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## CHAPTER 4

# Alcohol, Tobacco, and Other Drug Use

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Recent statistics indicate many of New Hampshire's youth drink. 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 best 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.

This chapter presents the findings of the Teen Assessment Project survey in the area of alcohol, tobacco and other drug use. It is divided into sections which include the Overview of Findings, a summary of key points; Presentation of Data, an analysis of the data presented in graphic form; and Presentation of Comparable Data, a comparison of TAP with the Youth Risk Behavior Survey (YRBS) and Monitoring the Future data.

In addition to surveying about teens' drug and alcohol use, we also asked youth if they worried about their parent(s)' drinking too much or using drugs. The TAP survey revealed 17% of youth surveyed worry about their parent(s)' drinking or drug use. Another teen worry is being pressured into drinking or doing drugs. The TAP survey found that 37% of teens surveyed admitted to worrying about pressure to drink or do drugs (middle school, 44%; high school, 34%). Males and females were equally concerned about being pressured into drinking or doing drugs.

### OVERVIEW OF FINDINGS

#### Frequency of Use, Obtainability and Perceived Risk

For alcohol and drug use, three frequency categories were analyzed for this report – any use at all, monthly use or more often, and weekly use or more often. When looking at any use at all, 58% of youth surveyed reported drinking alcohol. Forty-two percent (42%) reported smoking tobacco and 32% reported using marijuana. For all other drugs, about ten percent of students or less reported using them. The number of students using alcohol and drugs drops when looking at a rate of monthly or more

often. Alcohol, smoking tobacco and marijuana, in that order, are the most used drugs. Twenty-eight percent (28%) of youth surveyed reported drinking alcohol, while 18% smoke tobacco and 16% use marijuana monthly or more often. Less than five percent of youth reported using all other drugs monthly or more often. At the weekly or more often level of frequency, smoking tobacco becomes the most used substance (14%), followed by alcohol (11%), then marijuana (10%). Two percent or less used other drugs at this frequency. Except for inhalants, all drugs are used equally or more frequently by high school youth than middle school youth. Inhalants are used slightly more often by middle school youth than high school youth.

The TAP survey asked youth how easy it is for them to get alcohol and other drugs. Sixty-one percent (61%) of youth reported that alcohol is easy or very easy to get. High school youth (71%) were much more likely to report this than middle school youth (42%). Forty-five percent (45%) of students surveyed felt marijuana is easy or very easy to get. Again, many more high schoolers (57%) said it was easy to get marijuana than middle schoolers (22%). Also, twenty-three percent (23%) of youth surveyed said it was easy to get uppers or downers, while 14% thought cocaine or crack was easy to get.

One question 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; 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 each weekend?”*. Students reported that smoking one or more packs of cigarettes a day (19%), smoking marijuana regularly (26%), using inhalants (22%) and having five or more drinks at a time each weekend (26%) carries no risk or slight risk. Forty-five percent (45%) of students surveyed felt that taking one or two drinks nearly every day is of no or slight risk. Sixty-seven percent (67%) of teens thought that trying marijuana once or twice carries no or slight risk. Middle school youth were less likely to believe that smoking and using inhalants is risky, while high school youth were less likely to believe that trying marijuana is risky.

### **Alcohol Use**

Students reported a range of ages at which they tried alcohol for the first time—anywhere from ten or younger up to seventeen or older. The average age was thirteen years old. There was little difference between males and females. Of those who had used alcohol, most reported drinking infrequently. Thirty-four percent (34%) drink one to two times a year, while 29% drink one to three times per month. Nineteen percent (19%) drink once a week or more often. Two percent (2%) reported drinking daily. High school youth reported drinking alcohol more frequently than middle school youth. Males report drinking more frequently than females.

Binge drinking is defined as having five or more alcoholic drinks at one time. The TAP survey found that 29% of teens surveyed reported binge drinking at least once in the month preceding the survey. The incidence of binge drinking increases with each grade level. Males were more likely to report this kind of drinking behavior than females. Twenty-six percent (26%) of youth surveyed believe binge drinking carries no or slight risk, while 48% believe it has great risk. Females and middle school youth were more likely than males and high school youth to report that binge drinking has great risk. Data indicate that those who believe binge drinking has great risk are less likely to do it.

Research on college students and binge drinking by the Harvard School of Public Health has revealed 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). TAP results show that teens who engage in binge drinking are much more likely to engage in risky behaviors such as smoking marijuana and cigarettes, having sex, carrying a weapon onto school property, being involved in physical fights, and having thoughts of suicide.

Driving while impaired by alcohol or drugs is of great concern to many. The TAP survey asked teens if they had driven a motorized vehicle (defined as a car, truck, motorcycle, snowmobile, etc.) after drinking or using drugs in the month preceding the survey. Nine percent (9%) of youth admitted to this behavior. High school youth and males were more likely to say they had driven while impaired than middle school youth and females. Seemingly an even greater problem is youth riding in a vehicle with a driver who is impaired because of alcohol or drugs. More youth admitted to riding with a driver who was intoxicated than actually driving while intoxicated themselves. Twenty-two percent (22%) of teens surveyed reported they had done this in the month preceding the survey. High school youth (25%) were more likely than middle school youth (14%) to report riding with an intoxicated driver while males and females were equally as likely to report doing so.

Parental influence is strong in the lives of teens. Teens are less likely to drink alcohol if their parents convey to them that they believe it is wrong for teens their age to drink, if they monitor them closely, and if the teen believes he or she will get in trouble at home if they drink.

### **Tobacco Use**

Although some started smoking cigarettes later, most youth surveyed who smoke tobacco reported starting at fourteen years of age or younger. The average age students first experimented with tobacco was twelve years old. The incidence of smoking increases as teens get older and females

are slightly more likely to smoke tobacco than males. Fifty-four percent (54%) of youth surveyed believe smoking one or more packs of cigarettes a day carries great risk. High school youth (57%) are more likely to believe this than middle school youth (46%). A greater percentage of females (56%) than males (52%) believe smoking at this level carries great risk. It is clear there are many factors which play into a teen's decision to smoke. The TAP survey found that those who believe smoking is a great risk are only slightly less likely to smoke than those who do not believe smoking regularly has no or slight risk.

Again, parental values and monitoring make a big difference in teens' smoking habits. Teens are less likely to smoke if their parents convey to them that it is wrong for teens their age to smoke, if they monitor them closely, and if the teen believes he or she will get in trouble at home if they smoke.

### **Marijuana Use**

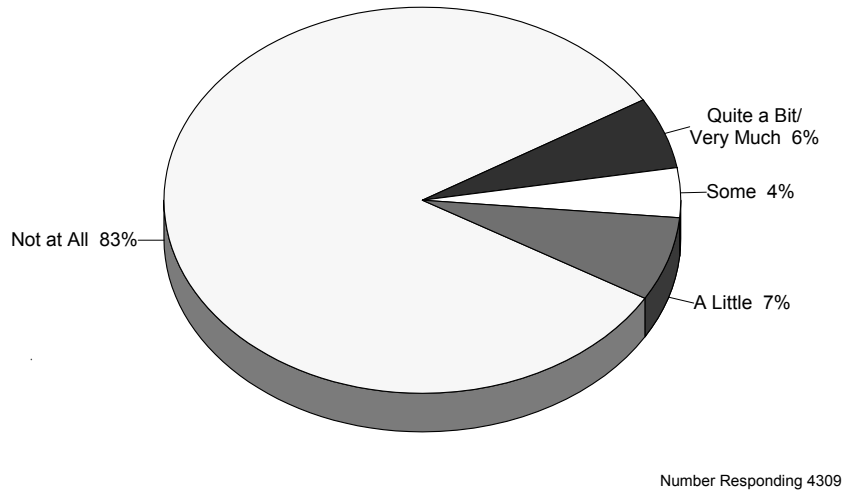
Marijuana use increases with each grade level, and more than triples from the middle to high school years. At every grade level, a greater percentage of males than females report using marijuana. Forty-five percent (45%) of students believe that marijuana is very easy or easy to get. High school youth (57%) are much more likely than middle school youth (22%) to believe this. Most youth (68%) believe that trying marijuana once or twice carries no or slight risk. Those who believe that trying it has great risk are less likely to try it than those who feel there is little risk in doing so. More teens believe that smoking marijuana regularly is very risky (51%) than just trying it once or twice (13%).

### **Inhalant Use**

Some New Hampshire teens use inhalants. Examples of inhalants are glue, white-out correction fluid, gasoline, contents of spray cans and paint thinners. Inhalants are particularly dangerous because they are so accessible to young adolescents. Although most youth (90%) have not tried inhalants, those who have were more likely to try them for the first time under the age of fourteen. The TAP survey found the average age of first inhalant use is 12. Males and females were equally likely to report using inhalants at some time in the past. Younger students appear to be less informed of the dangers of inhalant use than older students. This is a concern since most students try them when they are young and inhalants are easily available to any aged youth. Those who do see inhalants as risky are less likely to use them than those who do not feel they are risky.

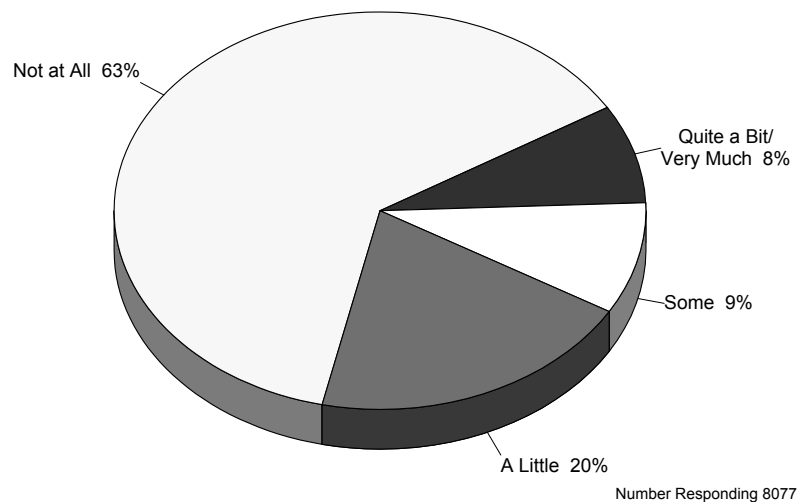
**PRESENTATION OF DATA** (Note: Due to rounding, some graphs may not total 100%.)

**Figure 4-1: Parental Alcohol or Drug Abuse as a Teen Worry**



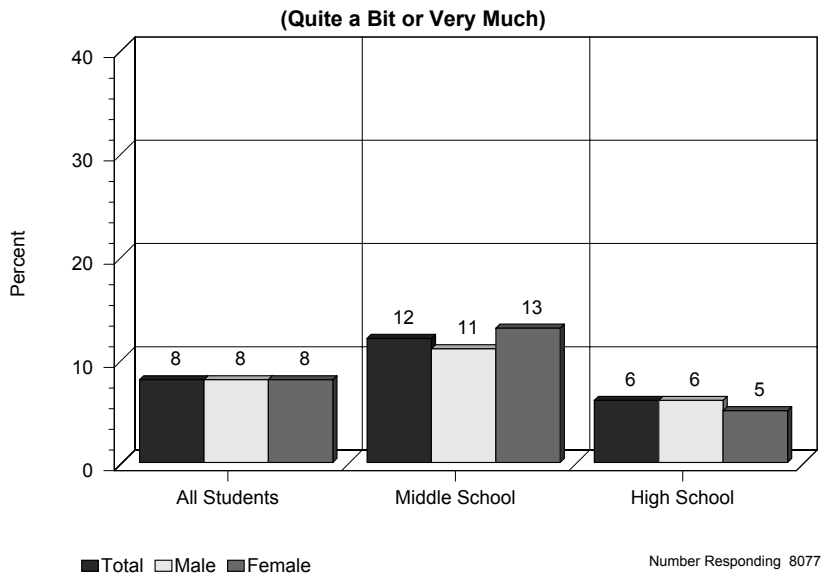
- Seventeen percent (17%) of teens surveyed worry at least a little about their parents' alcohol or drug use (middle school, 16%; high school, 17%).

**Figure 4-2: Being Pressured into Drinking or Using Other Drugs as a Teen Worry**



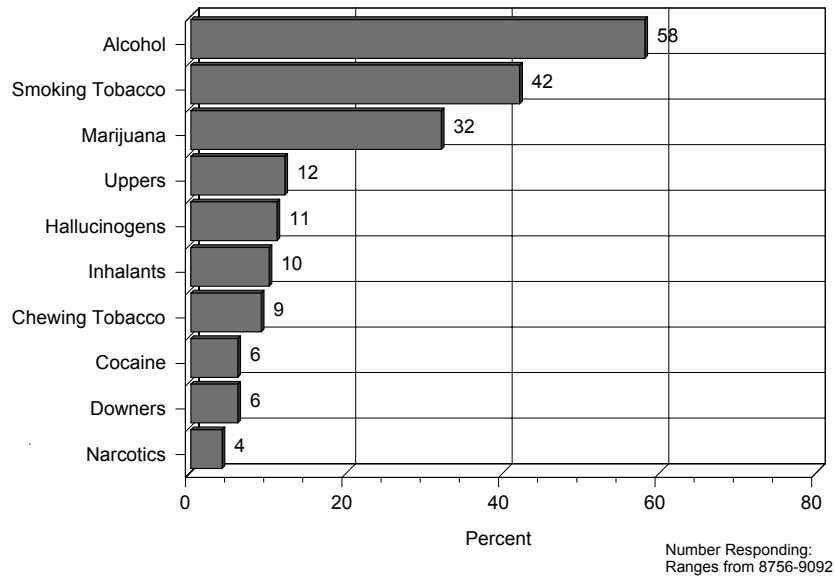
- Thirty-seven percent (37%) of teens surveyed worry about being pressured into drinking or doing other drugs (middle school, 44%; high school, 34%).

**Figure 4-3: Being Pressured into Drinking or Using Other Drugs as a Teen Worry**



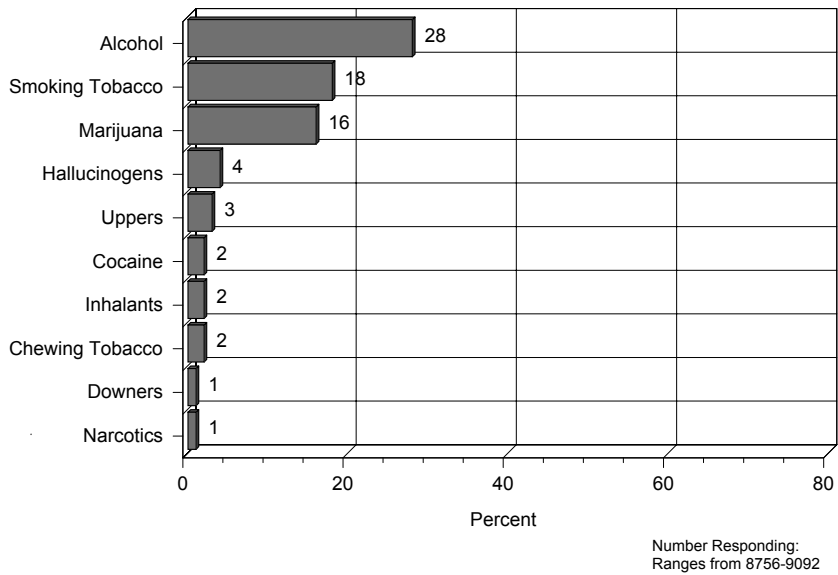
- Middle school youth were more likely to be worried about being pressured into drinking or doing drugs than high school youth.

