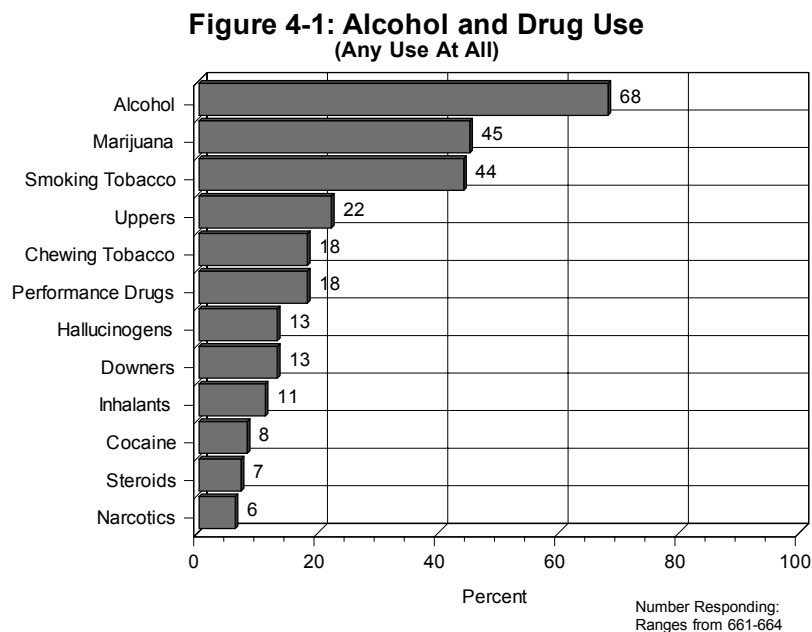

CHAPTER 4

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-two percent (32%) of youth surveyed have not used alcohol; 55% 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 (68%) is the most commonly used substance at the *any use at all* level, followed by marijuana (45%), and smoking tobacco (44%).



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 (37%), followed by marijuana (28%) and smoking tobacco (22%).

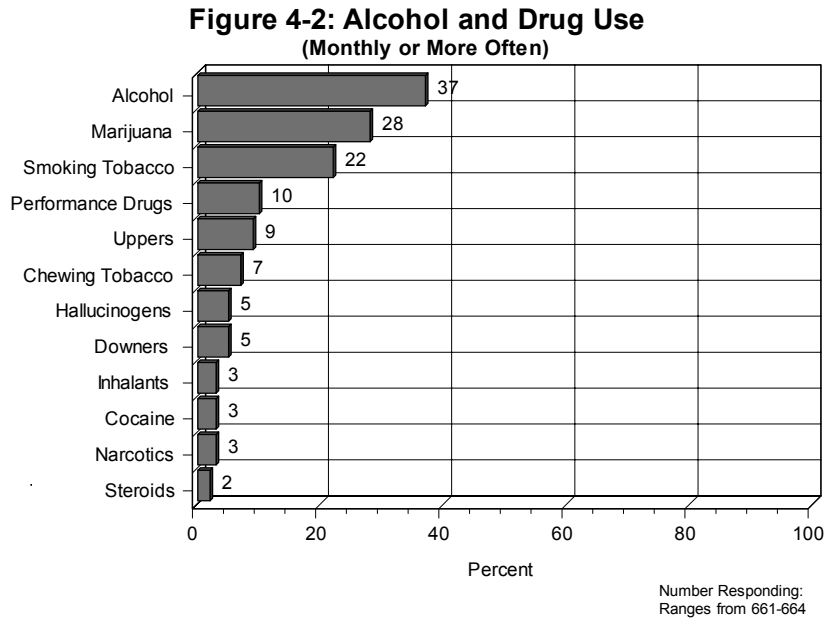


Figure 4-3 shows the percent of all teens who use various substances *weekly or more often*. Alcohol (18%), smoking tobacco (17%) and marijuana (16%) are the most commonly used substances at this level of frequency.

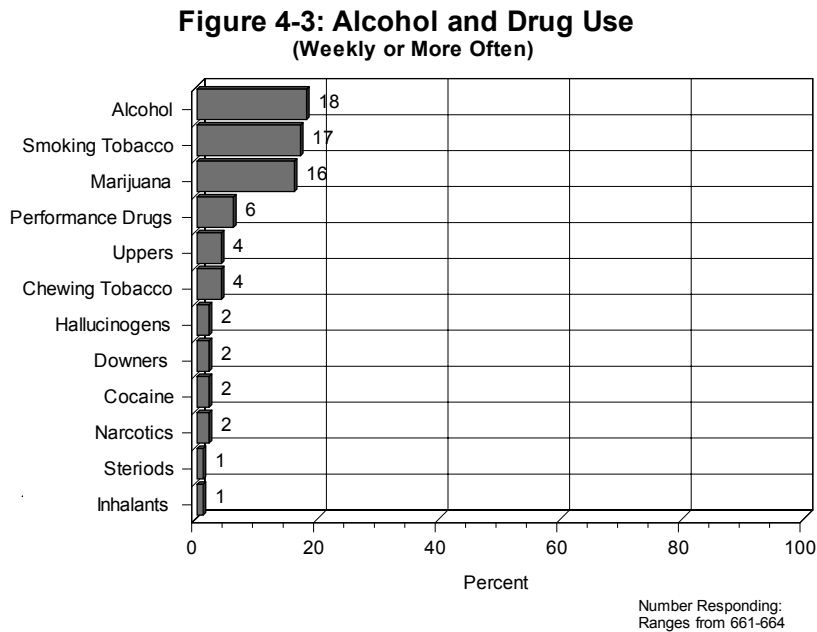


Figure 4-4 shows that more males than females have used chewing tobacco, performance enhancing substances (e.g. creatine, megavitamins or protein powders), marijuana, cocaine, and hallucinogens at the *any use at all* level.

Figure 4-4: Alcohol and Drug Use
(Any Use At All, by Gender)

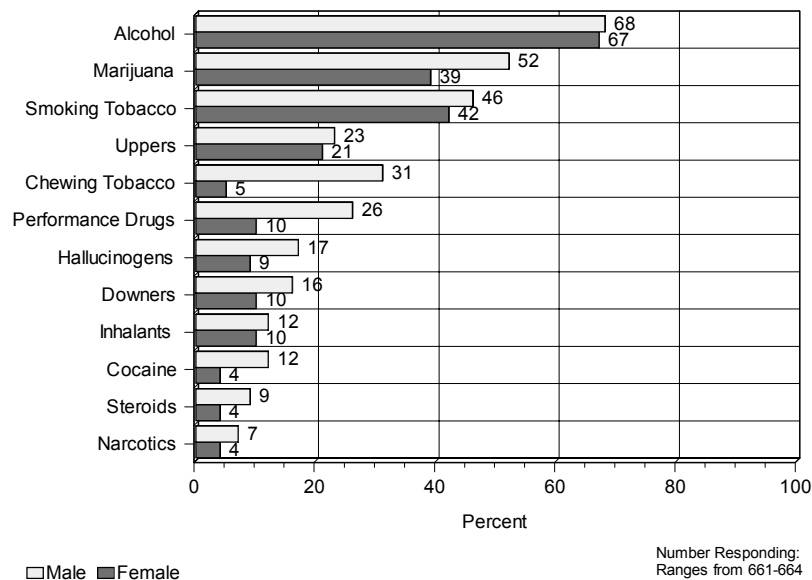


Figure 4-5 shows gender differences in *monthly or more often use* of substances. Males are more likely than females to use chewing tobacco, performance drugs, marijuana, and cocaine.

Figure 4-5: Alcohol and Drug Use
(Monthly or More Often, by Gender)

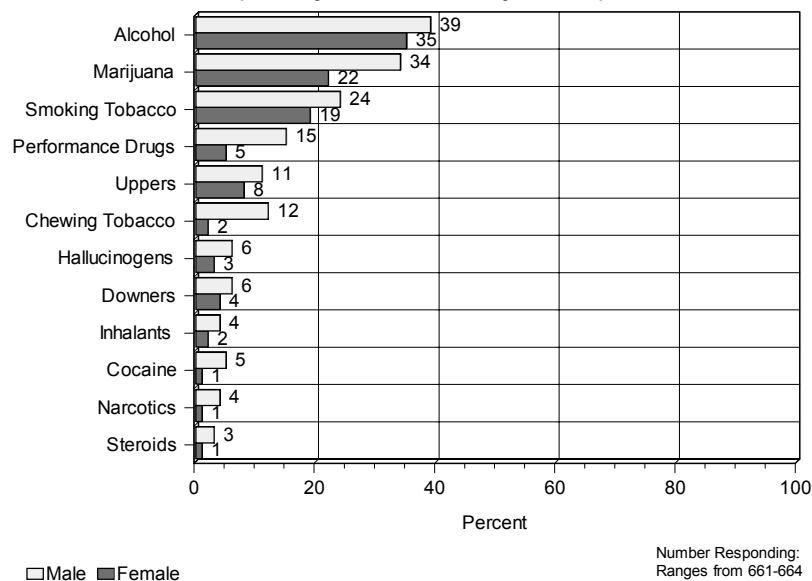
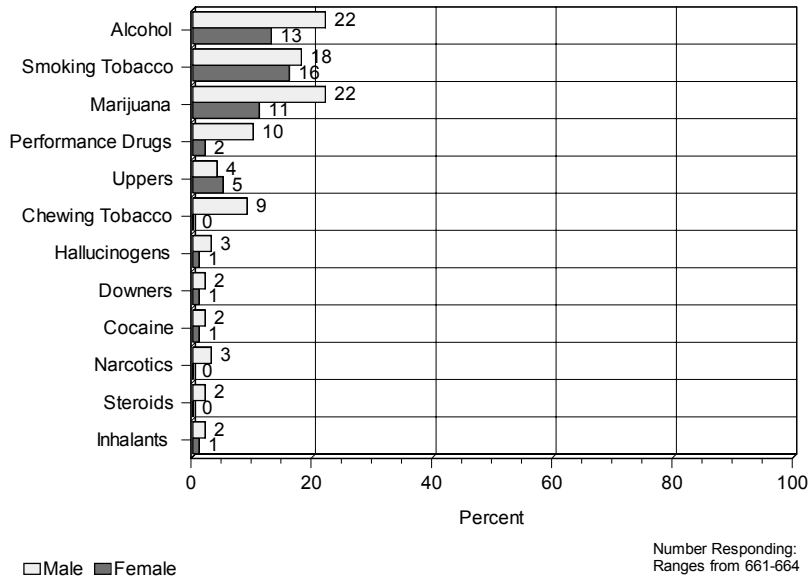


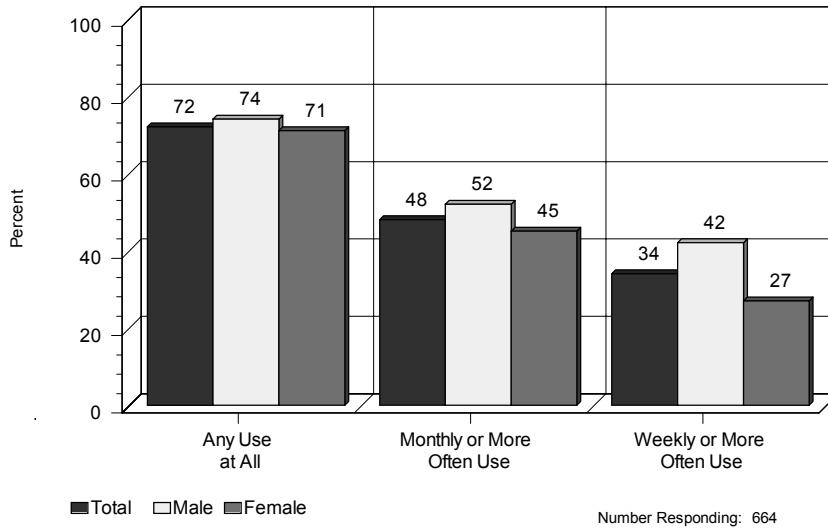
Figure 4-6 shows gender differences in *weekly or more often use* of substances. Males are more likely than females to use chewing tobacco, performance drugs, marijuana, alcohol, and narcotics.

