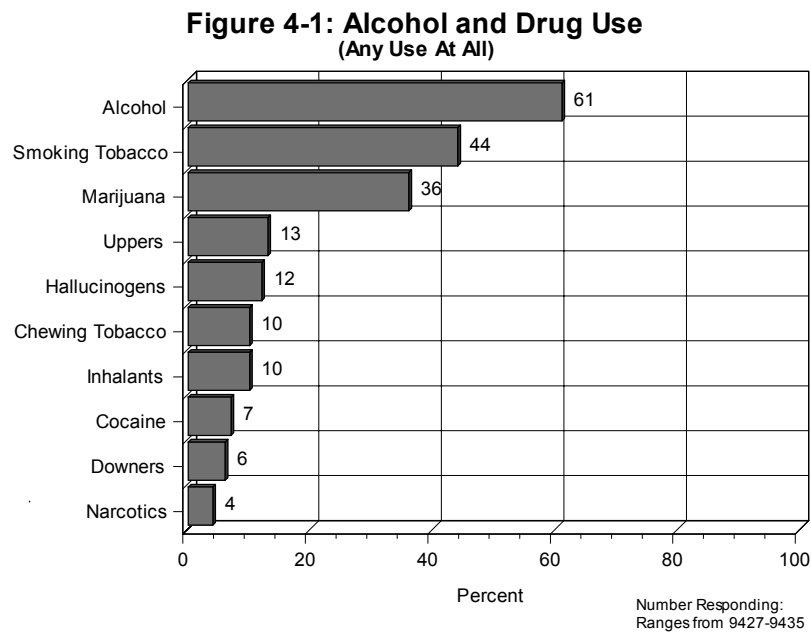

CHAPTER 4

Alcohol, Tobacco, and Other Drug Use

Recent statistics indicate many of New Hampshire's youth drink alcohol. One major concern about adolescent alcohol use is the fatalities resulting from automobile accidents, the leading cause of death among adolescents. In addition, frequent alcohol use during adolescence is one of the strongest predictors of problem drinking in adulthood (Hawkins & Graham, 1997). Frequent alcohol use often puts individuals at risk for various behavioral (e.g., suicide), psychological (e.g., depression), social (e.g., divorce) and vocational (e.g., unemployment) consequences (Midanik & Tam, 1996; Newcomb & Bentler, 1988). For these reasons, we need to be concerned about teen alcohol and other drug use and the impact it has on other behaviors.

Overall Alcohol and Other Drug Use

Thirty-nine percent (39%) of youth surveyed have not used alcohol; 64% have not used marijuana; and 56% have not used smoking tobacco. Figure 4-1 shows the percentage of all teens who have used various substances at any time in the past. Alcohol (61%) is the most commonly used substance at the *any use at all* level, followed by smoking tobacco (44%), and marijuana (36%).



Note: Due to rounding, some graphs may not total 100%.

Figure 4-2 shows the percent of teens who use alcohol or other drugs on a *monthly or more often* basis. Again, alcohol is the substance most often used at this level (34%), followed by smoking tobacco (21%) and marijuana (19%).

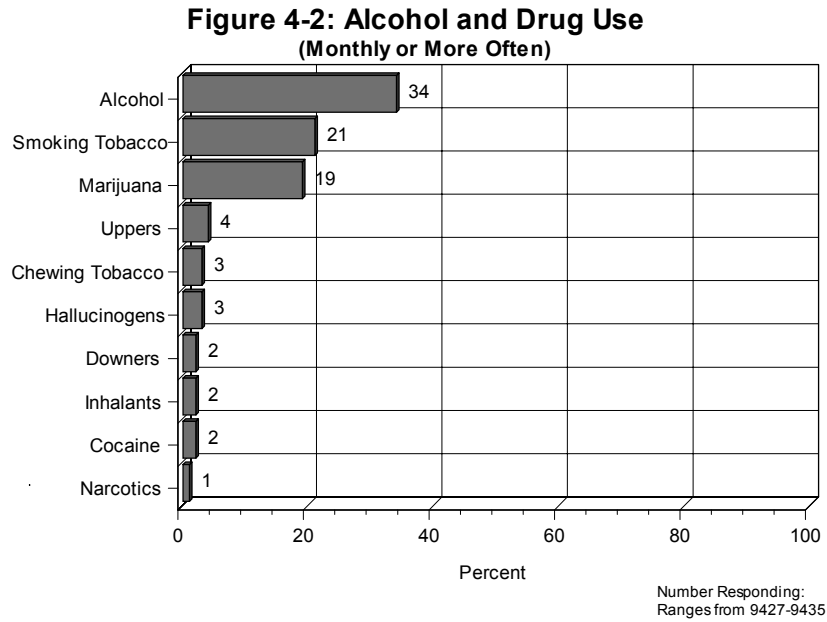


Figure 4-3 shows the percent of all teens who use various substances *weekly or more often*. Smoking tobacco (15%), alcohol (13%), and marijuana (12%) are the most commonly used substances at this level of frequency.

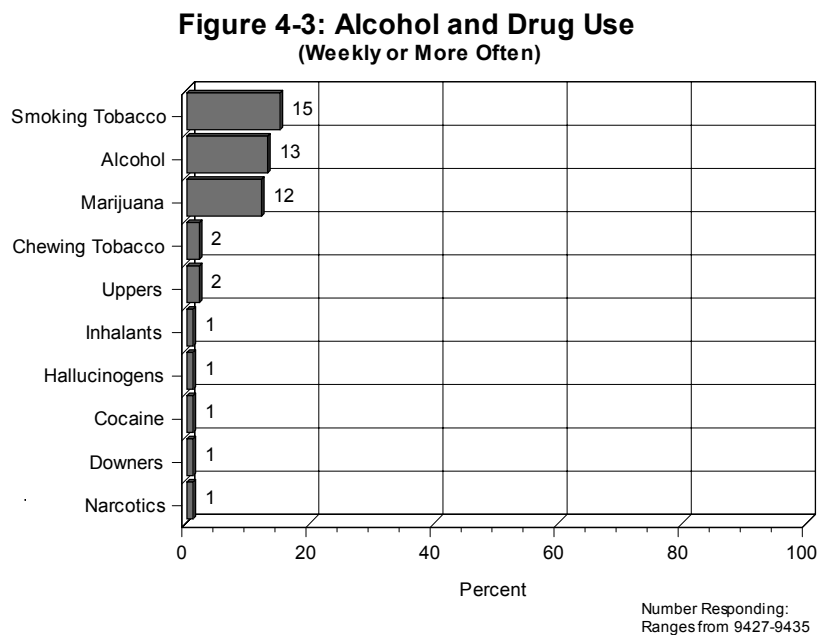


Figure 4-4 shows more high school students than middle school students have used alcohol or drugs at the *any use at all* level.

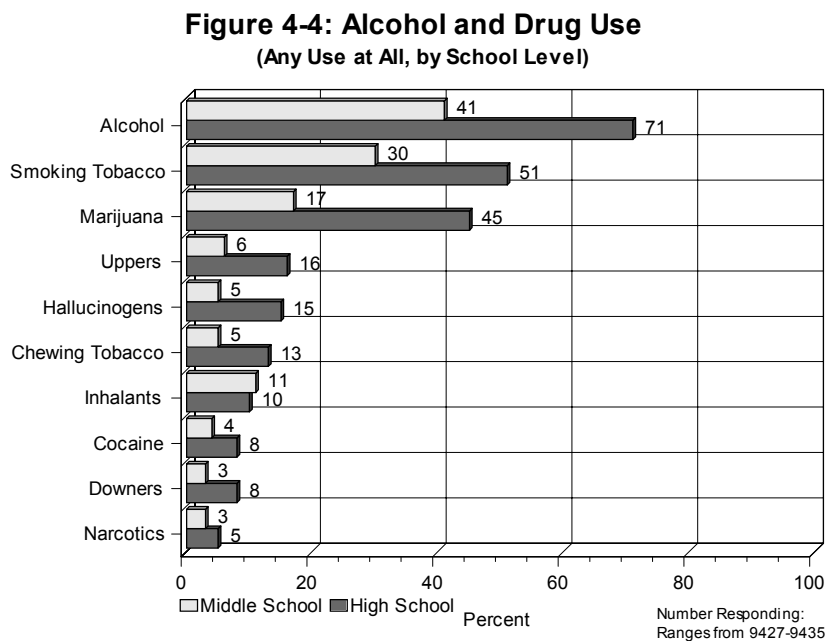


Figure 4-5 shows *monthly or more often* use of alcohol, smoking tobacco and marijuana is greater in high school than in middle school.

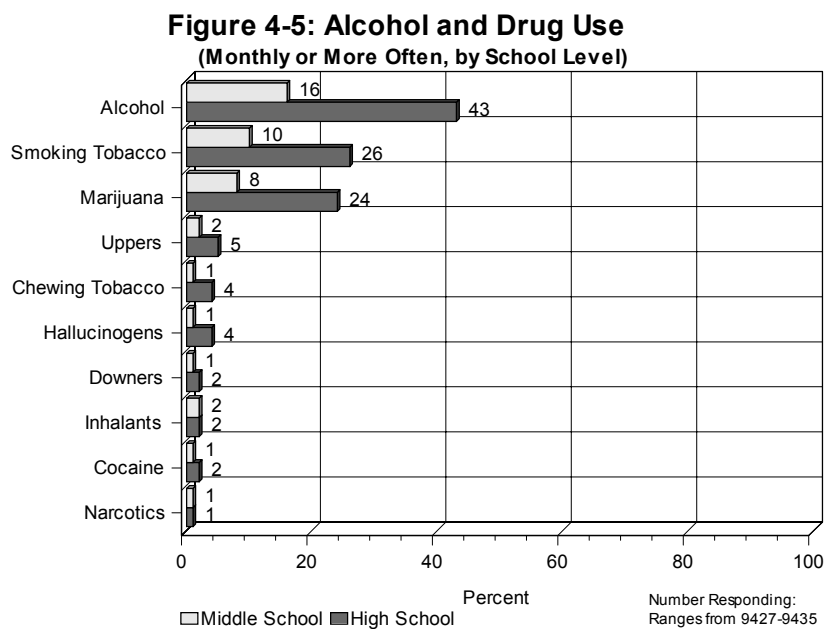
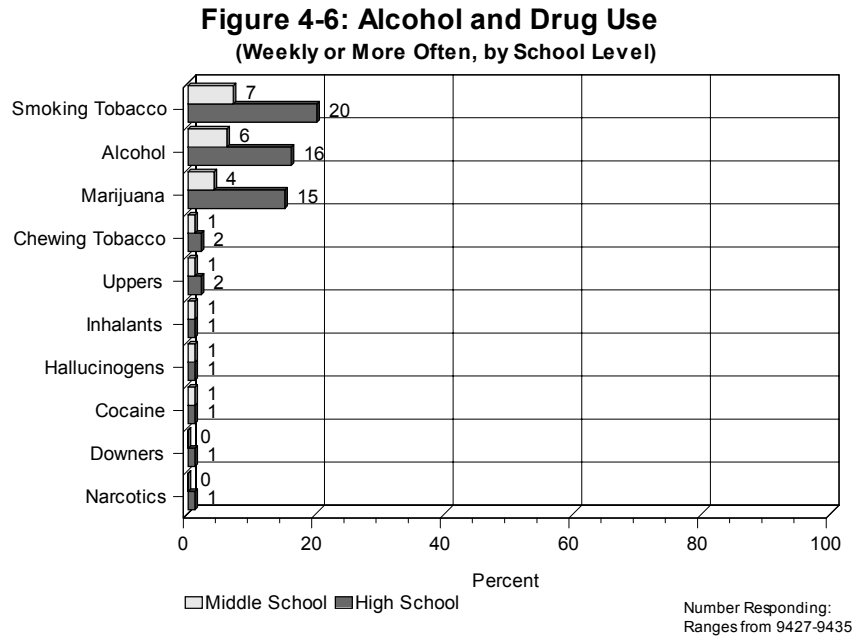
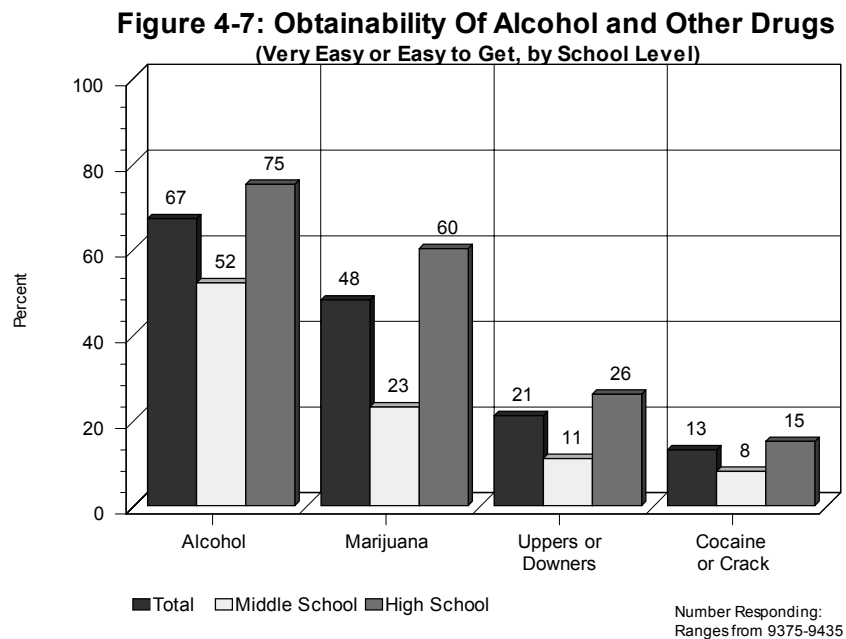


Figure 4-6 shows *weekly or more often* use of alcohol, smoking tobacco and marijuana are also more common in high school than in middle school. Differences in weekly use of other substances are negligible.



Obtainability. Figure 4-7 shows the perceived ease of obtaining alcohol and other drugs on the basis of school level. It is worth noting over two thirds of youth (67%) believe alcohol is “easy” or “very easy” to get.



Perceived Risk. The survey contained a series of questions regarding how risky teens thought certain behaviors were. We asked “How much do you think people risk harming themselves (physically or in other ways) if they: smoke one or more packs of cigarettes a day; try marijuana once or twice; smoke marijuana regularly; use inhalants; take 1 or 2 drinks of an alcoholic beverage nearly every day...; and have 5 or more drinks at one time once or twice each weekend?”. Figure 4-8 shows the percentage of youth who consider these activities to be of “no risk” or “slight risk.”

Figure 4-8: Perceived Risk of Alcohol and Other Drug Use (No Risk or Slight Risk, by School Level)

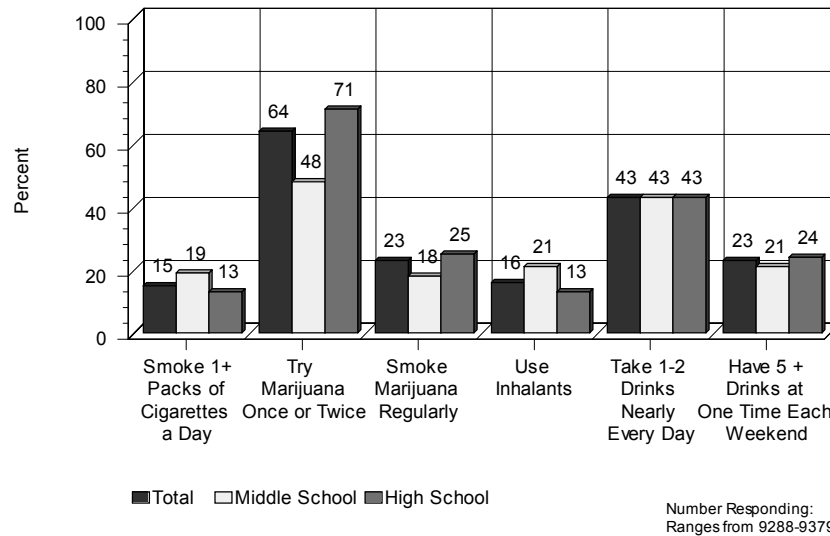
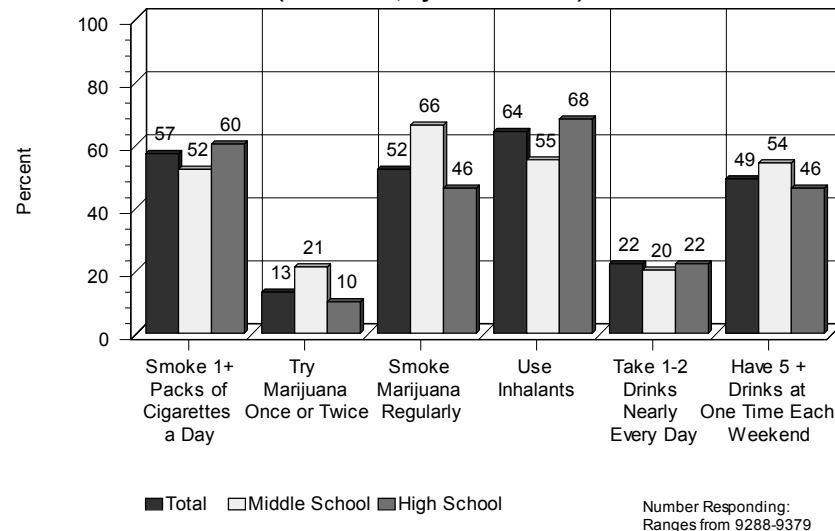


Figure 4-9 shows the percentage of those who consider these activities to be of “great risk.” A greater percentage of high school than middle school students considered smoking one or more packs of cigarettes a day and using inhalants to be of “great risk”.

