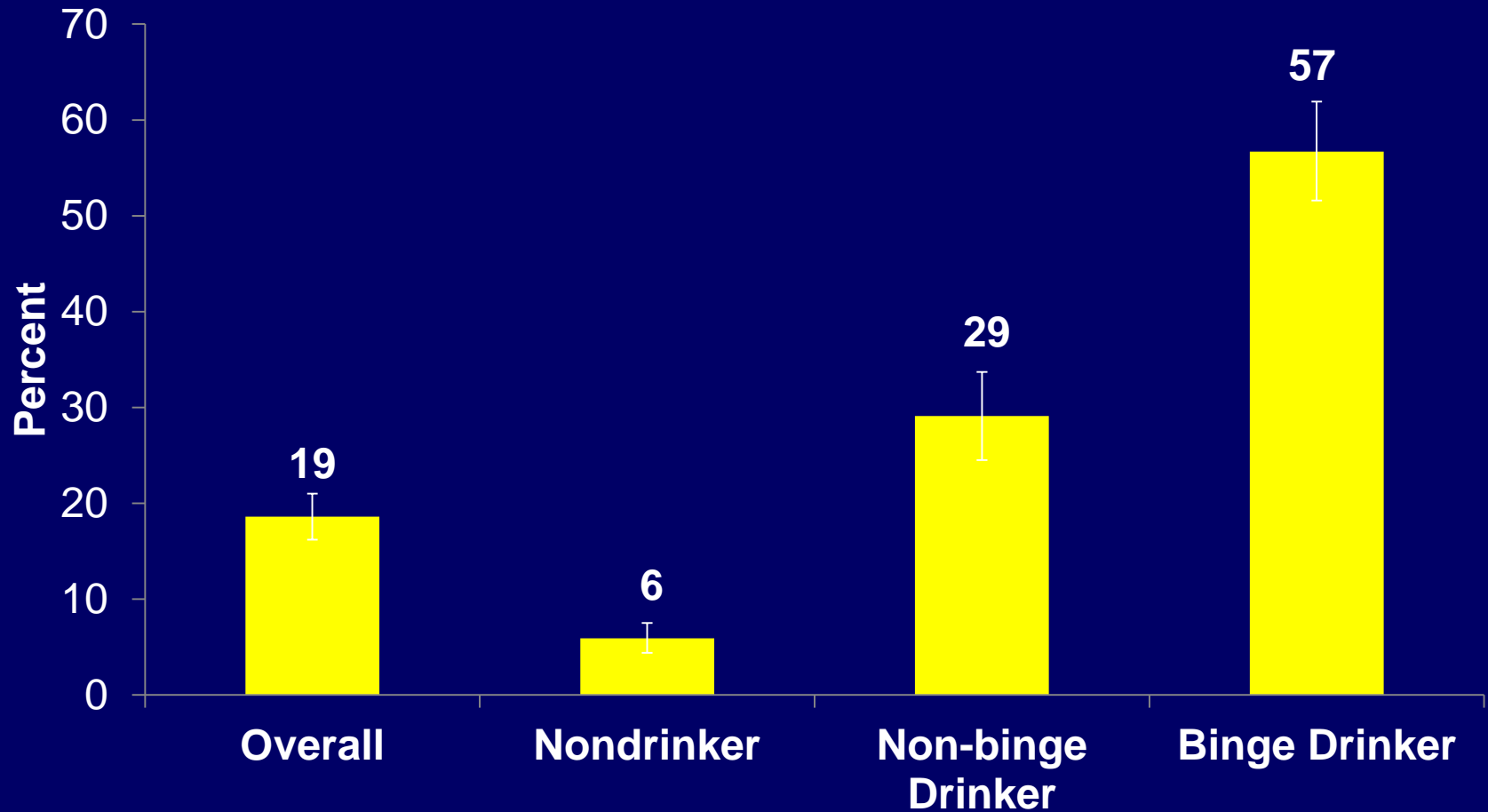
- smoke in their lifetime**
- initiate smoking earlier**
- smoke cigarettes and cigarillos in past month**
- use chewing tobacco in past month**

