

ALCOHOL USE

Among American Indian Youth in New Mexico



2021 Youth Risk and Resiliency Survey

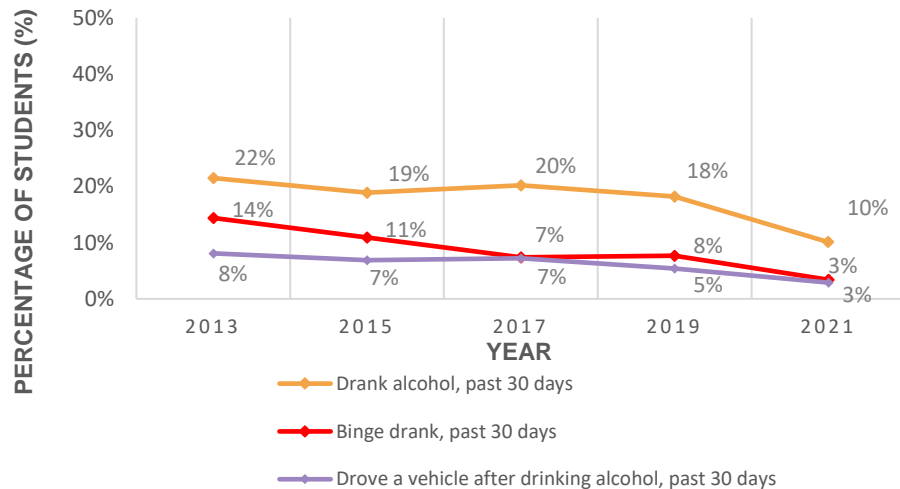


This fact sheet presents data on alcohol use and related behaviors among American Indian (AI/AN) high school and middle school students in New Mexico (NM). Unless otherwise stated, these data come from the 2021 New Mexico Youth Risk and Resiliency Survey (NMYRRS), which seeks to better understand youth health and the factors that support improved wellbeing.

Please Note: beginning in early 2020, the United States, along with the rest of the world, experienced the coronavirus disease (COVID-19) pandemic. The COVID-19 pandemic has had a broad range of impacts on youth's daily lives which may be reflected throughout this fact sheet.

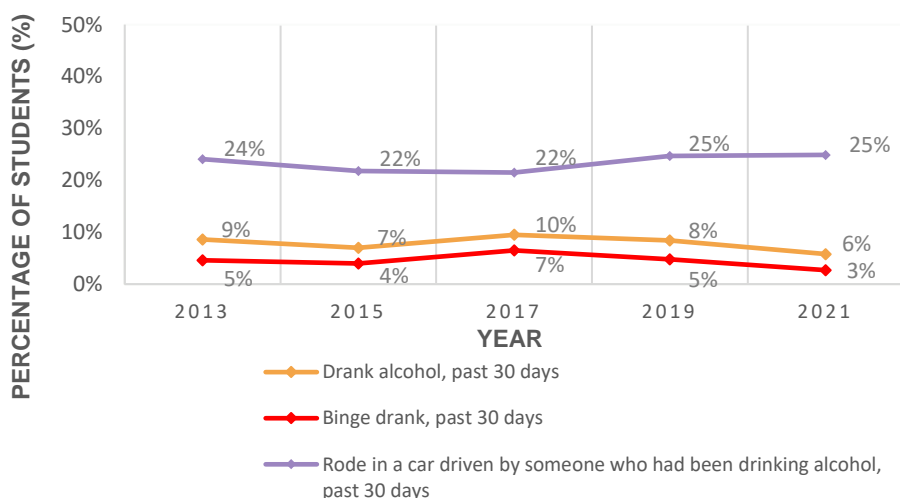
Trends in Alcohol Consumption and Behaviors

AI/AN High School (HS) Students, 2013-2021, New Mexico



- From 2013 to 2021, the rate of AI/AN HS students who reported drinking alcohol in the past 30 days **decreased** from 22% to 10%.
- From 2013 to 2021, the rate of AI/AN HS students who reported binge drinking (consuming more than 4-5 drinks in a row within a couple of hours) in the past 30 days **decreased** from 14% to 3%.
- From 2013 to 2021, the rate of AI/AN HS students who reported driving a vehicle after drinking alcohol (past 30 days) **decreased** from 8% to 3%.

AI/AN Middle School (MS) Students, 2013-2021, New Mexico



- From 2013 to 2021, the rate of AI/AN MS students who reported drinking alcohol in the past 30 days **decreased** from 9% to 6%.
- From 2013 to 2021, the rate of AI/AN MS students who reported binge drinking (consuming more than 5 drinks in a row within a couple of hours) in the past 30 days **decreased** from 5% to 3%.
- From 2013 to 2021, the rate of AI/AN MS students who reported riding in a car driven by someone who had been drinking alcohol (past 30 days) **remained largely unchanged**.

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Alcohol Consumption Among AI/AN High School Students, by School Location



Among high school students who attend schools located **ON** tribal lands*:

- 96% did not drink alcohol in the past 30 days
- 99% did not binge drink in the past 30 days
- 99.8% did not drive a vehicle after drinking alcohol in the past 30 days



Among high school students who attend schools located **OFF** tribal lands:

- 83% did not drink alcohol in the past 30 days
- 93% did not binge drink in the past 30 days
- 94% did not drive a vehicle after drinking alcohol in the past 30 days

Schools located on tribal lands may be more likely to align curriculum, measures of attainment, and overall environment with values and culture of the community. This may amplify protective effects of residing on a tribal community, which include access to social support networks (i.e., extended family), cultural identification, and opportunities to participate in traditional activities and gatherings.^{1, 2}

Resilience through Community, Tradition, and Culture

Resiliency

- The ability to manage, overcome, and adapt to stressful events and situations.⁵
- Connection to tradition, community, and strong cultural identity are key factors in building resilience among AI/AN youth.⁵

Communal Mastery

- The ability to gain strength and guidance through family and community connectedness.
- Community connectedness is associated with lower rates of alcohol consumption.³

Traditional Culture

- Having a relationship with one's traditional culture is associated with a lower risk of substance use and behavioral concerns such as anxiety, depression, and impulsiveness.⁴

Cultural Identity

- Exhibiting beliefs or practices that are related to a racial-ethnic identity or a specific tribal identity.³
- Strong cultural identity is associated with lower likelihood of binge drinking.³

**'On tribal lands' means that a school must either be located within a tribal community, or less than 20 miles outside of a tribal community and have a student population that is >5% AI/AN students*

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Tips for Supporting AI/AN Youth in making informed decisions around alcohol consumption

Parents & Guardians: Build a strong foundation



- Believe in your power as a parent.
- Learn about your child's needs. Making time to talk and having fun together is invaluable.
- Set and enforce limits. Limits communicate love and provide security.
- Be willing to learn from your mistakes and set an example for your child.
- Set clear rules, including rules about alcohol use.

Resources and additional information: [For Parents & Guardians](#)

Parents & Guardians: Offer support



- Encourage growing independence, but know where your children are, what they are doing, whom they are with, and whom they are friends with.
- Find ways for your children to be involved in family life such as doing chores or caring for a younger sibling.
- Help your children find ways to have fun without alcohol.

Resources and additional information: [For Parents & Guardians](#)

Teachers: Be a good source of information



- Provide students with facts about the potential effects of underage drinking and drug abuse.
- Show them you care.
- Use personal stories. Be open and honest.
- Help build an exit plan. Explain it's ok to say no to alcohol, and help them think through exit strategies in case they are pressured by friends or family.

Resources and additional information: [For Educators](#)

References

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