Figure 4-6: Alcohol and Drug Use
(Weekly or More Often, by Gender)



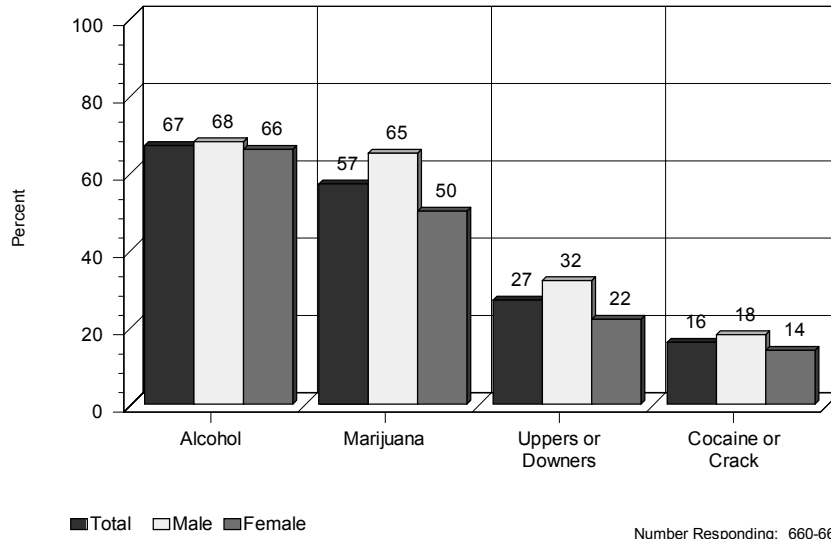
Previous charts give substance use prevalence rates. Figure 4-7 shows the percentage of students who are using at least one of the substances at the different levels: *any use at all*, *monthly or more often use*, and *weekly or more often use*. A greater percentage of males than females use at least one substance on a weekly or more often basis.

Figure 4-7: Alcohol and Drug Use
(Use of at Least 1 Substance, by Gender)



Obtainability. Figure 4-8 shows the perceived ease of obtaining alcohol and other drugs on the basis of gender. It is worth noting over two thirds of youth (67%) believe alcohol is “easy” or “very easy” to get. Over half of the teens (57%) report that obtaining marijuana is “easy” or “very easy”. More males than females report that it is “easy” or “very easy” to get marijuana, uppers or downers, and cocaine.

Figure 4-8: Obtainability Of Alcohol and Other Drugs
(Very Easy or Easy to Get, by Gender)



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 4-9 shows the percentage of youth who consider these activities to be of “no risk” or “slight risk.”

Figure 4-9: Perceived Risk of Alcohol and Other Drug Use
(No Risk or Slight Risk, by Gender)

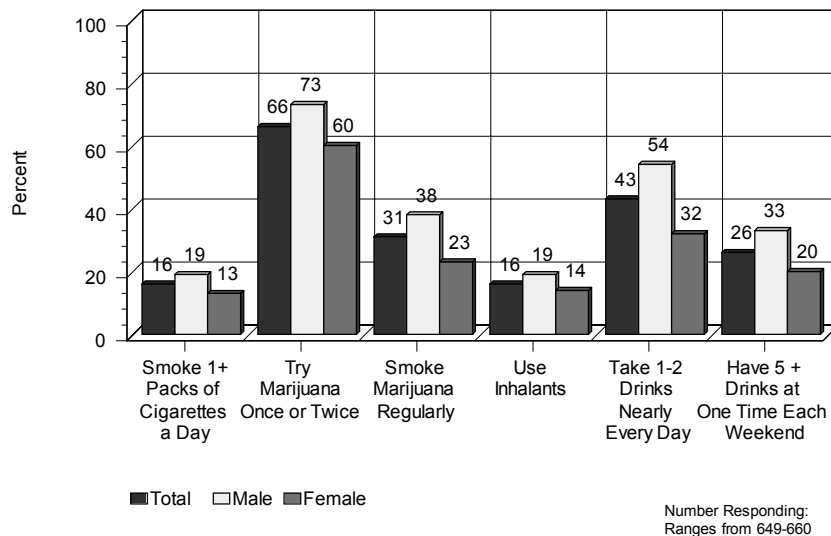
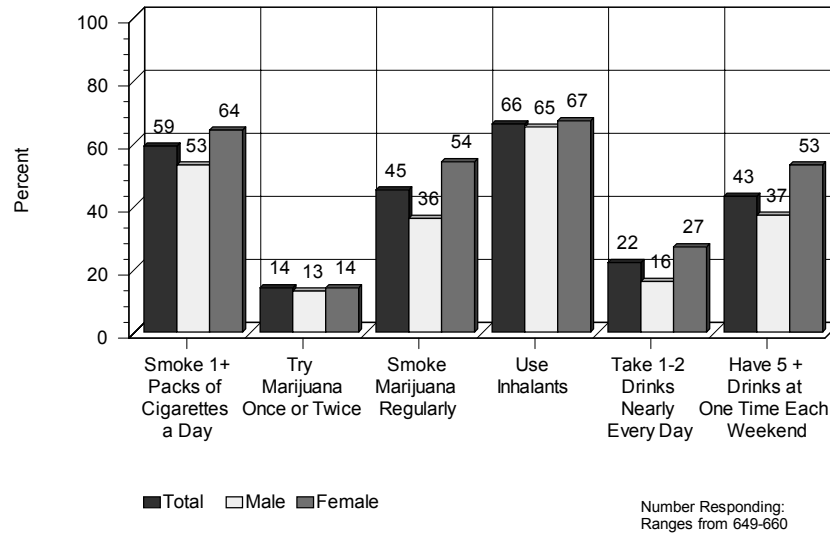


Figure 4-10 shows the percentage of those who consider these activities to be of “*great risk*.” A greater percentage of females than males considered smoking one or more packs of cigarettes a day, smoking marijuana regularly, and taking 1-2 drinks of an alcoholic beverage nearly every day to be of “*great risk*”.

**Figure 4-10: Perceived Risk of Alcohol and Other Drug Use
(Great Risk, by Gender)**



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.)” Twenty-two percent (22%) of youth reported having their first drink of alcohol before the age of thirteen (males, 28%; females, 17%). Of all students who drink alcohol, the average age that teens first consumed alcohol was 13. Figure 4-11 shows a greater percentage of males than females reported having their first drink at the age of 10 years old or younger.

Figure 4-11: Age Students Had Their First Drink of Alcohol (By Gender)

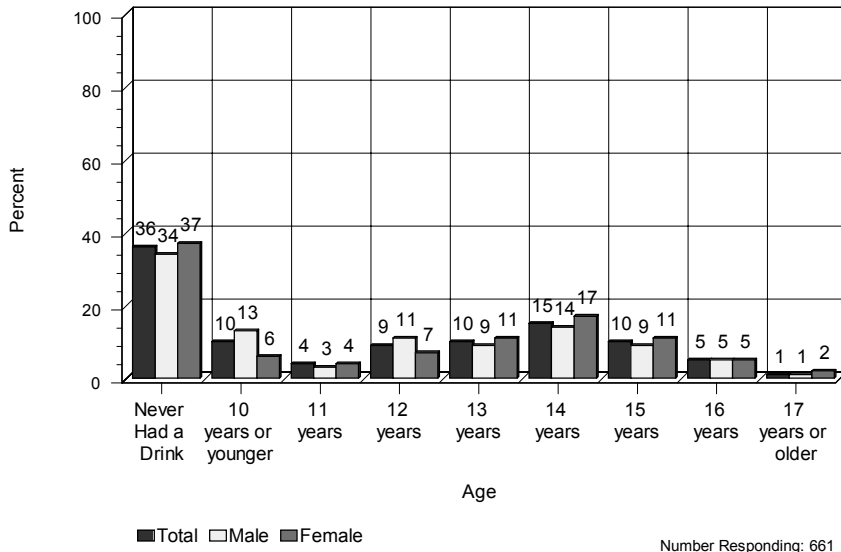


Table 4-1 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

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
YRBS: 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 4-12 shows how often teens consume alcohol on the basis of gender. Overall, 68% of teens have at some point consumed alcohol (males, 69%; females, 67%). A greater percentage of males than females drink alcohol at the level of “3-6 times a week” or “daily”.

Figure 4-12: Frequency of Alcohol Use
(Of Those Who Have Had Alcohol, by Gender)

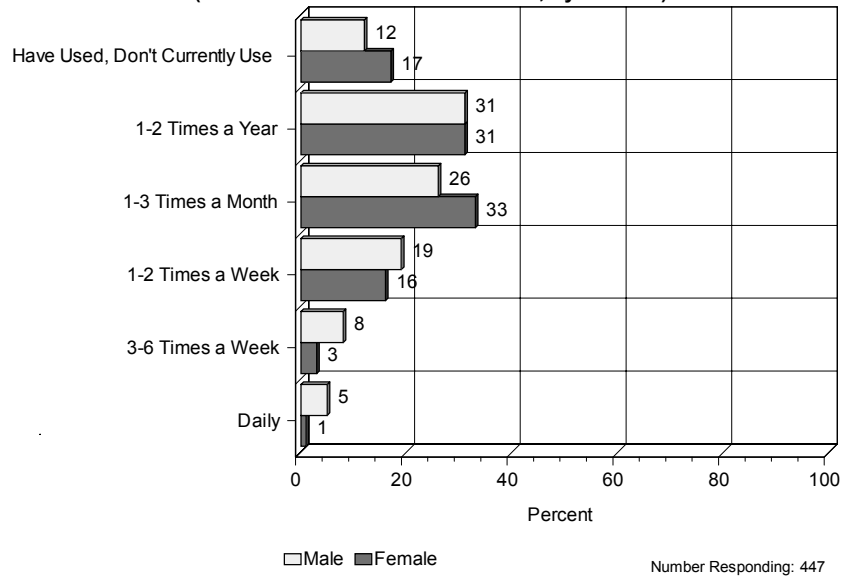
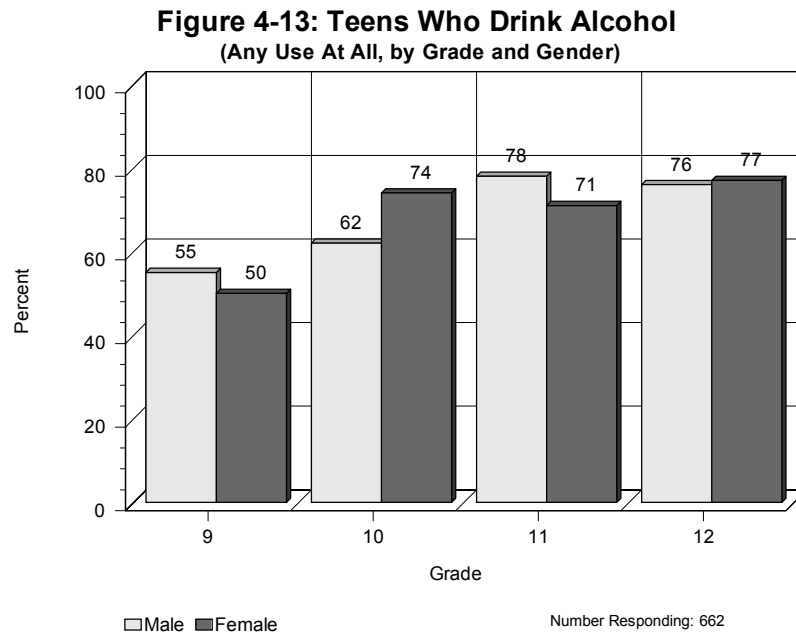


Table 4-2 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

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
YRBS: Lifetime alcohol use (Ever had ≥ 1 drink of alcohol)	78.2	78.6	77.9	78.9	77.3	80.4

Figure 4-13 shows *any use at all* of alcohol by grade and gender. Overall, 32% of youth reported never using alcohol (males, 32%; females, 33%). Sixty-eight percent (68%) of youth (447 students) did report drinking alcohol at some time . The percentages of males and females reporting using alcohol at this level are similar (males, 68%; females, 67%).



Monthly or more often use of alcohol is shown in Figure 4-14. Overall, 63% of youth report not drinking alcohol monthly. Thirty-seven percent (37%) or 246 students did report using alcohol once a month or more often. The percentages of males and females reporting using alcohol at this level were similar (males, 39%; females, 35%).