Alcohol & Drug Use

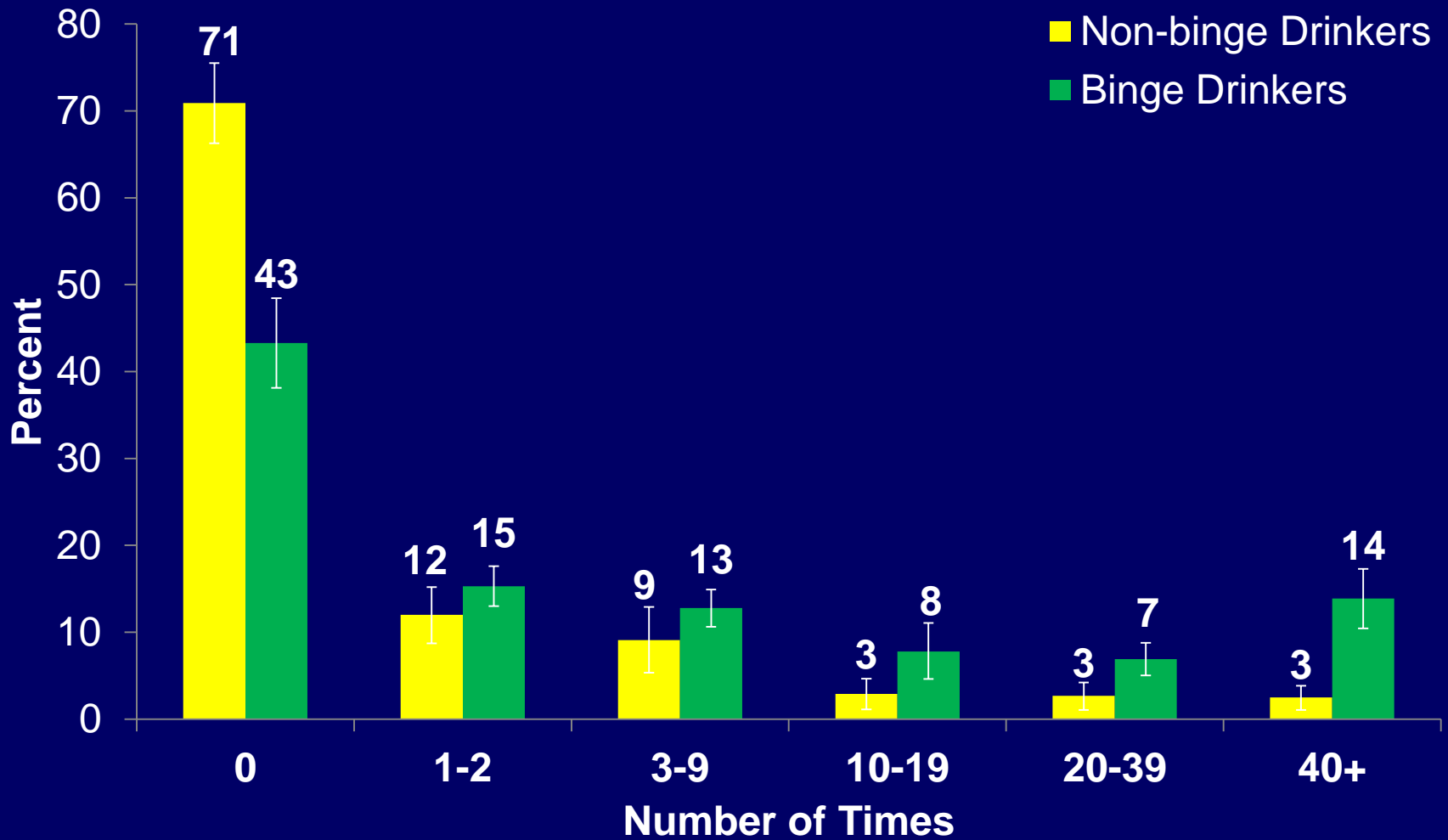
Lifetime Marijuana Use



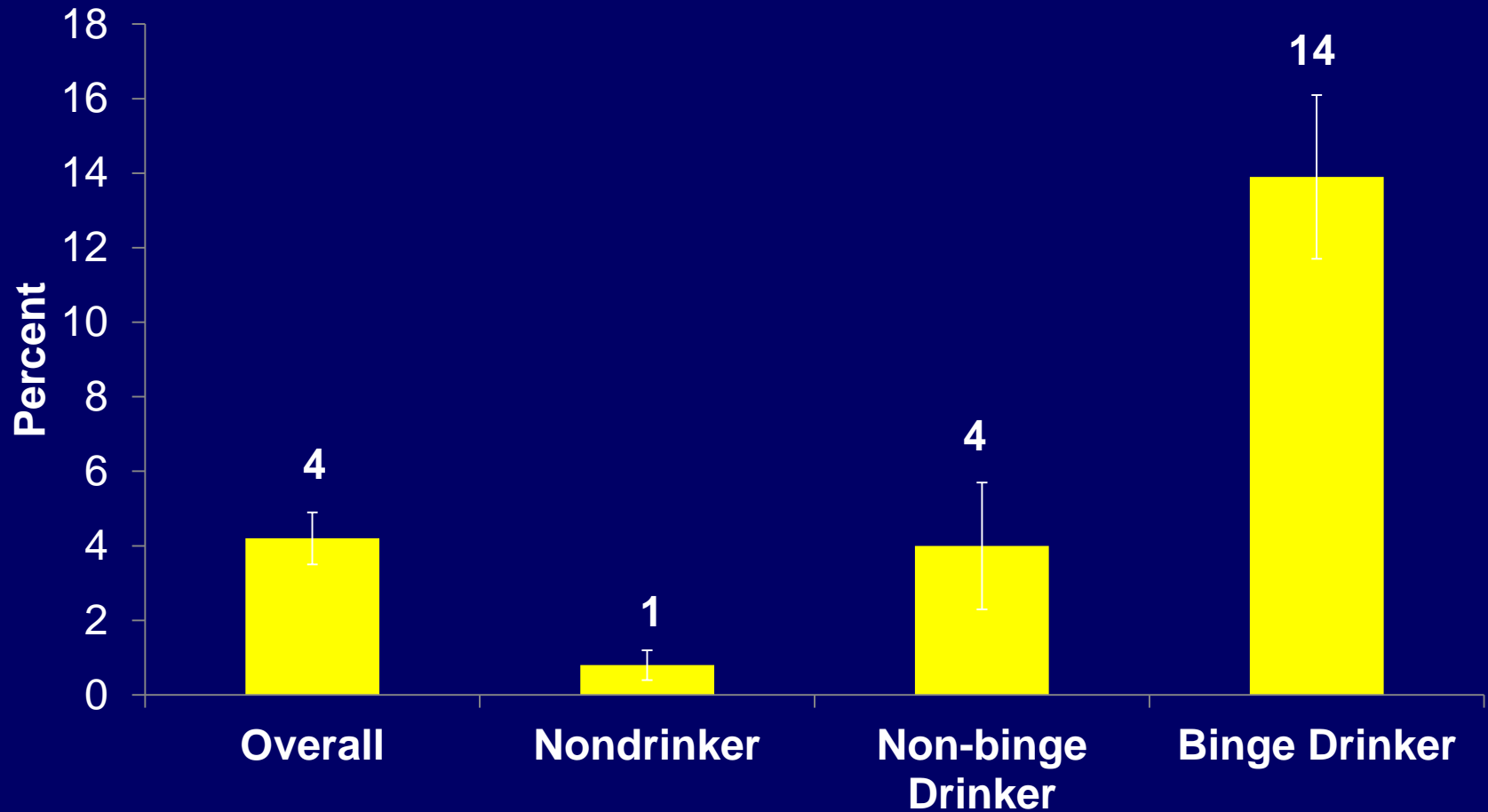
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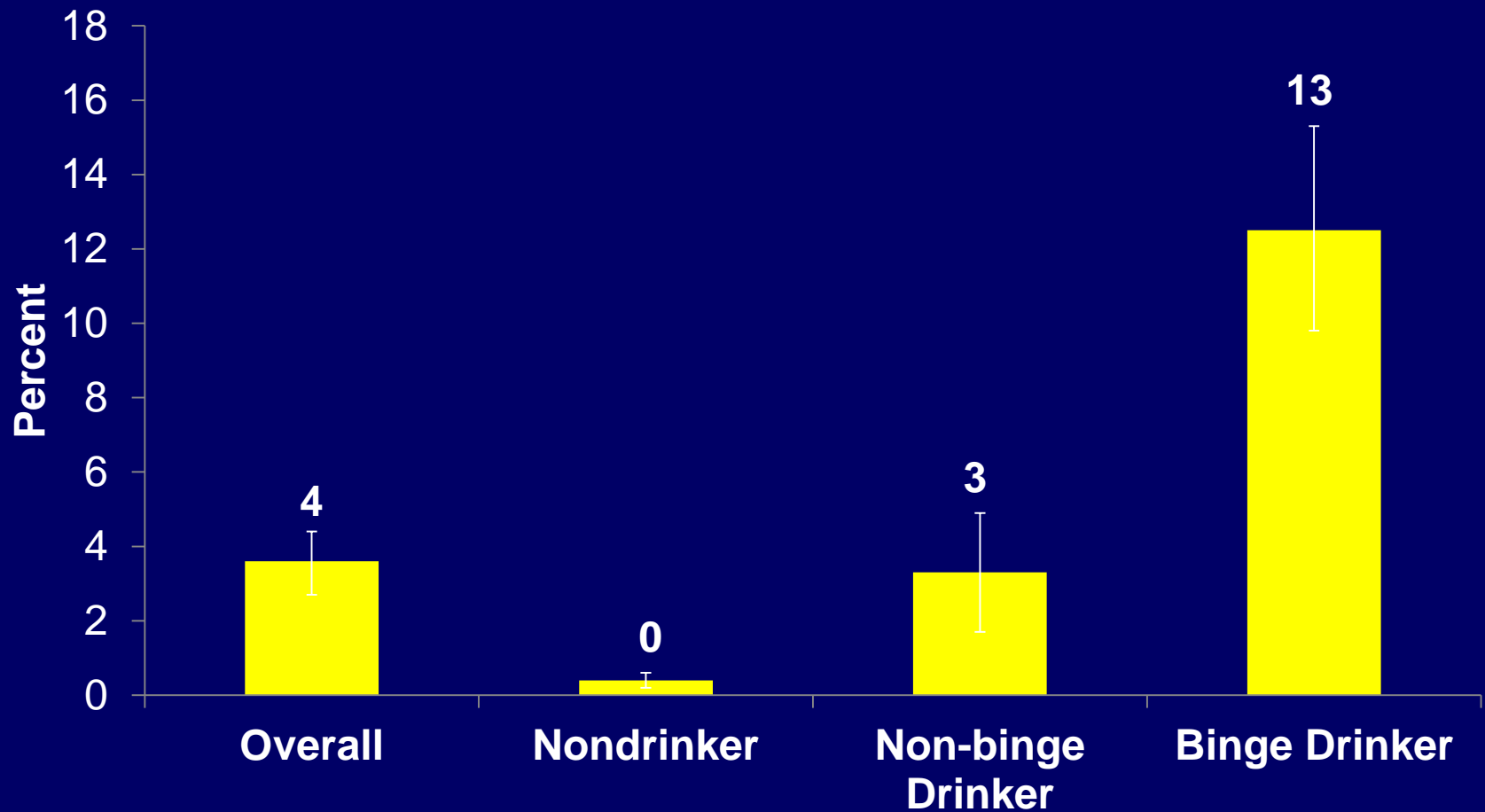
Number of Times Marijuana Smoked in past 30 days among Drinkers