**Figure 4-4: Alcohol and Drug Use (Any Use At All)**



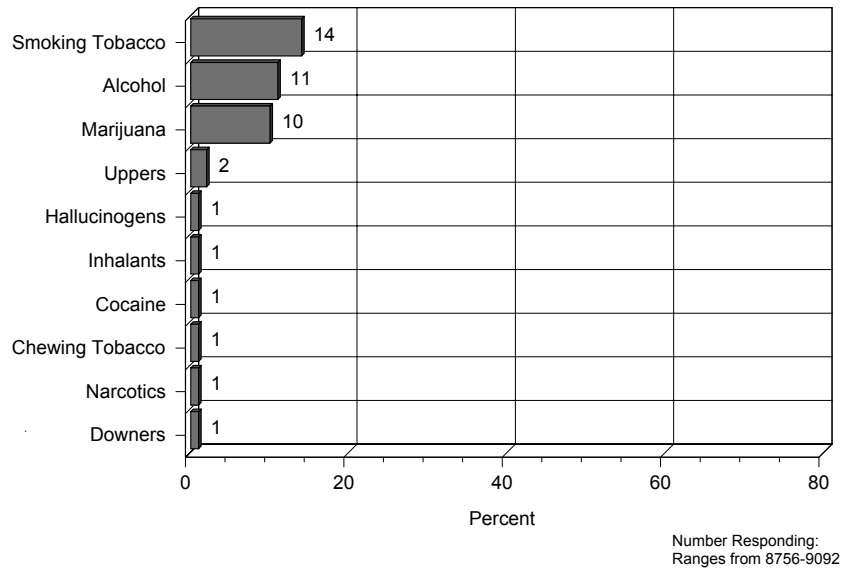
- Alcohol (beer, wine and hard liquor) is the most commonly used substance at the “any use at all” level (58%), followed by smoking tobacco (42%) and marijuana (32%).

**Figure 4-5: Alcohol and Drug Use  
(Monthly or More Often)**



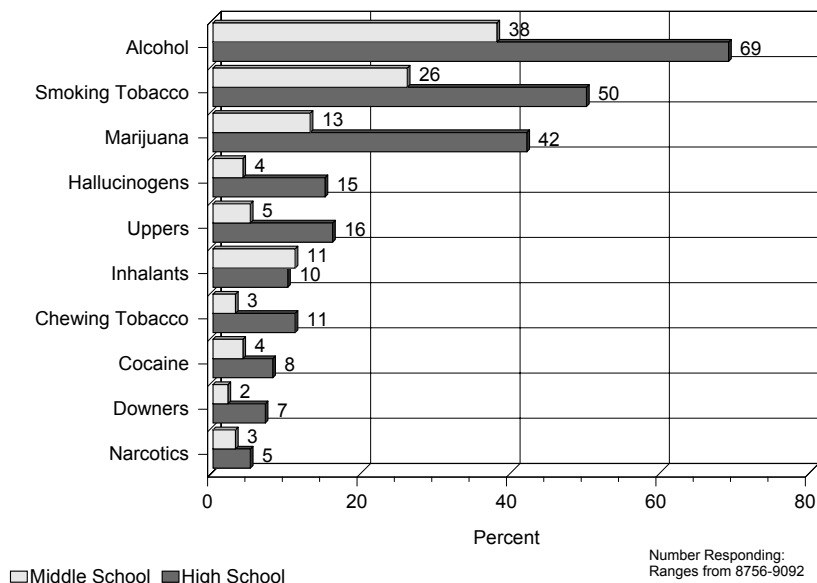
- Alcohol is the substance most often used at the monthly or more often level (28%), followed by smoking tobacco (18%) and marijuana (16%).

**Figure 4-6: Alcohol and Drug Use  
(Weekly or More Often)**



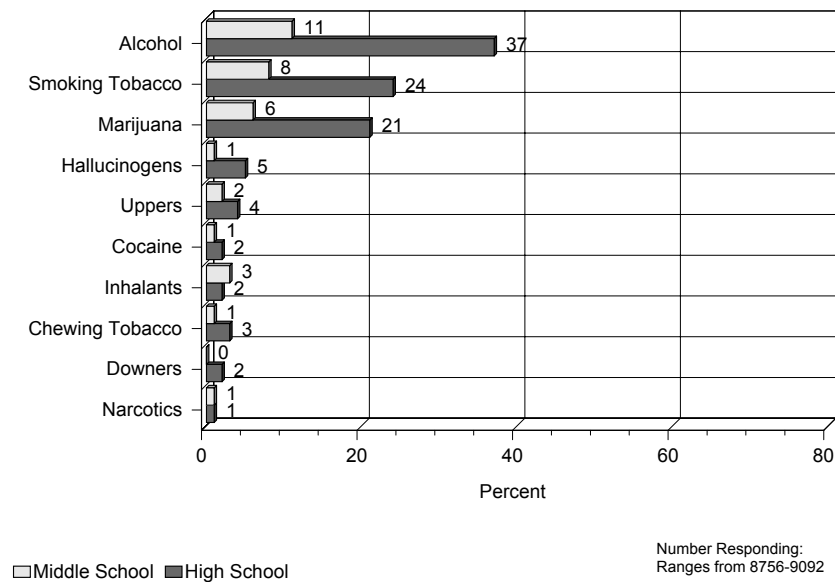
- Smoking tobacco is the most commonly used substance at the weekly or more often level (14%), followed by alcohol (11%) and marijuana (10%).

**Figure 4-7: Alcohol and Drug Use**  
(Any Use at All, by School Level)



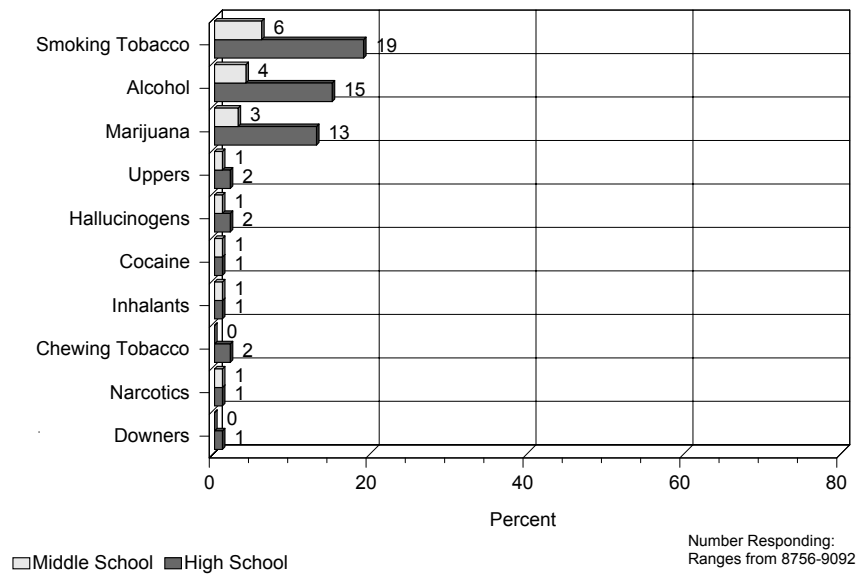
- More high school students than middle school students have used all drugs except inhalants.

**Figure 4-8: Alcohol and Drug Use**  
(Monthly or More Often, by School Level)



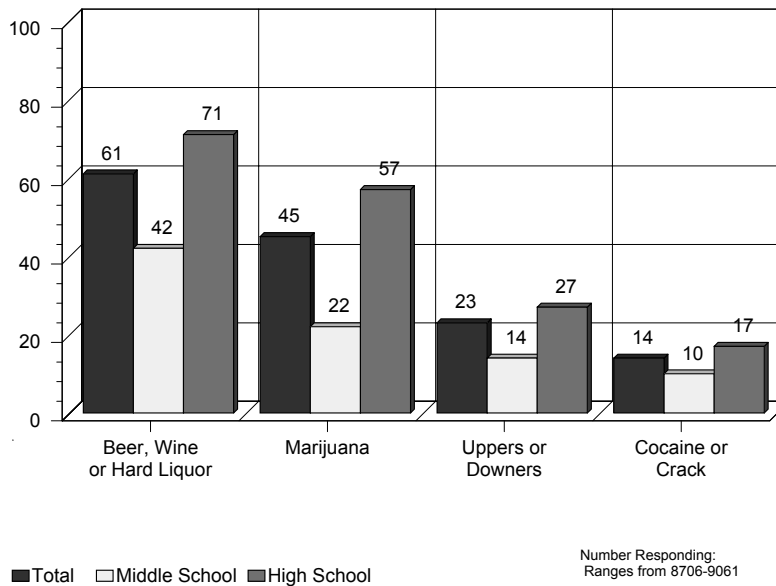
- High school youth are much more likely to use alcohol, tobacco and marijuana than middle school youth on a monthly or more often basis.

**Figure 4-9: Alcohol and Drug Use**  
(Weekly or More Often, by School Level)



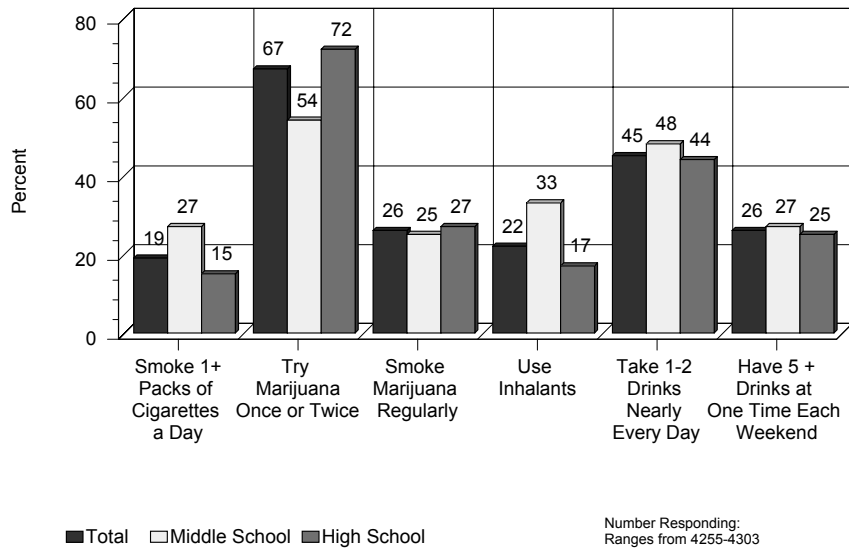
- High school youth are much more likely than middle school youth to drink alcohol, smoke tobacco and use marijuana on a weekly or more often basis.

**Figure 4-10: Obtainability of Alcohol and Other Drugs**  
(Very Easy or Easy to Get, by School Level)



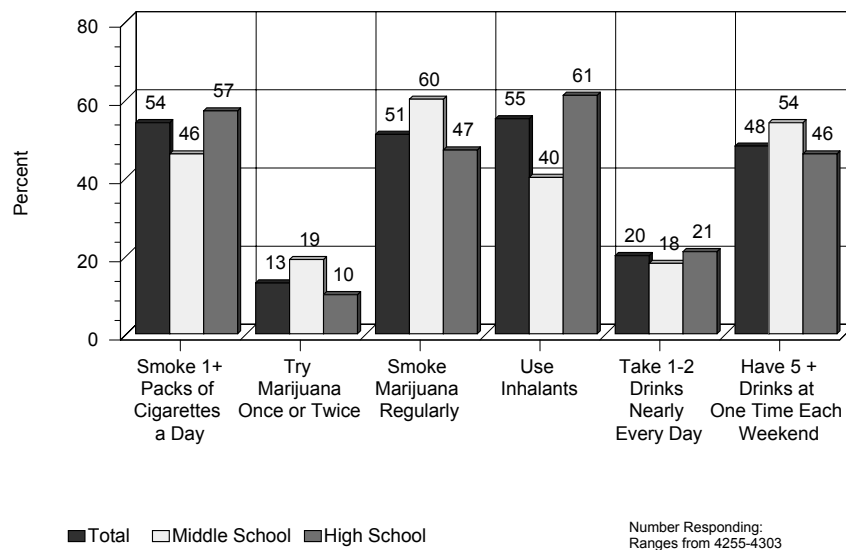
- Sixty-one percent (61%) of all youth believe alcohol is easy or very easy to get.
- High school youth are much more likely than middle school youth to believe alcohol and other drugs are easily obtainable.

**Figure 4-11: Perceived Risk of Alcohol and Other Drug Use  
(No Risk or Slight Risk, by School Level)**



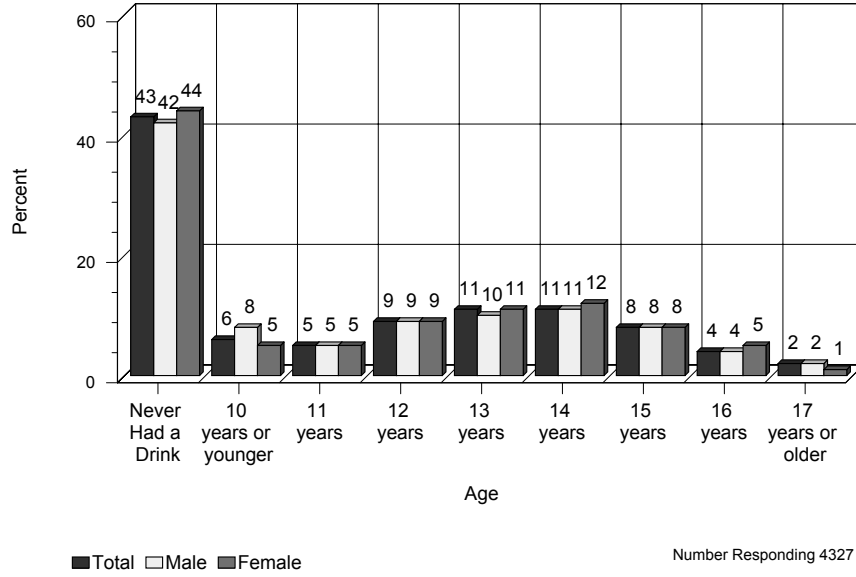
- Of all the health risk behaviors, trying marijuana once or twice was rated as having no or slight risk by the greatest percentage of teens.
- Middle school youth are more likely to believe smoking and inhalant use are not risky behaviors.

**Figure 4-12: Perceived Risk of Alcohol and Other Drug Use  
(Great Risk, by School Level)**



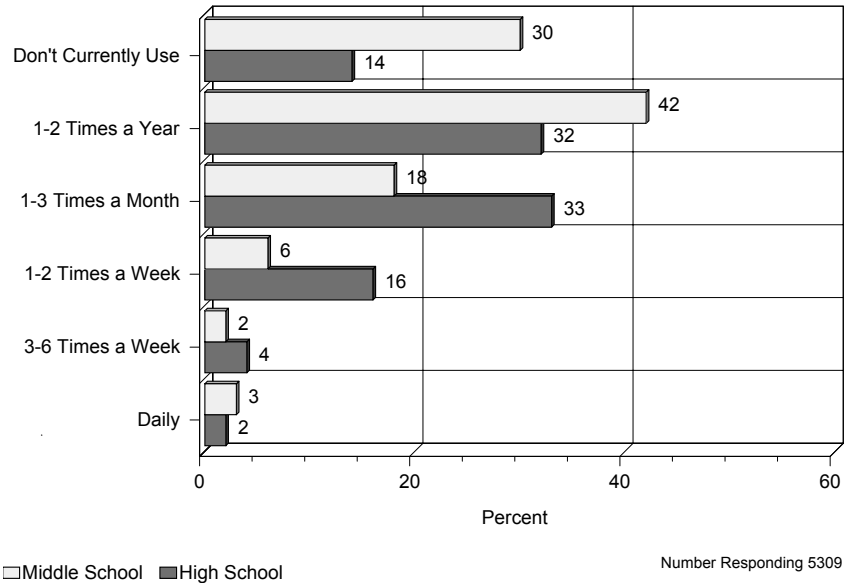
- More middle school students than high school students felt trying marijuana once or twice, smoking marijuana regularly, and binge drinking were of great risk.
- More high school students felt smoking one or more packs of cigarettes a day and using inhalants were of great risk.

**Figure 4-13: Age Students Had Their First Drink of Alcohol  
(By Gender)**



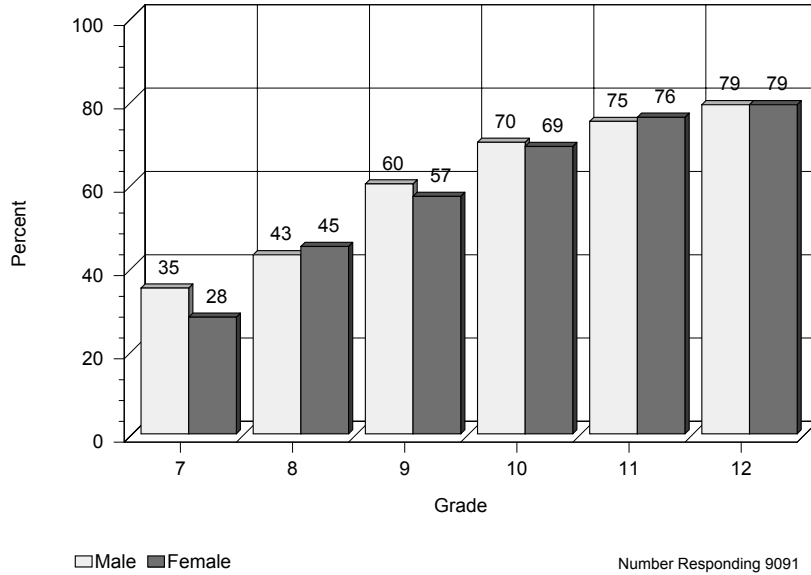
- The average reported age teens first consumed alcohol is 13.