Figure 4-9: Perceived Risk of Alcohol and Other Drug Use (Great Risk, by School Level)



Alcohol Use

Students were asked “*If you drink alcohol, how old were you when you had your **first drink** of alcohol other than a few sips? (**Do not** count a few sips of alcohol given to you by a parent or consumed at a religious ceremony.)*” Of all students who drink alcohol, the average age that teens first consumed alcohol was 13. Twenty-five percent (25%) of teens reported having their first drink of alcohol before the age of 13. Figure 4-10 shows that a greater percentage of males than females begin drinking by age 11 or younger. More females than males begin drinking at age 13 and 14.

Figure 4-10: Age Students Had Their First Drink of Alcohol (By Gender)

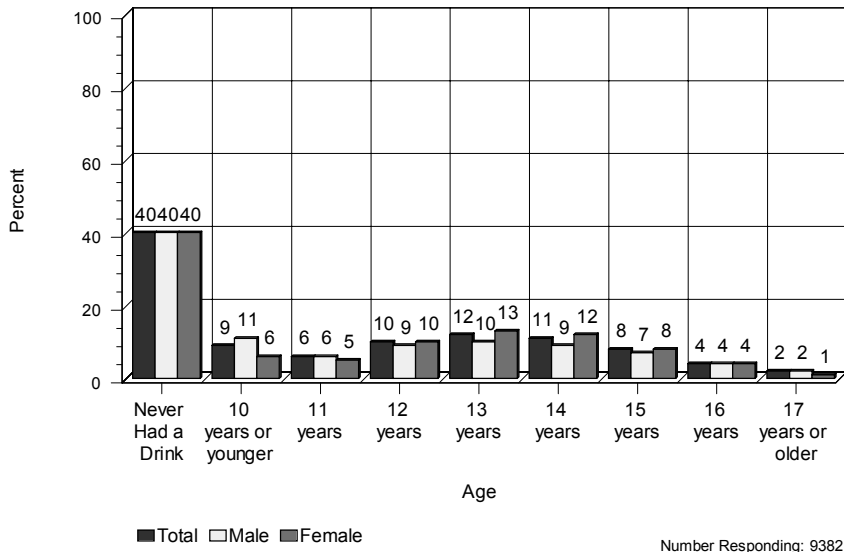


Table 4-1 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-1: 2001 YRBS Data: Age of First Alcohol Use (Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Drank alcohol before age 13 years (other than a few sips)	29.1	34.2	24.2	28.3	33.6	23.3

Frequency. Figure 4-11 shows how often teens consume alcohol on the basis of school level. Overall, 61% of teens have at some point consumed alcohol (middle school, 41%; high school, 71%).

Figure 4-11: Frequency of Alcohol Use
(Of Those Who Have Had Alcohol, by School Level)

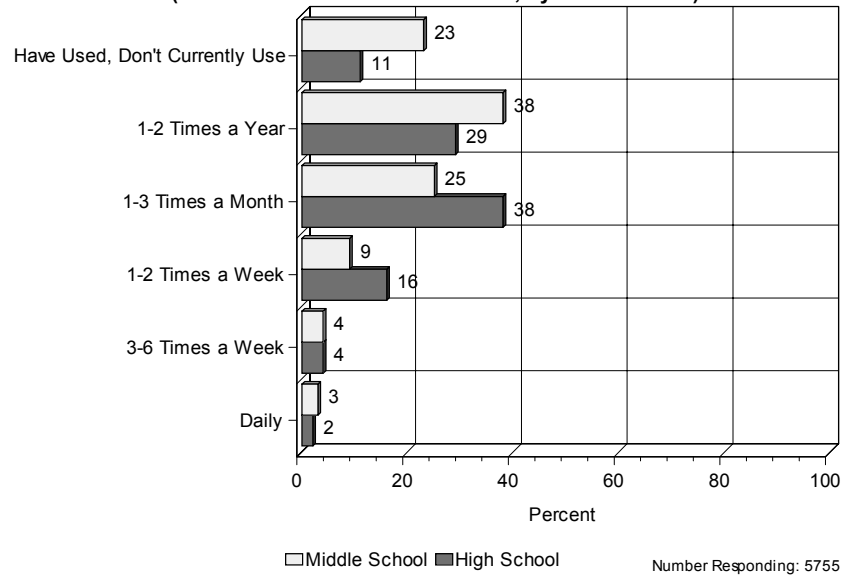
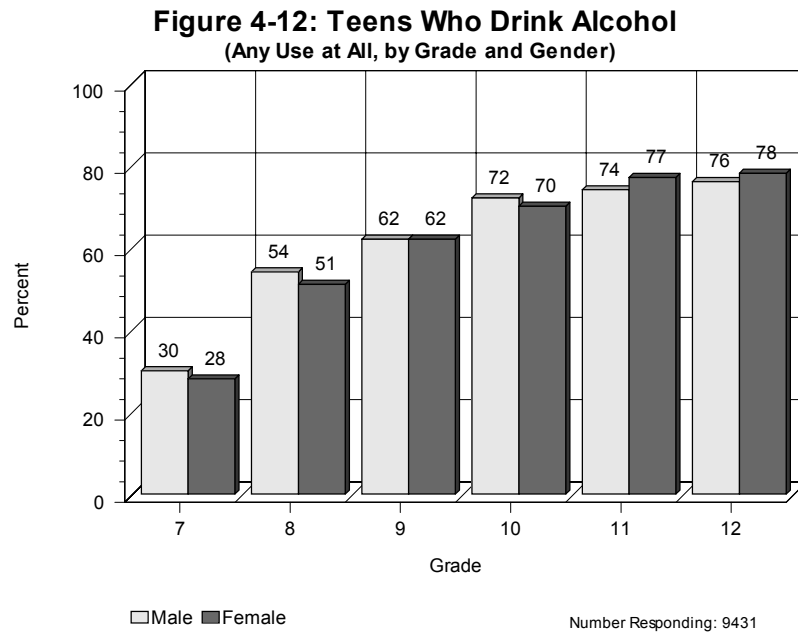


Table 4-2 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-2: 2001 YRBS Data: Lifetime Alcohol Use
(Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Lifetime alcohol use (Ever had ≥ 1 drink of alcohol)	78.2	78.6	77.9	78.9	77.3	80.4

Figure 4-12 shows *any use at all* of alcohol by grade and gender. Overall, 39% of youth reported never using alcohol (middle school, 59%; high school, 29%). Sixty-one percent (61%) of youth (5,755 students) did report drinking alcohol at some time (middle school, 41%; high school, 71%). The percentages of males and females drinking alcohol at this level are similar (males, 61%; females, 61%).



Monthly or more often use of alcohol is shown in Figure 4-13. Overall, 66% of youth report not drinking alcohol monthly. Thirty-four percent (34%) or 3,223 students did report using alcohol once a month or more often (middle school, 16%; high school, 43%). The percentages of males and females drinking alcohol at this level were similar (males, 34%; females, 35%).

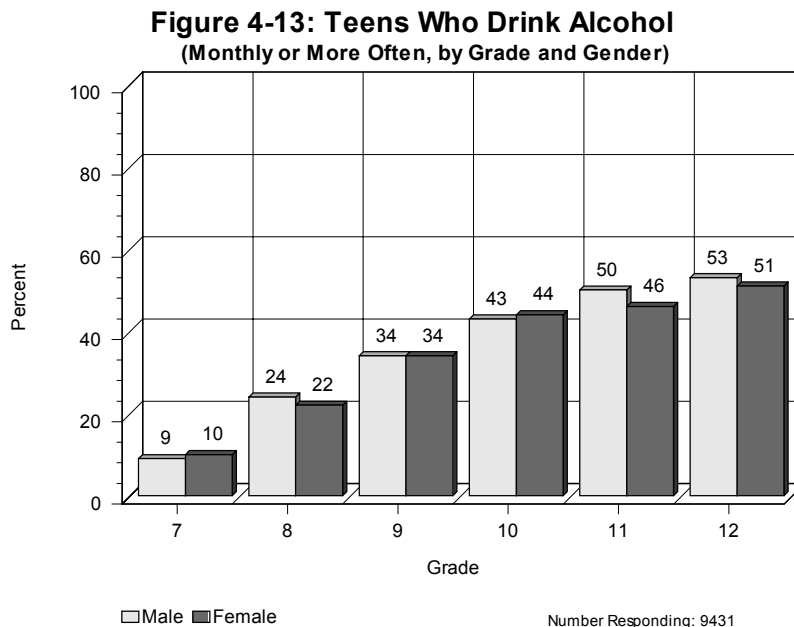


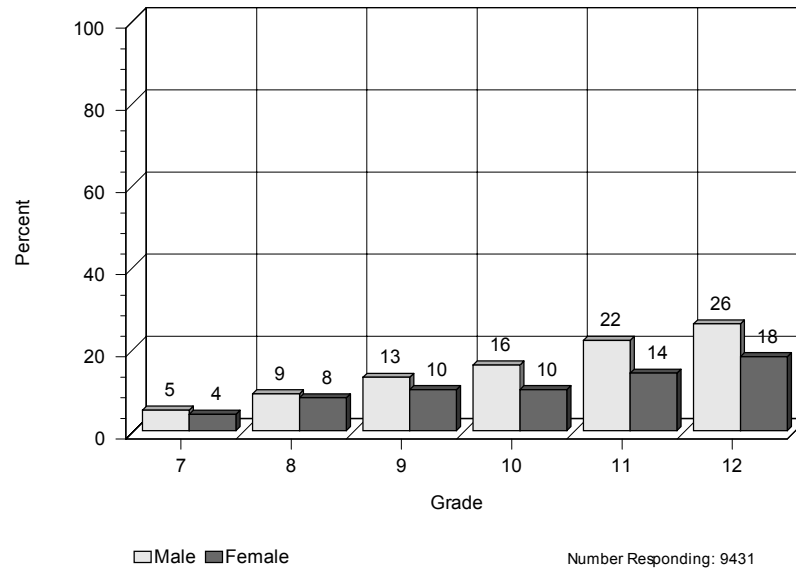
Table 4-3 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-3: 2001 YRBS Data: Current Alcohol Use (Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Current alcohol use (Drank alcohol on ≥ 1 of the 30 days preceding the survey)	47.1	49.2	45.0	52.5	51.9	52.9

Weekly or more often use of alcohol is noted in Figure 4-14. Overall, 87% of youth report not drinking alcohol weekly or more often. Thirteen percent (13%) did report using alcohol weekly or more often (middle school, 6%; high school, 16%).

**Figure 4-14: Teens Who Drink Alcohol
(Weekly or More Often, by Grade and Gender)**



Perceived Risk of Drinking. We asked youth “How much do you think people risk harming themselves (physically or in other ways) if they: take 1 or 2 drinks of an alcoholic beverage (beer, wine, liquor) nearly every day (A “drink” is a glass of wine or beer, a bottle or can of beer, a shot of liquor, or a mixed drink)?”. Overall, 22% of students felt taking one or two drinks every day carries “great risk”. Figure 4-15 shows the breakdown of all responses by school level. Figure 4-16 shows the breakdown by gender.

Figure 4-15: Perceived Risk: Take 1 or 2 Drinks of an Alcoholic Beverage Nearly Every Day (By School Level)

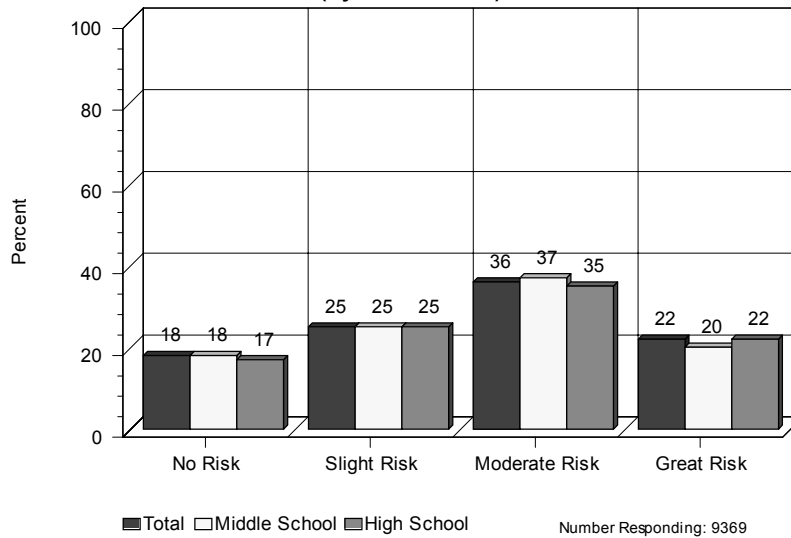
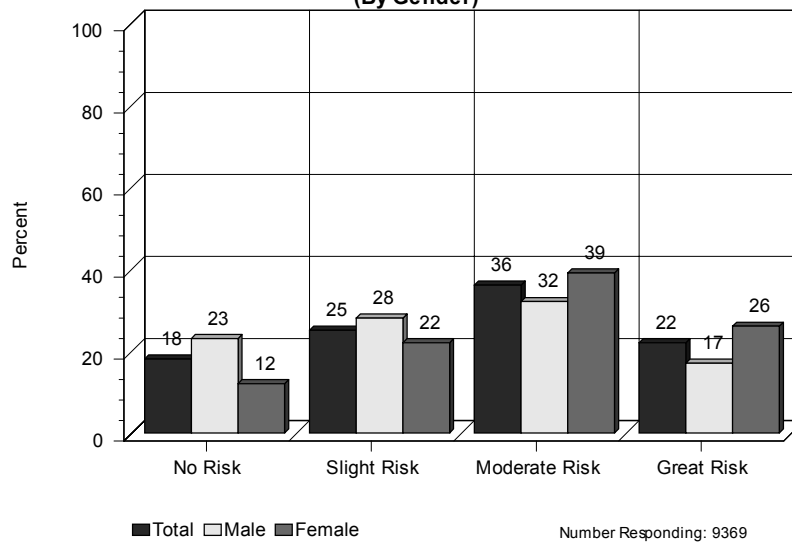


Figure 4-16: Perceived Risk: Take 1 or 2 Drinks of an Alcoholic Beverage Nearly Every Day (By Gender)



Binge Drinking. Teens were asked the question “*During the past month, have you had 5 or more alcoholic drinks at one time?*” A drink was defined as “*a glass of wine or beer, a bottle or can of beer, a shot of liquor, or a mixed drink.*” Figure 4-17 shows the responses to this question. Thirty-three percent (33%) of teens reported having 5 or more drinks at one time (binge drinking) at least once in the past month. As Figure 4-18 shows, a greater percentage of high school youth than middle school youth engaged in binge drinking in the past month (middle school, 18%; high school, 40%).