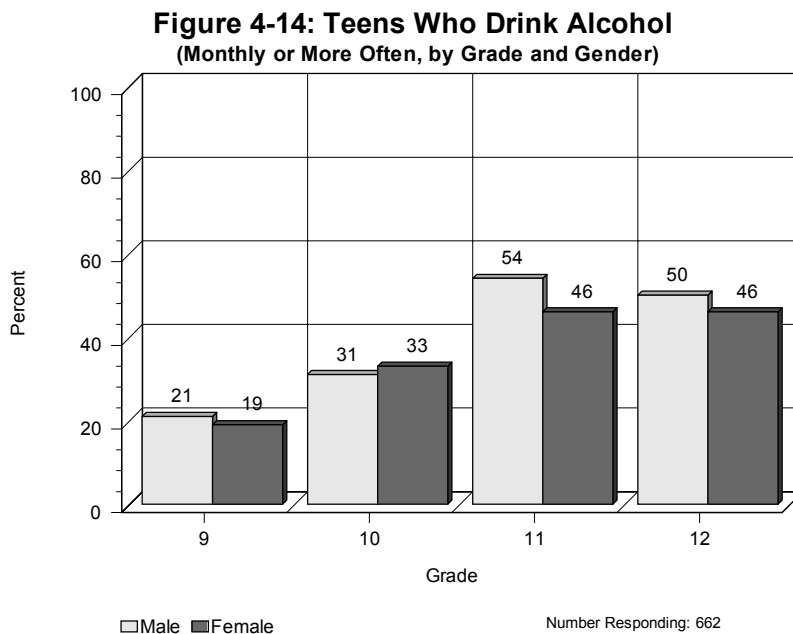


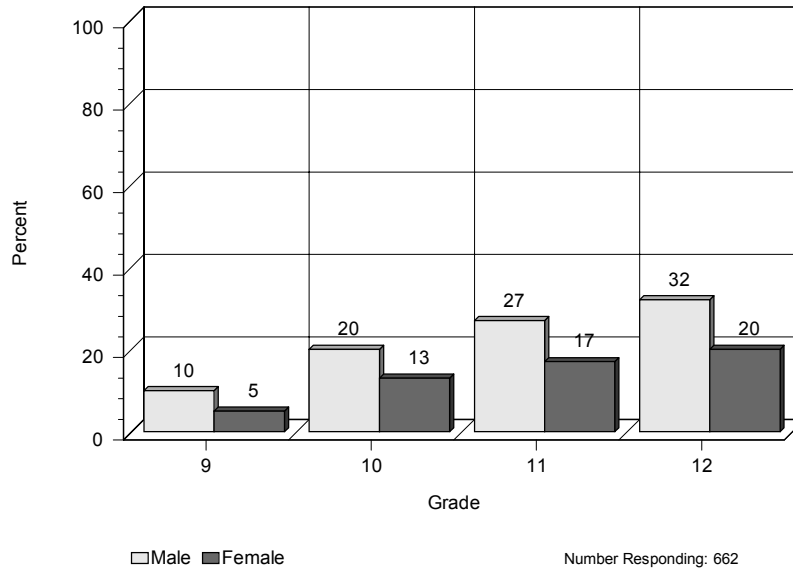
Table 4-3 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

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
YRBS: 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

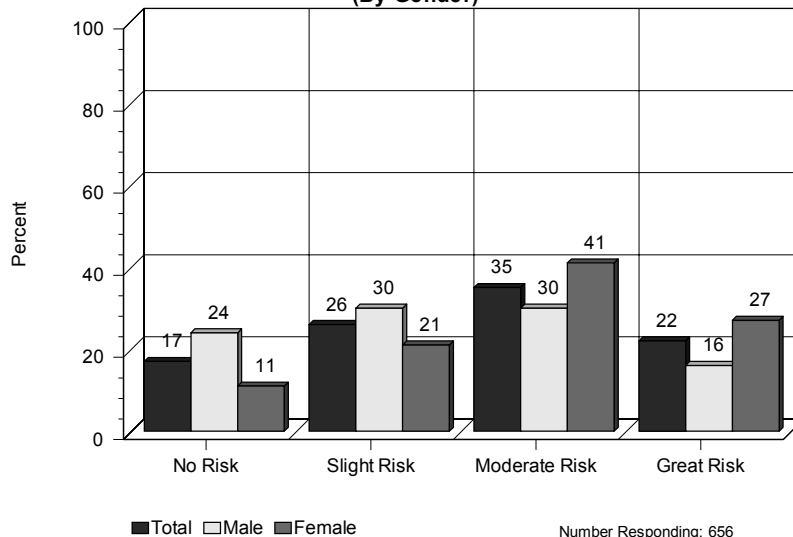
Weekly or more often use of alcohol is noted in Figure 4-15. Overall, 82% of youth report not drinking alcohol weekly. Eighteen percent (18%) did report using alcohol weekly or more often. A greater percentage of males than females reported weekly or more often use of alcohol (males, 22%; females, 13%).

Figure 4-15: 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 4-16 shows the breakdown by gender.

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-seven percent (37%) 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 males than females reported engaging in binge drinking in the past month at the level of 3-5 times and 10 or more times per month.

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

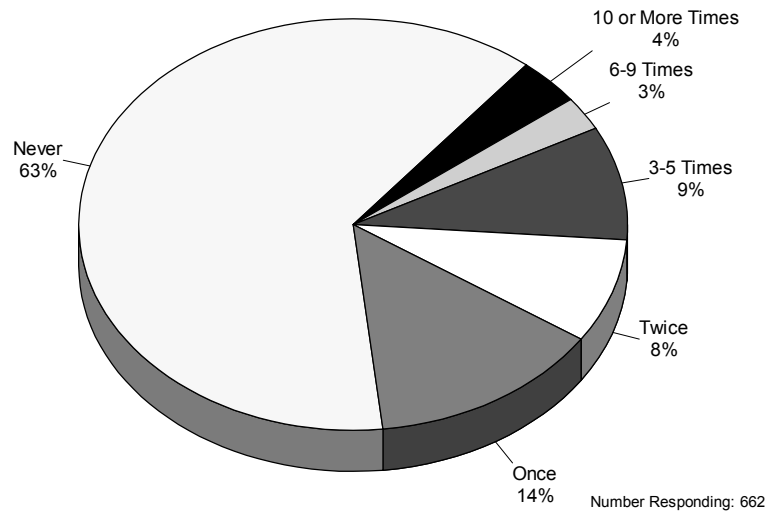


Figure 4-18: Frequency of Binge Drinking
(Number of Times in the Past Month, by Gender)

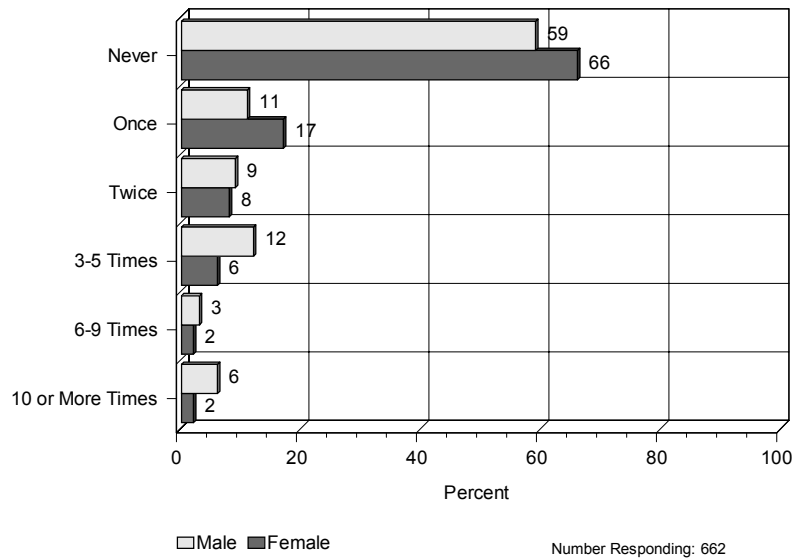


Figure 4-19 shows the frequency of teens' binge drinking ("5 or more drinks at one time"). Overall, 63% of youth surveyed reported no binge drinking in the past month. Thirty-seven percent (37%) of youth did report binge drinking at least once in the past month. Similar percentages of males and females reported binge drinking at least once in the last month (males, 41%; females, 34%).

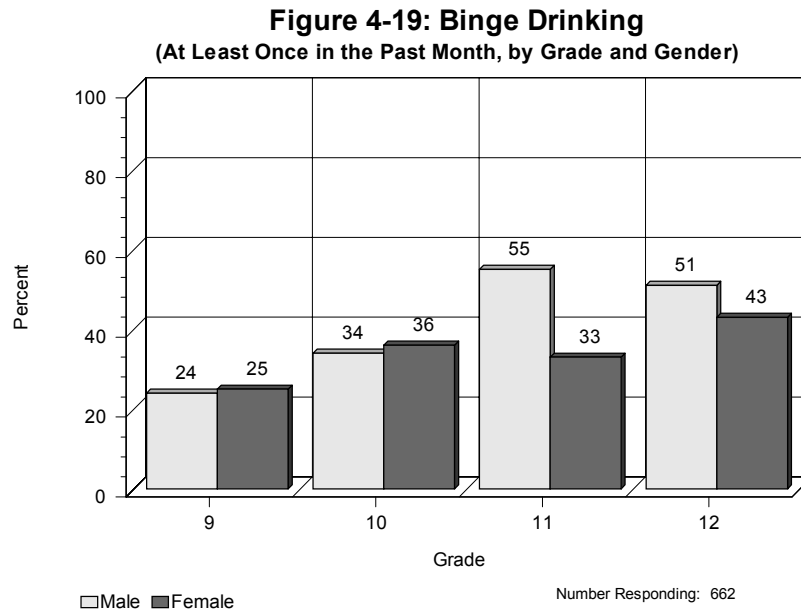


Table 4-4 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

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
YRBS: Episodic heavy drinking (Drank ≥ 5 drinks of alcohol on ≥ 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, 45% reported they felt it was a “*great risk*” and 26% said they felt it had “*no risk*” or “*slight risk*.” Figure 4-20 shows the breakdown for all responses by gender.

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

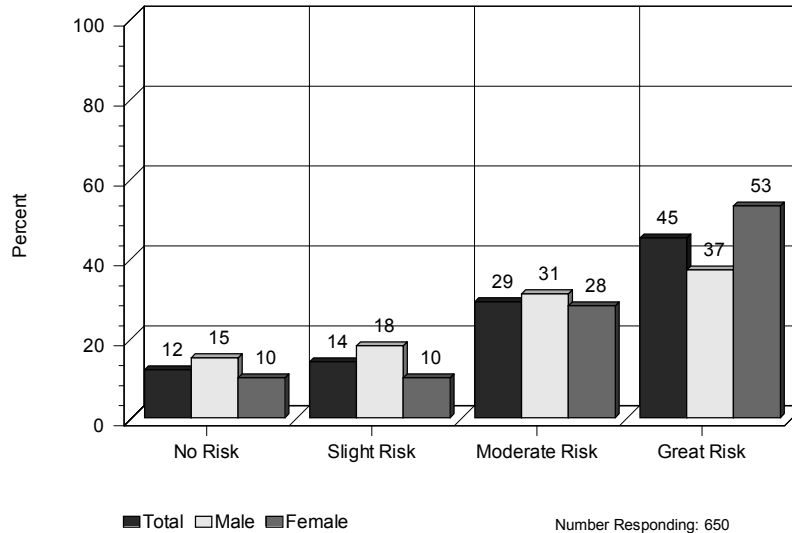


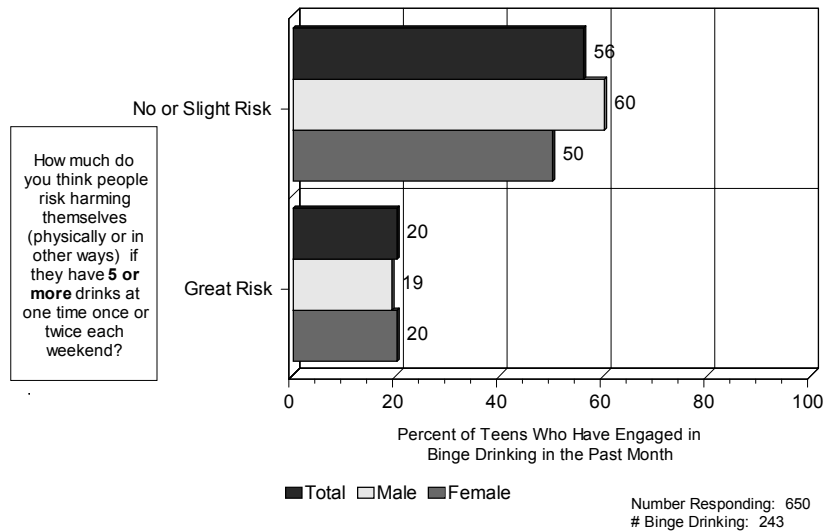
Table 4-5 shows Pemi-Baker School District data in comparison with data from the Monitoring the Future Study (Johnston, O’Malley, & Bachman, 2002) and the 2000-2001 TAP Multi-Community Report (Teen Assessment Project, 2002).