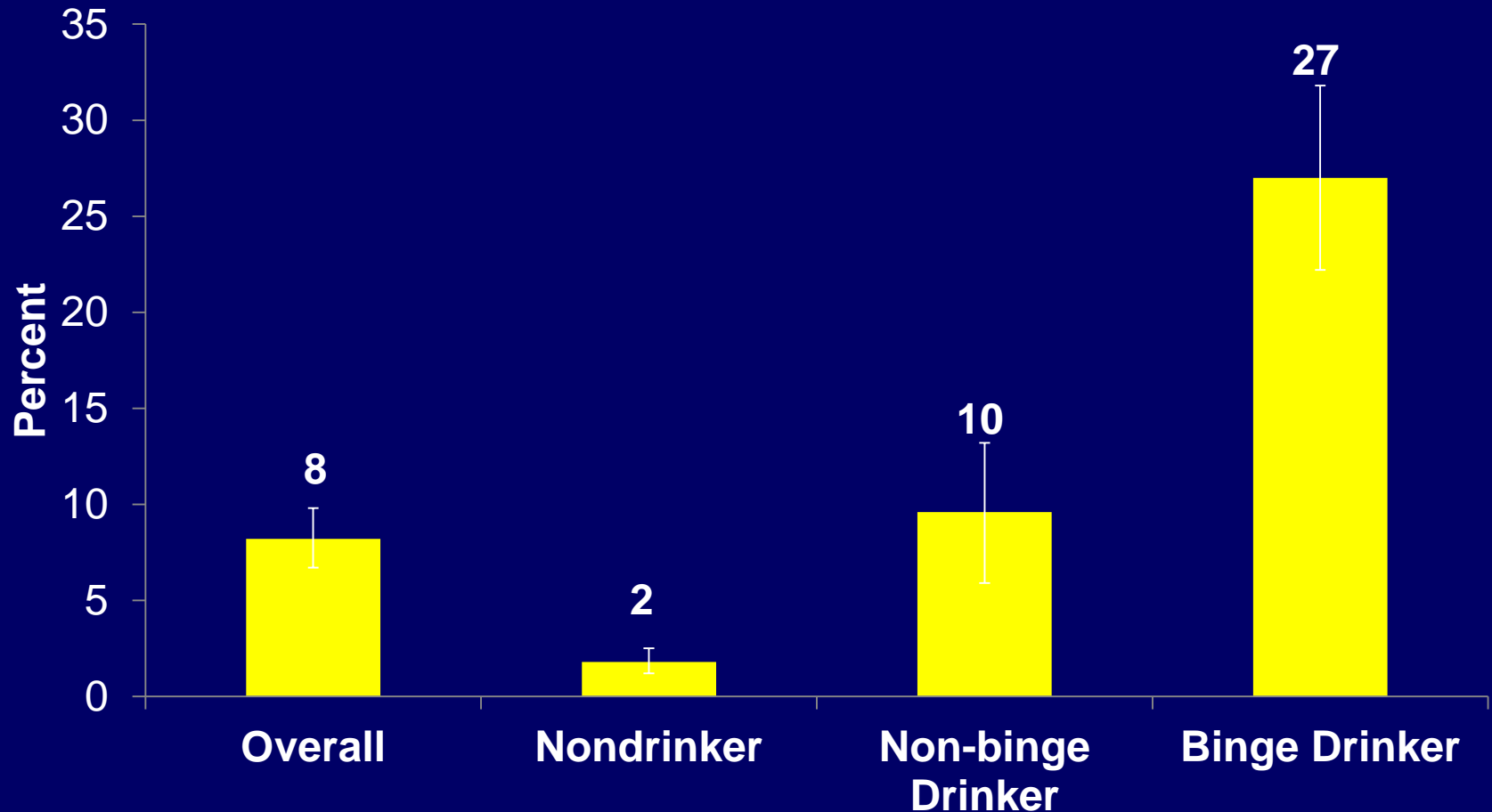
Lifetime Cocaine Use



30-day Barbiturate Use without Prescription

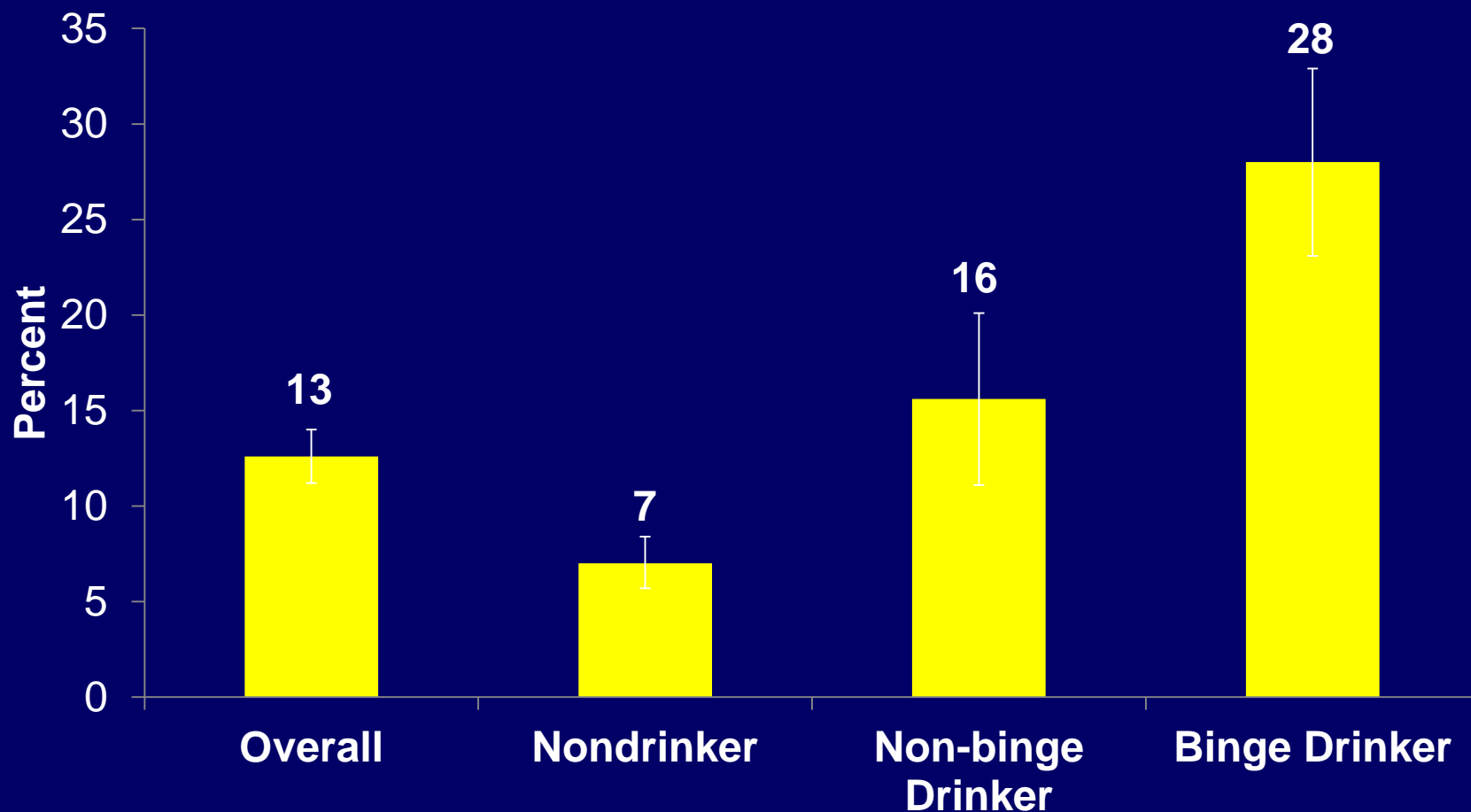


30-day Prescription Drug Use without Prescription



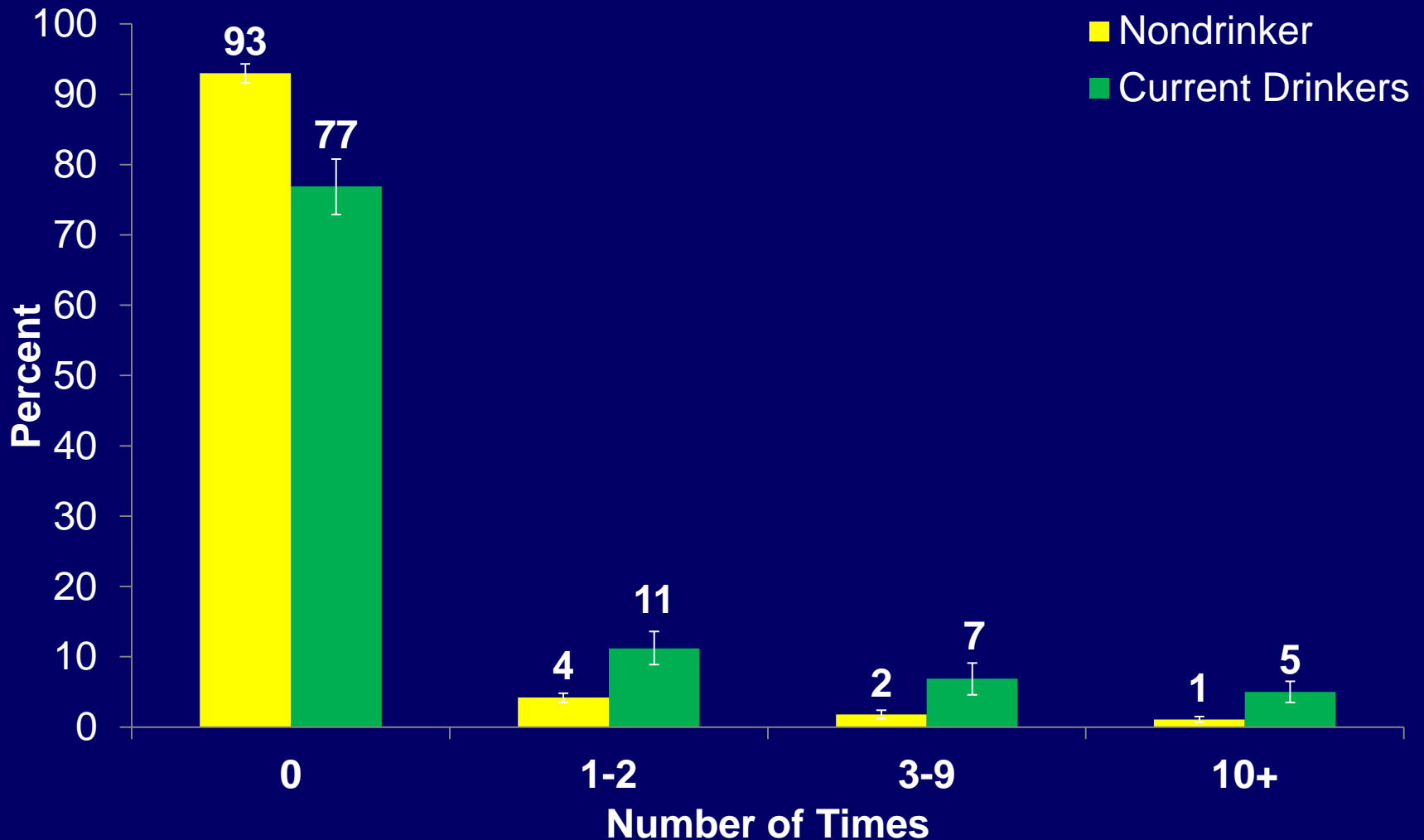
During the past 30 days, how many times did you take a prescription drug such as Ritalin, Adderall, or Xanax without a doctor's prescription?