Figure 4-17: Frequency of Binge Drinking
(Number of Times in the Past Month)

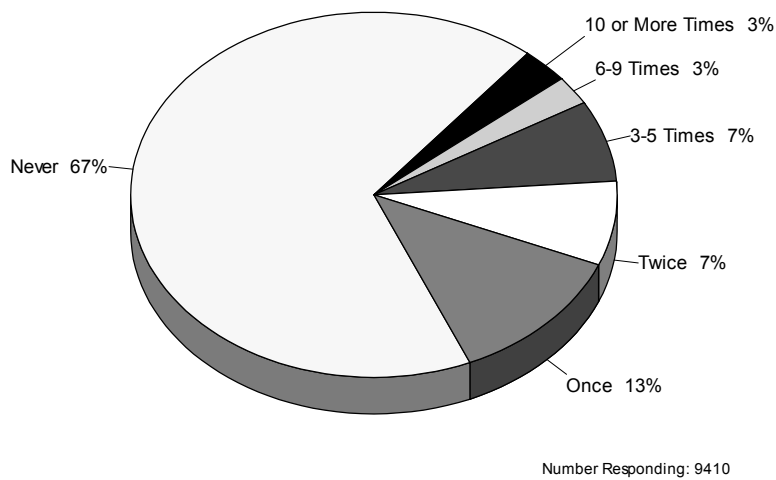


Figure 4-18: Frequency of Binge Drinking
(Number of Times in the Past Month, by School Level)

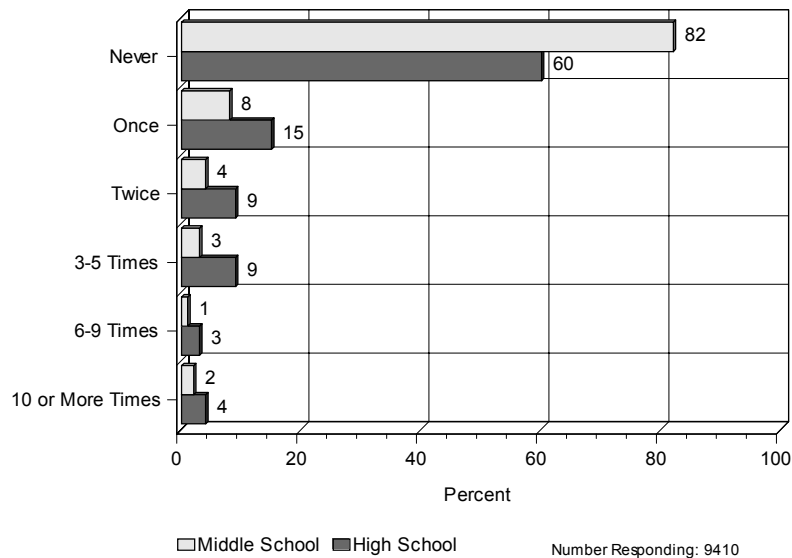


Figure 4-19 shows the frequency of teens' binge drinking ("5 or more drinks at one time"). Overall, 67% of youth surveyed reported no binge drinking in the past month. Thirty-three percent (33%) of youth did report binge drinking at least once in the past month (middle school, 18%; high school, 40%). Similar percentages of males and females reported binge drinking at least once in the last month (males, 35%; females, 31%).

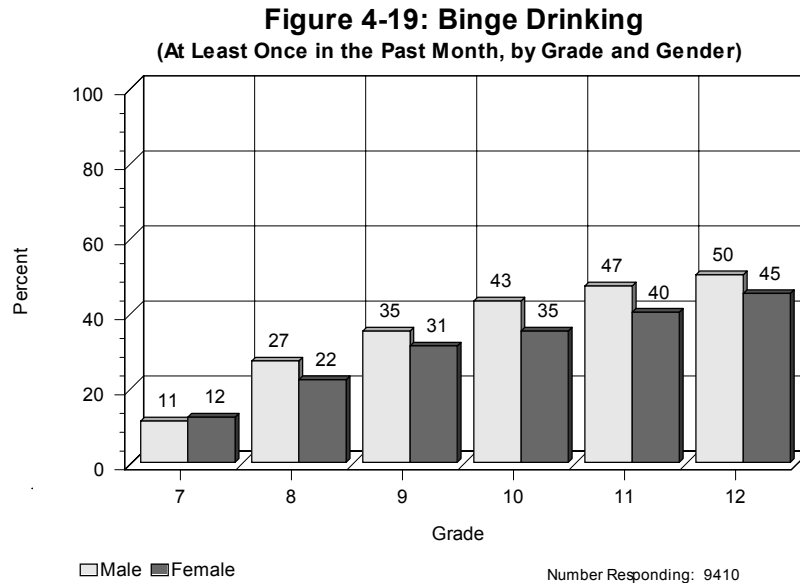


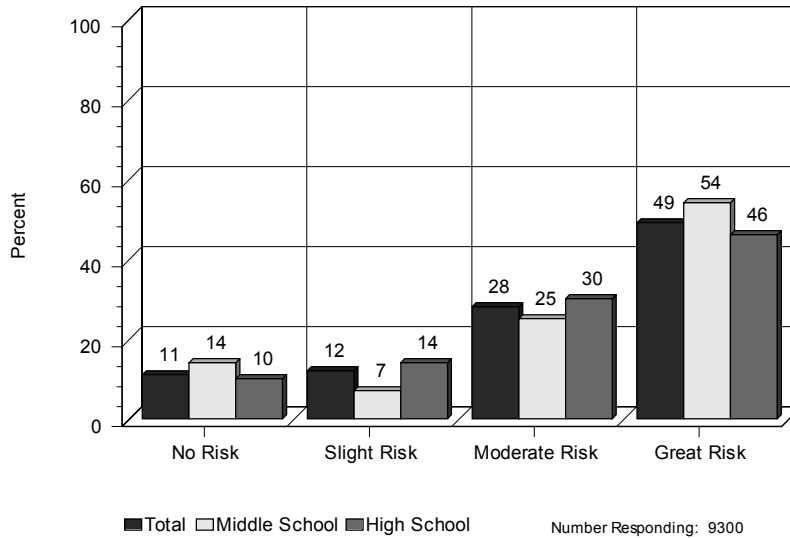
Table 4-4 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-4: 2001 YRBS Data: Episodic Heavy Drinking
(Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Episodic heavy drinking (Drank \geq 5 drinks of alcohol on \geq 1 of the 30 days preceding the survey.)	29.9	33.5	26.4	32.1	33.7	30.7

Perceived Risk of Binge Drinking. We asked youth how much they felt people risk harming themselves (physically or in other ways) if they have 5 or more drinks at one time (binge drinking) once or twice each weekend. In all, 49% reported they felt it was a “*great risk*” and 23% said they felt it had “*no risk*” or “*slight risk*.” Figure 4-20 shows the breakdown for all responses by school level. Figure 4-21 shows the responses broken down by gender.

**Figure 4-20: Perceived Risk: Binge Drinking
Once or Twice Each Weekend
(By School Level)**



**Figure 4-21: Perceived Risk: Binge Drinking
Once or Twice Each Weekend
(By Gender)**

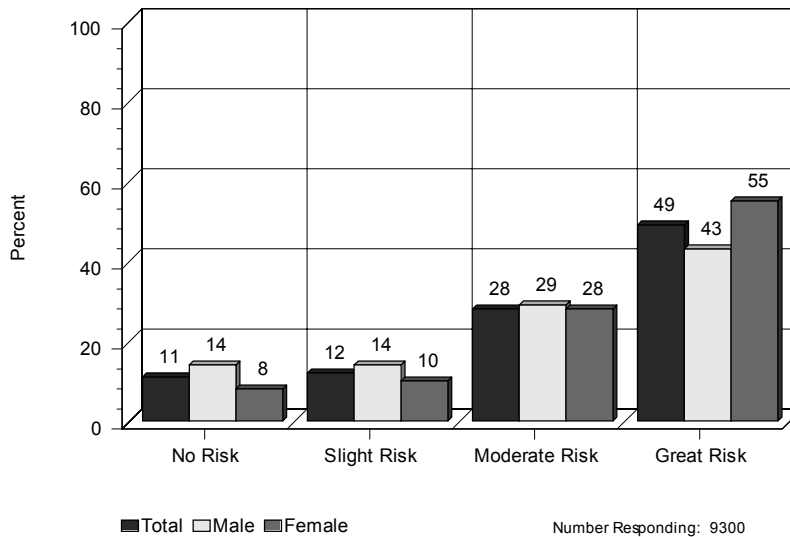


Figure 4-22 shows that 55% of teens who consider having 5 or more drinks at one time (binge drinking) as “no risk” or “slight risk” have engaged in binge drinking at least once in the past month. Of those who consider binge drinking a “great risk,” only 18% have done so.

Figure 4-22: Perceived Risk of Binge Drinking and History of Binge Drinking in the Past Month (By Gender)

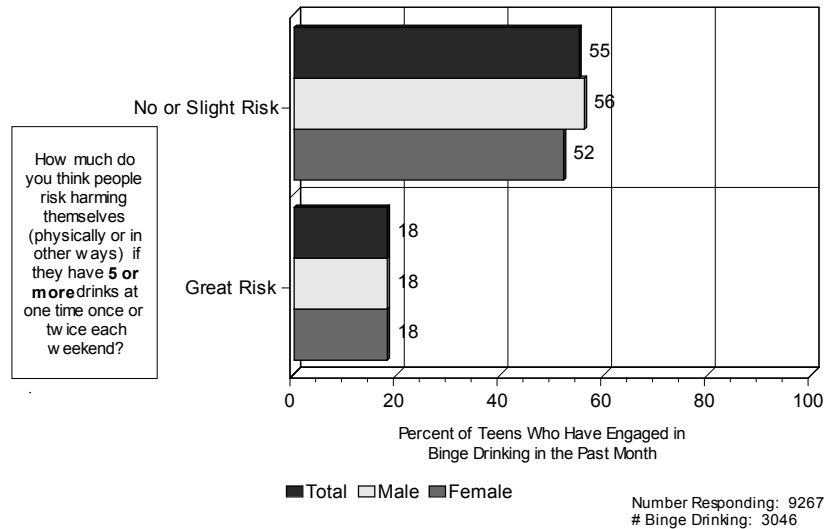


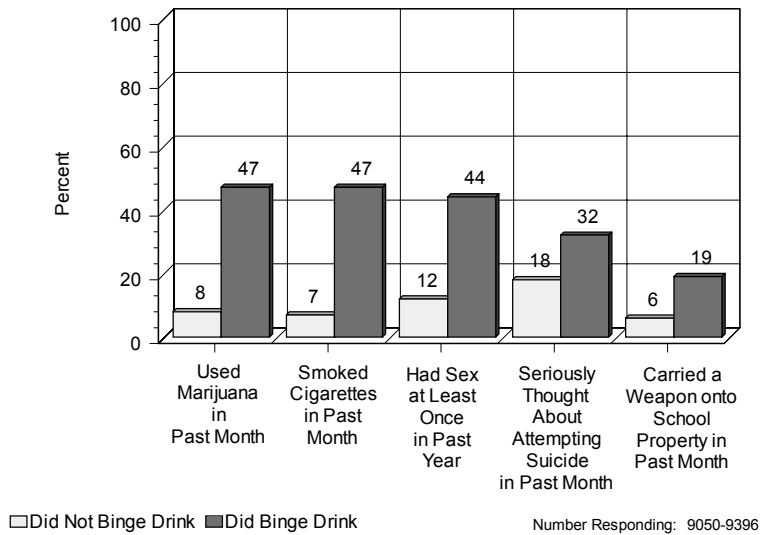
Table 4-5 shows multi-community data in comparison with data from the Monitoring the Future Study (Johnston, O’Malley, & Bachman, 2002).

Table 4-5: 2001 Monitoring the Future Data: Perceived Harmfulness of Episodic Heavy Drinking

Behavior	MTF 2001 %	TAP Multi-Community 2001-2002 %
How much do you think people risk harming themselves (physically or in other ways), if they... (percentage choosing “great risk”)		
...have five or more drinks once or twice each weekend?	8 th - 56 10 th - 51 12 th - 44	8 th - 43 10 th - 31 12 th - 33

Risky Behaviors and Binge Drinking. The School of Public Health at Harvard University conducted a study of college students and binge drinking. The study found that frequent binge drinkers were more likely to have unplanned sexual activity, unprotected sex, been in trouble with campus police, damaged property, and been hurt or injured (Wechsler, Dowdall, Maenner, Gledhill-Hoyt, & Lee, 1998). The TAP survey found that teens who engage in binge drinking are also more likely to engage in other risky behaviors. Figure 4-23 shows various risky behaviors by whether or not students engage in binge drinking.

Figure 4-23: Risk Behaviors Among Those Teens Who Engage in Binge Drinking vs. Those Who Don't Engage in Binge Drinking



Obtainability of Alcohol. Figures 4-24 and 4-25 show that over half of students think it is “easy” or “very easy” to obtain alcohol (middle school, 52%; high school, 75%; males, 67%; females, 67%). Only ten percent (10%) said it is “difficult” or “very difficult” to get alcohol (middle school, 18%; high school, 7%). Twelve percent (12%) of teens did not know how easy or difficult it is to get alcohol (middle school, 18%; high school, 9%).

Figure 4-24: Obtainability of Alcohol

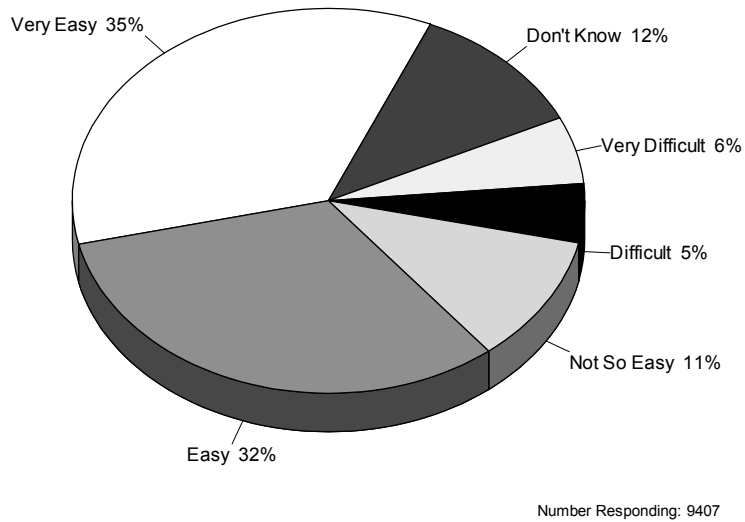
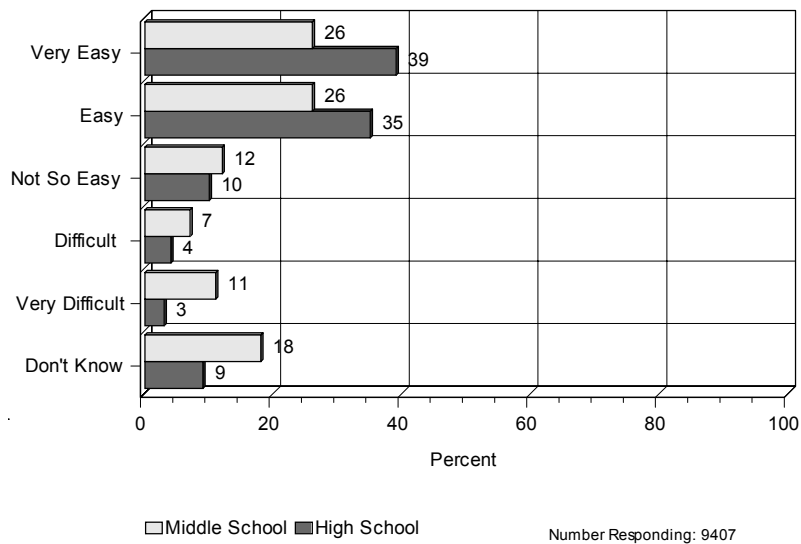


Figure 4-25: Obtainability of Alcohol (By School Level)



Youth were asked where they get alcohol. Figure 4-26 shows the responses of those who use alcohol. The most commonly reported source of alcohol was asking someone of legal age to buy it (23%). Figure 4-27 shows that middle school students are more likely than high school students to obtain alcohol from their parents without them knowing (middle school, 32%; high school, 12%).