**Figure 4-14: Frequency of Alcohol Use  
(Of Those Who Have Had Alcohol, by School Level)**



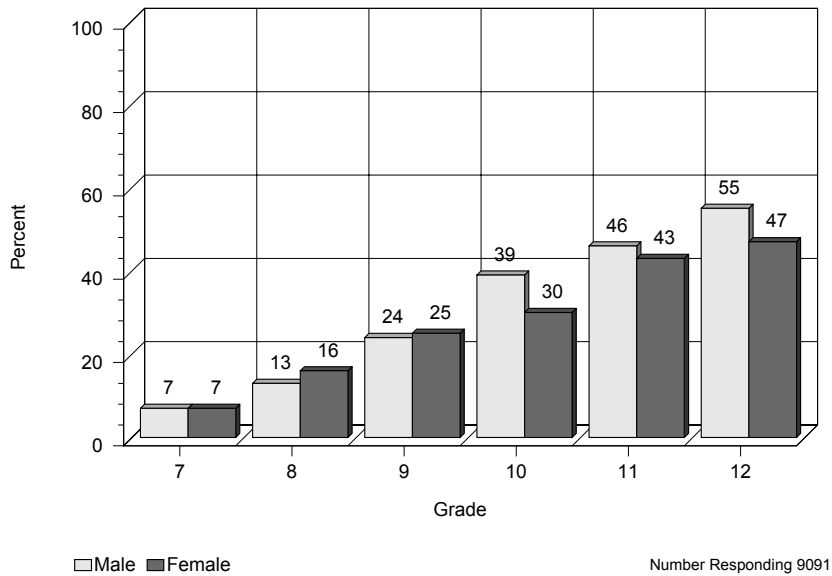
- On average, high school students drink more frequently than middle school students.

**Figure 4-15: Teens Who Drink Alcohol**  
(Any Use at All, by Grade and Gender)



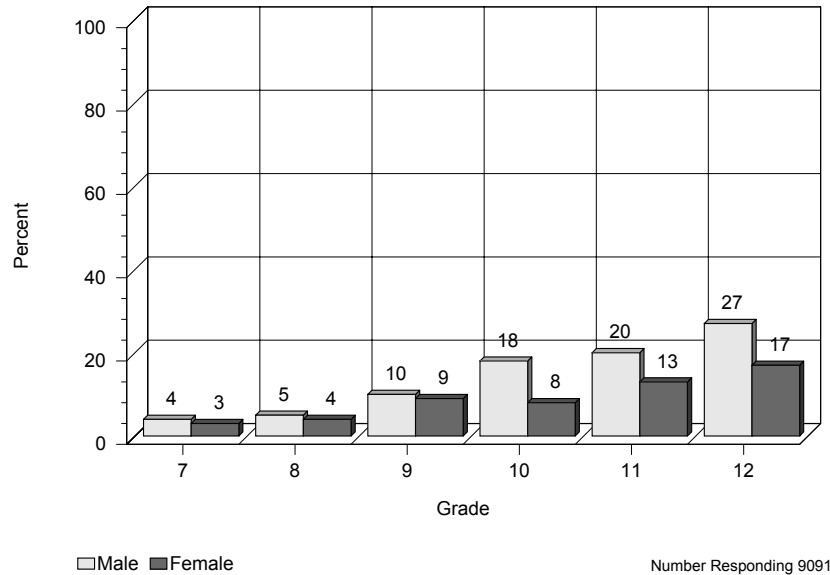
- The consumption of alcohol increases as teens grow older.
- Overall, 58% of teens have had alcohol at some time (middle school, 38%, high school, 69%; males, 59%, females, 58%).

**Figure 4-16: Teens Who Drink Alcohol**  
(Monthly or More Often, by Grade and Gender)



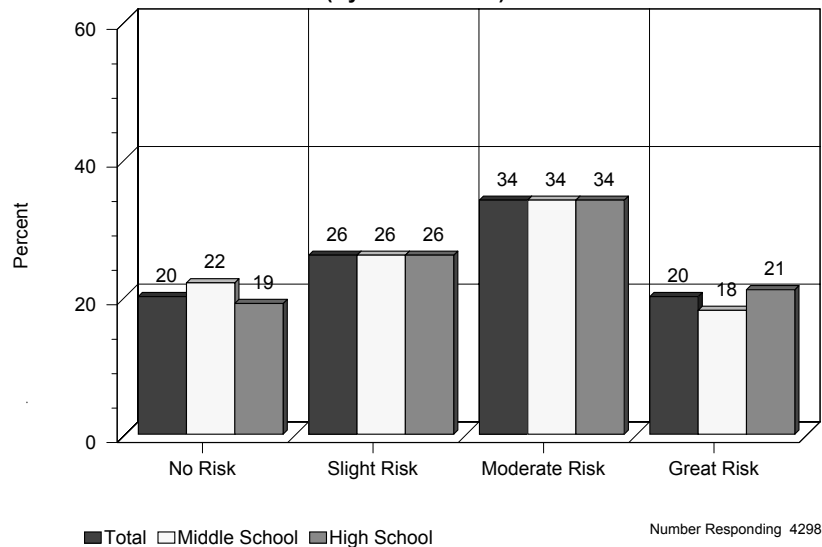
- High school males are more likely than high school females to drink at least once a month or more often.
- Overall, 28% of teens reported drinking alcohol at least once a month (middle school, 11%; high school, 37%; males, 29%; females, 27%).

**Figure 4-17: Teens Who Drink Alcohol**  
(Weekly or More Often, by Grade and Gender)



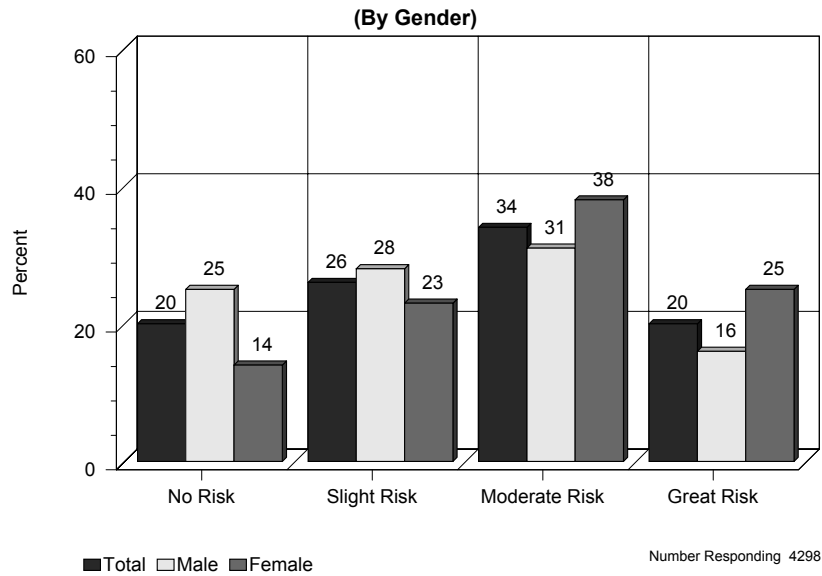
- Overall, 11% reported drinking alcohol at least once a week (middle school, 4%; high school, 15%; males, 13%; females, 9%).
- At each grade level more males than females report use of alcohol.

**Figure 4-18: Perceived Risk: Take 1 or 2 Drinks of an Alcoholic Beverage Nearly Every Day**  
(By School Level)



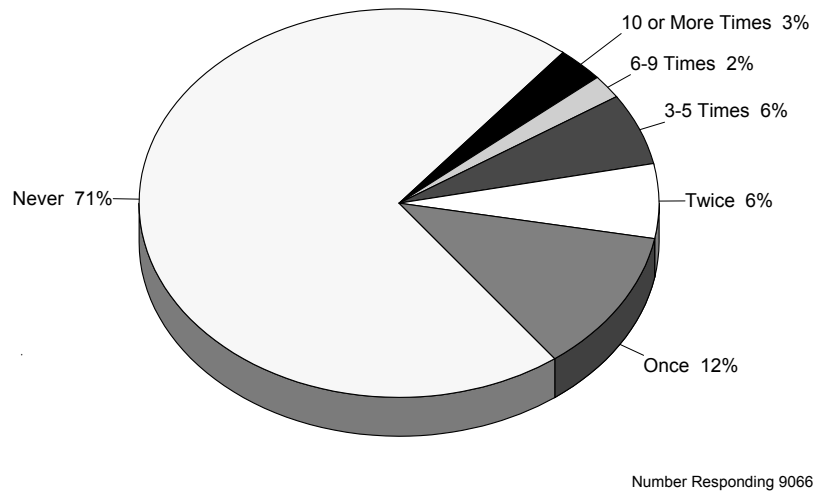
- Most teens (54%) believe taking one or two drinks nearly every day is a moderate or great risk.
- Almost one-half (46%) believe drinking nearly every day carries no or slight risk.

**Figure 4-19: Perceived Risk: Take 1 or 2 Drinks of an Alcoholic Beverage Nearly Every Day**



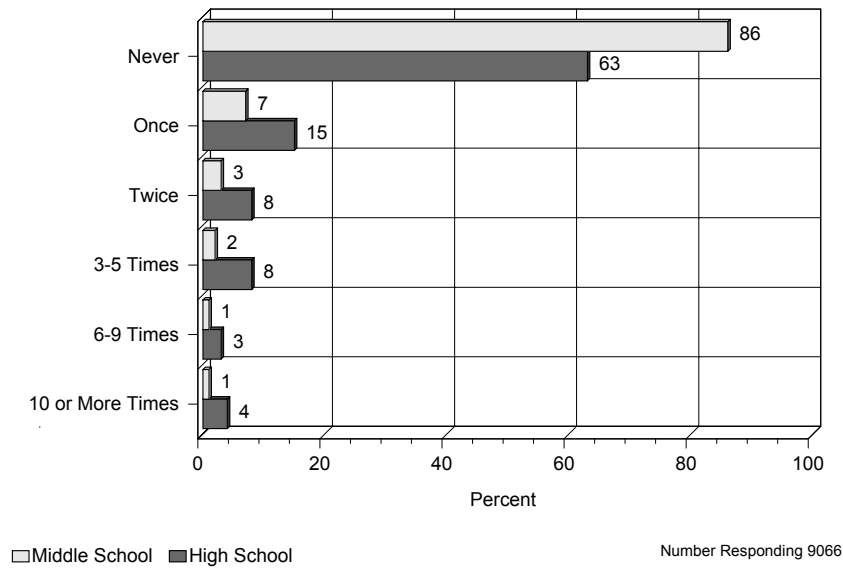
- Females were more likely than males to believe drinking alcohol nearly every day was of moderate or great risk.

**Figure 4-20: Frequency of Binge Drinking**  
(Number of Times in the Past Month)



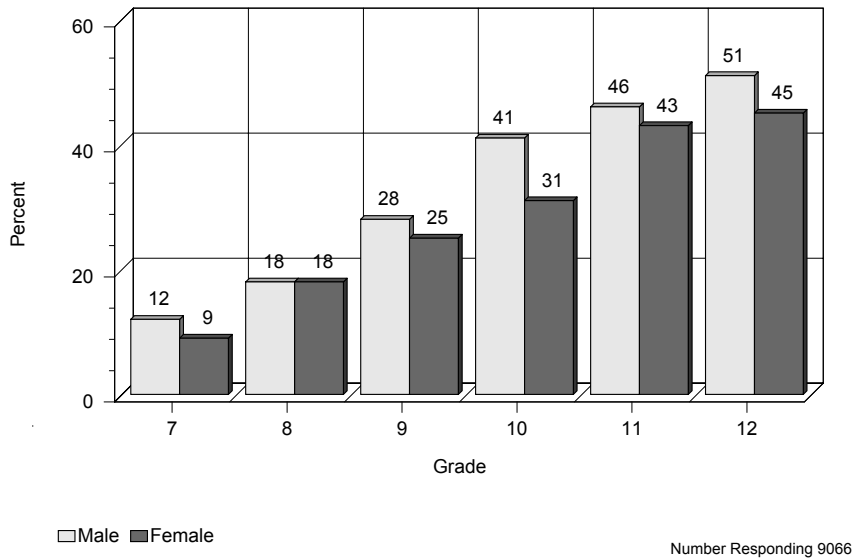
- Binge drinking was defined as taking *5 or more alcoholic drinks at one time*.
- Twenty-nine percent (29%) of teens reported binge drinking at least once in the month prior to the survey.

**Figure 4-21: Frequency of Binge Drinking**  
(Number of Times in the Past Month, by School Level)



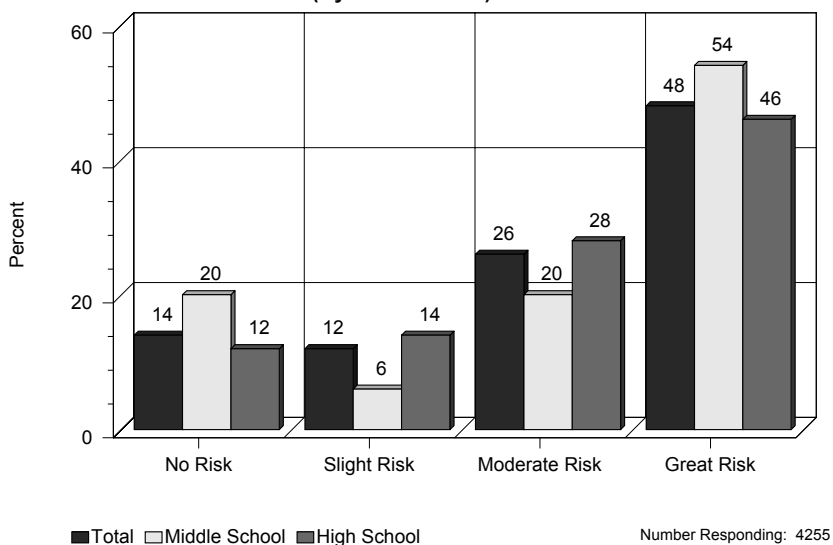
- High school students reported binge drinking more often than middle school students.
- Fifteen percent (15%) of high schoolers reported binge drinking 3 or more times in the past month compared to 4% of middle schoolers.

**Figure 4-22: Binge Drinking**  
(At Least Once in the Past Month, by Grade and Gender)



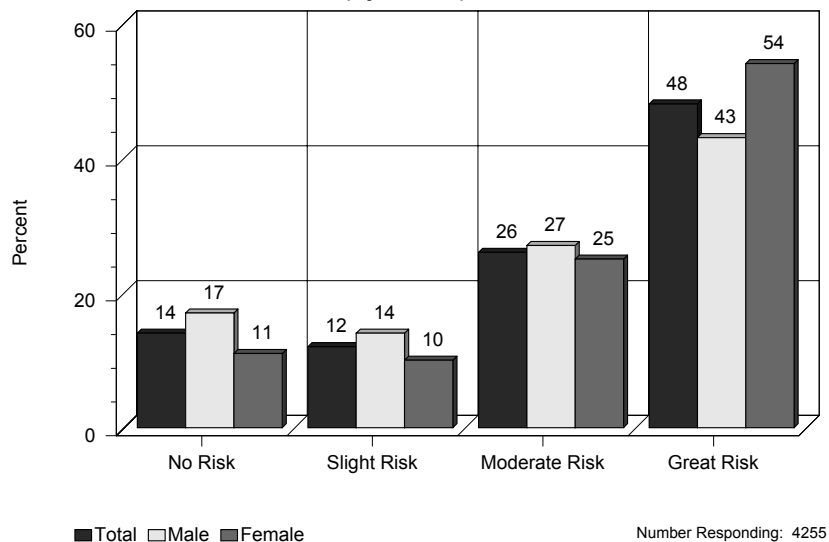
- Overall, 14% of middle school youth and 37% of high school youth reported binge drinking at least once in the month prior to the survey.
- A greater percentage of males than females report binge drinking (males, 31%; females, 28%).