30-day Prescription Painkiller Use without Prescription

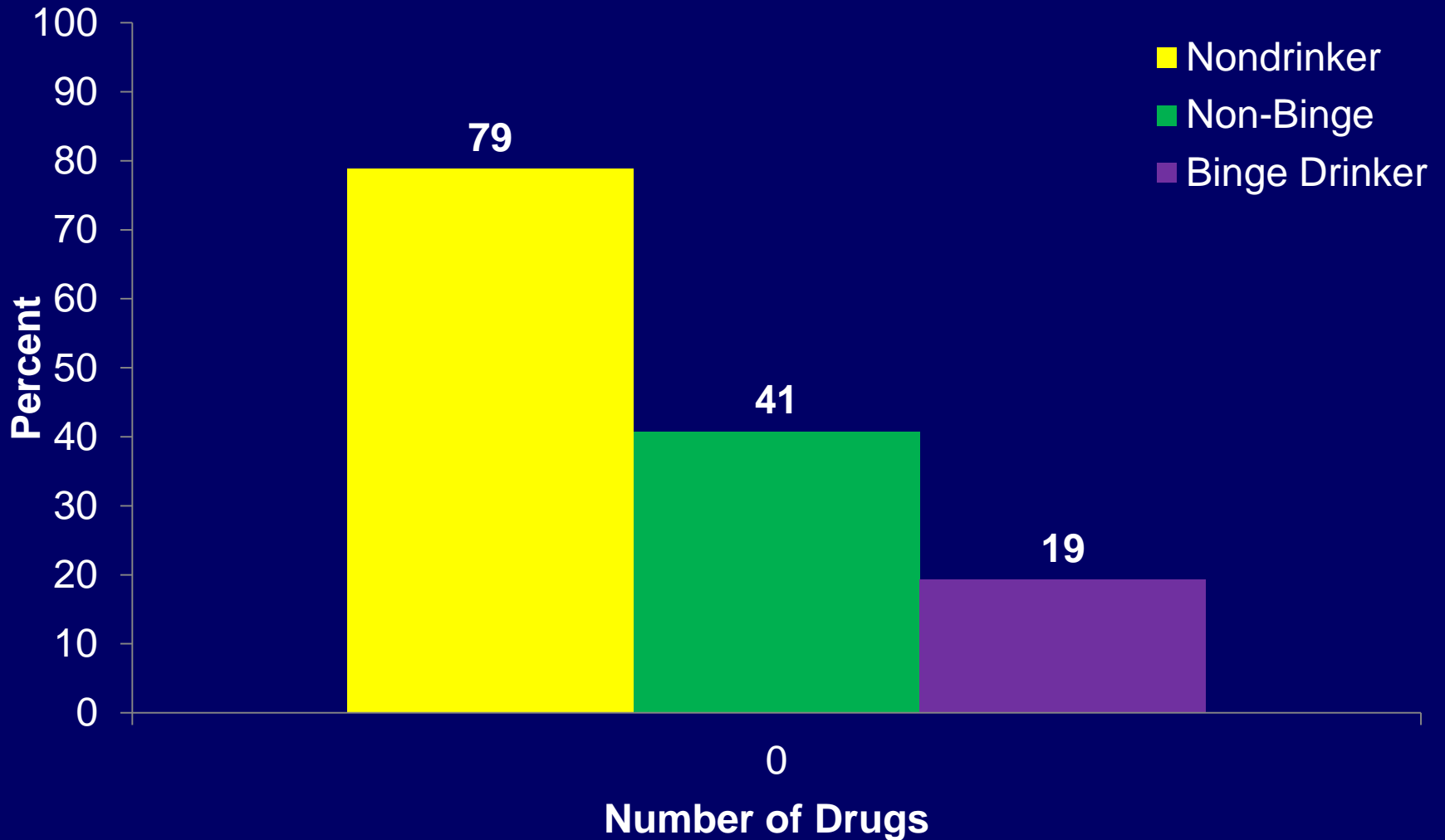


During the past 30 days, how many times did you take painkillers, such as OxyContin, Codeine, Percocet, or Tylenol III, without a doctor's prescription?