Figure 4-26: Where Teens Get Alcohol
(Of Those Who Drink)

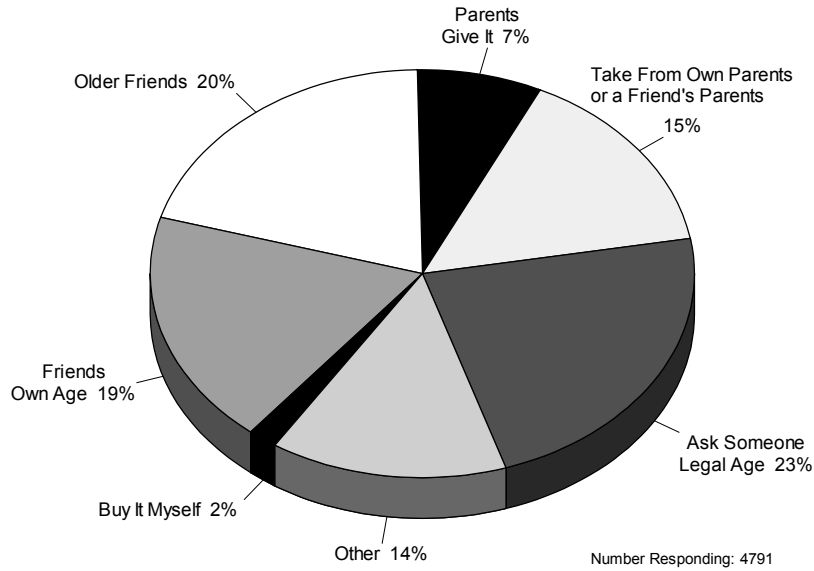


Figure 4-27: Where Teens Get Alcohol
(Of Those Who Drink, by School Level)

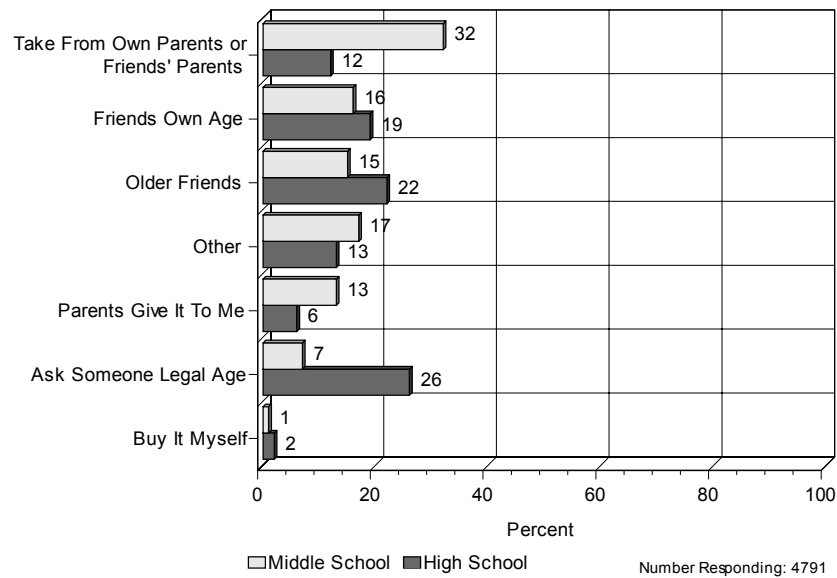
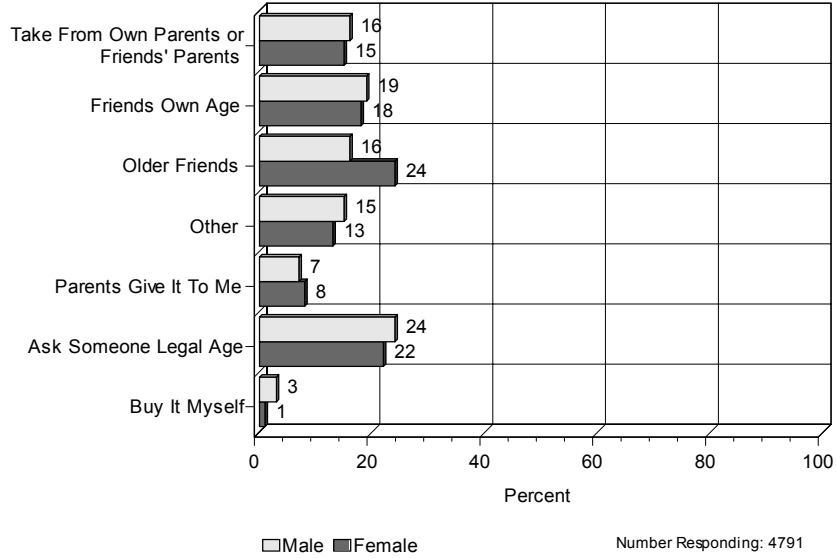


Figure 4-28 shows that a greater percentage of females than males report obtaining alcohol from older friends (males, 16%; females, 24%).

Figure 4-28: Where Teens Get Alcohol
(Of Those Who Drink, by Gender)



Teens were asked “If you drink alcohol, where do you **most often** drink it?” As shown in Figure 4-29, more teens drink at parties than any other place (44%).

Figure 4-29: Where Teens Drink Alcohol
(Of Those Who Drink)

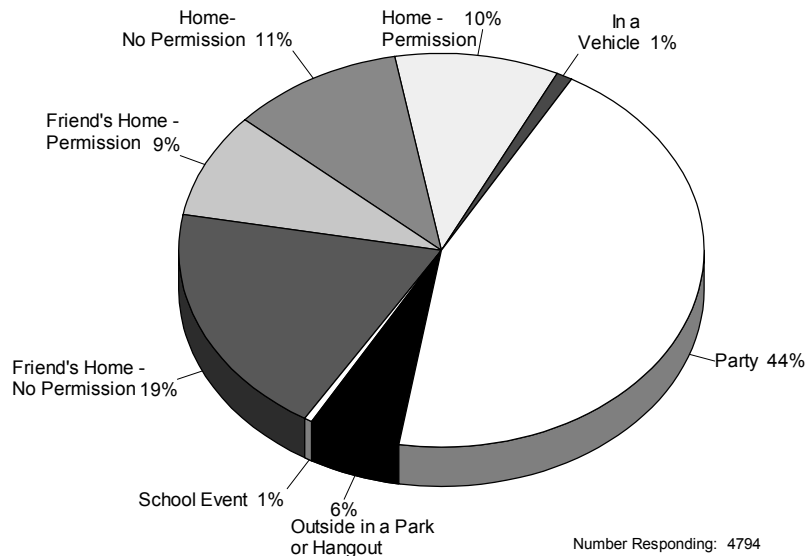


Figure 4-30 shows that parties are the most common place for high school students to drink (49%). The most common place for middle school students to drink is at a friend's home without their parents' permission (25%), followed closely by drinking at a party (23%). The home appears to be a common place to consume alcohol. Overall, 10% of teens who drink reported drinking at home with their parent's permission. Nine percent (9%) drink at a friend's home with their parent's permission (middle school, 5%; high school, 10%).

Figure 4-30: Where Teens Drink Alcohol
(Of Those Who Drink, by School Level)

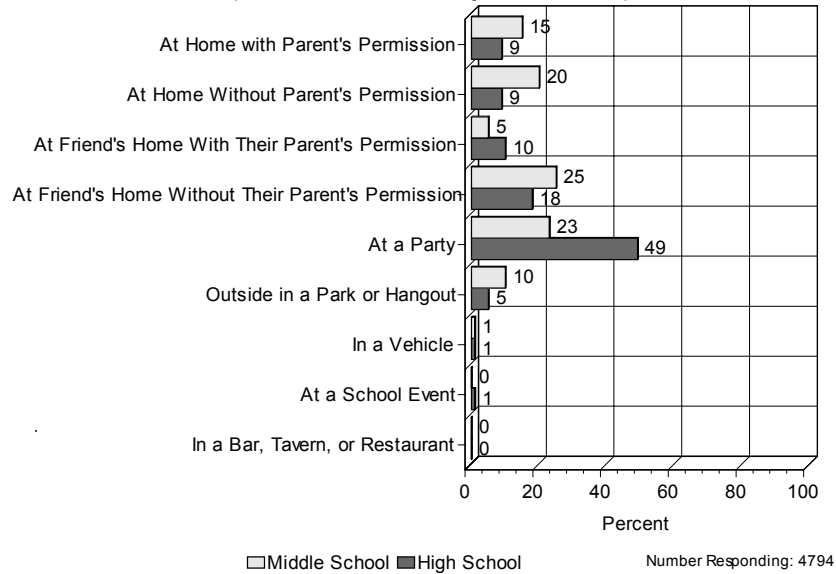
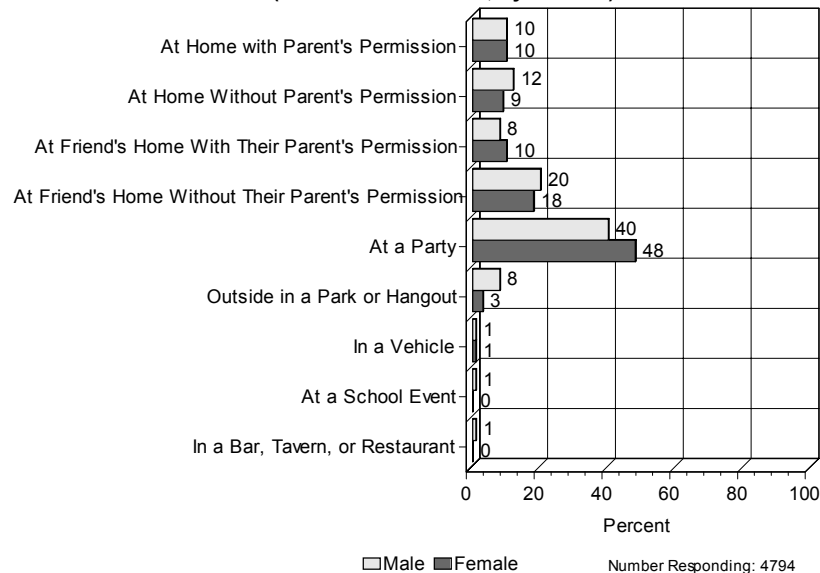


Figure 4-31 shows that for both males and females, the most common place to drink alcohol is at a party (males, 40%; females, 48%).

Figure 4-31: Where Teens Drink Alcohol
(Of Those Who Drink, by Gender)



Substance Use and Driving. We asked youth whether they had driven a motorized vehicle after drinking or using drugs. Twelve percent (12%) of all youth said they drove at least once in the past month after drinking alcohol or using drugs (middle school, 7%; high school, 14%). Almost one-quarter of 12th graders indicated they had driven at least once in the past month after drinking or using drugs (males, 22%; females, 21%). Figure 4-32 displays the responses by grade and gender.

Figure 4-32: Teens Who Have Driven A Vehicle After Drinking or Using Drugs

(At Least Once In the Past Month, by Grade and Gender)

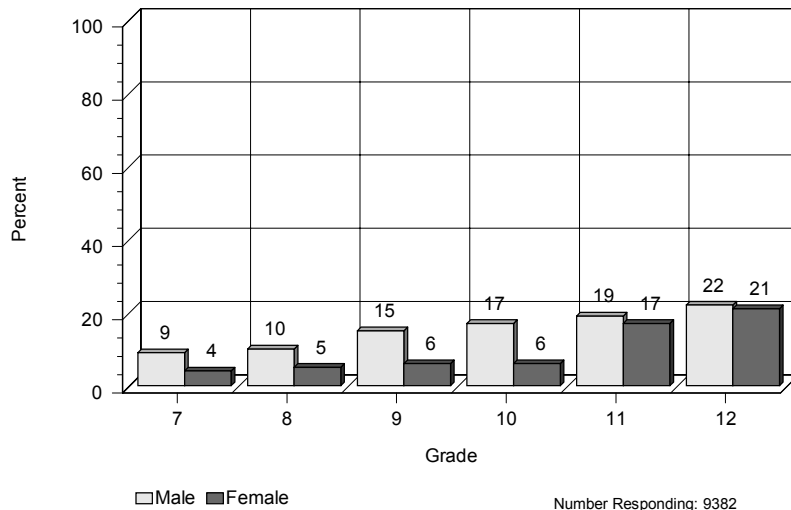


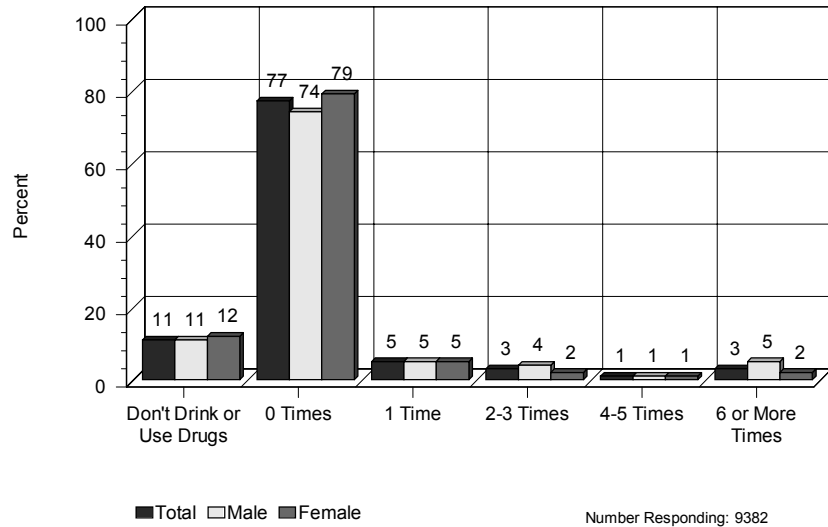
Table 4-6 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-6: 2001 YRBS Data: Drove After Drinking Alcohol (Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Had driven a vehicle after drinking alcohol (1 or more times during the 30 days preceding the survey)	13.3	17.2	9.5	9.7	12.3	6.9

Figure 4-33 shows the frequency of driving after drinking or using drugs by gender. Overall, 12% of teens (1,127 students) reported having driven a motorized vehicle after drinking or using drugs (males, 15%; females, 9%).

Figure 4-33: Frequency of Driving a Vehicle After Drinking or Using Drugs
(In the Past Month, by Gender)

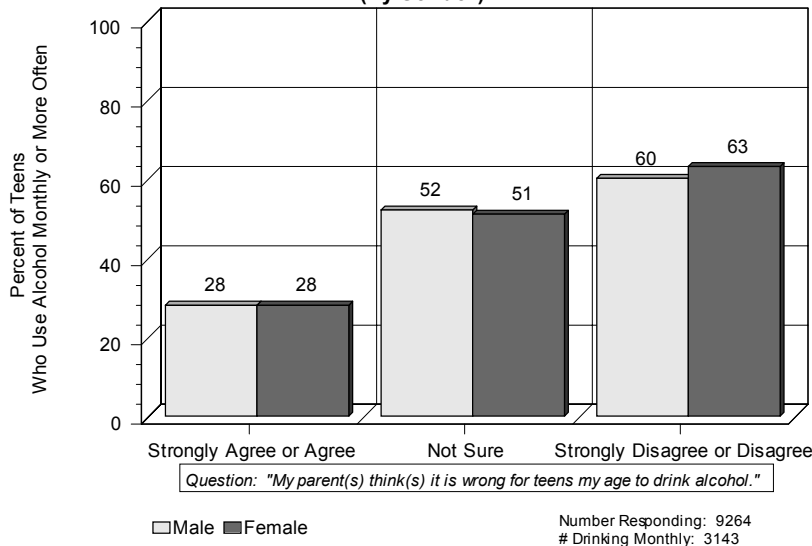


Parents' Influence on Teen Drinking

Parents can play an important role in teens' decisions about drinking alcohol through their words and actions (Ary et al., 1999; Ary & Duncan, 1999; Flannery, Williams & Vazsonyi, 1999). It is estimated that 1 in 4 children in the United States is exposed to alcohol abuse or alcohol dependence in the family (Grant, 2000). This is one of the risk factors for adolescent drinking behavior.

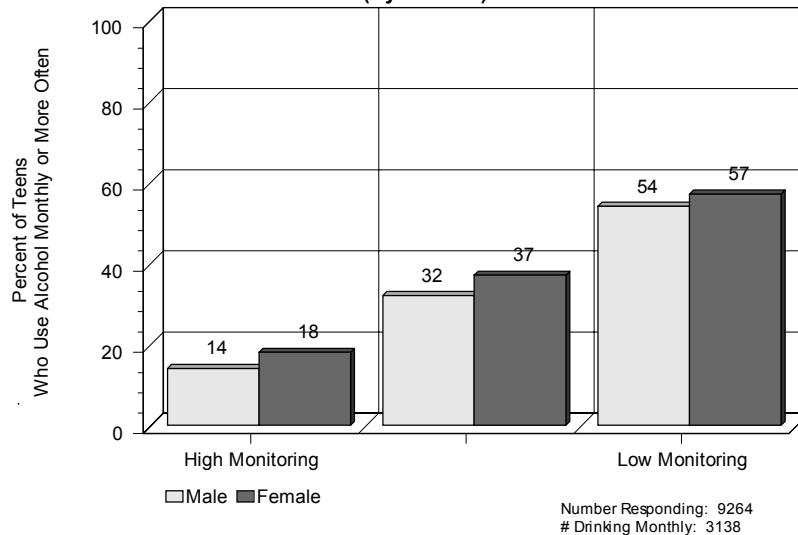
Teens' perceptions of their parents' values about drinking may influence their decision whether or not to drink. Teens were asked to respond to this statement: "My parent(s) think(s) it is wrong for teens my age to drink alcohol." As Figure 4-34 shows, of those who agree or strongly agree that their parents would not approve of teens drinking, 28% drink alcohol monthly or more often (male, 28%; female, 28%). Of those who do not believe that their parents think it is wrong for teens their age to drink, 61% drink monthly or more often (male, 60%; female, 63%). Because the results of the TAP survey provide descriptive information, no cause and effect relationship can be inferred. We cannot say that one behavior *caused* another, only that there is a relationship between the two.