Table 4-5: Comparison Data: Perceived Harmfulness of Episodic Heavy Drinking

Behavior	Monitoring the Future 2001 %	TAP Multi-Community 2001-2002 %	TAP Pemi-Baker 2002 %
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 10 th - 51 12 th - 44	8 th - 43 10 th - 31 12 th - 33	8 th - na 10 th - 52 12 th - 38

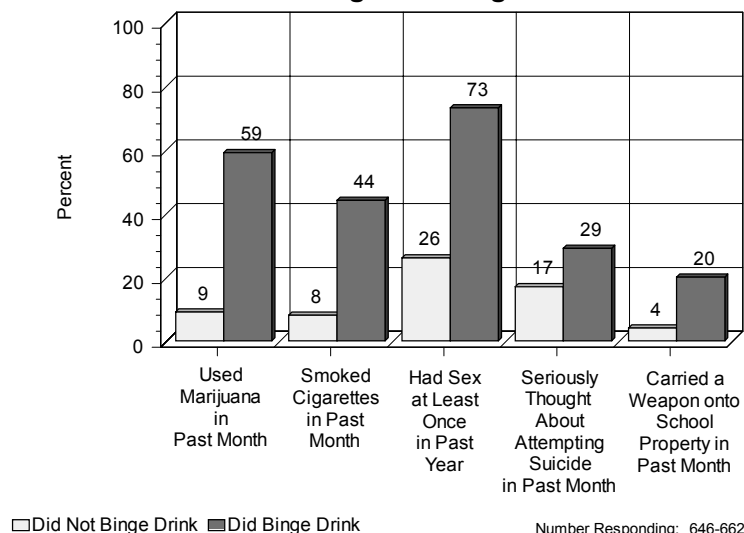
Figure 4-21 shows that 56% of teens who consider having 5 or more drinks at one time (binge drinking) as “no risk” or “slight risk” have engaged in binge drinking at least once in the past month. Of those who consider binge drinking a “great risk,” 20% have done so.

Figure 4-21: Perceived Risk of Binge Drinking and History of Binge Drinking in the Past Month (By Gender)



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 4-22 shows various risky behaviors by whether or not students engage in binge drinking.

Figure 4-22: Risk Behaviors Among Those Teens Who Engage in Binge Drinking vs. Those Who Don't Engage in Binge Drinking



Obtainability of Alcohol. Figures 4-23 and 4-24 show that over half of students think it is “easy” or “very easy” to obtain alcohol (males, 68%; females, 66%). Eleven percent (11%) said it is “difficult” or “very difficult” to get alcohol (males, 9%; females, 12%). Eleven percent (11%) of teens did not know how easy or difficult it is to get alcohol (males, 9%; females, 13%).

Figure 4-23: Obtainability of Alcohol

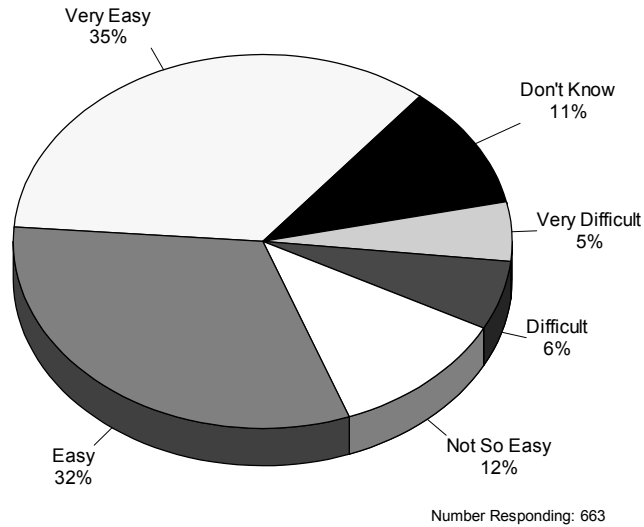
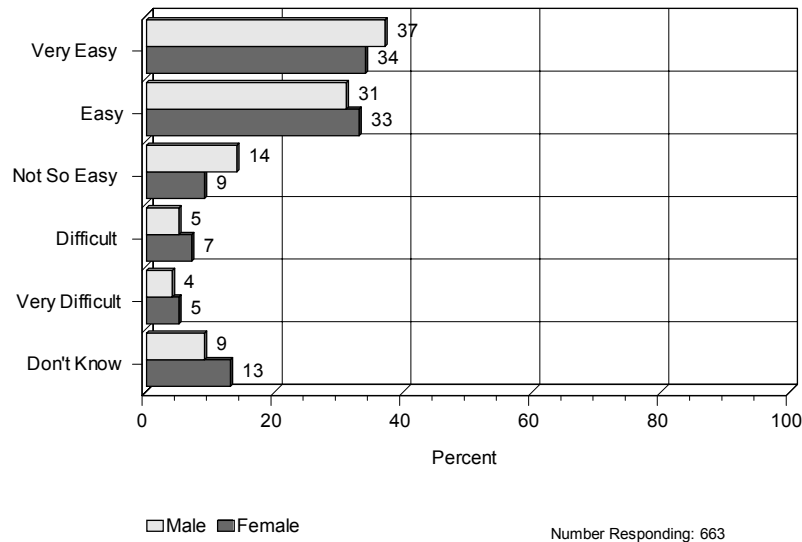


Figure 4-24: Obtainability of Alcohol (By Gender)



Youth were asked where they get alcohol. Figure 4-25 shows the responses of those who use alcohol. The most commonly reported sources of alcohol were: asking someone of legal age to buy it (24%) and getting it from older friends (24%). Figure 4-26 shows the responses by gender.

Figure 4-25: Where Teens Get Alcohol
(Of Those Who Drink)

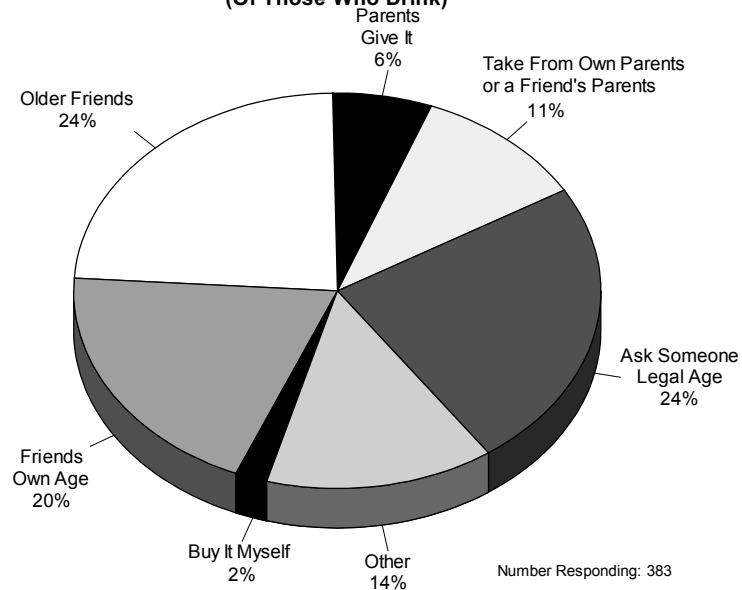
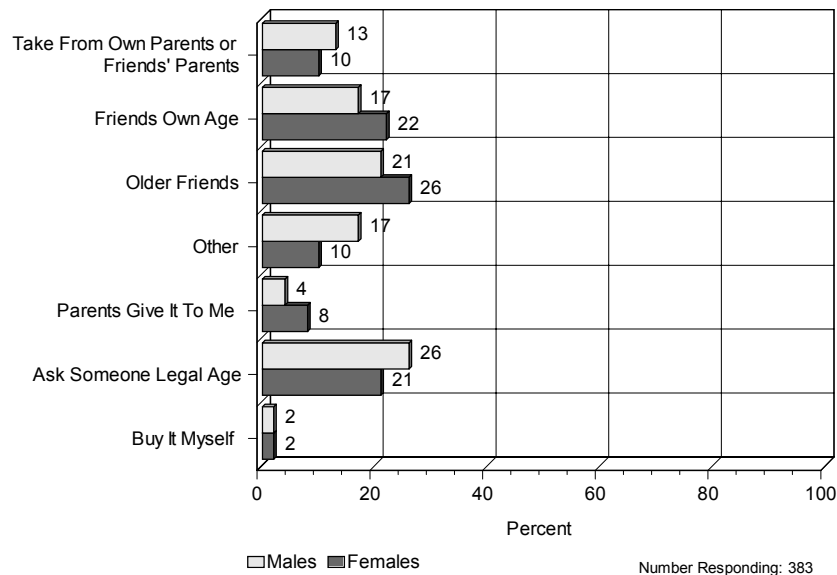


Figure 4-26: Where Teens Get Alcohol
(Of Those Who Drink, by Gender)



Teens were asked “If you drink alcohol, where do you **most often** drink it?” As shown in Figure 4-27, more teens drink at parties than any other place (41%).

Figure 4-27: Where Teens Drink Alcohol (Of Those Who Drink)

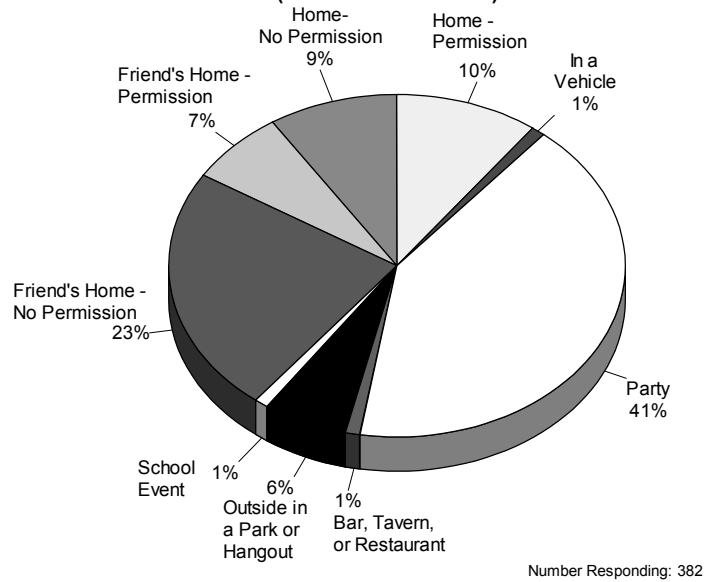
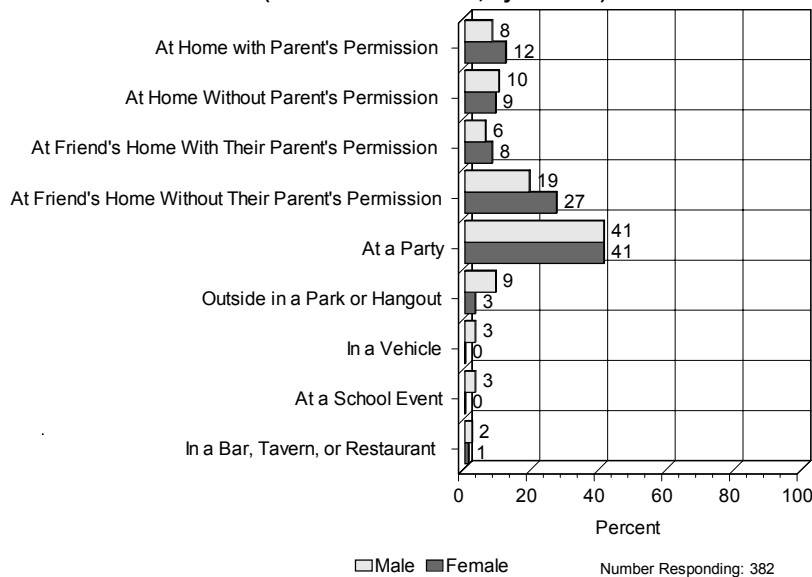


Figure 4-28 shows that for both males and females, the most common place to drink alcohol is at a party (males, 41%; females, 41%).

Figure 4-28: 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. Fifteen percent (15%) of all youth said they drove at least once in the past month after drinking alcohol or using drugs (males, 18%; females, 12%). Twenty percent of 12th graders indicated they had driven at least once in the past month after drinking or using drugs (males, 19%; females, 20%). Figure 4-29 displays the responses by grade and gender.