Number of Times Rx Painkillers Used in past 30 days

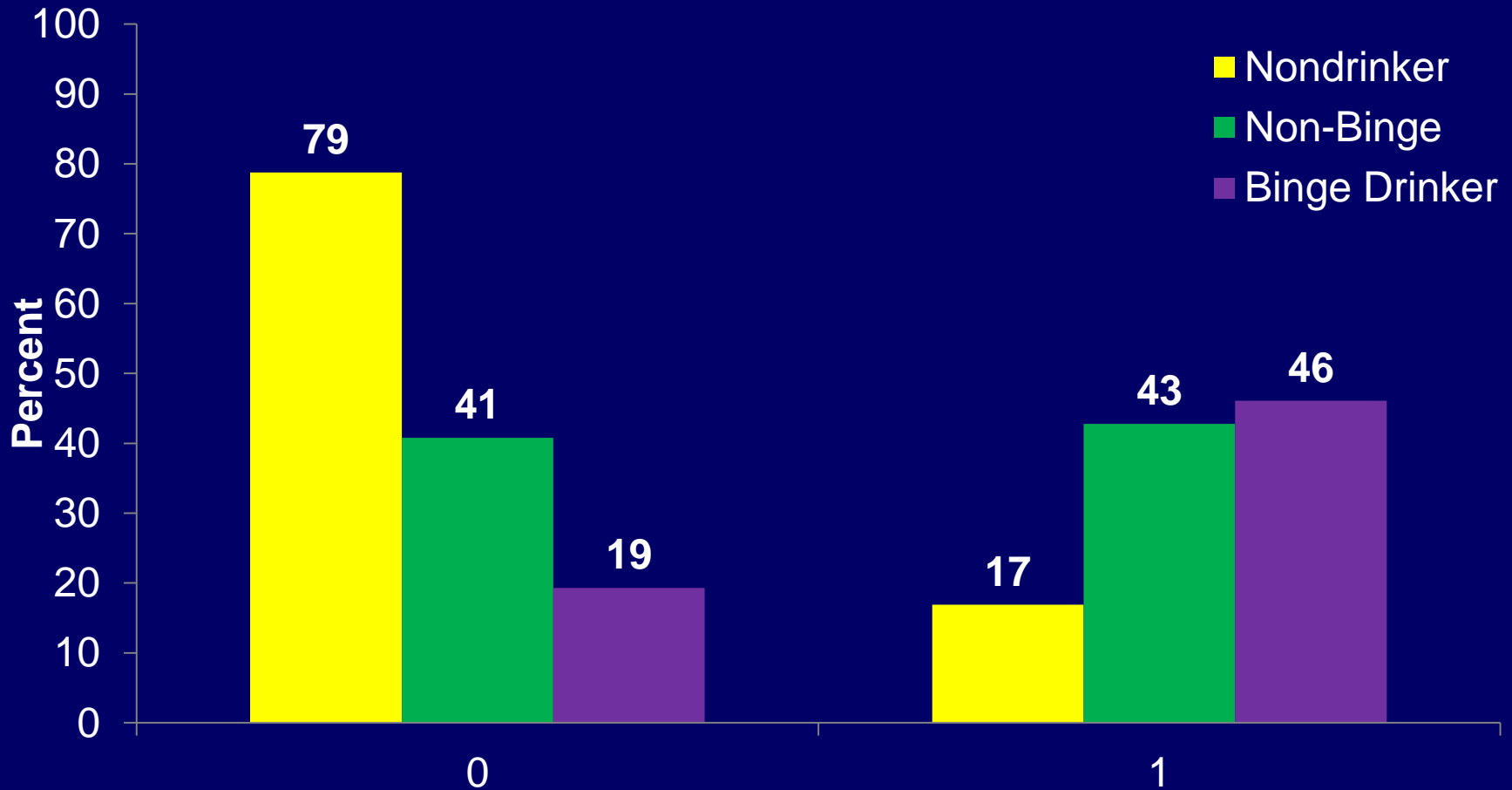


Number of Drugs Tried in Lifetime



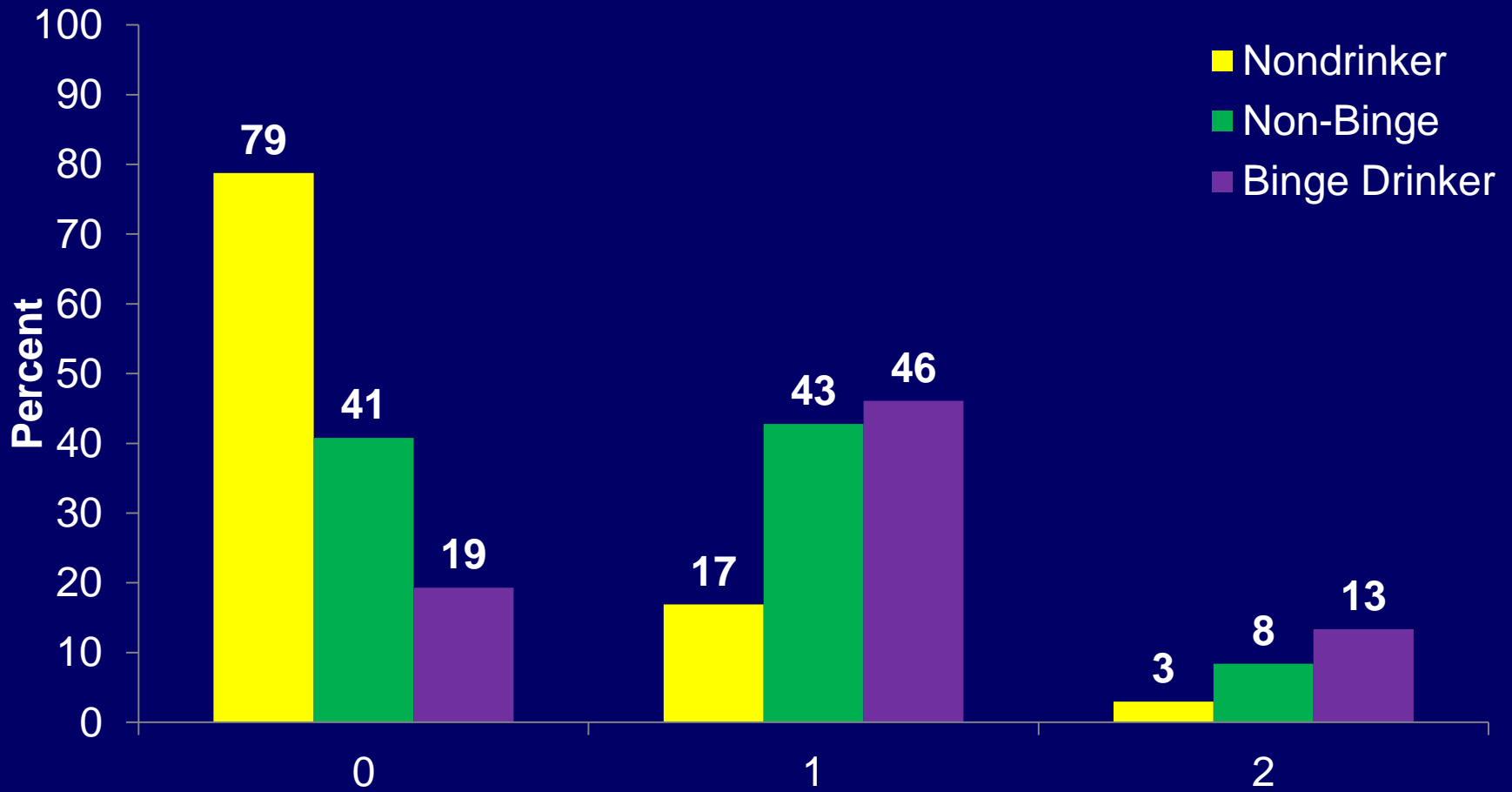
Marijuana, cocaine, heroin, methamphetamine, barbiturate, inhalant