**Figure 4-23: Perceived Risk: Binge Drinking  
Once or Twice Each Weekend  
(By School Level)**



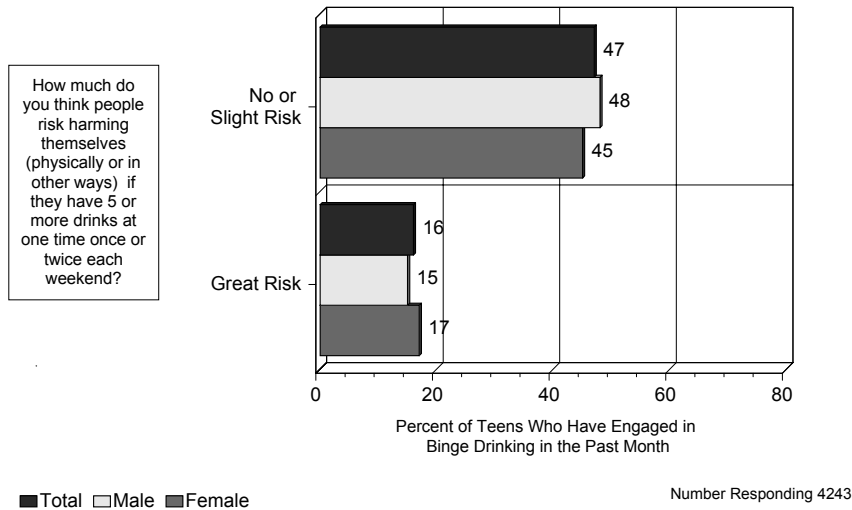
- Forty-eight (48%) of youth answering this question believe binge drinking once or twice each weekend has great risk.

**Figure 4-24: Perceived Risk: Binge Drinking  
Once or Twice Each Weekend  
(By Gender)**



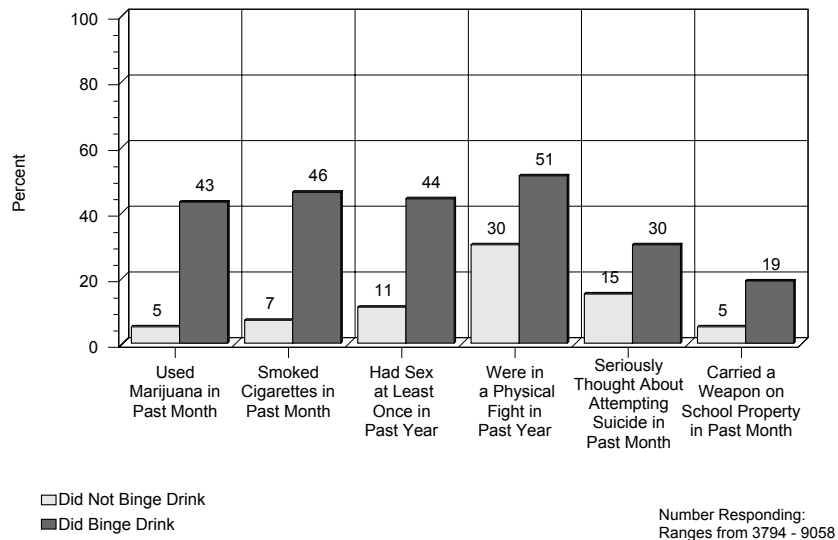
- A greater percentage of females (54%) than males (43%) believe binge drinking once or twice each weekend is a great risk.

**Figure 4-25: Perceived Risk: Binge Drinking Each Weekend vs. Those Who Have Engaged in Binge Drinking at Least Once in the Past Month (By Gender)**



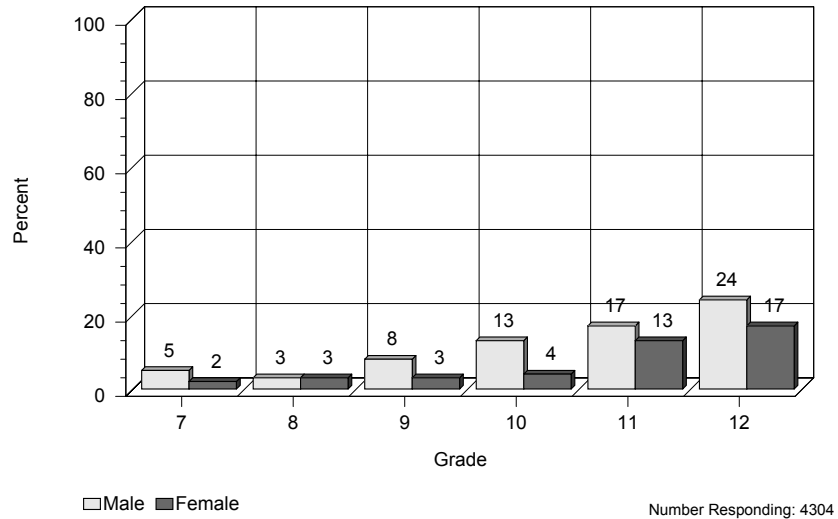
- Those who believe binge drinking has great risk are less likely to binge drink.
- Of those who consider binge drinking a great risk, 16% have done so in the month prior to the survey compared to 47% who consider it no or slight risk.

**Figure 4-26: Risk Behaviors Among Those Teens Who Engage in Binge Drinking vs. Those Who Do Not**



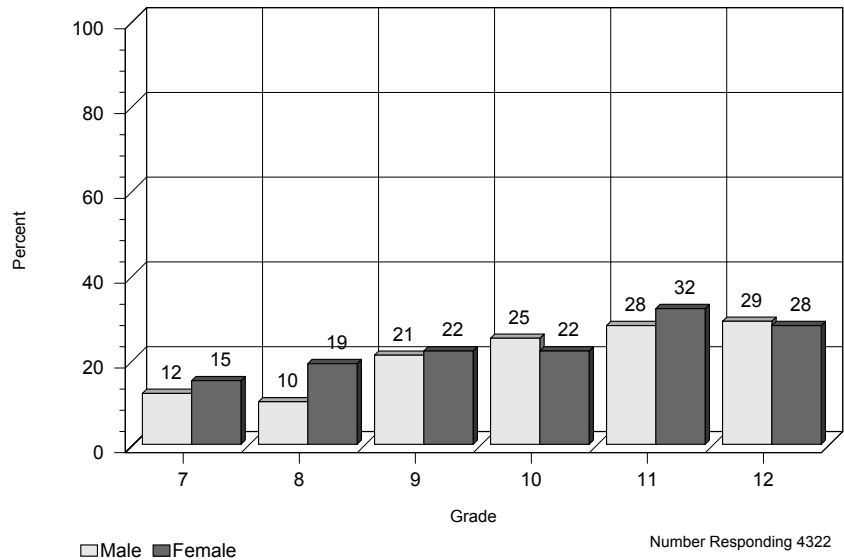
- Teens who engage in binge drinking are much more likely to engage in other risky behaviors such as using marijuana, smoking cigarettes, having sex, fighting, having serious thoughts about suicide, and carrying a weapon to school.

**Figure 4-27: Teens Who Have Driven a Vehicle After Drinking or Using Drugs**  
(In the Past Month, by Grade and Gender)



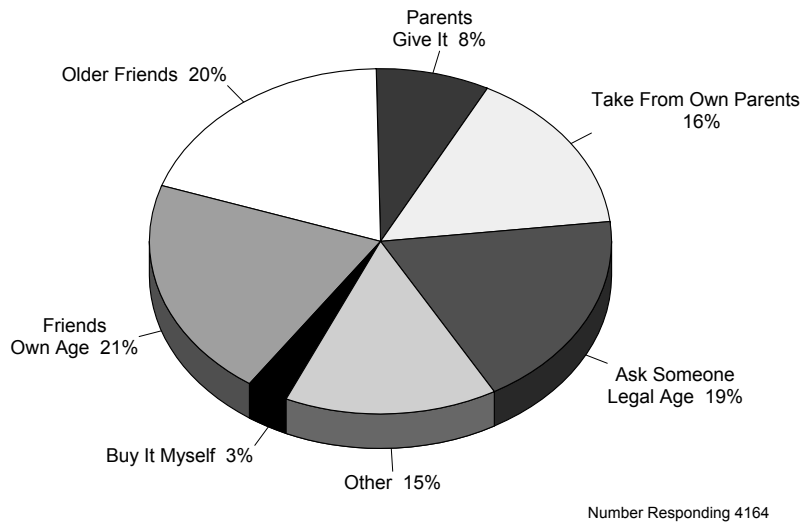
- Nine percent (9%) of youth answering this question said they drove at least once in the past month after drinking alcohol or using drugs (middle school, 3%; high school, 11%; males, 12%; females, 7%).

**Figure 4-28: Teens Who Have Ridden in a Vehicle with a Driver Who Had Been Drinking or Using Drugs**  
(At Least Once in the Past Month, by Grade and Gender)



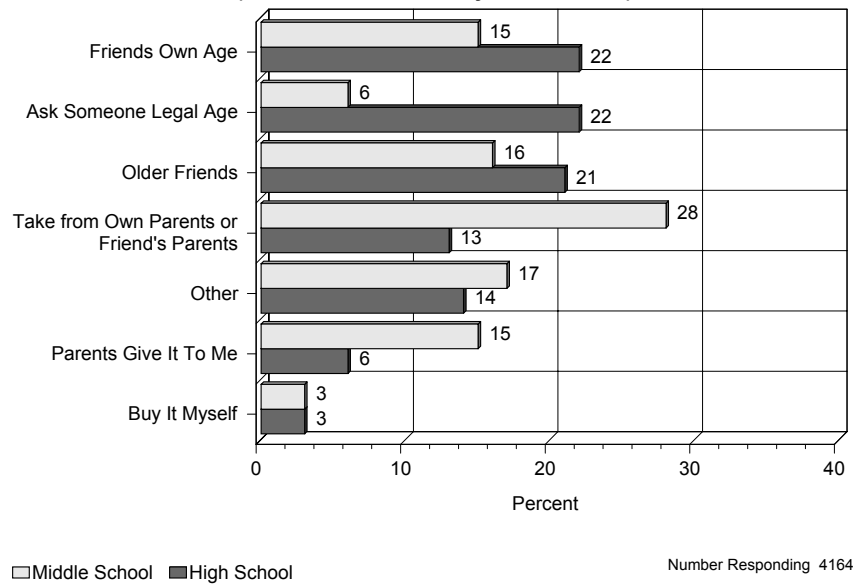
- Twenty-two percent (22%) reported riding with an intoxicated driver at least once in the month prior to the survey (middle school, 14%; high school, 25%; males, 21%; females, 23%).

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



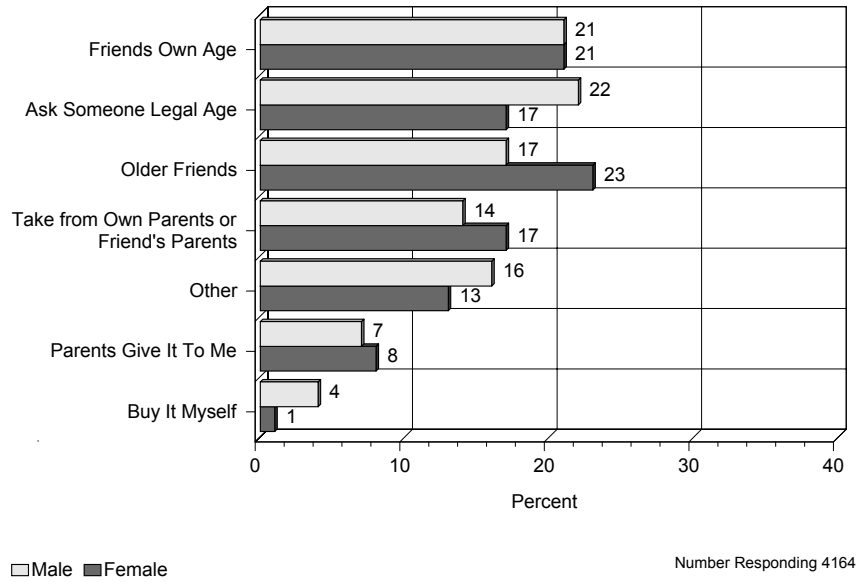
- Teens get alcohol from many different sources, most commonly from friends their own age or older (41%).

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



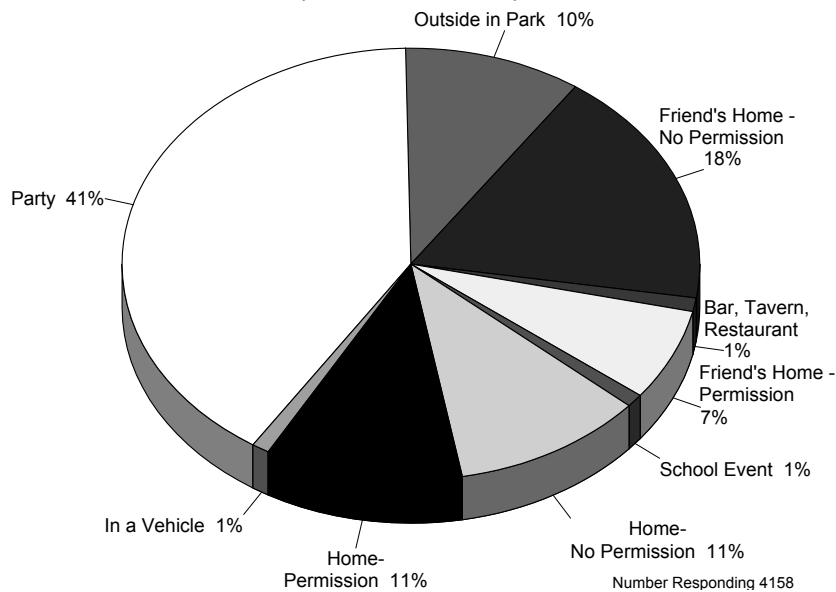
- High school students who drink were more likely to report getting alcohol from friends their own age or older or by asking someone of legal age to buy it for them.
- Middle school students are much more likely to take alcohol from their parents or their friend's parents.

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



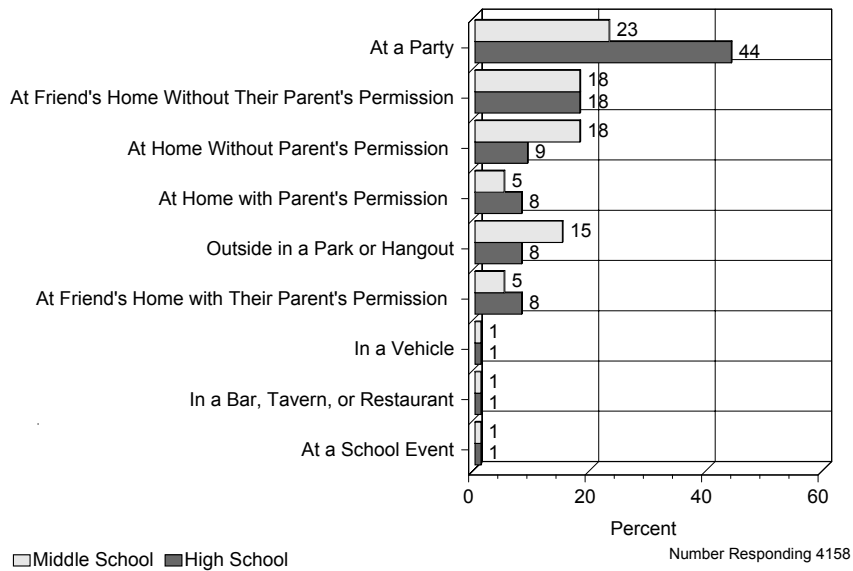
- Females who drink are more likely than males to get alcohol from their older friends or take it from parents.
- A greater percentage of males than females ask someone of legal age to buy alcohol.