Figure 4-29: Teens Who Have Driven A Vehicle After Drinking or Using Drugs

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

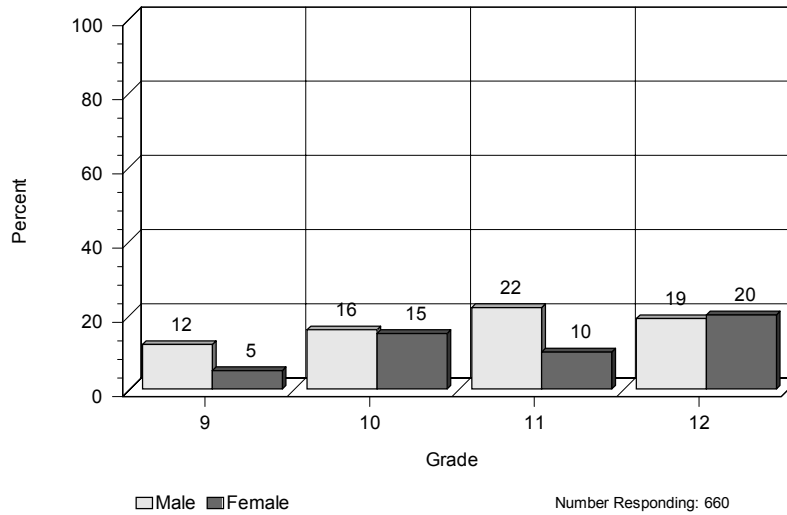


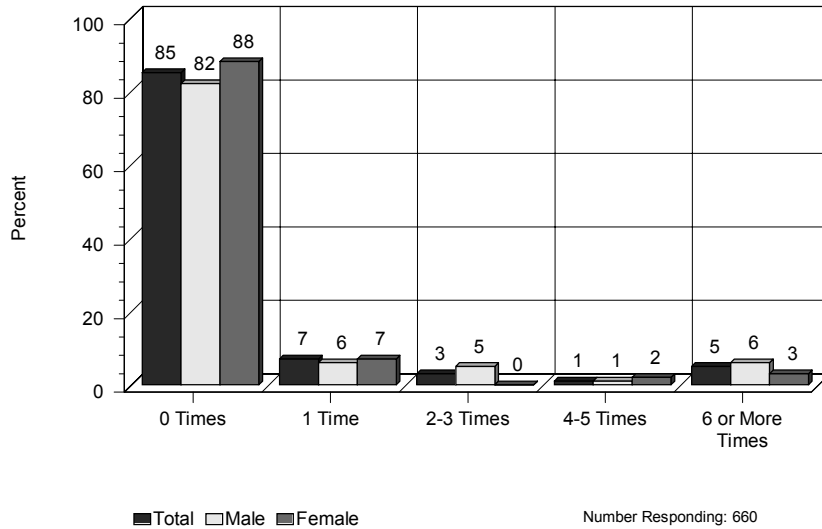
Table 4-6 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

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 4-30 shows the frequency of driving after drinking or using drugs by gender. Overall, 15% of teens (99 students) reported having driven a motorized vehicle after drinking or using drugs (males, 18%; females, 12%).

Figure 4-30: Frequency of Driving a Vehicle After Drinking or Using Drugs (In the Past Month, by Gender)



Another concern is the issue of teens riding with a driver who may be intoxicated or “high”. We asked local youth, “*During the past month, how many times have you ridden in a motorized vehicle (car, truck, motorcycle, or snowmobile, etc.) with a driver who had been drinking or using drugs?*” Thirty-three percent (33%) of youth (220 students) reported that they had ridden in a motorized vehicle at least once with a driver who had been drinking or using drugs (males, 35%; females, 32%). Figure 4-31 shows the results by grade and gender.

Figure 4-31: 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)

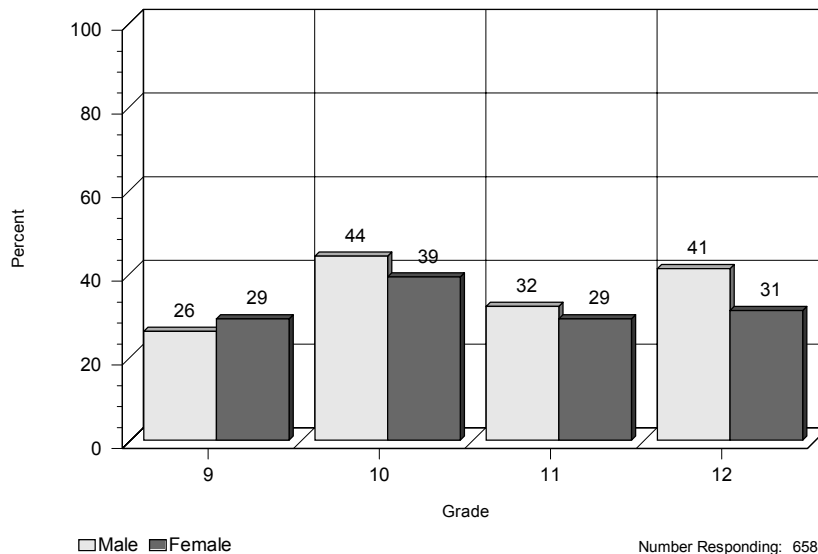


Figure 4-32 shows the frequency of a teen riding with a driver who had been drinking or using drugs broken down by gender. Similar percentages of males and females reported this (males, 35%; females, 32%).

Figure 4-32: Frequency of Riding in a Vehicle With a Driver Who Had Been Drinking or Using Drugs
(In the Past Month, by Gender)

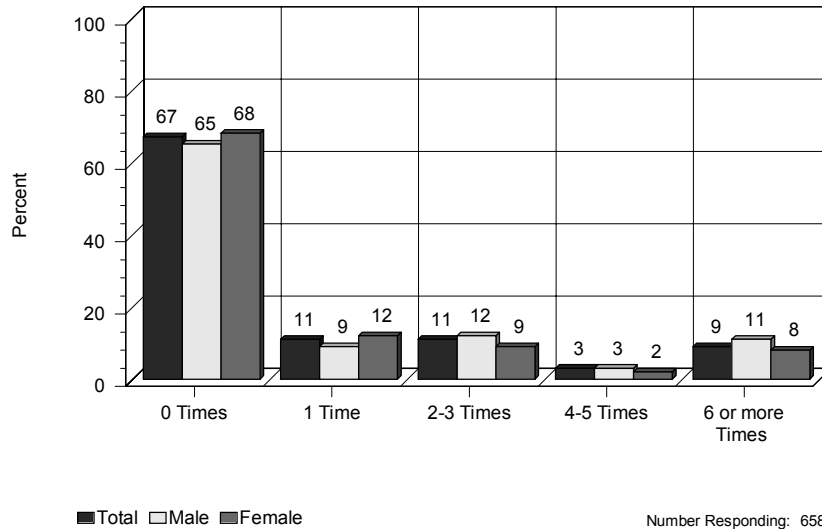


Table 4-7 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-7: 2001 YRBS Data: Rode With A Driver Who Had Been Drinking Alcohol
(Grades 9-12 only)

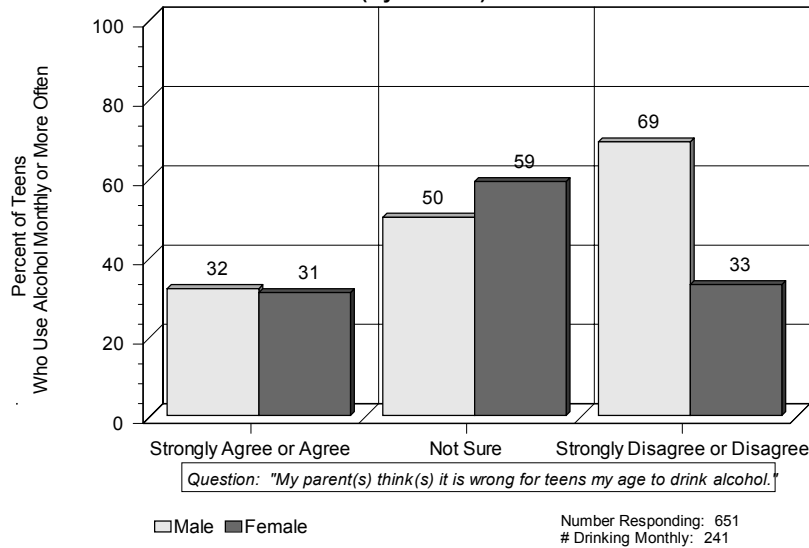
Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
Rode with a driver who had been drinking alcohol	30.7	31.8	29.6	27.5	24.8	29.8

Parents' Role in 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.

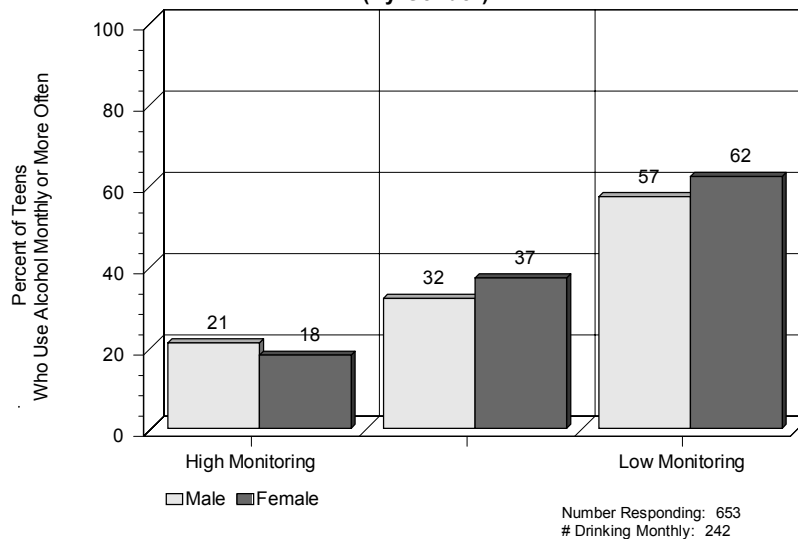
Teens' perceptions of their parents' values about drinking may influence their decision whether or not to drink. Teens were asked to respond to this statement: *"My parent(s) think(s) it is wrong for teens my age to drink alcohol."* As Figure 4-33 shows, of those who agree or strongly agree that their parents would not approve of teens drinking, 31% drink alcohol monthly or more often. Of those who do not believe that their parents think it is wrong for teens their age to drink, 54% drink 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 4-33: Relationship Between Teens' Perceptions of Parental Values and Monthly Teen Drinking (By Gender)



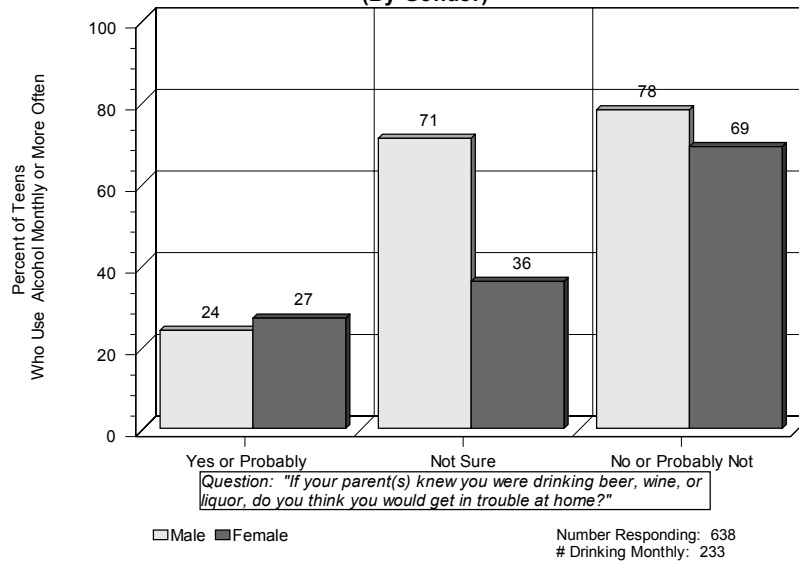
Research has also suggested parental monitoring may be an important factor in preventing adolescent problem behavior (Ary & Duncan, 1999; Flannery, Williams & Vazsoryi, 1999; Rodgers, 1999). Parental monitoring refers to parents’ supervision and awareness of their child’s activities. In this survey the 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. 116-118). 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 4-34 shows a strong relationship between level of parental monitoring and monthly teen drinking. Fifty-nine percent (59%) of students with low parental monitoring drink alcohol on a monthly or more often basis, while 19% 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 4-34: 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 4-35 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 4-35: Relationship Between Teens' Perceptions of Parental Consequences and Monthly Teen Drinking (By Gender)



Marijuana Use

Fifty-five percent (55%) of youth have never used marijuana. When considering *any use at all*, marijuana is the second most commonly used substance by teens. Overall, 45% of youth (301 students) reported *any use at all* of marijuana. A greater percentage of males than females reported *any use at all* of marijuana (males, 52%; females, 49%). Figure 4-36 shows the breakdown for *any use at all* of marijuana by grade level and gender.

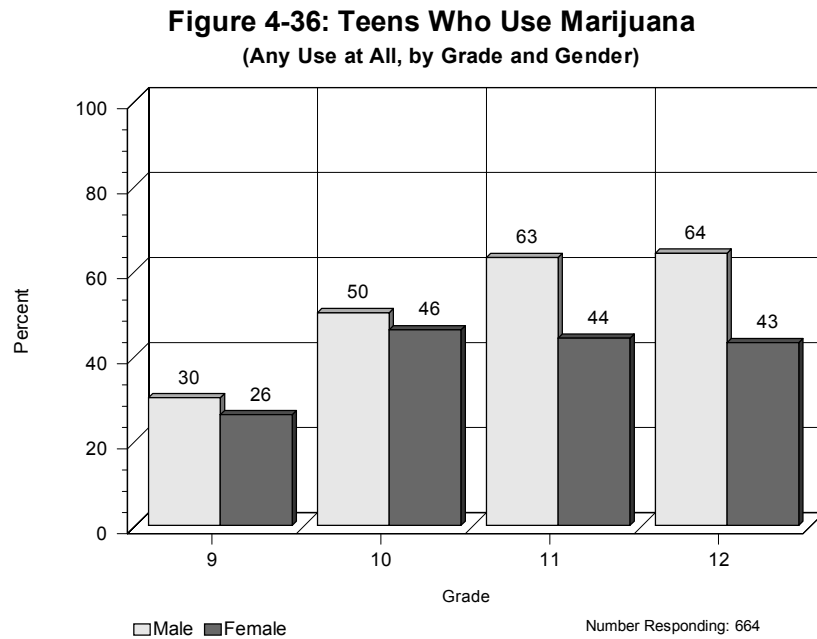


Table 4-8 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

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

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

Figure 4-37 shows the breakdown of *monthly or more often use* of marijuana by grade and gender. Overall, 28% of youth (184 students) reported using marijuana on a *monthly or more often* basis. A greater percentage of males than females reporting using marijuana monthly or more often (males, 34%; females, 22%).