Figure 4-34: Relationship Between Teens' Perceptions of Parental Values and Monthly Teen Drinking (By Gender)



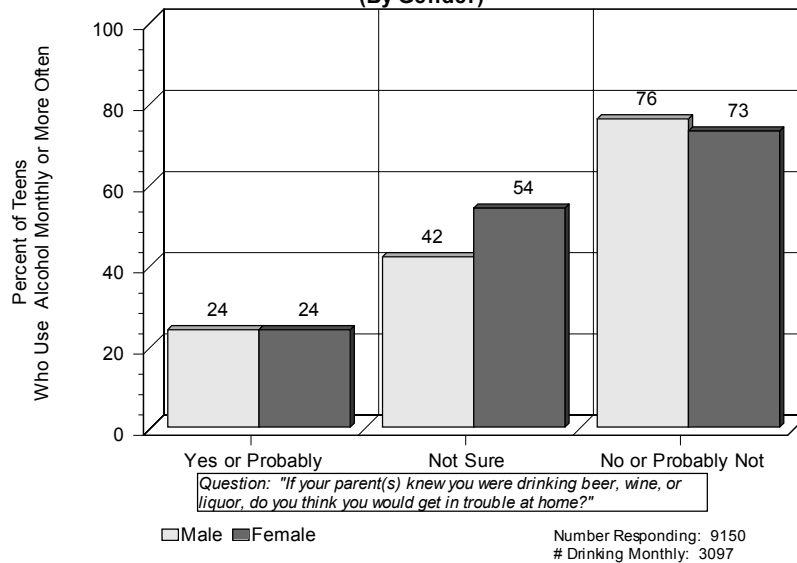
Research has also suggested parental monitoring may be an important factor in preventing adolescent problem behavior (Ary & Duncan, 1999; Flannery, Williams & Vazsoryi, 1999; Rodgers, 1999). Parental monitoring refers to parents’ supervision and awareness of their child’s activities. In this survey the students were asked to respond to a series of eight questions concerning the amount of information parents have about the students’ whereabouts, activities, plans, and companions (see Chapter 8 pp. 106-107). The responses to these eight questions were averaged for each student to create a parental monitoring scale. The scale was then divided into tertiles for the graph below. Figure 4-35 shows a strong relationship between level of parental monitoring and monthly teen drinking. Fifty-five percent (55%) of students with low parental monitoring drink alcohol on a monthly or more often basis, while only 17% of students with high parental monitoring do. The relationship between levels of parental monitoring and monthly teen drinking was seen for both males and females. Because the results of the TAP survey provide descriptive information, no cause and effect relationship can be inferred. We cannot say that one behavior *caused* another, only that there is a relationship between the two.

Figure 4-35: Relationship Between Levels of Parental Monitoring and Monthly Teen Drinking (By Gender)



Another strong factor related to teen drinking is whether or not teens believe they will get in trouble at home if they drink. Youth were asked, “If your parent(s) knew you were drinking beer, wine, or liquor, do you think you would get in trouble at home?”. As Figure 4-36 shows, both males and females are much less likely to drink alcohol on a monthly or more often basis if they believe their drinking will get them in trouble at home. Because the results of the TAP survey provide descriptive information, no cause and effect relationship can be inferred. We cannot say that one behavior *caused* another, only that there is a relationship between the two.

Figure 4-36: Relationship Between Teens' Perceptions of Parental Consequences and Monthly Teen Drinking (By Gender)



Tobacco Use

“Cigarette smoking is the single most preventable cause of premature death in the United States” (Centers for Disease Control and Prevention, 1993). Twenty percent (20%) of children under 6 in the United States live with a person who smokes (National Center for Health Statistics, 2001). Not only do smoking parents put their children’s health at risk, but they also model behavior for teens. “Seventy-five percent of all teenage smokers come from homes where parents smoke.” (U.S. Office on Smoking and Health, 1989). Studies have found that teens who smoke cigarettes are more likely to use alcohol, marijuana and other drugs (Lewinsohn, Rohde & Brown, 1999; Merrill, Kleber, Shwartz, Liu & Lewis, 1999). In addition, there is a link between smoking and depression although further research needs to be done (Windle & Windle, 2001).

Following alcohol, smoking tobacco is the second most commonly used chemical substance by teens when considering *any use at all*. Figure 4-37 shows that the average age students first experimented with tobacco is 12. Twenty-two percent (22%) of youth reported first smoking a whole cigarette before the age of 13.

Figure 4-37: Age Students First Smoked a Whole Cigarette (By Gender)

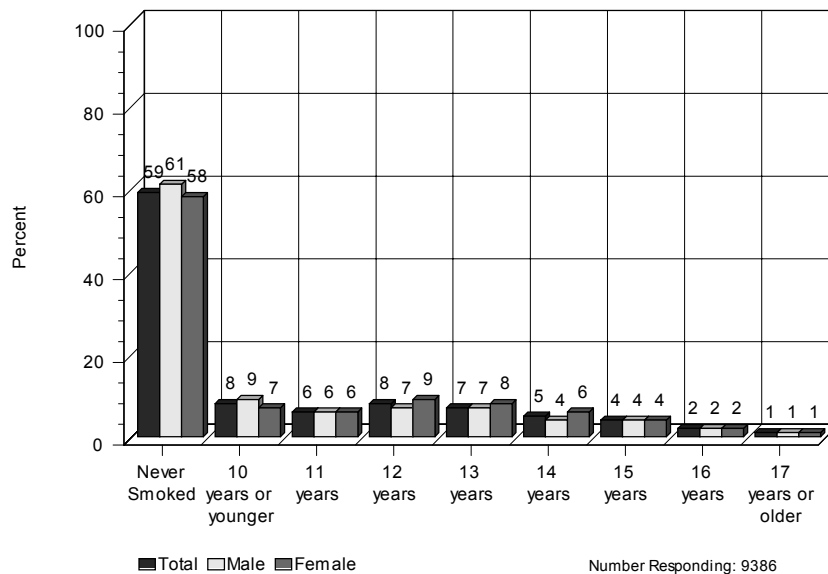


Table 4-7 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-7: 2001 YRBS Data: Smoked a Whole Cigarette Before Age 13 (Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Smoked a whole cigarette before age 13	22.1	24.5	19.8	22.7	24.7	20.6

Frequency. Figure 4-38 shows *any use at all* of smoking tobacco, on the basis of gender and grade level. Overall, 56% of students have never used smoking tobacco (middle school, 70%; high school, 49%). Forty-four percent (44%) of youth (4,166 students) reported *any use at all* of smoking tobacco (middle school, 30%; high school, 51%). The percentages of males and females who reported use of smoking tobacco were identical (males, 44%; females, 44%).

Figure 4-38: Teens Who Smoke Tobacco
(Any Use at All, by Grade and Gender)

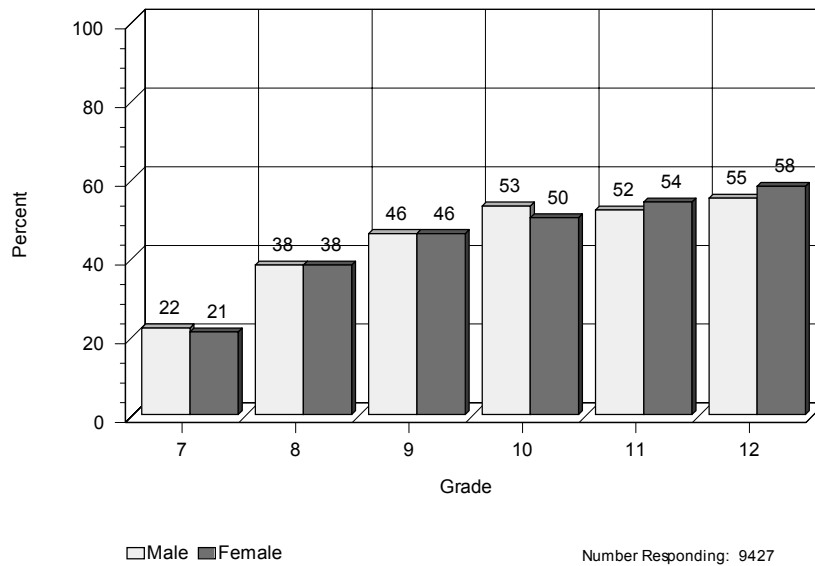


Table 4-8 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-8: 2001 YRBS Data: Lifetime Cigarette Use
(Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Lifetime cigarette use (Ever tried cigarette smoking, even one or two puffs)	63.9	66.3	61.6	Not available (NA)	NA	NA

Figure 4-39 shows the *monthly or more often* use of smoking tobacco on the basis of gender and grade level. Overall, 21% of youth (1,944 students) reported smoking tobacco *monthly or more often* (middle school, 10%; high school, 26%). The percentages of males and females who smoke tobacco *monthly or more often* were similar (males, 20%; females, 21%).

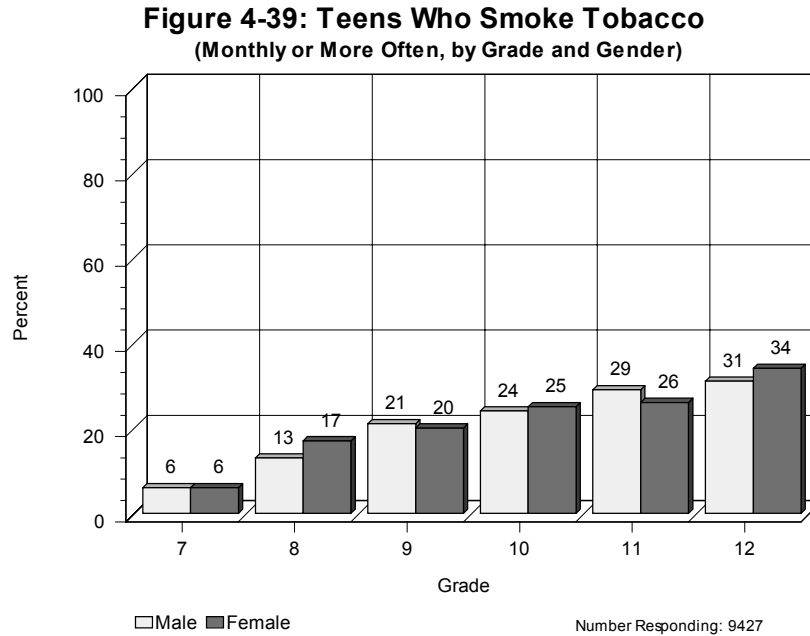


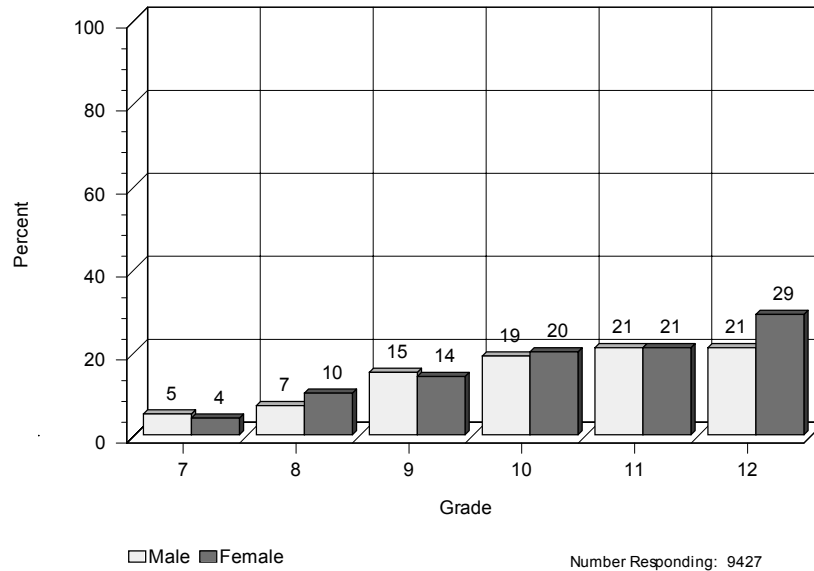
Table 4-9 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-9: 2001 YRBS Data: Current Cigarette Use
(Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Current cigarette use (Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.)	28.5	29.2	27.7	Not available	NA	NA

Figure 4-40 shows the *weekly or more often use* of smoking tobacco on the basis of gender and grade level. Overall, 15% of youth (1,453 students) reported smoking tobacco *weekly or more often* (middle school, 7%; high school, 20%). The percentages of males and females who smoke tobacco *weekly or more often* were similar (males, 15%; females, 16%).

Figure 4-40: Teens Who Smoke Tobacco
(Weekly or More Often, by Grade and Gender)



Perceived Risk of Smoking Tobacco. We asked students “How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes a day?” Overall, 57% of students thought smoking one or more packs of cigarettes a day carried “great risk”. A greater percentage of high school than middle school students reported this (middle school, 52%; high school, 60%). Figure 4-41 shows responses broken down by school level. Figure 4-42 shows responses broken down by gender.

Figure 4-41: Perceived Risk: Smoke One or More Packs of Cigarettes a Day (By School Level)

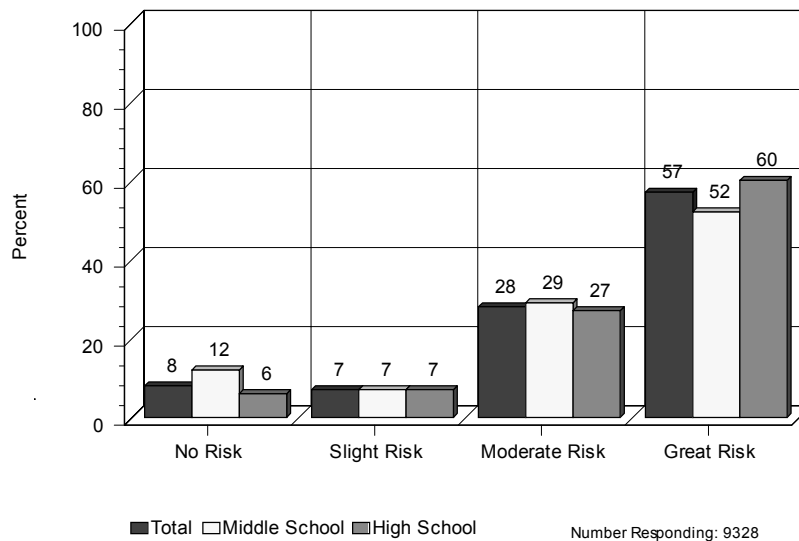


Figure 4-42 shows that teens who believe smoking one or more packs of cigarettes a day poses a “great risk” (15%) are less likely to smoke on a monthly basis than teens who feel smoking poses “no risk” or “slight risk” (30%).

Figure 4-42: Perceived Risk of Smoking One or More Packs of Cigarettes a Day and Monthly Teen Smoking

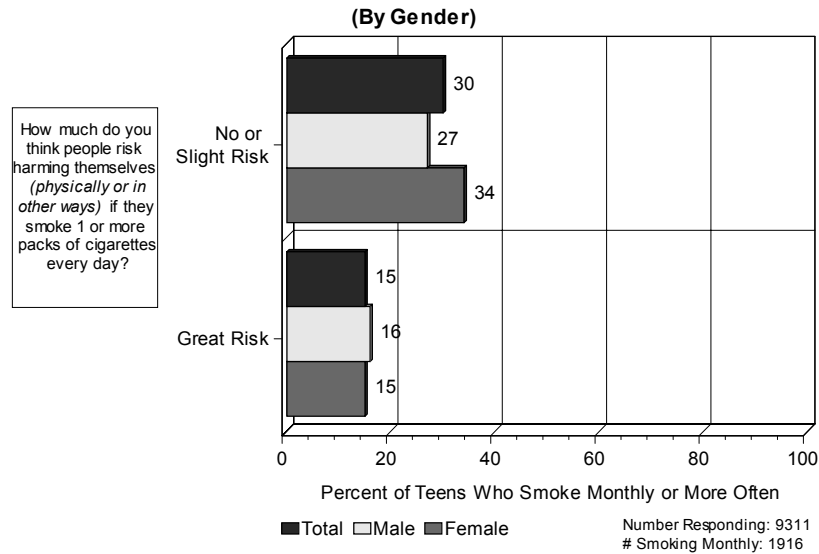


Table 4-10 shows multi-community data in comparison with data from the Monitoring the Future Study (Johnston, O’Malley & Bachman, 2002).