or ecstasy

Number of Drugs Tried in Lifetime, cont.



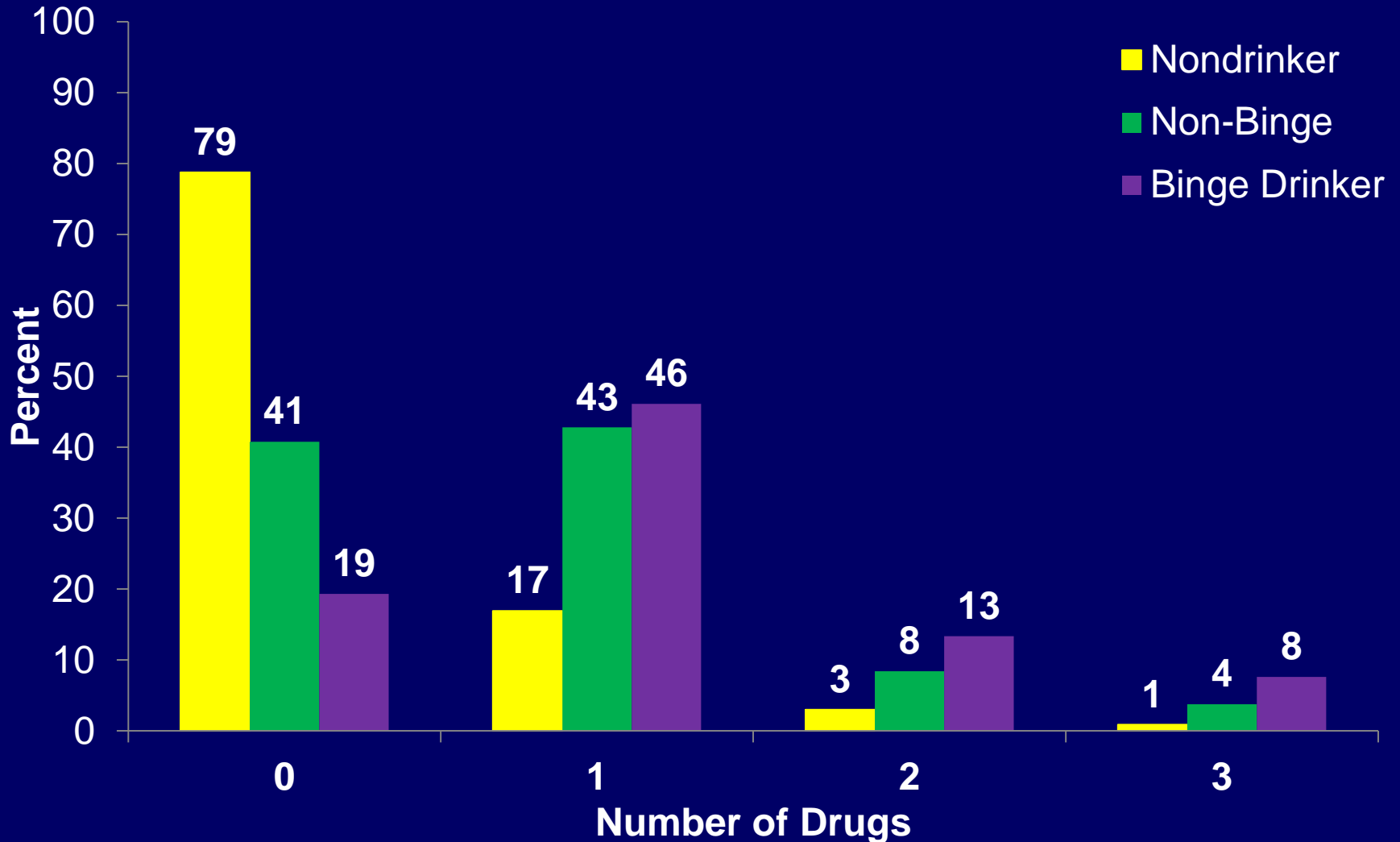
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Number of Drugs Tried in Lifetime, cont.