Figure 4-37: Teens Who Use Marijuana
(Monthly or More Often, by Grade and Gender)

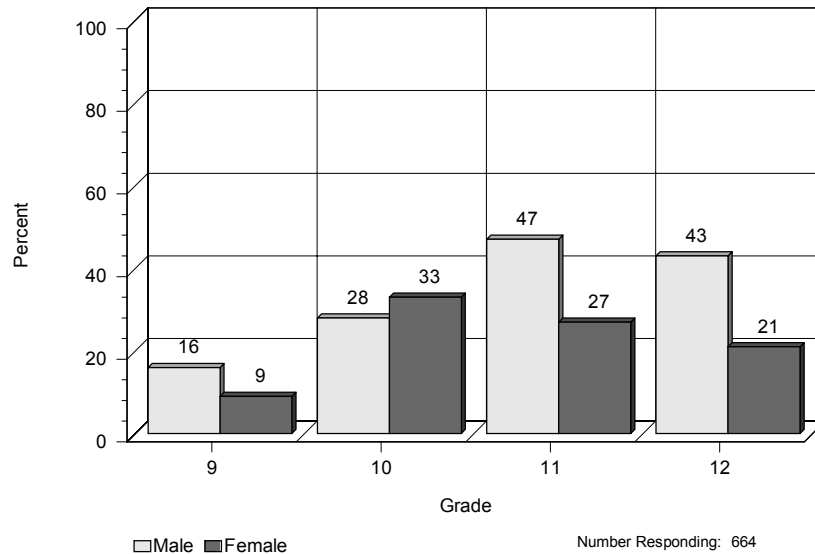


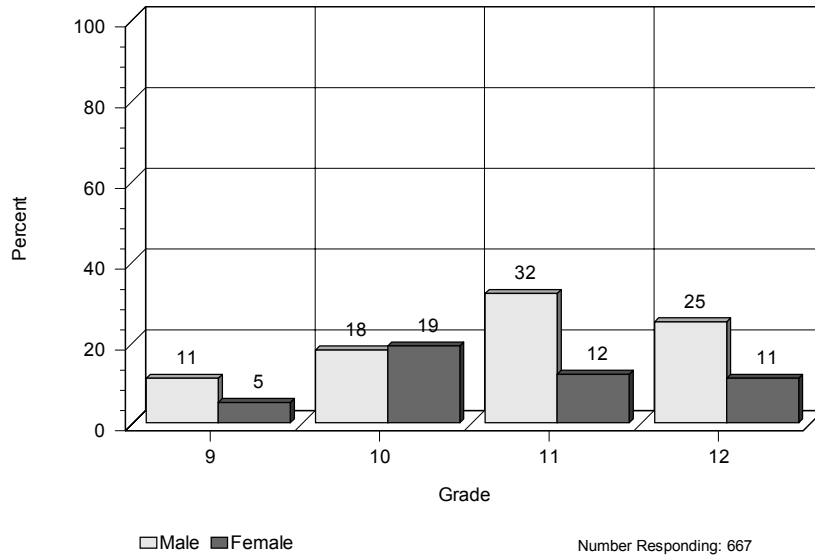
Table 4-9 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

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

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
YRBS: 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 4-37 shows *weekly or more often use* of marijuana by grade level and gender. Overall, 16% of youth (109 students) reported *weekly or more often use* of marijuana. A greater percentage of males than females reported using marijuana weekly or more often (males, 22%; females, 11%).

Figure 4-38: Teens Who Use Marijuana
(Weekly or More Often, by Grade and Gender)



Obtainability. Overall, as Figure 4-38 shows, 57% of students tell us it is “very easy” or “easy” to obtain marijuana. Figure 4-40 shows the responses by gender. A greater percentage of males than females think it is “very easy” to get marijuana (males, 36%; females, 25%).

Figure 4-39: Obtainability of Marijuana

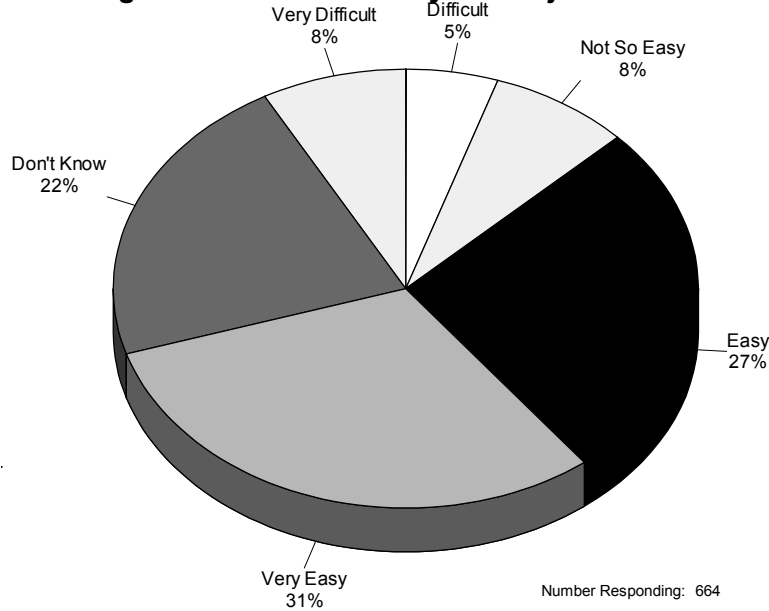
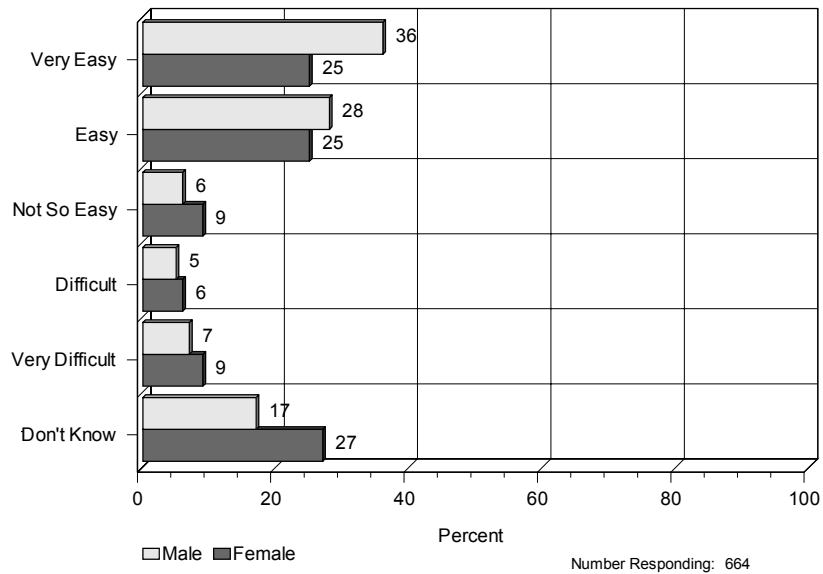


Figure 4-40: Obtainability of Marijuana (By Gender)



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-seven percent (67%) of students responded they felt this experimentation with marijuana carried “no risk” or “slight risk”. Figure 4-41 shows responses broken down by gender. A greater percentage of males than females think trying marijuana once or twice has “no risk” (males, 43%; females, 24%).

Figure 4-41: Perceived Risk: Try Marijuana Once or Twice (By Gender)

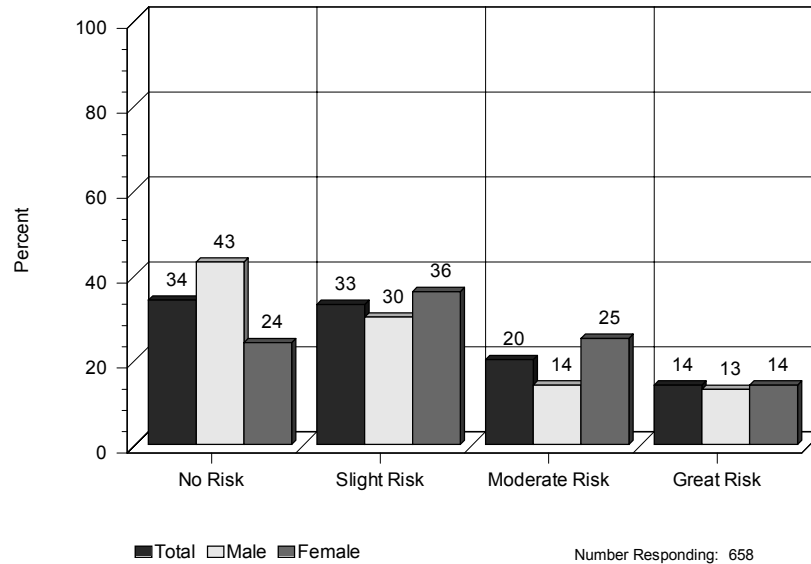


Figure 4-42 shows that 59% of those who consider trying marijuana once or twice to be of “no risk” or “slight risk” have used marijuana at least once. Of those who consider this to be of “great risk,” 25% report using marijuana at least once.

Figure 4-42: Relationship Between Perceived Risk of Trying Marijuana Once or Twice vs. Any Use at All of Marijuana (By Gender)

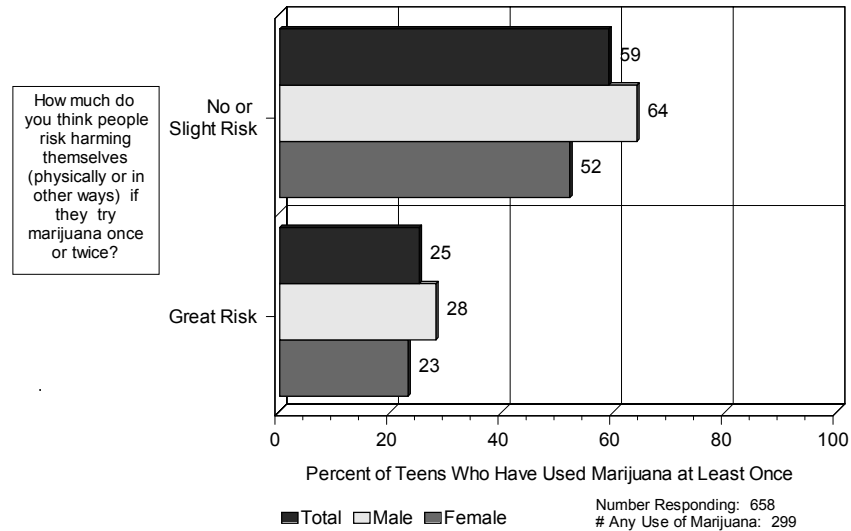


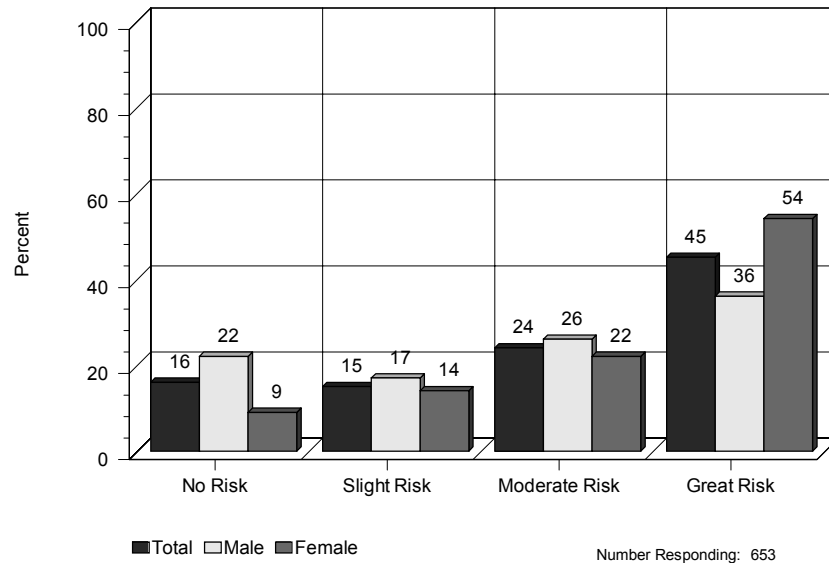
Table 4-10 shows Pemi-Baker School District data in comparison with data from the Monitoring the Future Study (Johnston, O’Malley, & Bachman, 2002) and the 2000-2001 TAP Multi-Community Report (Teen Assessment Project, 2002).