Table 4-10: 2001 Monitoring the Future Data: Perceived Harmfulness of Smoking One or Two Packs of Cigarettes a Day

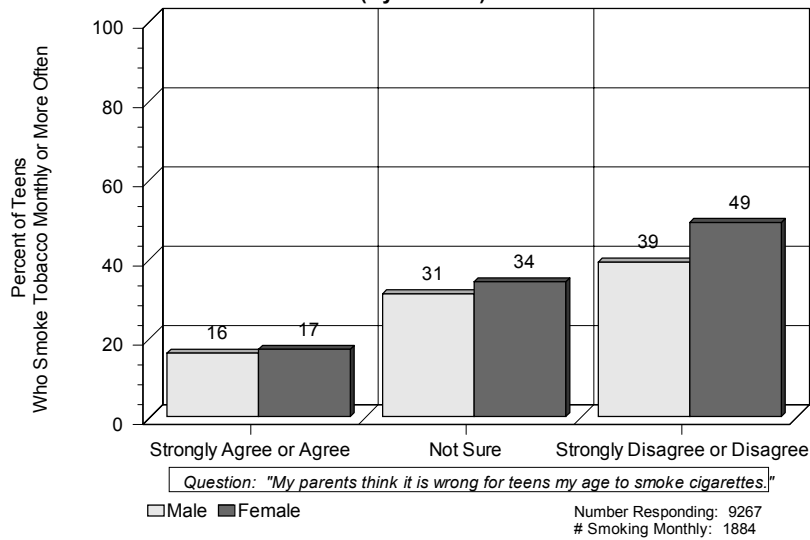
Behavior	MTF 2001 %	TAP Multi-Community 2001-2002 %
How much do you think people risk harming themselves (physically or in other ways), if they... (percentage choosing “great risk”)		
...smoke one or two packs of cigarettes a day?	8 th - 57 10 th - 65 12 th - 73	8 th - 57 10 th - 63 12 th - 71

Parents' Role in Teen Tobacco Smoking

Parents influence teens' decisions about tobacco smoking by what they say and what they do. Stanton et al. (2002) found that although friend smoking status was the strongest predictor for teen smoking, parent smoking status was a risk factor.

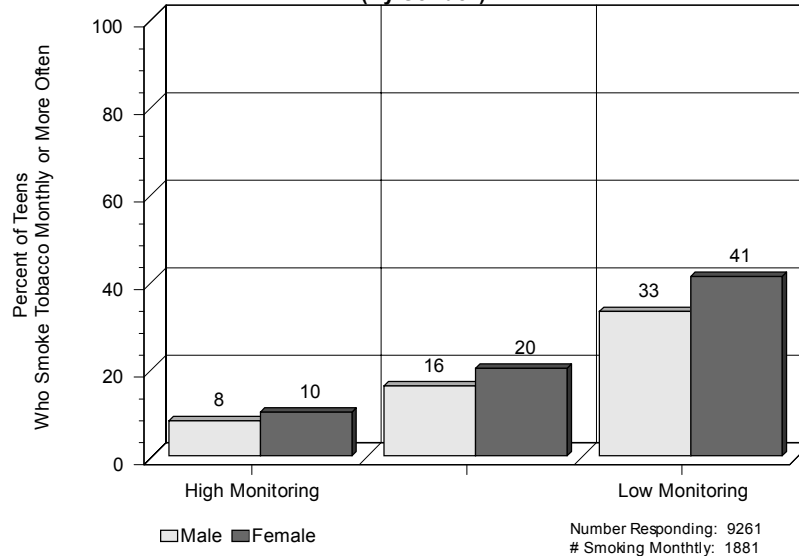
Teens' perceptions of their parents' values about tobacco smoking may influence their decision to smoke or not smoke. Youth were asked to respond to the statement: "My parent(s) think(s) it is wrong for teens my age to smoke cigarettes." As Figure 4-43 shows, teens who strongly feel their parents think it is wrong for teens their age to smoke cigarettes are less likely to smoke. Of those who agree or strongly agree their parents think it is wrong, 17% smoke tobacco monthly or more often. Of those who do *not* believe their parents think it is wrong for teens their age to smoke tobacco, 44% smoke monthly or more often. Because the results of the TAP survey provide descriptive information, no cause and effect relationship can be inferred. We cannot say that one behavior *caused* another, only that there is a relationship between the two.

Figure 4-43: Relationship Between Teens' Perceptions of Parental Values and Monthly Teen Smoking (By Gender)



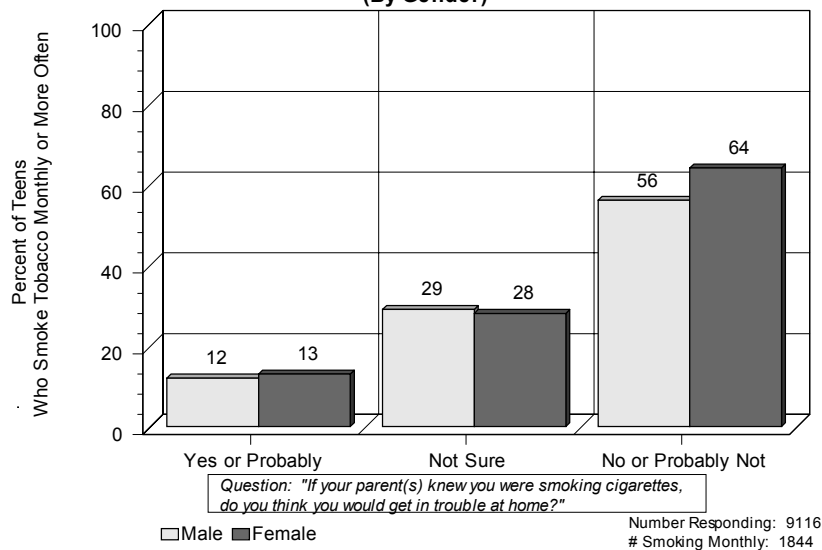
The level of parental monitoring is related to monthly teen tobacco smoking. Parental monitoring refers to parents' supervision and awareness of their child's activities. In this survey the students were asked to respond to a series of eight questions concerning the amount of information parents have about the students' whereabouts, activities, plans and companions (see Chapter 8, pp. 106-107). The responses to these eight questions were averaged for each student to create a parental monitoring scale. The scale was then divided into tertiles for the graph below. Figure 4-44 shows that teens with a high level of parental monitoring are much less likely to smoke tobacco monthly than are teens with a low level of parental monitoring. Because the results of the TAP survey provide descriptive information, no cause and effect relationship can be inferred. We cannot say that one behavior *caused* another, only that there is a relationship between the two.

Figure 4-44: Relationship Between Levels of Parental Monitoring and Monthly Teen Smoking (By Gender)



Teens' belief that they would get in trouble at home is related to their behavior. Teens were asked, "If your parent(s) knew you were smoking cigarettes, do you think you would get in trouble at home?" Figure 4-45 shows the responses of students to the question of whether they thought they would get in trouble at home if their parents knew they smoked cigarettes. Females who did *not* think they would get in trouble at home over this issue were far more likely to smoke tobacco on a monthly basis than were those who did think they would be in trouble (64% vs. 13%). Males were also much more likely to smoke monthly if they thought they would not get in trouble (not get in trouble, 56%; get in trouble, 12%). Because the results of the TAP survey provide descriptive information, no cause and effect relationship can be inferred. We cannot say that one behavior *caused* another, only that there is a relationship between the two.

Figure 4-45: Relationship Between Teens' Perceptions of Parental Consequences and Monthly Teen Smoking (By Gender)



Marijuana Use

Sixty-four percent (64%) of youth have never used marijuana (middle school, 83%; high school, 55%). When considering *any use at all* marijuana is the third most commonly used substance by teens. Overall, 36% of youth (3,361 students) reported *any use at all* of marijuana (middle school, 17%; high school, 45%). A greater percentage of males than females reported *any use at all* of marijuana (males, 40%; females, 32%). Figure 4-46 shows the breakdown for *any use at all* of marijuana by grade level and gender.

Figure 4-46: Teens Who Use Marijuana
(Any Use at All, by Grade and Gender)

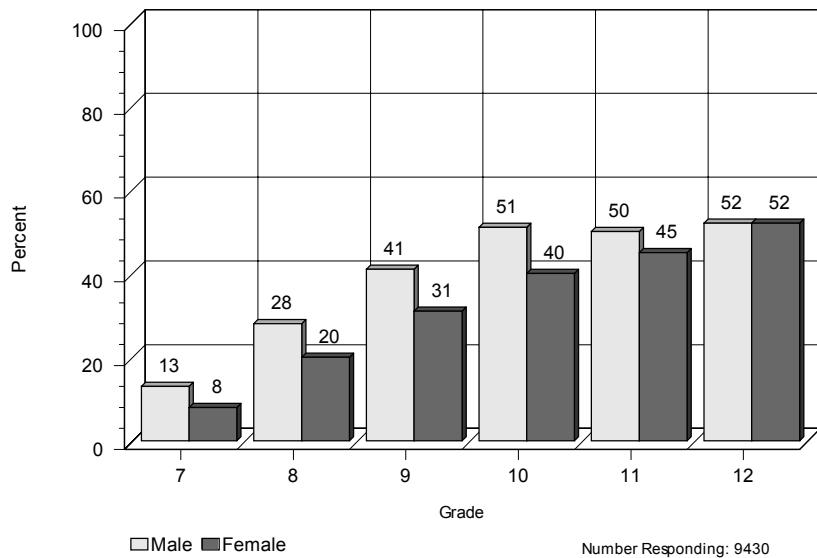


Table 4-11 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-11: 2001 YRBS Data: Lifetime Marijuana Use
(Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Lifetime marijuana use (Ever used marijuana)	42.4	46.5	38.4	44.6	47.1	42.4

Figure 4-47 shows the breakdown of *monthly or more often use* of marijuana by grade and gender. Overall, 19% of youth (1,755 students) reported using marijuana on a *monthly or more often* basis (middle school, 8%; high school, 24%).

Figure 4-47: Teens Who Use Marijuana
(Monthly or More Often, by Grade and Gender)

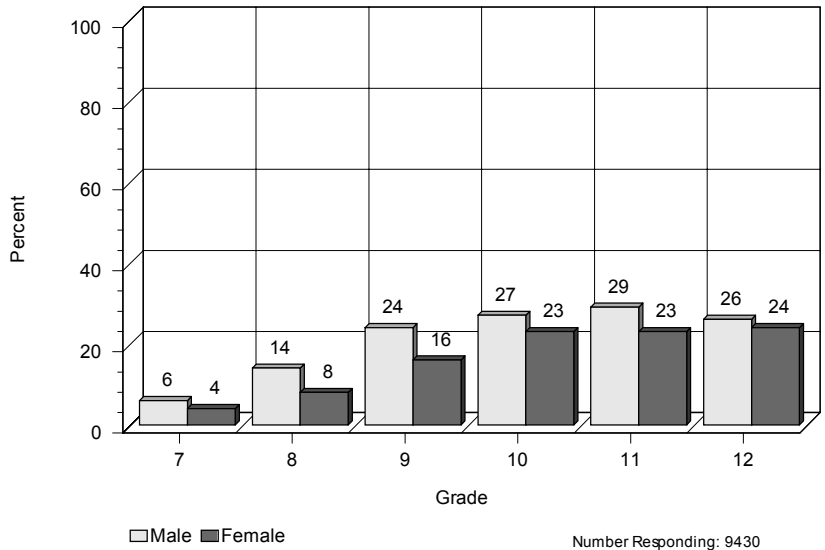


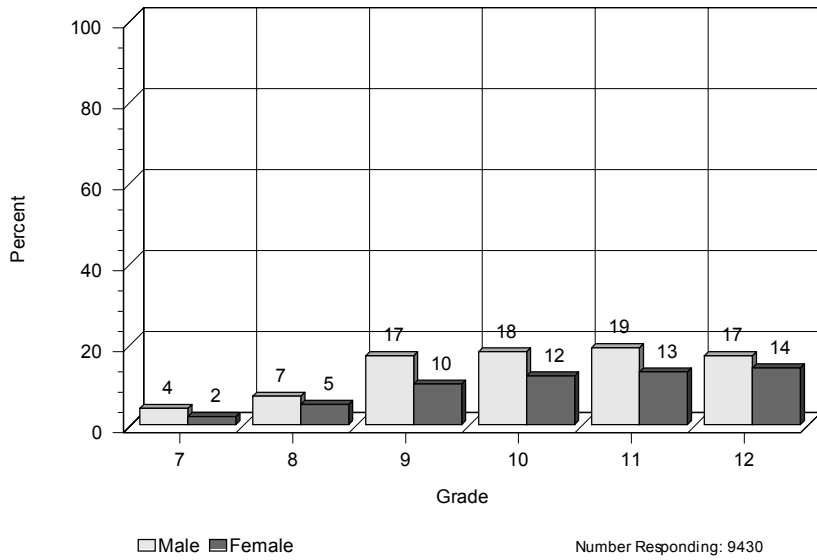
Table 4-12 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-12: 2001 YRBS Data: Current Marijuana Use
(Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Current marijuana use (Used marijuana \geq 1 times during the 30 days preceding the survey.)	23.9	27.9	20.0	28.4	31.6	25.4

Figure 4-48 shows *weekly or more often use* of marijuana by grade level and gender. Overall, 12% of youth (1,080 students) reported *weekly or more often* use of marijuana (middle school, 4%; high school, 15%).

Figure 4-48: Teens Who Use Marijuana
(Weekly or More Often, by Grade and Gender)



Obtainability. Overall, as Figure 4-49 shows, 48% of students tell us it is “*very easy*” or “*easy*” to obtain marijuana. Figure 4-50 shows there is a large difference in perception by school level as 23% of middle school students believe it is “*very easy*” or “*easy*” to get marijuana, whereas 60% of high school students reported this. Over a third of middle school students (35%) believe it is “*very difficult*” or “*difficult*” to obtain marijuana; only 10% of high school students think so. In middle school, 33% of students don’t know how easy it would be to get marijuana, while in high school, 20% of students don’t know.