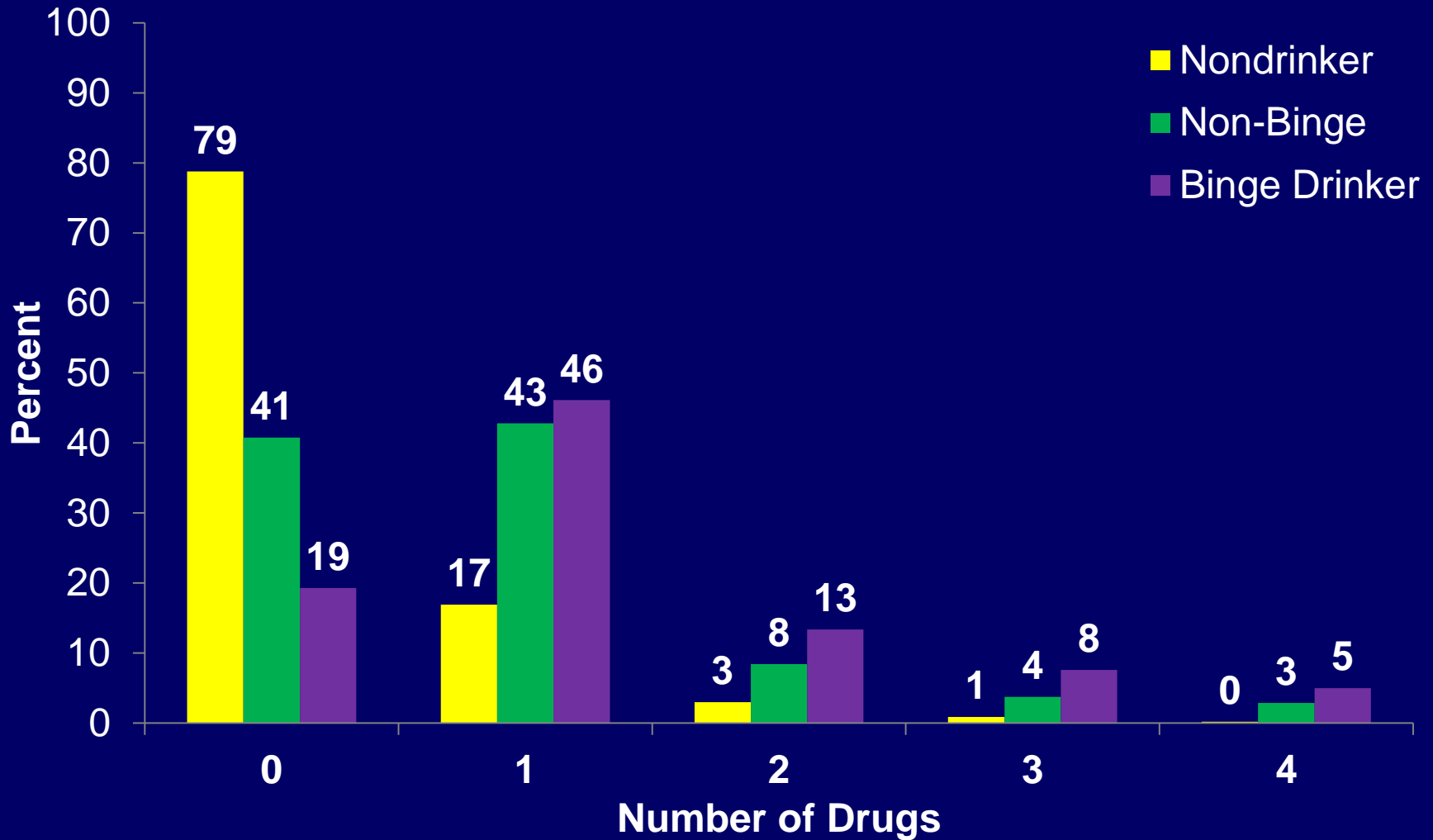
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Number of Drugs Tried in Lifetime, cont.



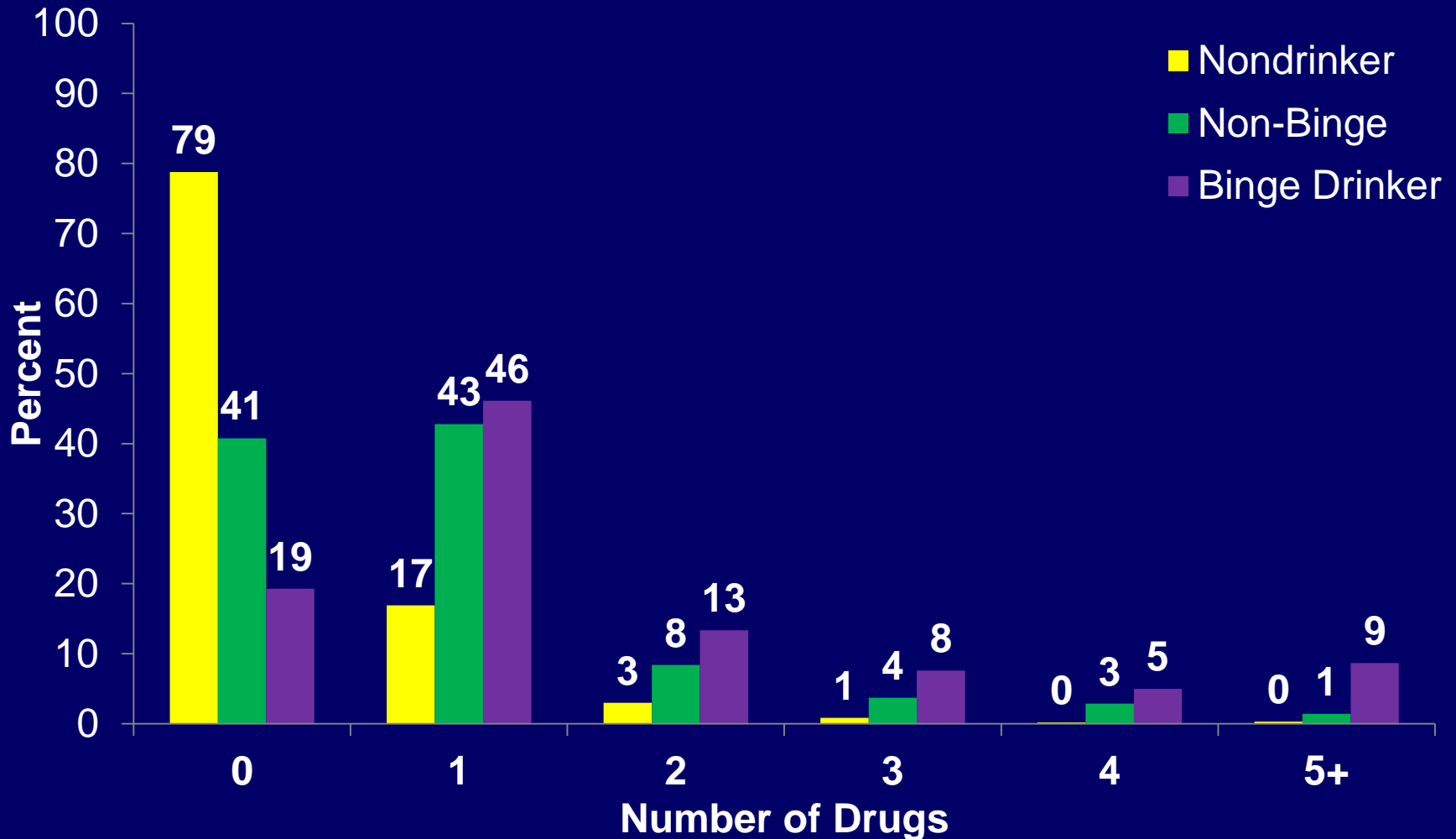
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Number of Drugs Tried in Lifetime, cont.