Table 4-10: Data Comparison: Perceived Harmfulness of Trying Marijuana

Behavior	Monitoring the Future 2001 %	TAP Multi-Community 2001-2002 %	TAP Pemi-Baker 2002 %
How much do you think people risk harming themselves (<i>physically or in other ways</i>), 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	8 th - na 10 th - 17 12 th - 8

We also asked youth “How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly?”. Figure 4-43 shows that 45% of youth consider regular use of marijuana to be of “great risk”. A greater percentage of males think regular use of marijuana has “no risk”; a greater percentage of females think it carries “great risk”.

Figure 4-43: 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 4-44 shows that 59% of those who consider smoking marijuana regularly to be of “*no risk*” or “*slight risk*” use marijuana monthly or more often. Six percent (6%) of those who consider smoking marijuana to be of “*great risk*” use marijuana monthly or more often.

Figure 4-44: Relationship Between Perceived Risk of Smoking Marijuana Regularly and Teens' Monthly Use of Marijuana (By Gender)

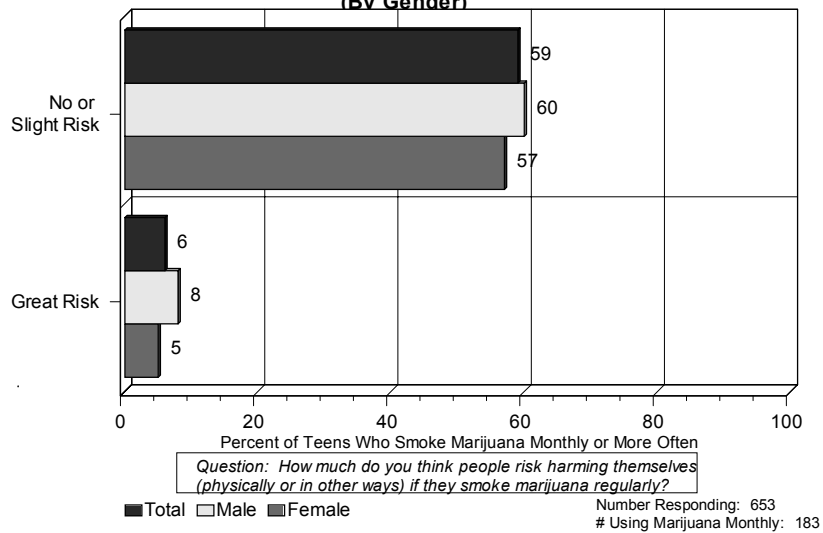


Table 4-11 shows Pemi-Baker School District data in comparison with data from the Monitoring the Future Study (Johnston, O’Malley, & Bachman, 2002) and the 2000-2001 TAP Multi-Community Report (Teen Assessment Project, 2002).

Table 4-11: Data Comparison: Perceived Harmfulness of Regular Marijuana Use

Behavior	Monitoring the Future 2001 %	TAP Multi-Community 2001-2002 %	TAP Pemi-Baker 2002 %
How much do you think people risk harming themselves (physically or in other ways), if they... (percentage choosing “Great risk”)			
...smoke marijuana regularly?	8 th - 72 10 th - 63 12 th - 57	8 th - 67 10 th - 32 12 th - 43	8 th - na 10 th - 43 12 th - 37

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 third most commonly used chemical substance by teens when considering *any use at all*. Figure 4-45 shows that the average age students first experimented with tobacco is 13. Eighteen percent (18%) of youth reported first smoking before the age of 13.

Figure 4-45: Age Students First Smoked a Whole Cigarette (By Gender)

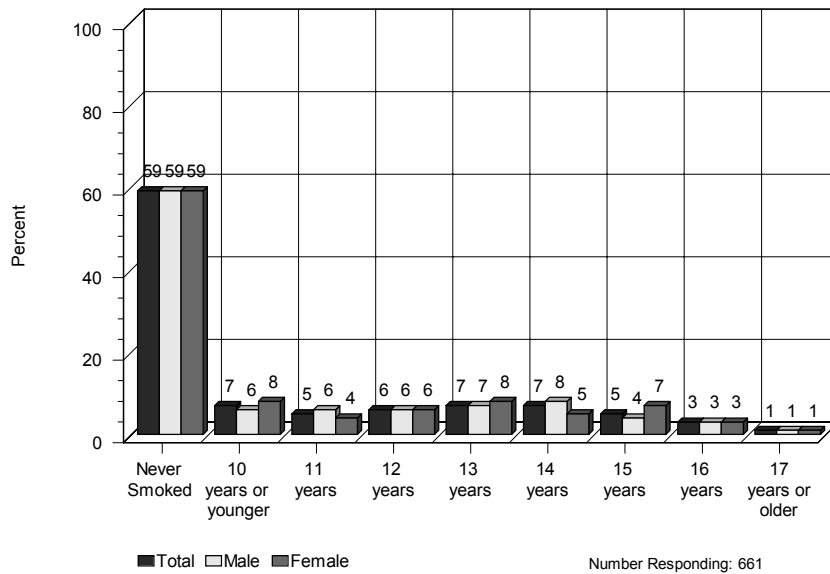


Table 4-12 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-12: 2001 YRBS Data: 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
YRBS: Smoked a whole cigarette before age 13	22.1	24.5	19.8	22.7	24.7	20.6

Frequency. Figure 4-46 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. Forty-four percent (44%) of youth (290 students) reported *any use at all* of smoking tobacco. The percentages of males and females who reported use of smoking tobacco were similar (males, 46%; females, 42%).

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

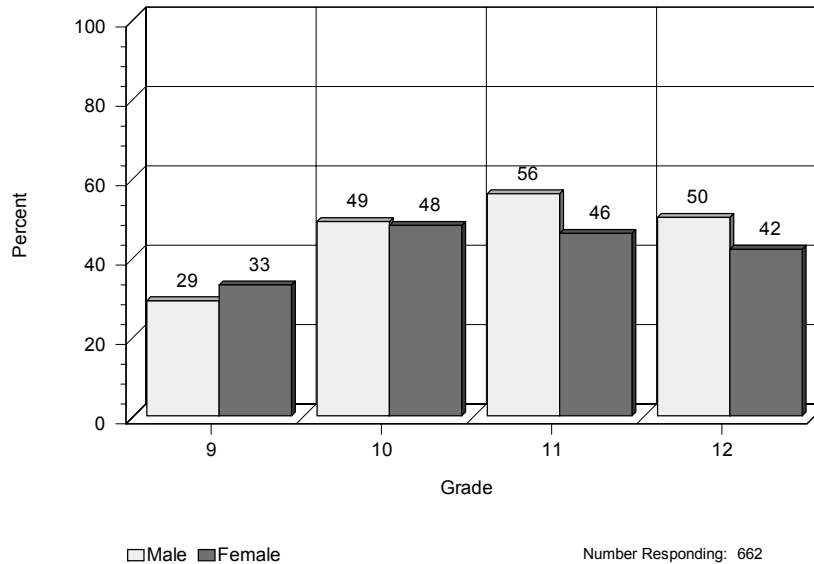


Table 4-13 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-13: 2001 YRBS Data: Lifetime Cigarette Use
(Grades 9-12 only)

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

Figure 4-47 shows the *monthly or more often* use of smoking tobacco on the basis of gender and grade level. Overall, 22% of youth (142 students) reported smoking tobacco *monthly or more often*. The percentages of males and females who smoke tobacco *monthly or more often* were similar (males, 24%; females, 19%).

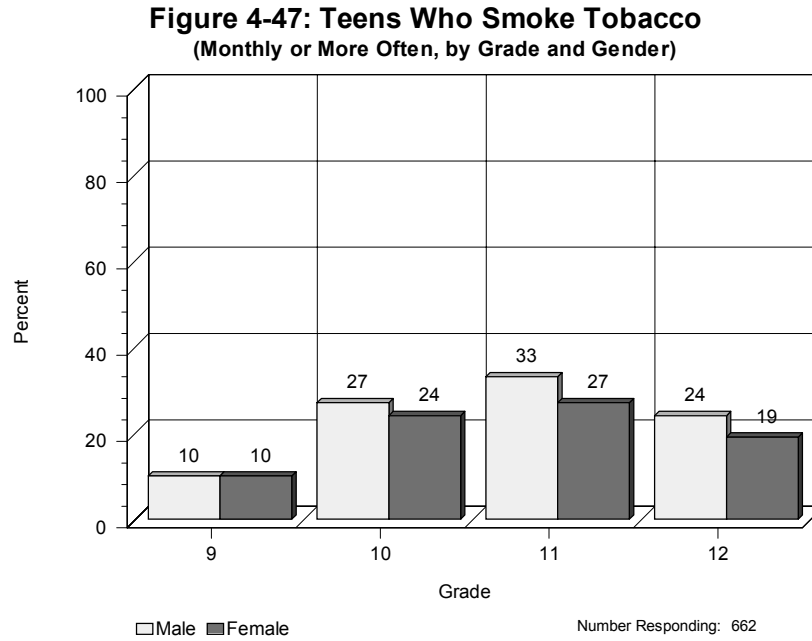


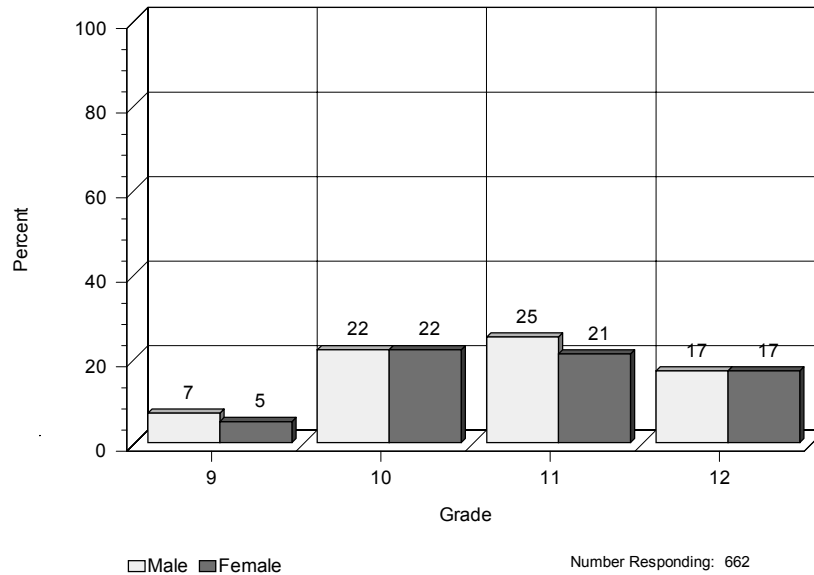
Table 4-14 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-14: 2001 YRBS Data: Current Cigarette Use
(Grades 9-12 only)

Behavior	YRBS National 2001 %			YRBS N.H. 2001 %		
	Total	Male	Female	Total	Male	Female
YRBS: 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 4-48 shows the *weekly or more often use* of smoking tobacco on the basis of gender and grade level. Overall, 17% of youth (110 students) reported smoking tobacco *weekly or more often*. The percentages of males and females who smoke tobacco *weekly or more often* were similar (males, 18%; females, 16%).

Figure 4-48: 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, 59% of students thought smoking one or more packs of cigarettes a day carried “*great risk*”. A greater percentage of females than males reported this (males, 53%; females, 63%). Figure 4-49 shows responses broken down by gender.

Figure 4-49: Perceived Risk: Smoke One or More Packs of Cigarettes a Day
(By Gender)

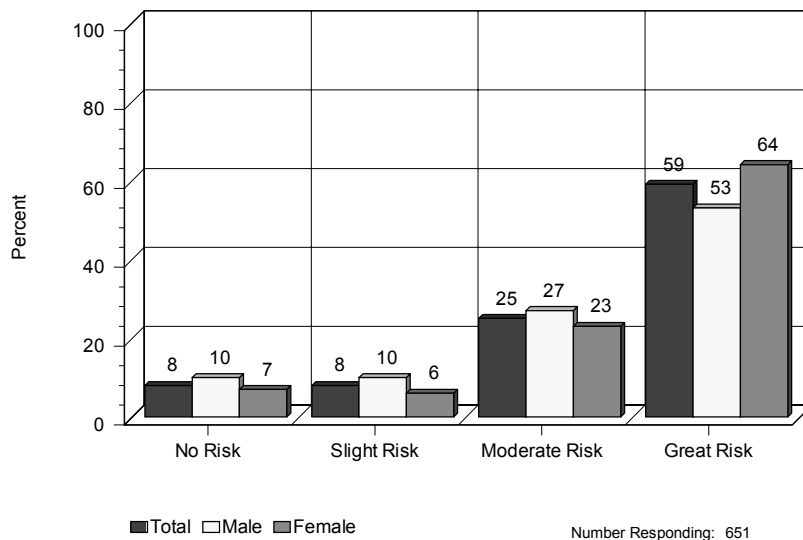


Figure 4-50 shows that teens who believe smoking one or more packs of cigarettes a day poses a “great risk” (17%) are less likely to smoke on a monthly basis than teens who feel smoking poses “no risk” or “slight risk” (33%).