Figure 4-49: Obtainability of Marijuana

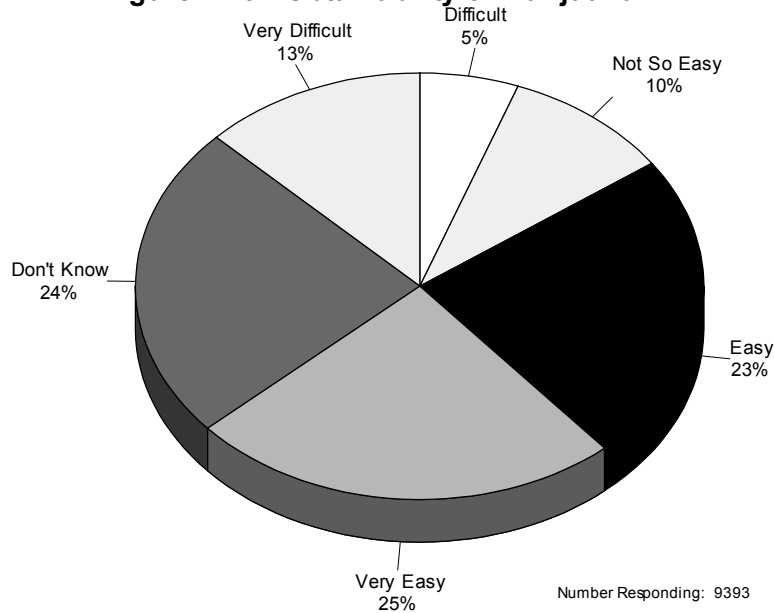
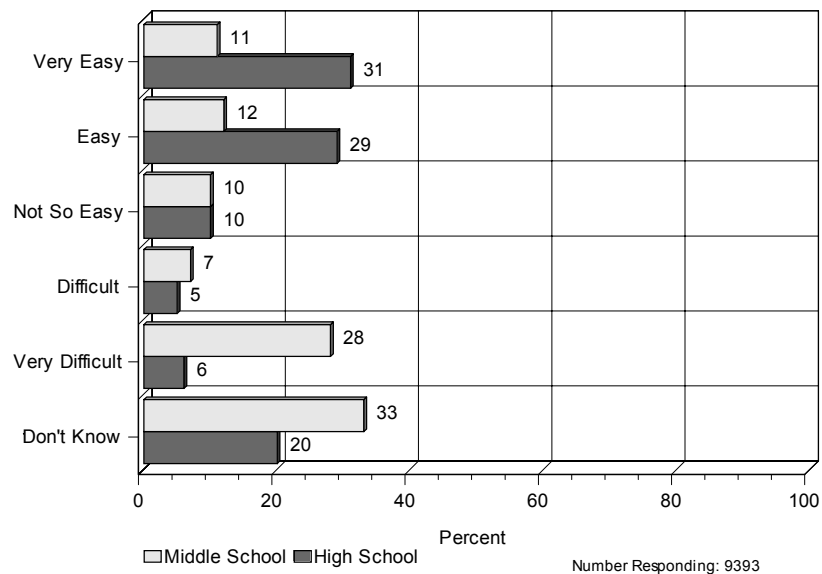


Figure 4-50: Obtainability of Marijuana (By School Level)



Perceived Risk. We asked students “How much do you think people risk harming themselves (physically or in other ways) if they try marijuana once or twice?”. Sixty-four percent (64%) of students responded they felt this experimentation with marijuana carried “no risk” or “slight risk” (middle school, 48%; high school, 71%). Figure 4-51 shows responses broken down by school level. Figure 4-52 shows responses broken down by gender.

Figure 4-51: Perceived Risk: Try Marijuana Once or Twice (By School Level)

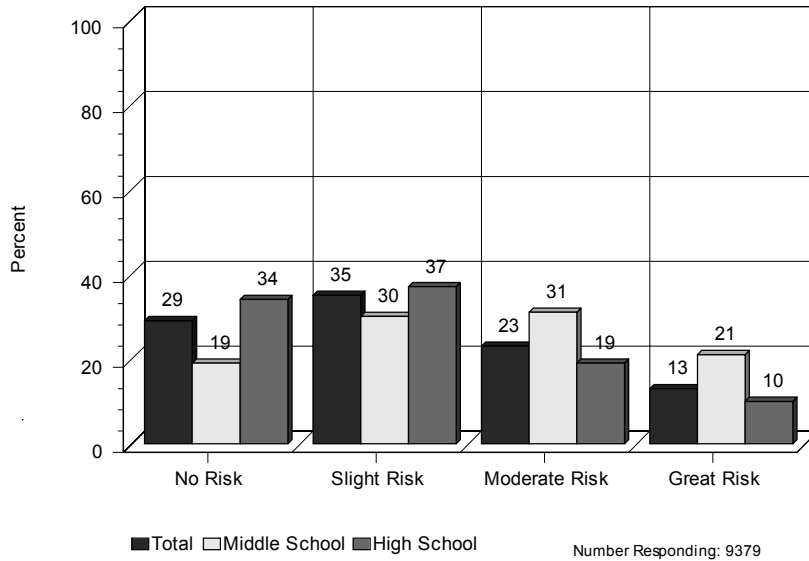


Figure 4-52: Perceived Risk: Try Marijuana Once or Twice (By Gender)

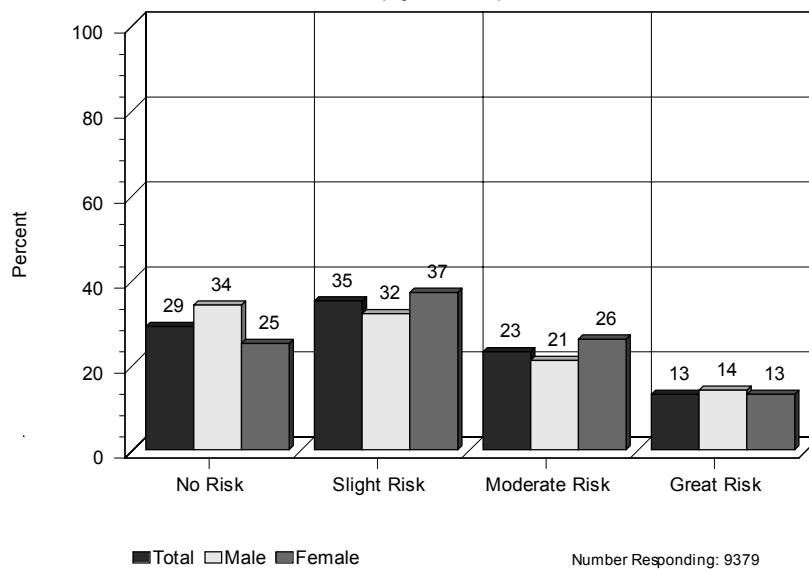


Figure 4-53 shows that 48% of those who consider trying marijuana once or twice to be of “no risk” or “slight risk” have used marijuana at least once. Of those who consider this to be of “great risk,” 15% report using marijuana at least once.

Figure 4-53: Relationship Between Perceived Risk of Trying Marijuana Once or Twice vs. Any Use at All of Marijuana (By Gender)

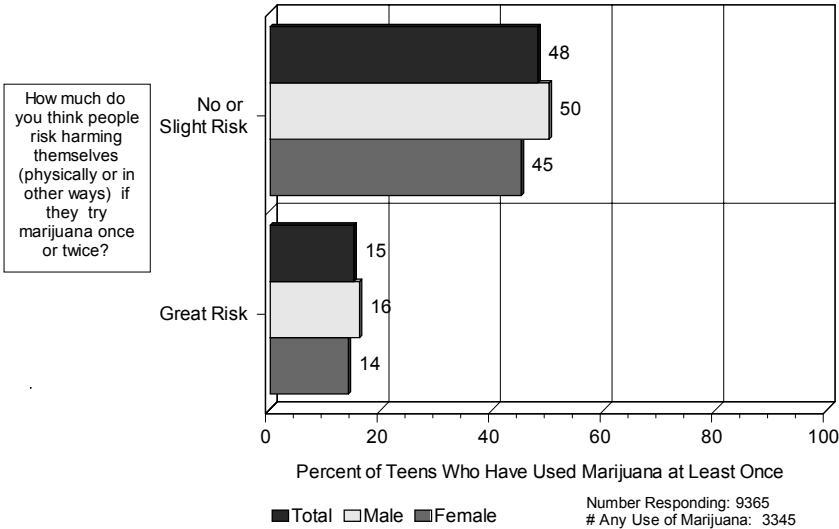


Table 4-13 shows multi-community data in comparison with data from the Monitoring the Future Study (Johnston, O’Malley & Bachman, 2002).

Table 4-13: 2001 Monitoring the Future Data: Perceived Harmfulness of Trying Marijuana

Behavior	MTF 2001 %	TAP Multi-Community 2001-2002 %
How much do you think people risk harming themselves (physically or in other ways), if they... (percentage choosing “great risk”)		
...try marijuana once or twice?	8 th - 28 10 th - 18 12 th - 15	8 th - 20 10 th - 8 12 th - 10

We also asked youth “How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly?”. Figure 4-54 shows 52% consider regular use of marijuana to be of “great risk” (middle school, 66%; high school, 46%). Figure 4-55 shows the responses according to gender.

Figure 4-54: Perceived Risk: Smoke Marijuana Regularly (By School Level)

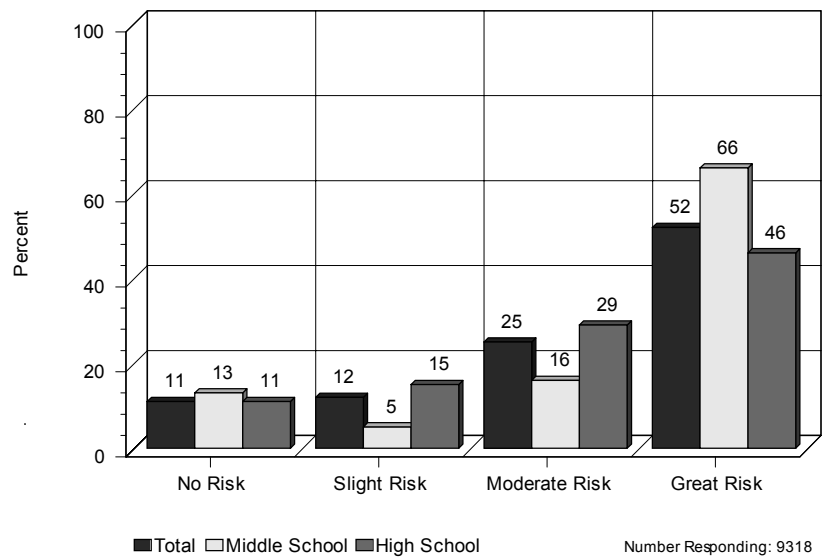
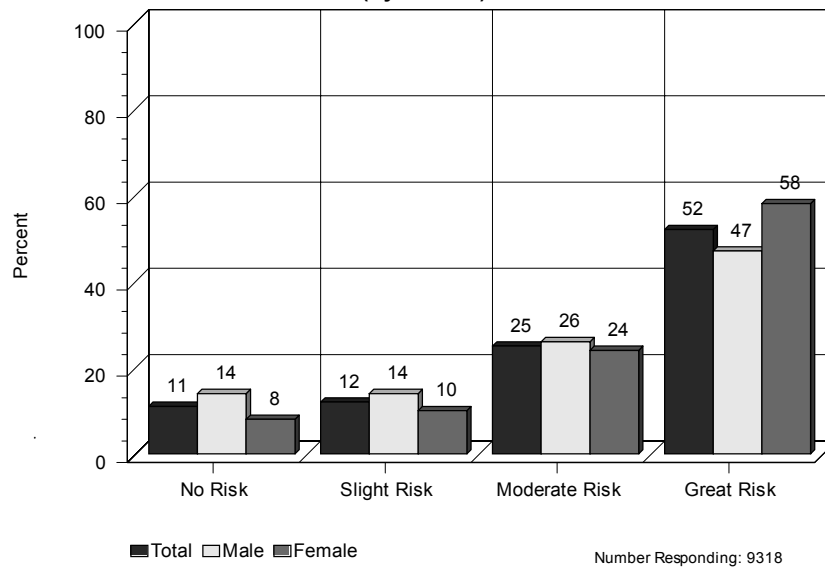


Figure 4-55: Perceived Risk: Smoke Marijuana Regularly (By Gender)



TAP data indicate that those who consider regular marijuana use to be of “*great risk*” are less likely to smoke marijuana monthly or more often. Figure 4-56 shows that 44% of those who consider smoking marijuana regularly to be of “*no risk*” or “*slight risk*” use marijuana monthly or more often. Only 6% of those who consider smoking marijuana to be of “*great risk*” use marijuana monthly or more often.

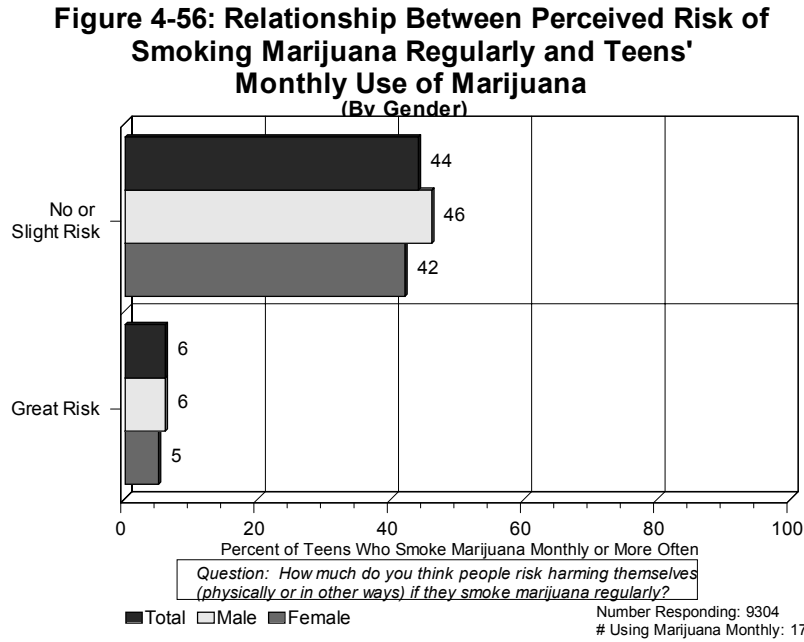


Table 4-14 shows multi-community data in comparison with data from the Monitoring the Future Study (Johnston, O’Malley & Bachman, 2002).

Table 4-14: 2001 Monitoring the Future Data: Perceived Harmfulness of Regular Marijuana Use

Behavior	MTF 2001 %	TAP Multi-Community 2001-2002 %
How much do you think people risk harming themselves (physically or in other ways), if they... (percentage choosing “ <i>great risk</i> ”)		
...smoke marijuana regularly?	8 th - 72 10 th - 63 12 th - 57	8 th - 67 10 th - 32 12 th - 43

Inhalant Use

Inhalants are also used by teens. Some examples of inhalants are glue, white-out correction fluid, gasoline, contents of spray cans and paint thinners. The National Institute on Drug Abuse (2002) noted that inhalants can be used by sniffing or snorting fumes from containers; spraying aerosols directly into the nose or mouth; sniffing or inhaling fumes from substances sprayed or deposited inside a plastic or paper bag (bagging); sniffing from an inhalant-soaked rag in the mouth (huffing); or inhaling from balloons filled with nitrous oxide. Use of inhalants is of particular concern because the potential effects are so dangerous and because inhalants are so accessible to young people. Effects of inhalants can include lightheadedness, hallucinations, delusions, loss of consciousness, brain damage and death.

We asked students “If you have used inhalants, how old were you the first time you used inhalants?” As Figure 4-57 shows, the average reported age at which youth first experimented with inhalants was 13. Of those teens who have used inhalants, 21% (210 students) reported using inhalants for the first time at age 10 or younger. There were 28 students who reported using inhalants for the first time at the age of 17 or older, but due to rounding this .3% of students appears on the chart as 0%.

Figure 4-57: Age Students First Experimented with Inhalants (By Gender)

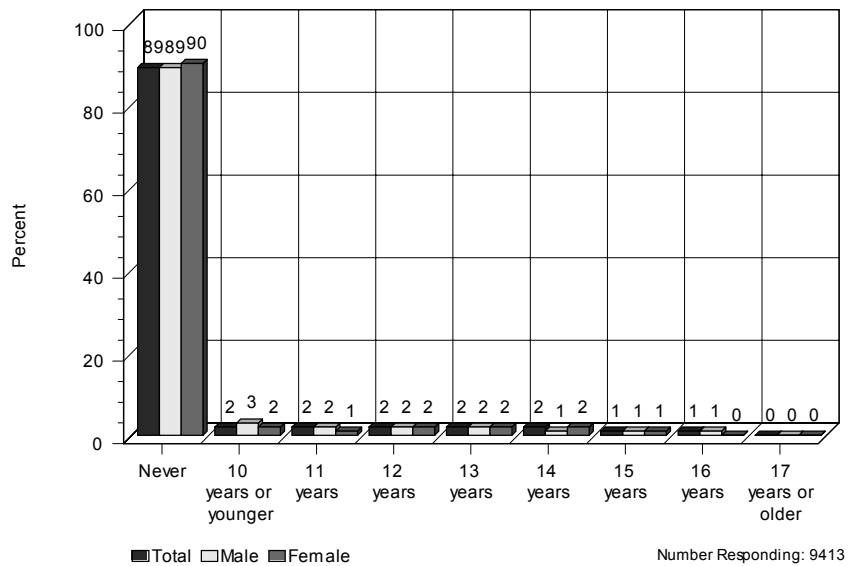


Figure 4-58 shows the breakdown for *any use at all* of inhalants, by grade level and gender. Ten percent (10%) of teens reported having used inhalants at some time in the past (middle school, 11% or 328 students; high school, 10% or 618 students). Two percent (2%) of youth (156 students) reported using inhalants *monthly or more often* (middle school, 2%; high school, 2%).