**Figure 4-32: Where Teens Drink Alcohol**  
(Of Those Who Drink)



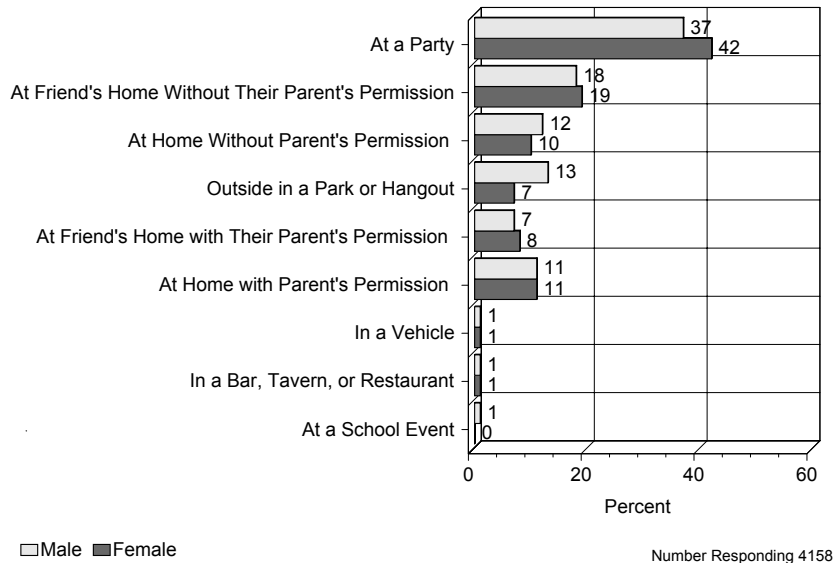
- Although teens drink in many places, at a party was the most common response.

**Figure 4-33: Where Teens Drink Alcohol**  
(Of Those Who Drink, by School Level)



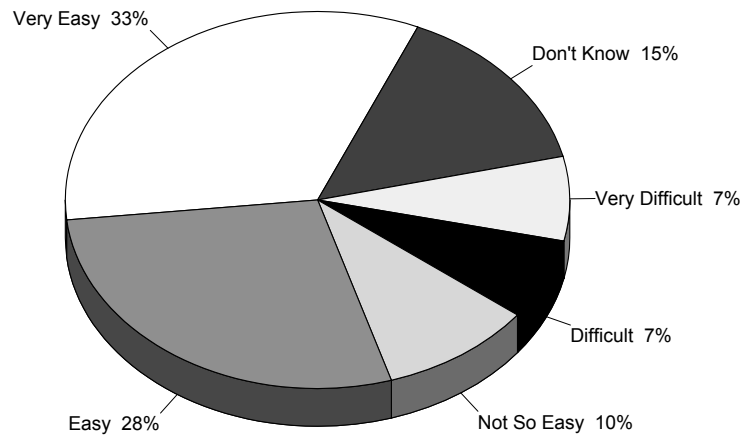
- High school youth are more likely to drink at a party than middle school youth.
- Middle school youth are more likely than high school youth to drink at home without permission or outside in a park or hangout area.

**Figure 4-34: Where Teens Drink Alcohol**  
(Of Those Who Drink, by Gender)



- For both males and females the most frequently reported location for drinking was at a party.

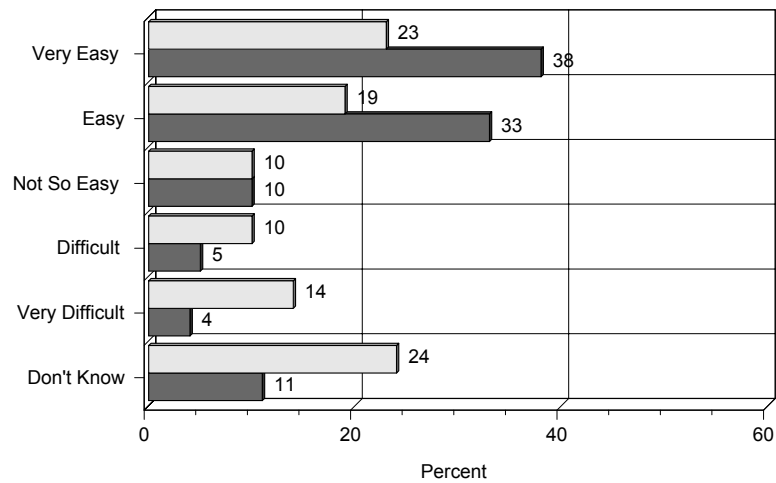
**Figure 4-35: Obtainability of Alcohol**



Number Responding 9061

- Most youth surveyed (61%) believe alcohol is easy or very easy to get.

**Figure 4-36: Obtainability of Alcohol (By School Level)**



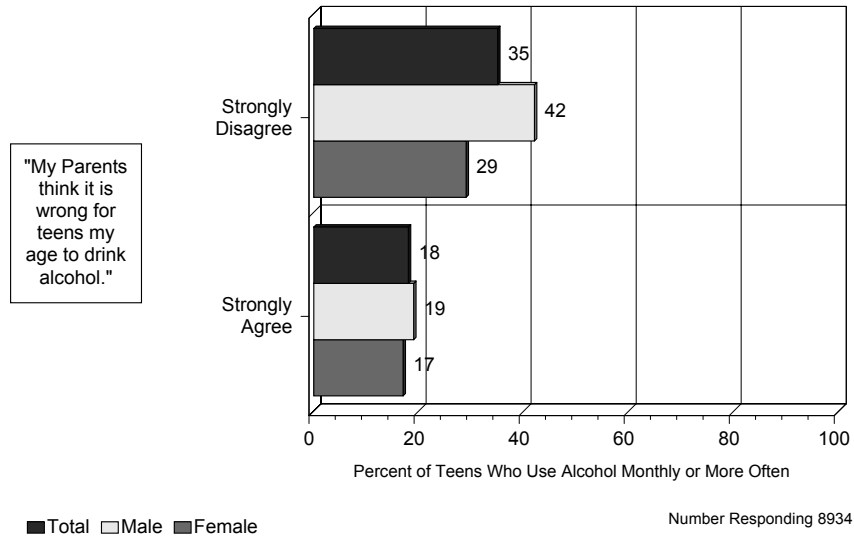
□ Middle School ■ High School

Number Responding 9061

- More high school students (71%) than middle school students (42%) report that alcohol is very easy or easy to get.

**Figure 4-37: Teens' Perceptions of Parental Values vs. Levels of Monthly Teen Drinking**

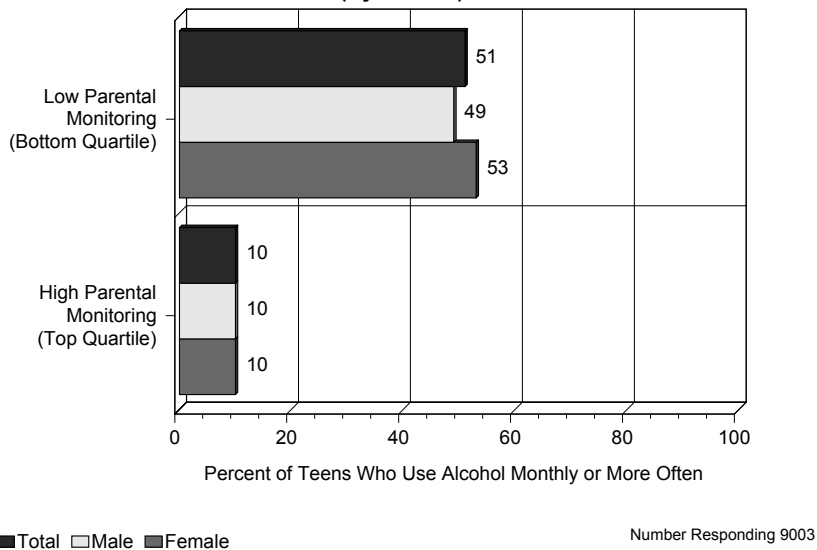
(By Gender)



- Teens who feel strongly that their parents would not approve of teens their age drinking are less likely to drink.

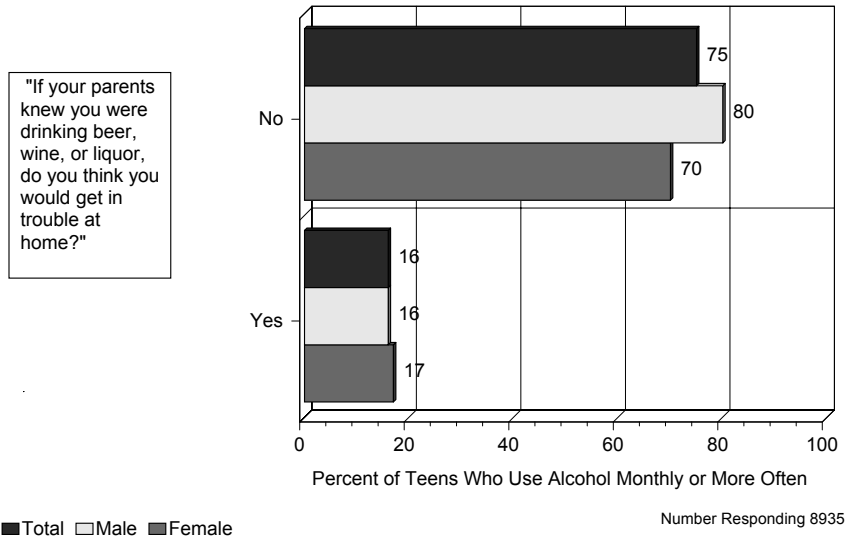
**Figure 4-38: Parental Monitoring vs. Levels of Monthly Teen Drinking**

(By Gender)



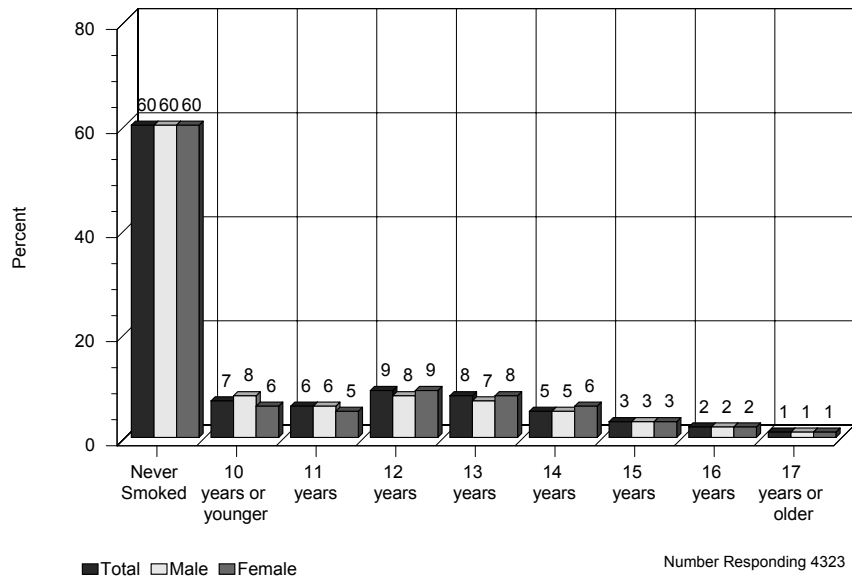
- Teens who are highly monitored by their parents are much less likely to drink alcohol on a monthly or more often basis than teens who are not highly monitored (10% vs. 51%).

**Figure 4-39: Thinking They Will Get in Trouble at Home vs. Monthly Teen Drinking (By Gender)**



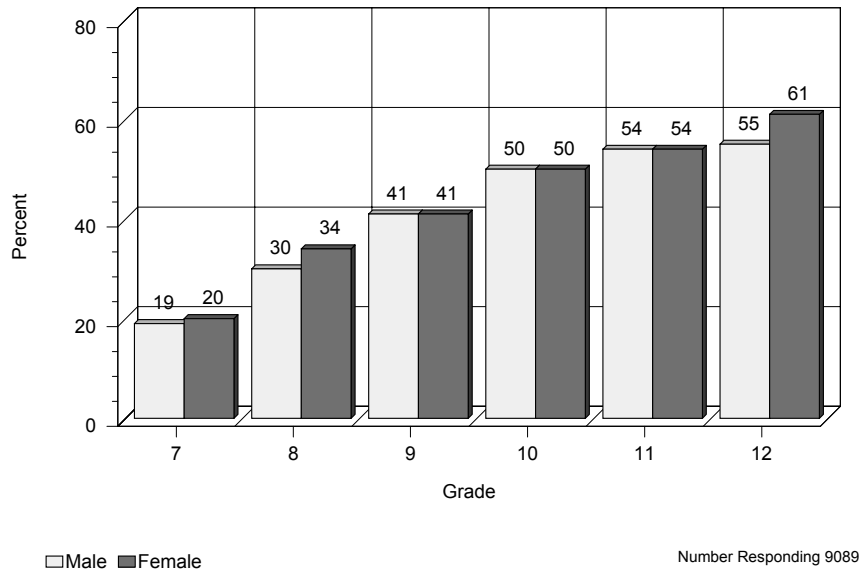
- Both males and females are much less likely to drink alcohol monthly or more often if they believe their drinking will get them in trouble at home.

**Figure 4-40: Age Students First Experimented with Tobacco (By Gender)**



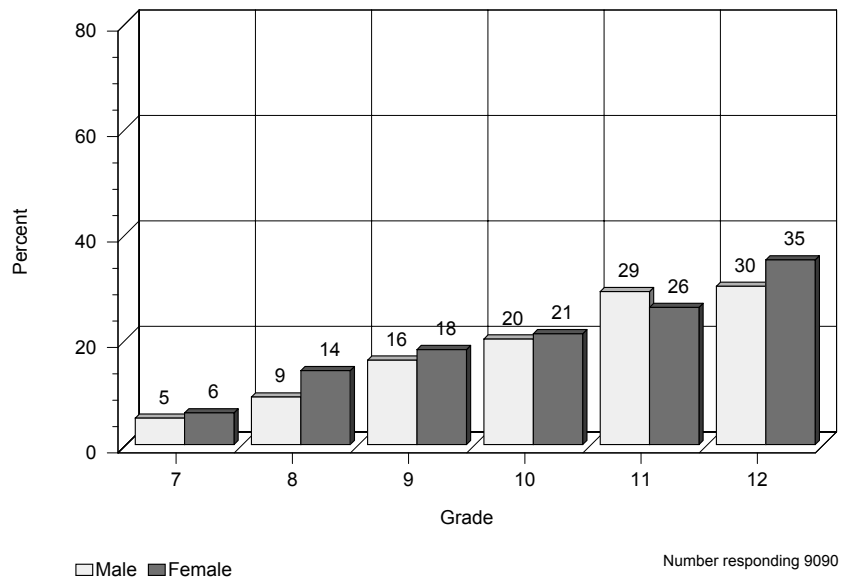
- The average age students first experimented with tobacco is 12.

**Figure 4-41: Teens Who Smoke Tobacco**  
(Any Use at All, by Grade and Gender)



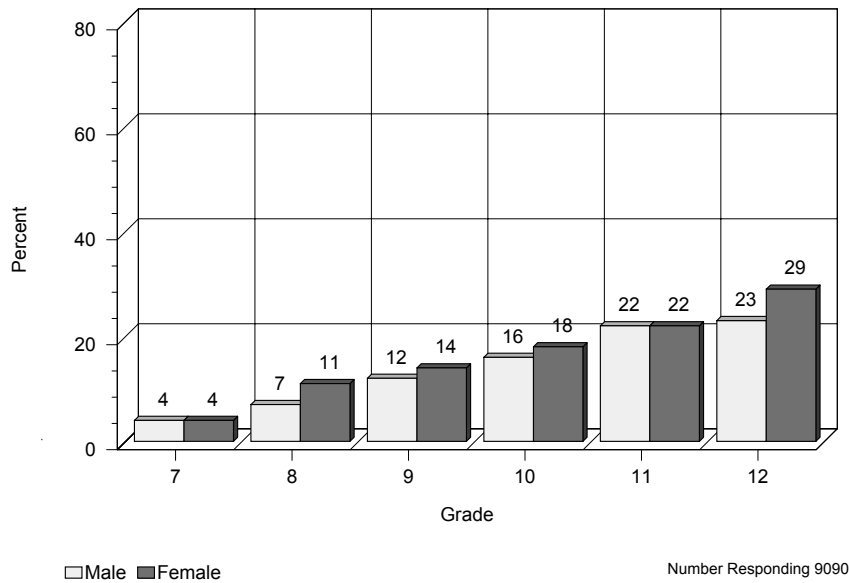
- As with drinking, more teens smoke tobacco as they get older.
- Overall, 42% of teens surveyed (middle school, 26%; high school, 50%; males, 41%; females, 43%) have smoked tobacco at some time in the past.