Marijuana, cocaine, heroin, methamphetamine, barbiturate, inhalant or ecstasy

Number of Drugs Tried in Lifetime, cont.



Marijuana, cocaine, heroin, methamphetamine, barbiturate, inhalant or ecstasy

Summary Slide

- **Marijuana use is common & frequent**
 - More prevalent among males
- **Substance use probably related to shifting societal beliefs, availability**
- **Polysubstance use is extremely common**
 - Impact on prevention & intervention efforts
- **Drinkers at risk of injury and overdose**

Preventing Alcohol & Tobacco Use among Adolescents

- **Provide interactive anti-smoking and anti-drinking programs that teach refusal and life skills practice**
- **Reduce alcohol & tobacco advertising**
- **Limit the commercial availability of alcohol & tobacco products**
- **Increase alcohol & tobacco excise taxes**

1. Centers for Disease Control and Prevention. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/full-report.pdf>

2. Centers for Disease Control and Prevention. Adult Smoking in the US. <http://www.cdc.gov/vitalsigns/AdultSmoking/>

3. The Guide to Community Preventive Services. Preventing Excessive Alcohol Consumption. <http://www.thecommunityguide.org/alcohol/index.html>

Preventing Alcohol & Drug Use among Adolescents

- **Provide prevention programs at key transition points**
 - long-term strategies with repeated interventions
 - combine school-based programs with other community-level or family-based programs
- **Implement community-wide interventions**
 - Increase alcohol excise taxes
 - reduce alcohol availability through zoning restrictions
 - enhance the use of MAPS

1. National Institute on Drug Abuse. Preventing Drug Abuse among Children and Adolescents. <http://www.drugabuse.gov/publications/preventing-drug-abuse-among-children-adolescents>.

2. Centers for Disease Control and Prevention. Prescription Painkiller Overdoses in the US. <http://www.cdc.gov/vitalsigns/PainkillerOverdoses/index.html>

3. The Guide to Community Preventive Services. Preventing Excessive Alcohol Consumption. <http://www.thecommunityguide.org/alcohol/index.html>

Fact Sheets Available Online

Alcohol & Tobacco Use Among Michigan Youth

2011 Michigan Youth Risk Behavior Survey

- About 88% of adult smokers begin smoking before 18 years of age.¹
- Underage drinking is associated with many adverse consequences, including poor academic performance, interpersonal violence, injuries, risky sexual behavior and unplanned pregnancies.
- Students who report drinking alcohol and using smokeless tobacco may be at higher risk for throat and mouth cancers.

Alcohol and Tobacco Use among Michigan High School Students:

- Students who reported binge drinking are at a higher risk of smoking:
 - Almost 60,000 9th-12th grade students reported smoking in the past month and more than 16,000 youth reported smoking cigarettes daily.
 - About one in two binge drinkers reported smoking in the past month and more than one in seven reported smoking every day in the past 30 days.
- Binge drinkers were almost two times more likely and six times more likely to start

30-day use	Nondrinkers (69.5%)	Non-Binge Drinkers (12.7%)	Binge Drinkers (17.8%)
	Estimated Number % (95% CI)	Estimated Number % (95% CI)	Estimated Number % (95% CI)
Current smoking	11,807 3.7 (2.3-5.1)	9,641 18.7 (14.6-22.8)	38,134 48.1 (42.7-53.5)
Daily cigarette use	3,432 1.1 (0.4-1.8)	1,202 2.3 (0.8-3.9)	12,075 15.2 (11.9-18.5)
Cigarette use before 13 years	10,129 3.3 (2.3-4.3)	5,543 10.5 (6.1-14.9)	16,338 19.7 (16.0-23.3)
Current smokeless tobacco use	6,435 2.0 (1.3-2.7)	4,165 7.5 (4.2-10.9)	20,313 23.8 (19.5-28.1)
Current cigarillo use	12,474 3.9 (3.0-4.7)	7,397 13.4 (8.2-18.6)	32,500 37.5 (33.7-41.3)

Current smoking and smokeless tobacco use are defined as using on 1 or more of the 30 days preceding the survey. In the past 30 days, nondrinkers did not consume alcohol, non-binge drinkers consumed at least 1 drink of alcohol, but did not drink 5 or more drinks on an occasion, binge drinkers had 5 or more drinks on an occasion. Estimated number is the approximate total number of 9th-12th grade Michigan public school students engaging in this behavior.

Alcohol & Drug Use Among Michigan Youth

2011 Michigan Youth Risk Behavior Survey

Teens who abuse alcohol and drugs:

- are at an increased risk for unplanned pregnancy due to unsafe sex.
- are at increased risk of drug dependence and serious drug use later in life.
- may develop concentration problems, affecting a teen's memory, motivation and ability to learn.
- may develop serious health problems; some drugs can cause liver damage, psychotic behavior, respiratory distress, seizures and may harm the heart, lungs and kidneys.
- More than an estimated 80,000 high school students smoked marijuana in the past 30 days. Over half of these students were binge drinkers.
 - In the past 30 days, 28% of binge drinkers reported smoking marijuana 10 or more times compared to only 8% of non-binge drinkers and 2% of nondrinkers.

30-day Drug Use	Nondrinkers (69.5%)	Non-Binge Drinkers	Binge Drinkers
	Estimated Number % (95% CI)	Estimated Number % (95% CI)	Estimated Number % (95% CI)
Marijuana	19,112 5.9 (4.4-7.5)	15,869 29.1 (24.5-33.7)	47,343 56.7 (51.6-61.9)
Painkillers (OxyContin, Codeine, Percocet, or Tylenol III) without doctor's prescription	22,731 7.0 (5.7-8.4)	8,640 15.6 (11.1-20.1)	24,229 28.0 (23.1-32.9)
Prescription drug (Ritalin, Adderall, or Xanax) without doctor's prescription	5,928 1.8 (1.2-2.5)	5,298 9.6 (5.9-13.2)	23,339 27.0 (22.2-31.8)

In the 30 days before survey administration, nondrinkers did not consume alcohol, non-binge drinkers consumed at least 1 drink of alcohol, but did not drink 5 or more drinks on an occasion, binge drinkers had 5 or more drinks on an occasion. Estimated number is the approximate total number of 9th-12th grade Michigan public school students engaging in this behavior.

Questions???

Contact Information

Katy Gonzales, MPH

517-373-8352

gonzalesk2@michigan.gov

<http://www.michigan.gov/substanceabuseepi>