Figure 4-58: Teens Who Use Inhalants
(Any Use at All, by Grade and Gender)

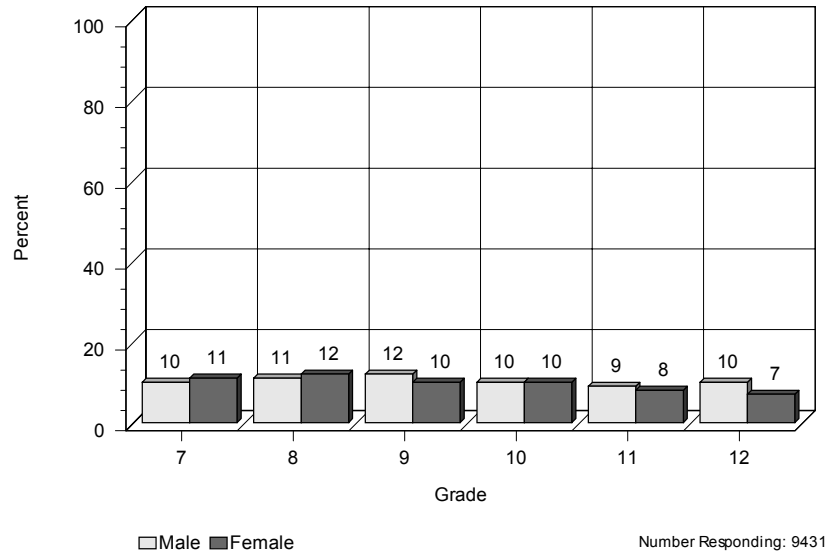


Table 4-15 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-15: 2001 YRBS Data: Lifetime and Current Inhalant Use
(Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Lifetime inhalant use (Ever sniffed glue or breathed the contents of aerosol spray cans or inhaled any paints or sprays to become intoxicated.)	14.7	14.5	14.9	15.3	16.0	14.5
Current inhalant use (Sniffed glue or breathed the contents of aerosol spray cans or inhaled any paints or sprays to become intoxicated ≥ 1 times during the 30 days preceding the survey.)	4.7	5.1	4.2	5.6	6.7	4.3

Perceived Risk. We asked students “How much do you think people risk harming themselves (physically or in other ways) if they use inhalants?” Figure 4-59 shows that 64% feel that doing so has “great risk” (middle school, 55%; high school, 68%). Figure 4-60 shows the responses broken down by gender.

Figure 4-59: Perceived Risk: Inhalant Use (By School Level)

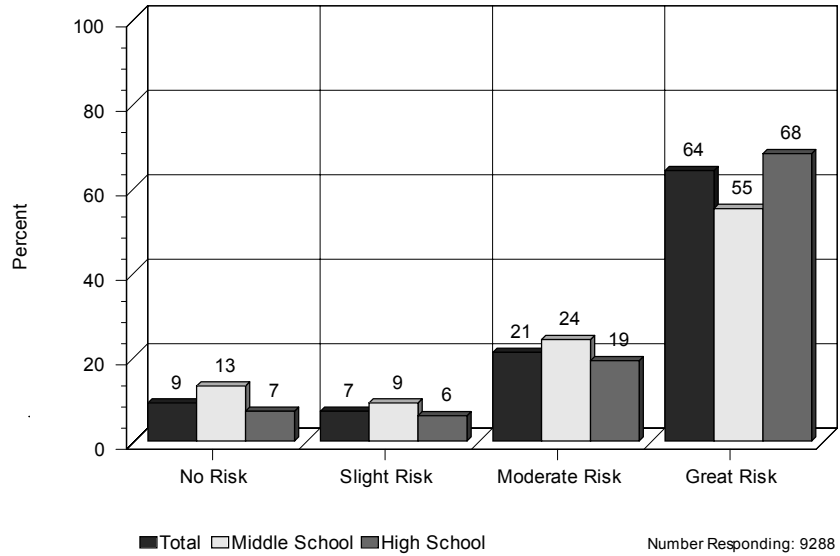
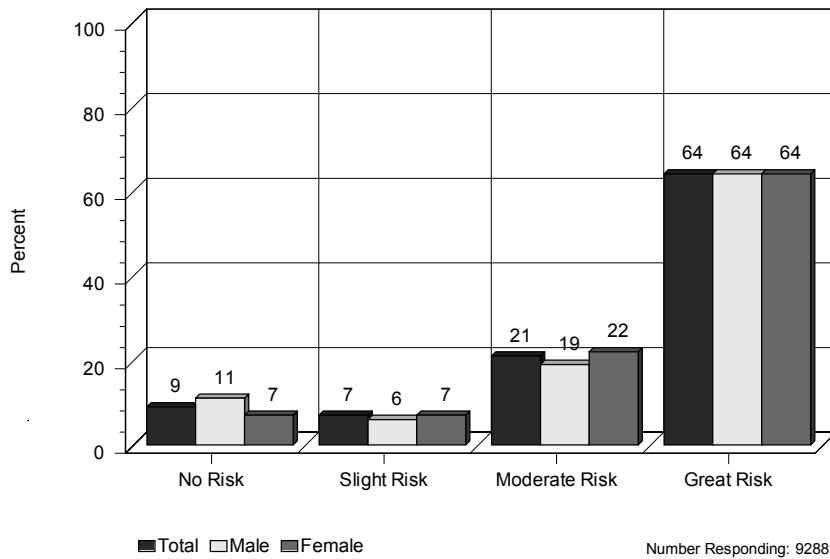


Figure 4-60: Perceived Risk: Inhalant Use (By Gender)



TAP data indicate that whether youth perceive inhalant use as risky is related to their behavior. Figure 4-61 shows that more students who consider inhalant use to be of “no risk” or “slight risk” use inhalants (17%) than those who consider it a “great risk” (7%).

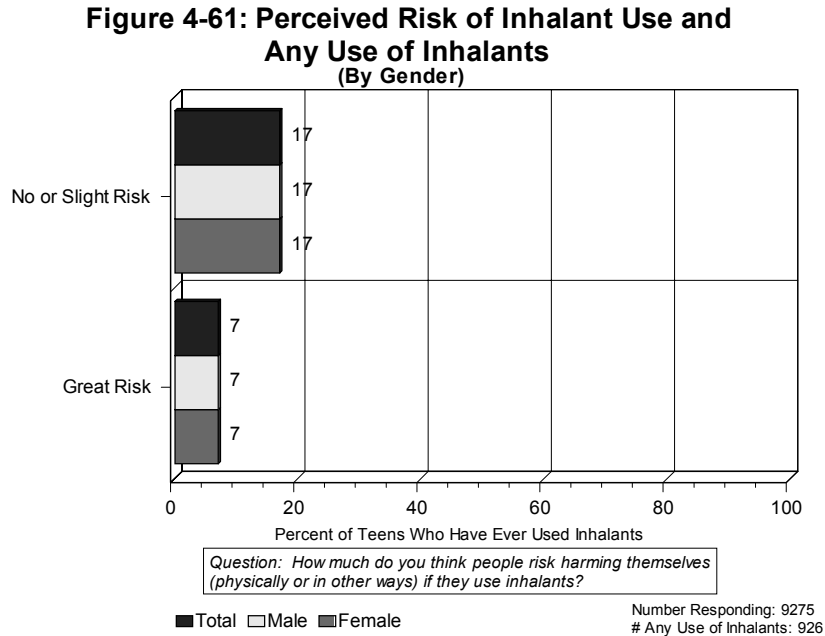


Table 4-16 shows data from the Monitoring the Future Study (Johnston, O’Malley & Bachman, 2002). The TAP question asks about risk of inhalant use whereas the Monitoring the Future survey asks about risk of trying inhalants. Therefore, the questions are not comparable.

Table 4-16: 2001 Monitoring the Future Data: Perceived Harmfulness of Trying Inhalants

Behavior	MTF 2001 %
How much do you think people risk harming themselves (physically or in other ways), if they... (percentage choosing “great risk”)	
...trying inhalants once or twice?	8 th - 46 10 th - 50 12 th - na

Other Drug Use

It is important to note that although drugs other than alcohol, smoking tobacco and marijuana are not as commonly used, they are in fact being used by teens. They are each dangerous and life-threatening and the use of these drugs should be acknowledged and taken seriously. The table below shows rates of use for other drugs broken down by *any use at all*, *monthly or more often use* and *weekly or more often use* by teens. This information can also be viewed in graph form in the first section of Chapter Four, pp. 12-13 **Overall Alcohol and Other Drug Use**.

Table 4-17: Other Drug Use

Drug	Any Use At All %	Monthly Use %	Weekly Use %
Uppers (e.g. pep pills, speed, amphetamines, or Ritalin not prescribed)	13	4	2
Hallucinogens (e.g. LSD, PCP, acid)	12	3	1
Chewing Tobacco	10	3	2
Cocaine or Crack	7	2	1
Downers (e.g. ludes or Valium not prescribed)	6	2	1
Narcotics (e.g. heroin or smack)	4	1	1

Presentation Of Comparable Data

In this section, multi-community data are compared with other data. The three surveys used for comparison are the *2001 Youth Risk Behavior Surveillance Survey (YRBS)*, published by the Centers for Disease Control and Prevention (CDC), the *2001 Monitoring the Future* study published by the U.S. Department of Health and Human Services and *Tapping Into Teen Concerns, Perceptions and Behavior: 1998/99 Multi-Community Report* published by the Teen Assessment Project (TAP).

The *Youth Risk Behavior Surveillance Survey* monitors six categories of priority health-risk behaviors among youth and adults — behaviors that contribute to unintentional and intentional injuries; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs); unhealthy dietary behaviors; and physical inactivity (Centers for Disease Control and Prevention, 2002). It is administered every other year and includes a national school-based survey conducted by the CDC as well as state, territorial, and school-based surveys conducted by education and health agencies. Although the goal is to obtain a representative sample, the overall response rate in New Hampshire was less than the minimum criterion of 60%. Thus, the YRBS data could not be weighted for nonresponse and selection probability. Unweighted data represent those 1,303 students who participated in the survey and are not generalizable to all New Hampshire students.

The *Monitoring the Future* study is a long-term study of American adolescents, college students and young adults conducted by the University of Michigan's Institute for Social Research (Johnston, O'Malley, and Bachman, 2002). It is conducted annually with nationally representative samples of students in public and private schools.

The *Tapping Into Teen Concerns, Perceptions and Behavior: 1998/99 Multi-Community Report* is a multi-community report based on data from five New Hampshire school districts surveyed from April 1998 through December 1999 (Teen Assessment Project, 2000). These data represent 9,105 teens from five different counties around the state--Merrimack, Hillsborough, Rockingham, Strafford, and Grafton. Due to the nature of TAP, the survey process is not random. Therefore, the results cannot be generalized to the population of New Hampshire teens.

**Table 4-18: Alcohol and Other Drug Use Comparison: Any Use At All
(Grades 9-12 only)**

Substance	YRBS¹ National 2001 %	YRBS² N.H. 2001 %	TAP³ Multi- Community 1998-1999 %	TAP⁴ Multi- Community 2000-2001 %
Cigarettes YRBS: Ever tried cigarette smoking, even one or two puffs TAP: Ever used smoking tobacco	63.9 -	Not Available -	- 50	- 51
Alcohol YRBS: Ever had ≥ 1 drinks of alcohol TAP: Ever used alcohol (beer, wine/wine cooler, hard liquor)	78.2 -	78.9 -	- 69	- 71
Marijuana YRBS: Ever used marijuana TAP: Ever used marijuana (pot)	42.4 -	44.6 -	- 42	- 45
Cocaine or Crack YRBS: Ever tried any form of cocaine (e.g. powder, "crack", or "freebase") TAP: Ever tried cocaine or crack	9.4 -	10.9 -	- 8	- 8
Inhalants YRBS: Ever sniffed or breathed contents of aerosol spray cans or inhaled any paints or sprays to become intoxicated TAP: Ever used inhalants (like glue, White Out correction fluid, contents of spray cans, etc.)	14.7 -	15.3 -	- 10	- 10

¹ Youth Risk Behavior Surveillance Survey: National--CDC, 2002.

² Youth Risk Behavior Surveillance Survey: NH--CDC, 2002.

³ Teen Assessment Project, 2000.

⁴ Teen Assessment Project, 2002.

Note: Because of wording differences in the questions, the results of YRBS and TAP are not directly comparable.

**Table 4-19: Alcohol and Other Drug Use Comparison: In the Past 30 Days/Month
(Grades 9-12 only)**

Substance	YRBS¹ National 2001 %	YRBS² N.H. 2001 %	TAP³ Multi- Community 1998-1999 %	TAP⁴ Multi- Community 2000-2001 %
Cigarettes YRBS: Smoked cigarettes on ≥ 1 of the 30 days preceding the survey TAP: Uses smoking tobacco at least once per month	28.5	Not Available	-	-
Alcohol YRBS: Drank alcohol on ≥ 1 of the 30 days preceding the survey TAP: Uses alcohol at least once per month	47.1	52.5	-	-
Marijuana YRBS: Used marijuana on ≥ 1 of the 30 days preceding the survey TAP: Uses marijuana at least once per month	23.9	28.4	-	-
Cocaine YRBS: Used cocaine on ≥ 1 of the 30 days preceding the survey TAP: Uses cocaine at least once per month	4.2	4.7	-	-
Inhalants YRBS: Used inhalants on ≥ 1 of the 30 days preceding the survey TAP: Uses inhalants at least once per month	4.7	5.6	-	-

¹ Youth Risk Behavior Surveillance Survey: National--CDC, 2002.

² Youth Risk Behavior Surveillance Survey: NH--CDC, 2002.

³ Teen Assessment Project, 2000.

⁴ Teen Assessment Project, 2002.

Note: Because of wording differences in the questions, the results of YRBS and TAP are not directly comparable.

**Table 4-20: Comparison of Alcohol Related Behaviors
(Grades 9-12 only)**

Behavior	YRBS¹ National 2001 %	YRBS² N.H. 2001 %	TAP³ Multi- Community 1998-1999 %	TAP⁴ Multi- Community 2000-2001 %
YRBS: Drank alcohol before age 13 years: more than a few sips	29.1	28.3	-	-
TAP: Drank alcohol before age 13 years: more than a few sips	-	-	19	22
YRBS: Drank ≥ 5 drinks of alcohol on ≥ 1 of the 30 days preceding the survey	29.9	32.1	-	-
TAP: Drank 5 or more alcoholic drinks at one time during the past month	-	-	37	40
YRBS: Drove after drinking alcohol one or more times during the 30 days preceding the survey	13.3	9.7	-	-
TAP: Drove after drinking or using drugs at least once during the past month	-	-	11	14

¹ Youth Risk Behavior Surveillance Survey: National--CDC, 2002.

² Youth Risk Behavior Surveillance Survey: NH--CDC, 2002.

³ Teen Assessment Project, 2000.

⁴ Teen Assessment Project, 2002.

Note: Because of wording differences in the questions, the results of YRBS and TAP are not directly comparable.

Table 4-21: Perceived Risk Comparison

Question	Monitoring the Future¹ 2001 %	TAP² Multi- Community 1998-1999 %	TAP³ Multi- Community 2000-2001 %
How much do you think people risk harming themselves (<i>physically or in other ways</i>), if they... (percentage choosing “ <i>great risk</i> ”)			
Have five or more drinks once or twice each weekend?	8 th – 56.1 10 th – 50.7 12 th – 43.6	8 th – 59 10 th – 46 12 th – 41	8 th – 53 10 th – 49 12 th – 40
Smoke one or more packs of cigarettes a day?	8 th – 57.1 10 th – 64.7 12 th – 73.3	8 th – 46 10 th – 57 12 th – 61	8 th – 53 10 th – 61 12 th – 62
Try marijuana once or twice?	8 th – 27.7 10 th – 17.9 12 th – 15.3	8 th – 19 10 th – 1 12 th – 8	8 th – 18 10 th – 9 12 th – 10
Smoke marijuana regularly?	8 th – 72.2 10 th – 62.8 12 th – 57.4	8 th – 58 10 th – 67 12 th – 40	8 th – 64 10 th – 45 12 th – 41
MTF : Try inhalants once or twice ⁴ ?	8 th – 45.6 10 th – 49.9	- -	- -
TAP : Use inhalants?	- -	8 th – 44 10 th – 58	8 th – 58 10 th – 67

¹ Johnston, O’Malley & Bachman, 2002.

² Teen Assessment Project, 2000.

³ Teen Assessment Project, 2002.

Note: Monitoring the Future does not report perceived risk of trying inhalants for 12th grade.