**Figure 4-42: Teens Who Smoke Tobacco**  
(Monthly or More Often, by Grade and Gender)



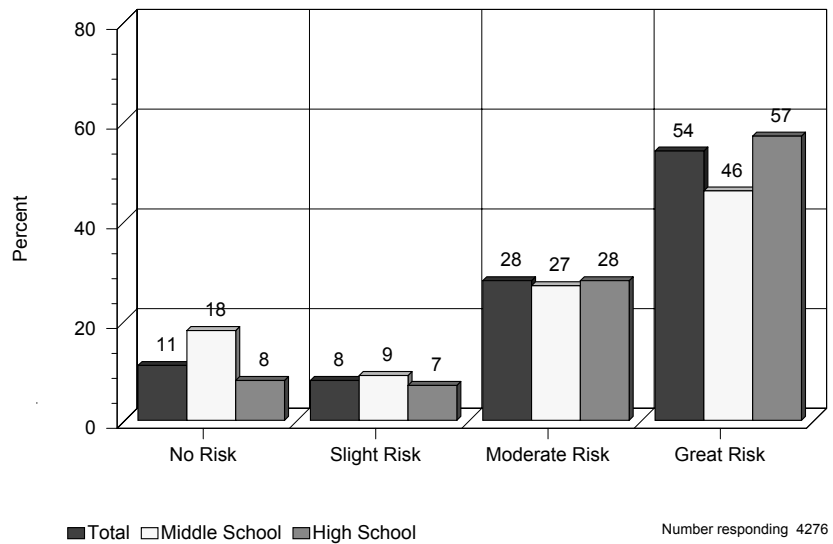
- Eighteen percent (18%) of teens reported smoking tobacco monthly or more often (middle school, 8%; high school, 24%; males, 17%; females, 19%).

**Figure 4-43: Teens Who Smoke Tobacco**  
(Weekly or More Often, by Grade and Gender)



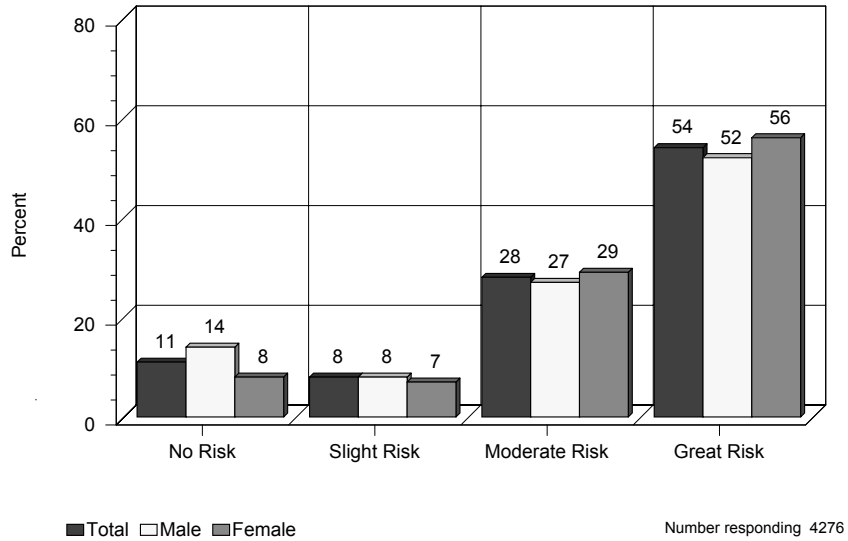
- Fourteen percent (14%) of students surveyed reported they smoke weekly or more often (middle school, 6%; high school, 19%; males, 13%; females, 16%).

**Figure 4-44: Perceived Risk: Smoke One or More Packs of Cigarettes a Day**  
(By School Level)



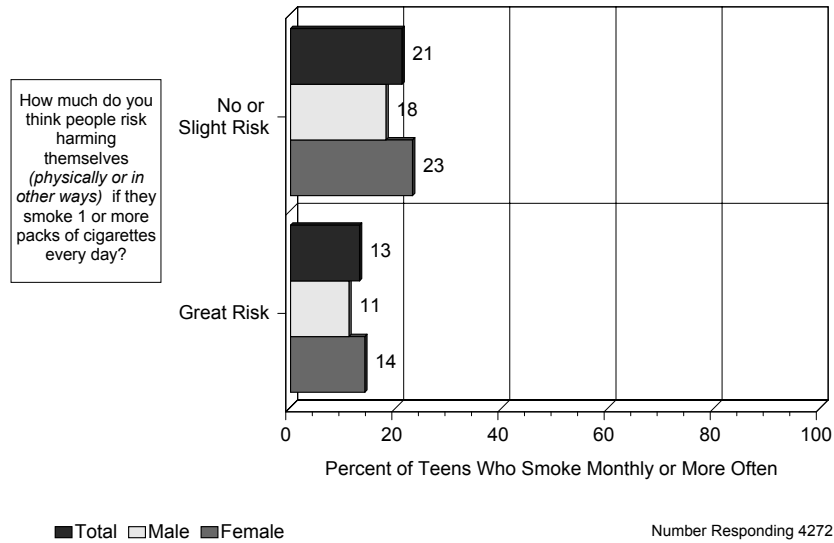
- Most teens believe smoking one or more packs of cigarettes a day has great risk.

**Figure 4-45: Perceived Risk: Smoke One or More Packs of Cigarettes a Day (By Gender)**



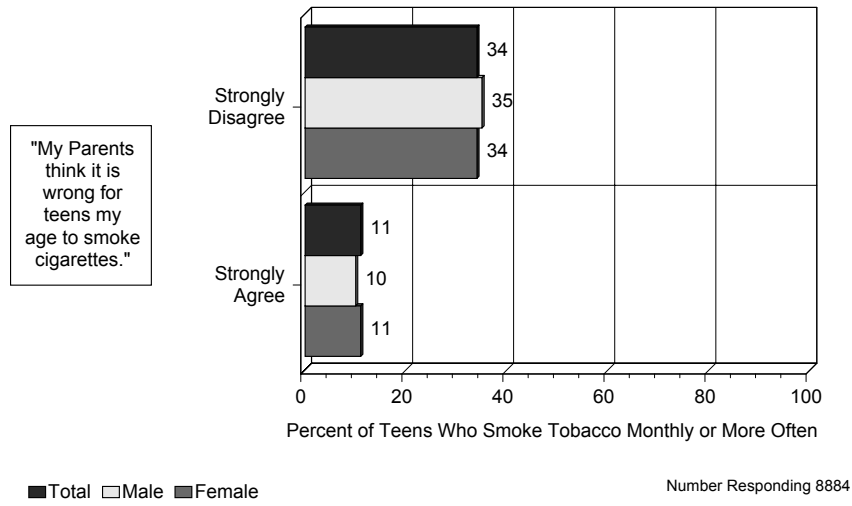
- Males and females have similar perceptions of the risk of smoking one pack of cigarettes a day.

**Figure 4-46: Perceived Risk: Smoke One or More Packs of Cigarettes a Day vs. Monthly Teen Smoking (By Gender)**



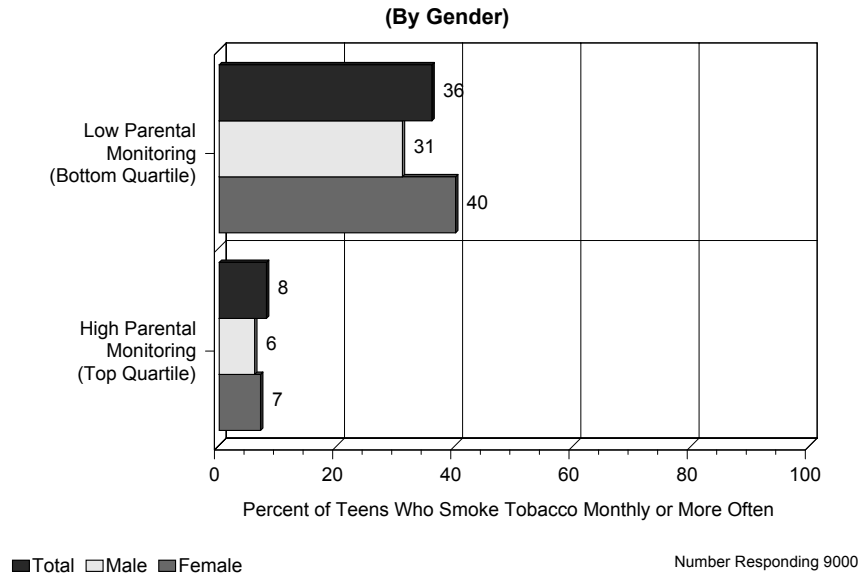
- Fewer males and females who think smoking one or more packs of cigarettes per day carries great risk reported monthly smoking.

**Figure 4-47: Teens' Perceptions of Parental Values vs. Levels of Monthly Teen Smoking**  
(By Gender)



- Teens who strongly agree that their parents think it's wrong for teens their age to smoke cigarettes are less likely to smoke.

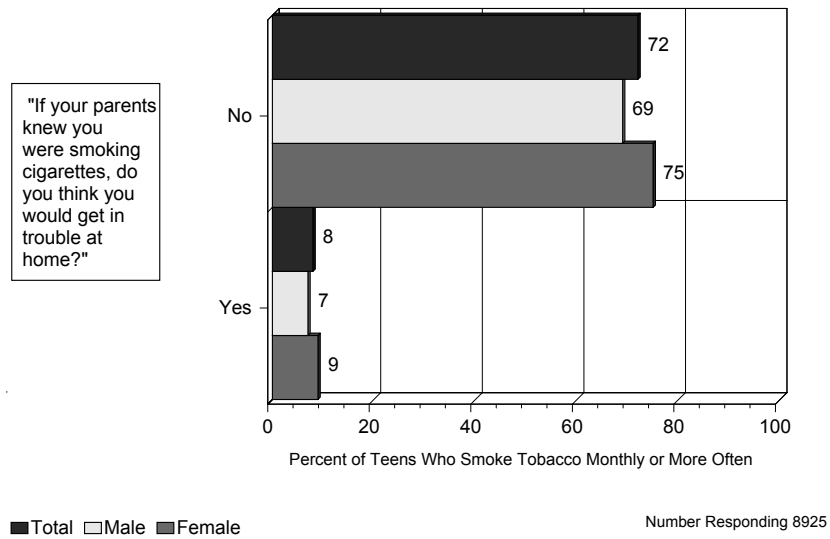
**Figure 4-48: Parental Monitoring vs. Levels of Monthly Teen Tobacco Smoking**  
(By Gender)



- Teens who are highly monitored by their parents are less likely to smoke.

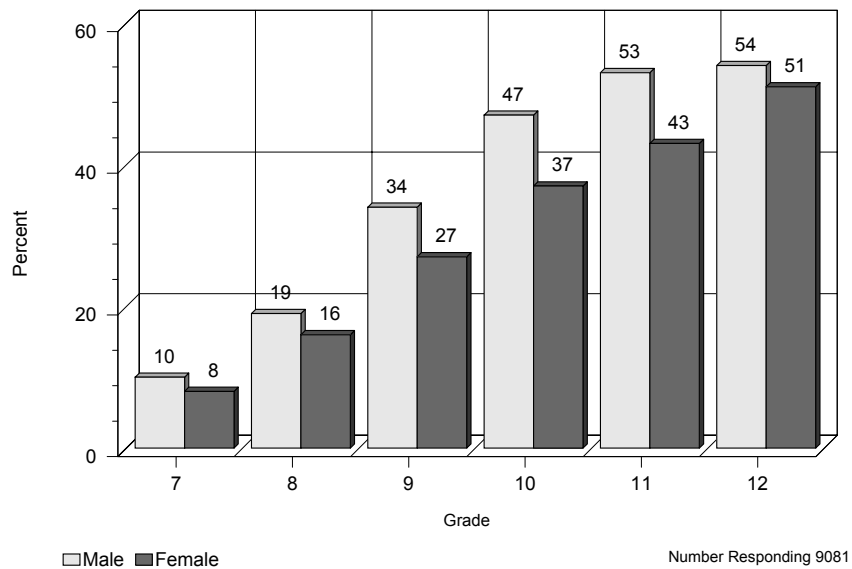
**Figure 4-49: Teens' Thinking They'll Get in Trouble at Home vs. Level of Monthly Smoking**

(By Gender)



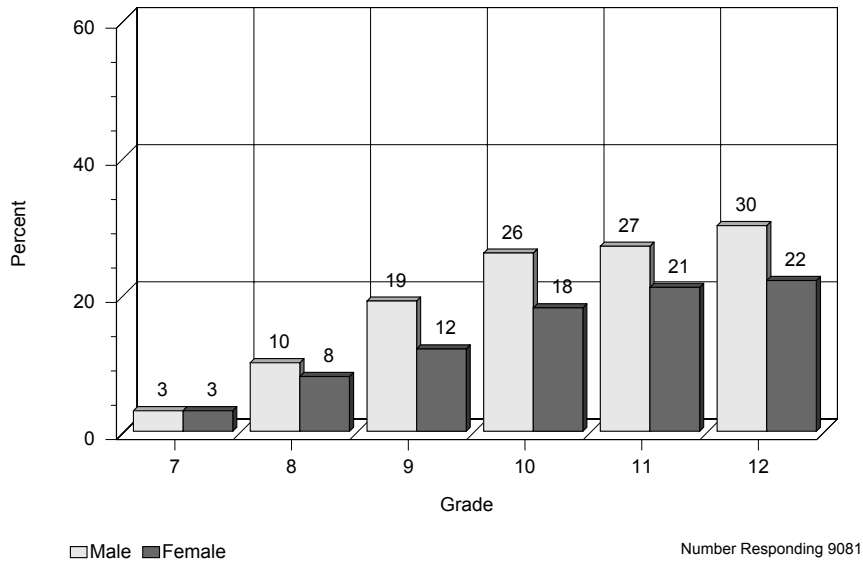
- Teens who believe they will get in trouble at home are much less likely to smoke monthly or more often.

**Figure 4-50: Teens Who Use Marijuana**  
(Any Use at All, by Grade and Gender)



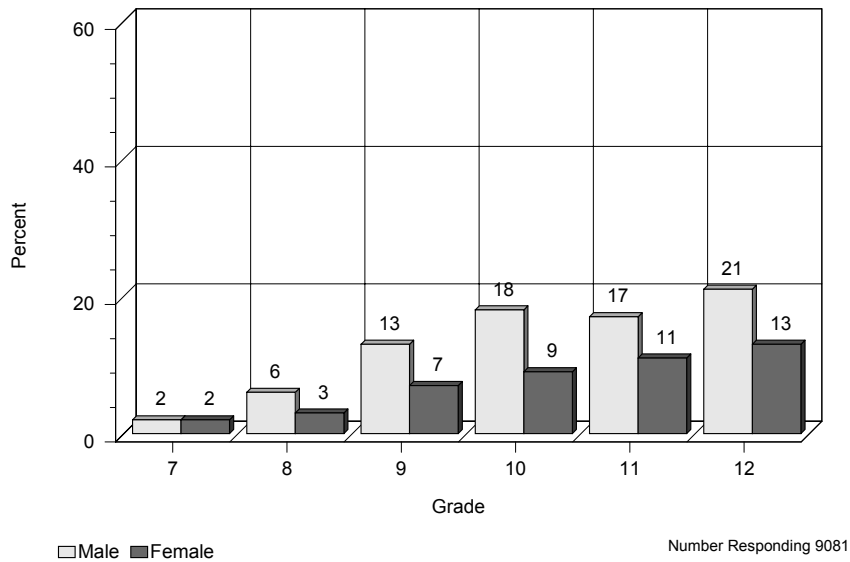
- Overall, 32% of youth have smoked marijuana at some time in the past (middle school, 13%; high school, 42%; males, 35%; females, 29%).

**Figure 4-51: Teens Who Use Marijuana**  
(Monthly or More Often, by Grade and Gender)



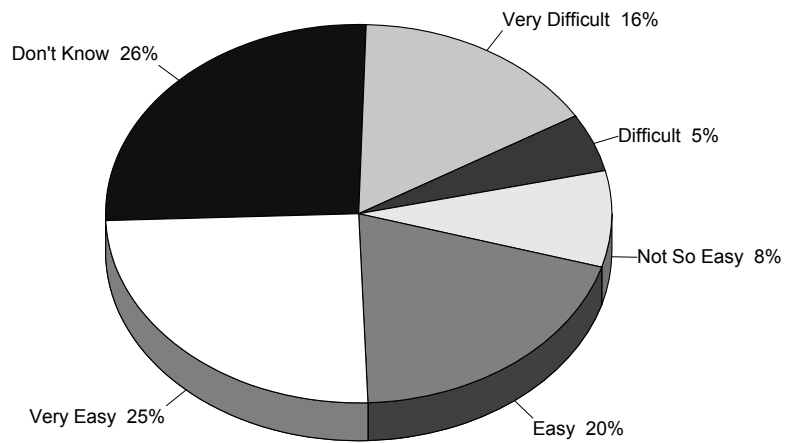
- Overall, 16% of youth reported smoking marijuana at least once a month (middle school, 6%; high school, 21%; males, 18%; females, 13%).

**Figure 4-52: Teens Who Use Marijuana**  
(Weekly or More Often, by Grade and Gender)



- Overall, 10% of youth reported smoking marijuana at least once a week (middle school, 3%; high school, 13%; males, 12%; females, 7%).
- At most grade levels, more males than females report weekly or more often marijuana usage.

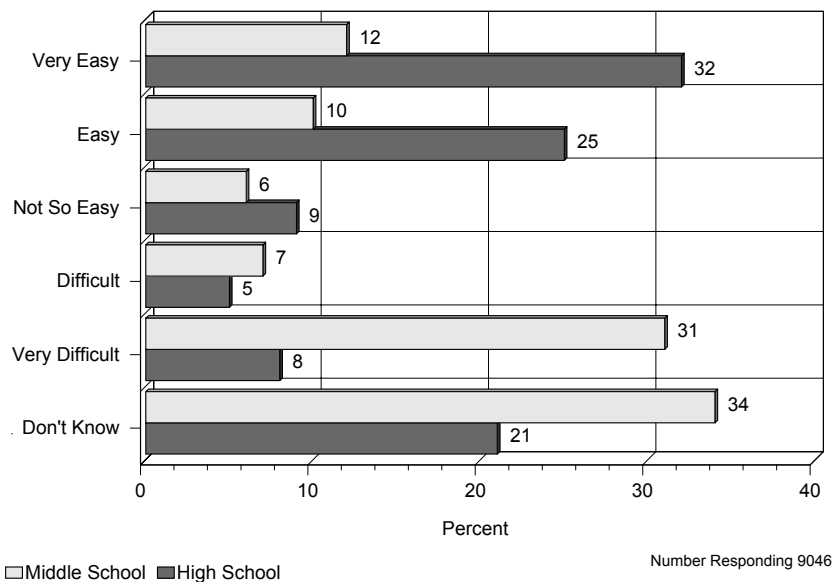
**Figure 4-53: Obtainability of Marijuana**



Number Responding 9046

- Almost one-half (45%) of students surveyed believe marijuana is either very easy or easy to get.

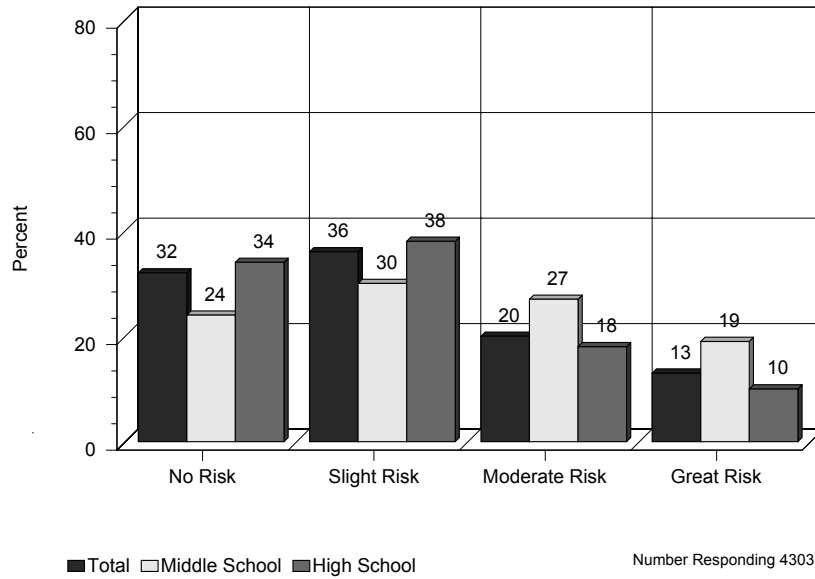
**Figure 4-54: Obtainability of Marijuana (By School Level)**



Number Responding 9046

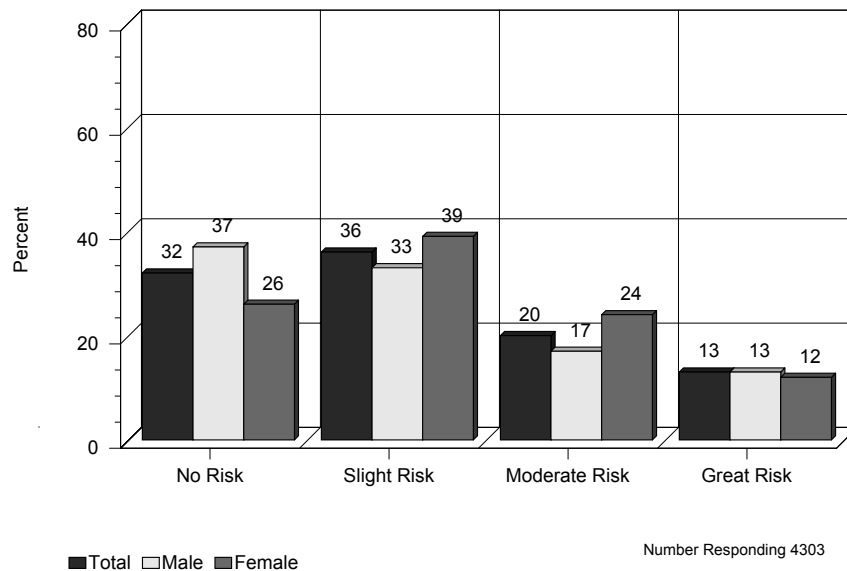
- High school students (57%) are much more likely to believe marijuana is very easy or easy to get than middle school students (22%).

**Figure 4-55: Perceived Risk: Try Marijuana Once or Twice  
(By School Level)**



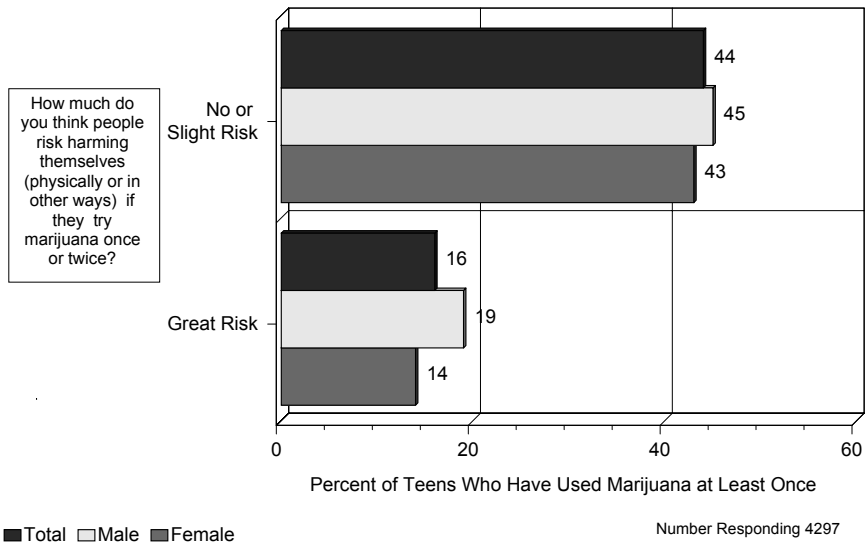
- Middle school students (46%) are more likely than high school students (28%) to believe that trying marijuana carries moderate or great risk.

**Figure 4-56: Perceived Risk: Try Marijuana Once or Twice  
(By Gender)**



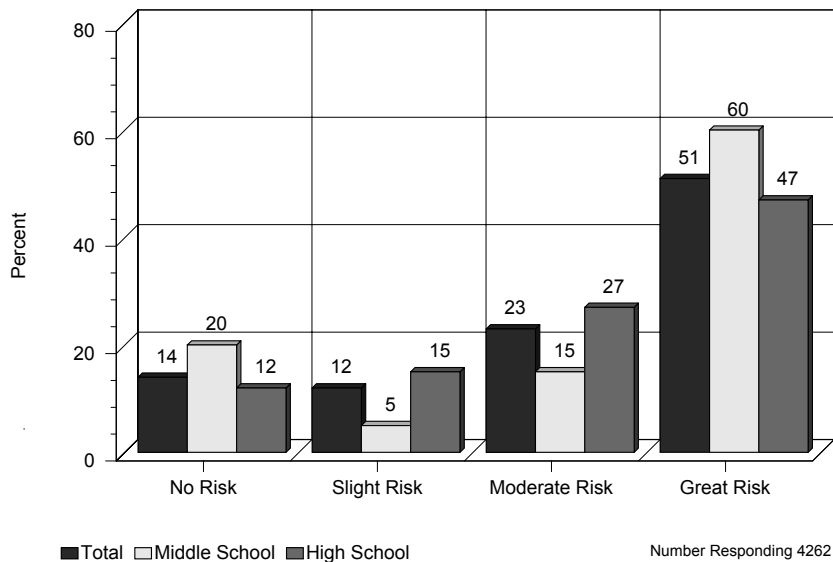
- More females (36%) than males (30%) reported that trying marijuana carries moderate or great risk.

**Figure 4-57: Perceived Risk: Trying Marijuana Once or Twice vs. Any Use at All of Marijuana (By Gender)**



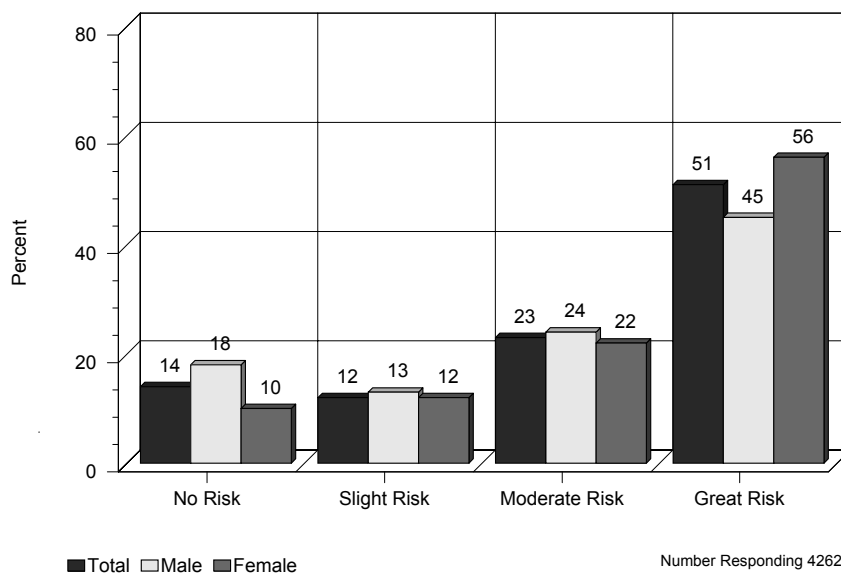
- Those who rate trying marijuana as having great risk are less likely to report ever trying marijuana.

**Figure 4-58: Perceived Risk: Smoke Marijuana Regularly (By School Level)**



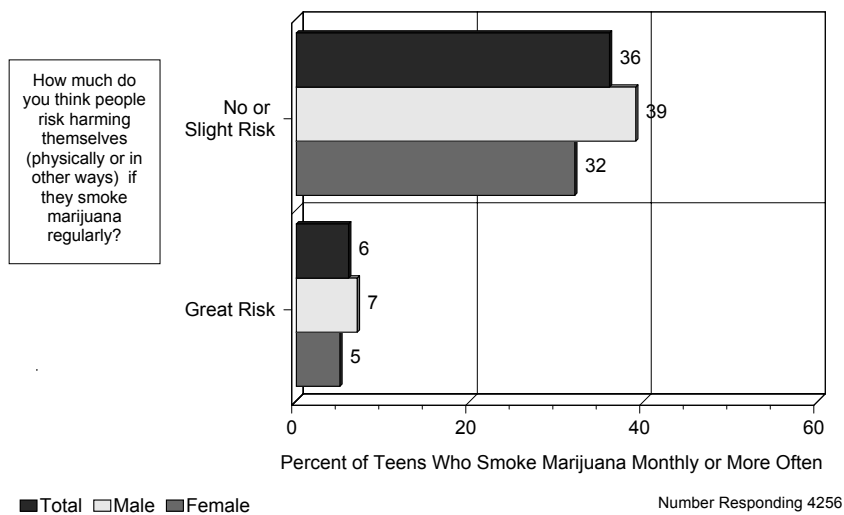
- Most youth surveyed believe smoking marijuana regularly has great risk.

**Figure 4-59: Perceived Risk: Smoke Marijuana Regularly  
(By Gender)**



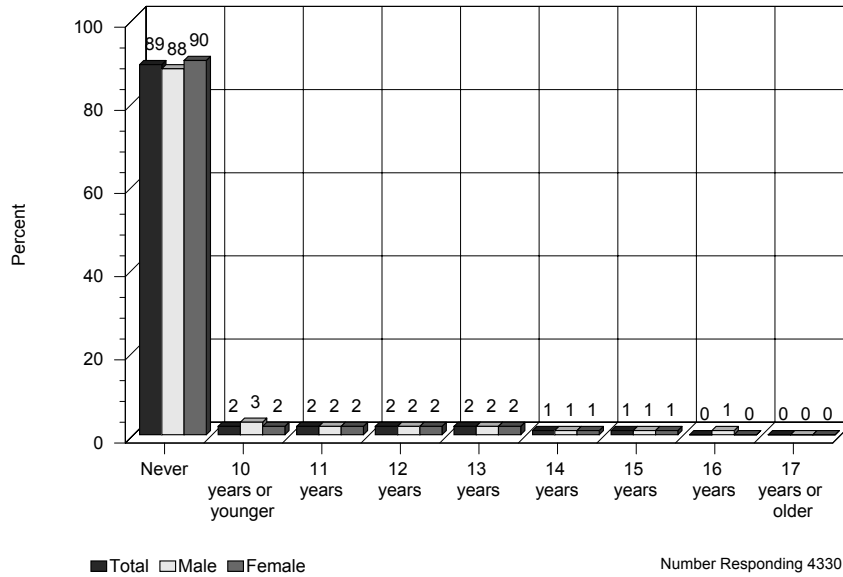
- Females are more likely than males to believe regular marijuana smoking has great risk.

**Figure 4-60: Perceived Risk: Smoking Marijuana Regularly  
vs. Teens' Monthly Use of Marijuana  
(By Gender)**



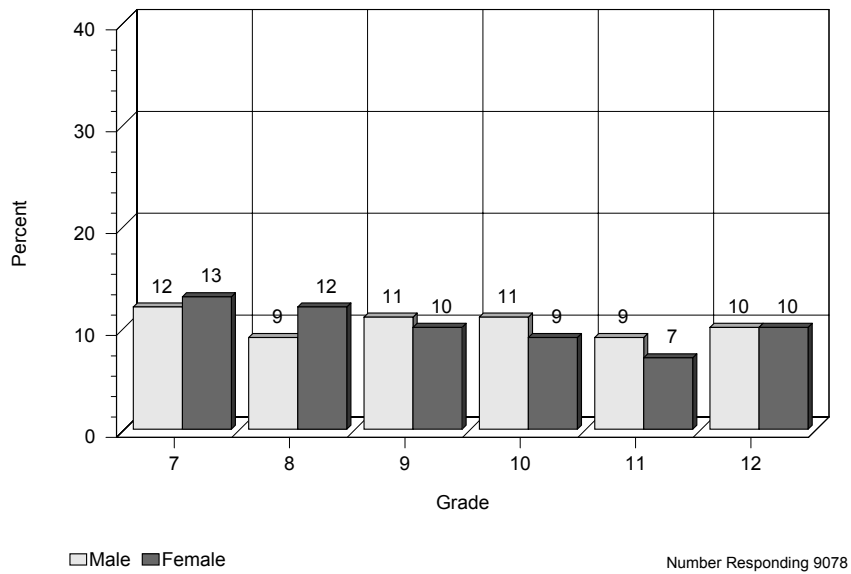
- Of those who use marijuana monthly, 36 % reported regular use of marijuana to be of no or slight risk; 6% reported regular use to be of great risk.

**Figure 4-61: Age Students First Experimented with Inhalants (By Gender)**



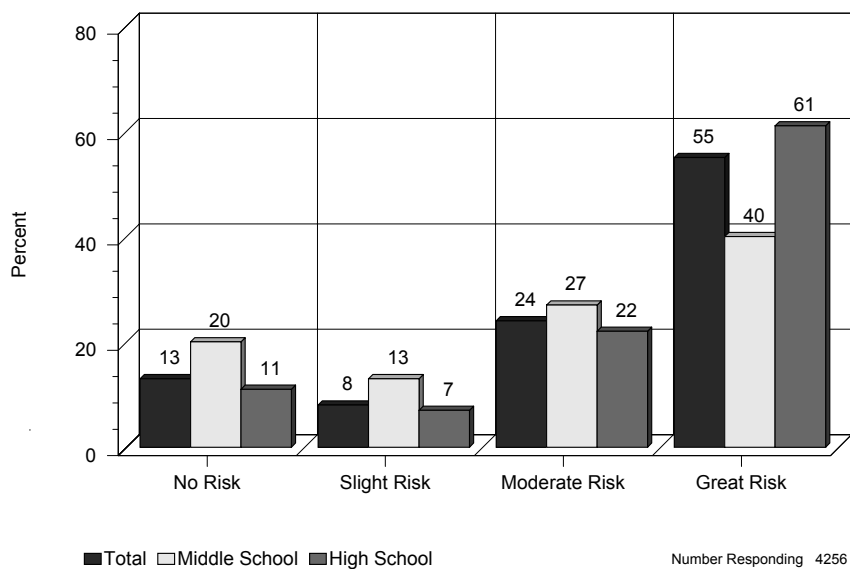
- The average reported age youth first experimented with inhalants is 12.

**Figure 4-62: Teens Who Use Inhalants (Any Use at All, by Grade and Gender)**



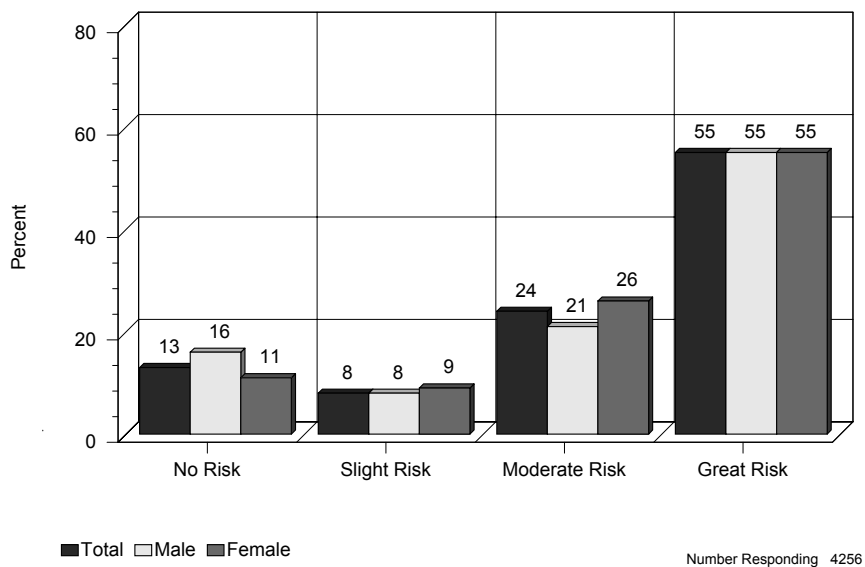
- Ten percent (10%) of youth surveyed reported using inhalants at some time (middle school, 11%; high school, 10%; males, 11%; females, 10%).
- Two percent (2%) of youth surveyed reported using inhalants monthly or more often (middle school, 3%; high school, 2%; males, 3%; females, 2%).

**Figure 4-63: Perceived Risk: Inhalant Use  
(By School Level)**



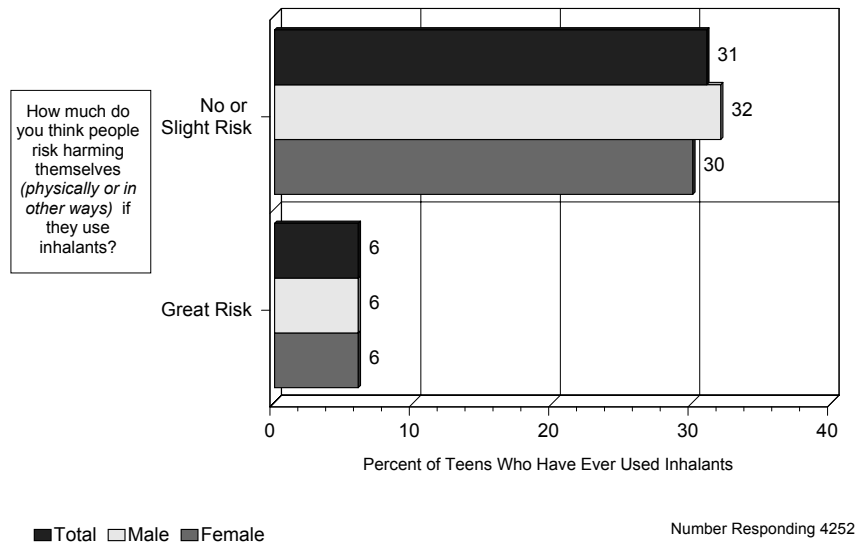
- Most youth believe using inhalants carries great risk.
- More high school youth than middle school youth believe using inhalants has great risk.

**Figure 4-64: Perceived Risk: Inhalant Use  
(By Gender)**



- Males and females have similar perceptions of the risk of inhalant use.

**Figure 4-65: Perceived Risk: Inhalant Use vs. Any Use of Inhalants (By Gender)**



- Youth who perceive inhalant use as having no or slight risk are more likely to report inhalant use.

## 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 New Hampshire 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 broken down by any use at all, monthly use and weekly use. This information can also be viewed in graph form at the beginning of this chapter.

**Table 4-1: Other Drug Use**

| <b>Drug</b>      | <b>Any Use At All<br/>%</b> | <b>Monthly Use<br/>%</b> | <b>Weekly Use<br/>%</b> |
|------------------|-----------------------------|--------------------------|-------------------------|
| Hallucinogens    | 11                          | 4                        | 1                       |
| Uppers           | 12                          | 3                        | 2                       |
| Cocaine or Crack | 6                           | 2                        | 1                       |
| Chewing Tobacco  | 9                           | 2                        | 1                       |
| Downers          | 6                           | 1                        | 1                       |
| Narcotics        | 4                           | 1                        | 1                       |

## PRESENTATION OF COMPARABLE DATA

In this section, TAP data are compared with other national and New Hampshire statistics. The two surveys used for comparison are the *1999 Youth Risk Behavior Surveillance Survey* (YRBS) published by the Centers for Disease Control and Prevention (CDC) (2000) and the *1999 Monitoring the Future* study published by the U.S. Department of Health and Human Services (Johnson, O'Malley, & Bachman, 2000).

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. The six categories are 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. The YRBS is administered every other year and includes a national school-based survey conducted by the CDC as well as state, territorial and local school-based surveys conducted by education and health agencies. Although the goal is to obtain representative samples, due to a lower than expected response rate, the results from the 1999 survey for New Hampshire should not be generalized to other students in the state.

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. It is conducted annually with nationally representative samples of students in public and private schools. TAP data on perceived risk of alcohol and other drugs are compared with *Monitoring the Future* data for 8th, 10th and 12th grade students.

**Table 4-2: Alcohol and Other Drug Use Comparison: Any Use At All  
(grades 9-12 only)**

| <b>Substance</b>   | <b>YRBS<br/>National<br/>%</b> | <b>YRBS<sup>1</sup><br/>N.H.<br/>%<br/>(ranking)</b> | <b>TAP<sup>2</sup><br/>%</b> |
|--|--------------------------------|--|------------------------------|
| <b>Cigarettes</b><br>YRBS: Have you ever tried...<br><br>TAP: Please indicate how often you use...   | 70.4<br><br>-                  | 66.7<br>(24 <sup>th</sup> of 29)<br><br>-            | -<br><br>50                  |
| <b>Alcohol</b><br>YRBS: During your life, on how many days have you had at least one drink?<br><br>TAP: Please indicate how often you use... | 81.0<br><br>-                  | 82.9<br>(6 <sup>th</sup> of 29)<br><br>-             | -<br><br>69                  |
| <b>Marijuana</b><br>YRBS: During your life, how many times have you used...<br><br>TAP: Please indicate how often you use...                 | 47.2<br><br>-                  | 49.8<br>(4 <sup>th</sup> of 29)<br><br>-             | -<br><br>42                  |
| <b>Cocaine or Crack</b><br>YRBS: During your life, how many times have you used...<br><br>TAP: Please indicate how often you use...          | 9.5<br><br>-                   | 9.9<br>(6 <sup>th</sup> of 32)<br><br>-              | -<br><br>8                   |
| <b>Inhalants</b><br>YRBS: During your life, how many times have you used...<br><br>TAP: Please indicate how often you use...                 | 14.6<br><br>-                  | 19.4<br>(3 <sup>rd</sup> of 32)<br><br>-             | -<br><br>10                  |

<sup>1</sup>(Youth Risk Behavior Surveillance Survey-CDC, 2000. Ranking is based on weighted and unweighted data combined.)

<sup>2</sup>(Teen Assessment Project, 2000)

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

**Table 4-3: Alcohol and Other Drug Use Comparison: In the Past 30 Days/Month  
(grades 9-12 only)**

| <b>Substance</b>   | <b>YRBS<br/>National<br/>%</b> | <b>YRBS<sup>1</sup><br/>N.H.<br/>%<br/>(ranking)</b> | <b>TAP<sup>2</sup><br/>%</b> |
|--|--------------------------------|--|------------------------------|
| <b>Cigarettes</b><br><b>YRBS:</b> During the past 30 days, on how many days did you use...<br><br><b>TAP:</b> Please indicate how often you use... | 34.8                           | 34.1<br>(16 <sup>th</sup> of 33)                     | -<br><br>24                  |
| <b>Alcohol</b><br><b>YRBS:</b> During the past 30 days, on how many days did you use...<br><br><b>TAP:</b> Please indicate how often you use...    | 50.0                           | 52.5<br>(11 <sup>th</sup> of 33)                     | -<br><br>37                  |
| <b>Marijuana</b><br><b>YRBS:</b> During the past 30 days, how many times did you use...<br><br><b>TAP:</b> Please indicate how often you use...    | 26.7                           | 30.3<br>(6 <sup>th</sup> of 33)                      | -<br><br>21                  |
| <b>Cocaine</b><br><b>YRBS:</b> During the past 30 days, how many times did you use...<br><br><b>TAP:</b> Please indicate how often you use...      | 4.0                            | 3.4<br>(17 <sup>th</sup> of 32)                      | -<br><br>2                   |
| <b>Inhalants</b><br><b>YRBS:</b> During the past 30 days, how many times did you use...<br><br><b>TAP:</b> Please indicate how often you use...    | 4.2                            | 5.2<br>(6 <sup>th</sup> of 32)                       | -<br><br>2                   |

<sup>1</sup>(Youth Risk Behavior Surveillance Survey - CDC, 2000. Ranking is based on weighted and unweighted data combined.)

<sup>2</sup>(Teen Assessment Project, 2000)

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

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

| <b>Behavior</b>   | <b>YRBS<br/>National<br/>%</b> | <b>YRBS<sup>1</sup><br/>N.H.<br/>%<br/>(ranking)</b> | <b>TAP<sup>2</sup><br/>%</b> |
|---|--------------------------------|--|------------------------------|
| <b>YRBS:</b> Drank alcohol before age 13 years: more than a few sips  | 32.2                           | 30<br>(22 <sup>th</sup> of 33)                       | -                            |
| <b>TAP:</b> Drank alcohol before age 13 years: more than a few sips   | -                              | -  | 19                           |
| <b>YRBS:</b> Frequency of binge drinking in past 30 days (see Note 1)   | 31.5                           | 33.2<br>(16 <sup>th</sup> of 33)                     | -                            |
| <b>TAP:</b> Frequency of binge drinking during past month (see Note 1)  | -                              | -  | 37                           |
| <b>YRBS:</b> Number of times rode with driver who had been drinking alcohol in past 30 days                   | 33.1                           | 29.3<br>(28 <sup>th</sup> of 33)                     | -                            |
| <b>TAP:</b> Number of times rode with driver who was drinking alcohol <b>or</b> using drugs during past month | -                              | -  | 25                           |
| <b>YRBS:</b> Number of times drove after drinking alcohol in past 30 days                                     | 13.1                           | 11.7<br>(29 <sup>th</sup> of 33)                     | -                            |
| <b>TAP:</b> Number of times drove after drinking <b>or</b> using drugs during past                            | -                              | -  | 11                           |

<sup>1</sup>(Youth Risk Behavior Surveillance Survey - CDC, 2000. Ranking is based on weighted and unweighted data combined.)

<sup>2</sup>(Teen Assessment project, 2000)

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

Note 1: YRBS asks “During the past 30 days, on how many days did you have 5 or more drinks in row?” - responses indicate number of days, vs. TAP: “During the past month, have you had 5 or more alcoholic drinks at one time?”- responses indicate number of times.

**Table 4-5: Perceived Risk Comparison**

| Question  | Monitoring the Future <sup>1</sup><br>%                                | TAP <sup>2</sup><br>%  |
|---|--|--|
| How much do you think people risk harming themselves ( <i>physically or in other ways</i> ), if they... |  |  |
| Have five or more drinks once or twice each weekend?  | 8 <sup>th</sup> – 55<br>10 <sup>th</sup> – 52<br>12 <sup>th</sup> – 43 | 8 <sup>th</sup> – 59<br>10 <sup>th</sup> – 46<br>12 <sup>th</sup> – 41 |
| Smoke one or more packs of cigarettes a day?  | 8 <sup>th</sup> – 55<br>10 <sup>th</sup> – 63<br>12 <sup>th</sup> – 71 | 8 <sup>th</sup> – 46<br>10 <sup>th</sup> – 57<br>12 <sup>th</sup> – 61 |
| Try marijuana once or twice?  | 8 <sup>th</sup> – 28<br>10 <sup>th</sup> – 19<br>12 <sup>th</sup> – 16 | 8 <sup>th</sup> – 19<br>10 <sup>th</sup> – 1<br>12 <sup>th</sup> – 8   |
| Smoke marijuana regularly?  | 8 <sup>th</sup> – 73<br>10 <sup>th</sup> – 66<br>12 <sup>th</sup> – 57 | 8 <sup>th</sup> – 58<br>10 <sup>th</sup> – 67<br>12 <sup>th</sup> – 40 |
| <b>MTF</b> : Try inhalants once or twice <sup>3</sup> ?<br><b>TAP</b> : Use inhalants?                  | 8 <sup>th</sup> – 41<br>10 <sup>th</sup> – 48                          | 8 <sup>th</sup> – 44<br>10 <sup>th</sup> – 58                          |

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<sup>1</sup>(Johnson, O'Malley & Bachman, 2000.)

<sup>2</sup>(Teen Assessment Project, 2000.)

<sup>3</sup>Monitoring the Future does not report perceived risk of trying inhalants for 12<sup>th</sup> grade.