Figure 4-50: Perceived Risk of Smoking One or More Packs of Cigarettes a Day and Monthly Teen Smoking

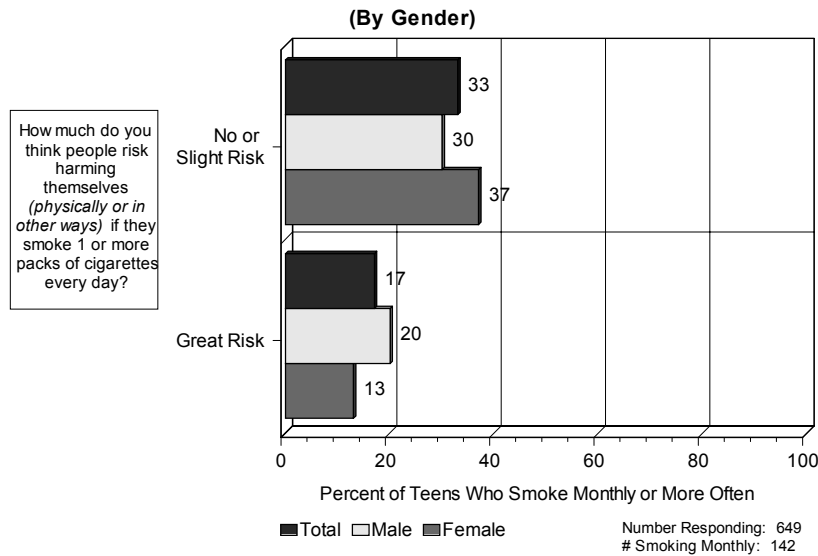


Table 4-15 shows Pemi-Baker School District data in comparison with data from the Monitoring the Future Study (Johnston, O’Malley, & Bachman, 2002) and the 2000-2001 TAP Multi-Community Report (Teen Assessment Project, 2002).

Table 4-15: 2001 Monitoring the Future Data: Perceived Harmfulness of Smoking One or Two Packs of Cigarettes a Day

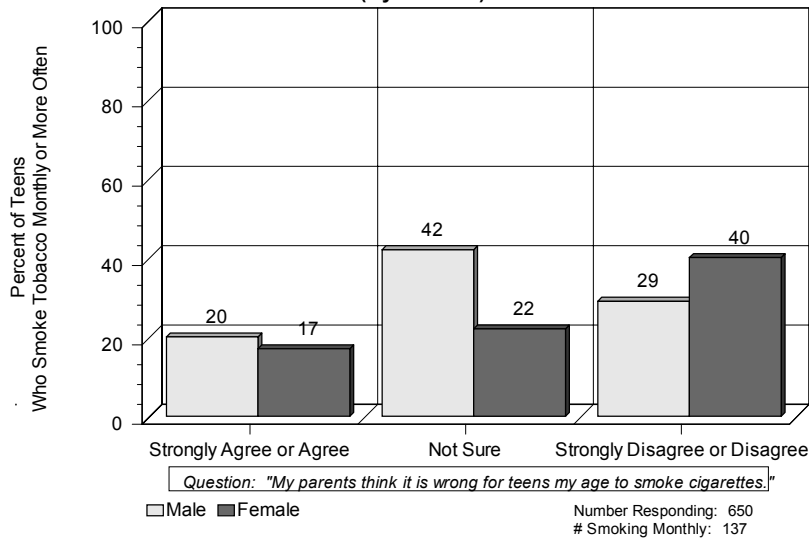
Behavior	Monitoring the Future 2001 %	TAP Multi-Community 2001-2002 %	TAP Pemi-Baker 2002 %
How much do you think people risk harming themselves (physically or in other ways), if they... (percentage choosing “Great risk”)			
...smoke one or two packs of cigarettes a day?	8 th - 57 10 th - 65 12 th - 73	8 th - 57 10 th - 63 12 th - 71	8 th - na 10 th - 55 12 th - 61

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.

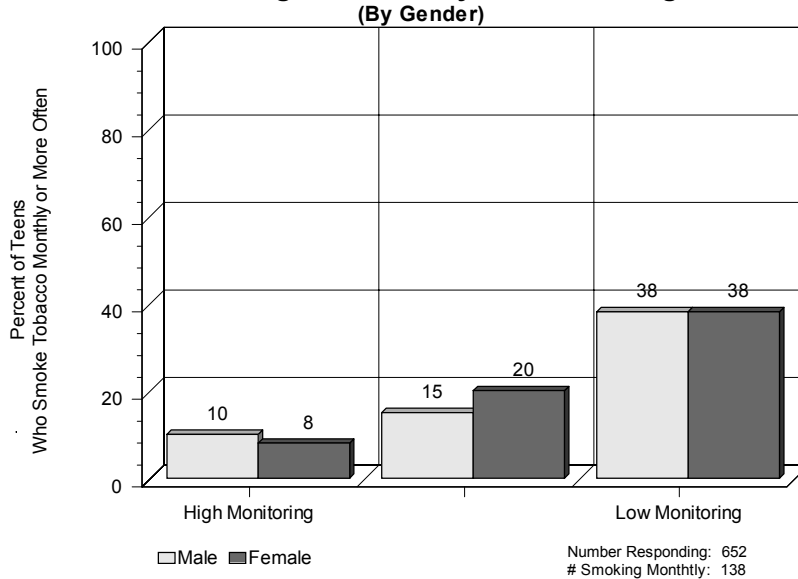
Teens' perceptions of their parents' values about tobacco smoking may influence their decision to smoke or not smoke. Youth were asked to respond to the statement: "My parent(s) think(s) it is wrong for teens my age to smoke cigarettes." As Figure 4-51 shows, teens who strongly feel their parents think 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, 18% 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, 34% 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 4-51: Relationship Between Teens' Perceptions of Parental Values and Monthly Teen Smoking (By Gender)



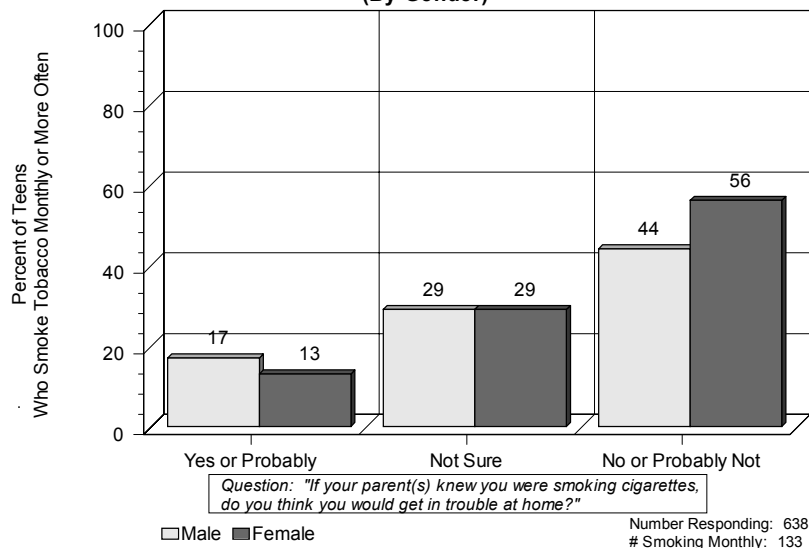
The level of parental monitoring is related to monthly teen tobacco smoking. Parental monitoring refers to parents' supervision and awareness of their child's activities. In this survey the students were asked to respond to a series of eight questions concerning the amount of information parents have about the students' whereabouts, activities, plans and companions (see Chapter 8, p. 116). 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 4-52 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 4-52: Relationship Between Levels of Parental Monitoring and Monthly Teen Smoking



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 4-53 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 (56% vs. 13%). Males were also much more likely to smoke monthly if they thought they would not get in trouble (not get in trouble, 44%; get in trouble, 17%). 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 4-53: Relationship Between Teens' Perceptions of Parental Consequences and Monthly Teen Smoking (By Gender)



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 noted that inhalants can be used by "...sniffing" or "snorting" fumes from containers; spraying aerosols directly into the nose or mouth; "bagging"-sniffing or inhaling fumes from substances sprayed or deposited inside a plastic or paper bag; "huffing" from an inhalant-soaked rag stuffed in the mouth; or inhaling from balloons filled with nitrous oxide." (2002). 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, and death.

We asked students "If you have used inhalants, how old were you the first time you used inhalants?" As Figure 4-54 shows, the average reported age at which youth first experimented with inhalants was 13. Of those teens who have used inhalants, 15% (34 students) reported using inhalants for the first time by the age of 12.

Figure 4-54: Age Students First Experimented with Inhalants (By Gender)

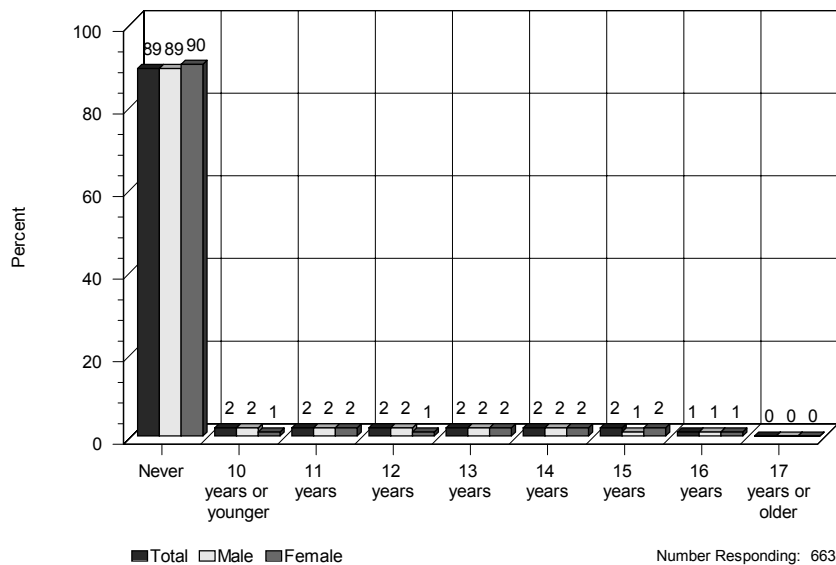


Figure 4-55 shows the breakdown for *any use at all* of inhalants, by grade level and gender. Eleven percent (11%) of teens reported having used inhalants at some time in the past. Three percent (3%) of youth (20 students) reported using inhalants *monthly or more often*.

Figure 4-55: Teens Who Use Inhalants
(Any Use at All, by Grade and Gender)

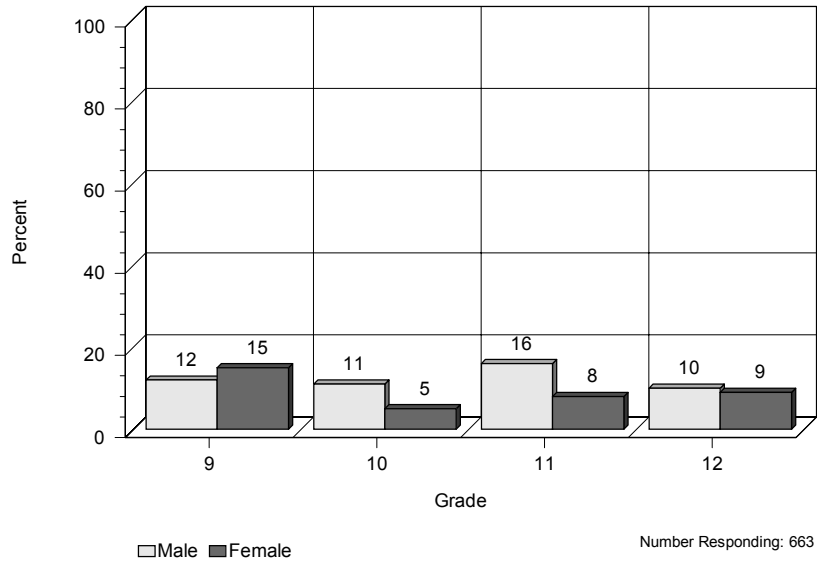


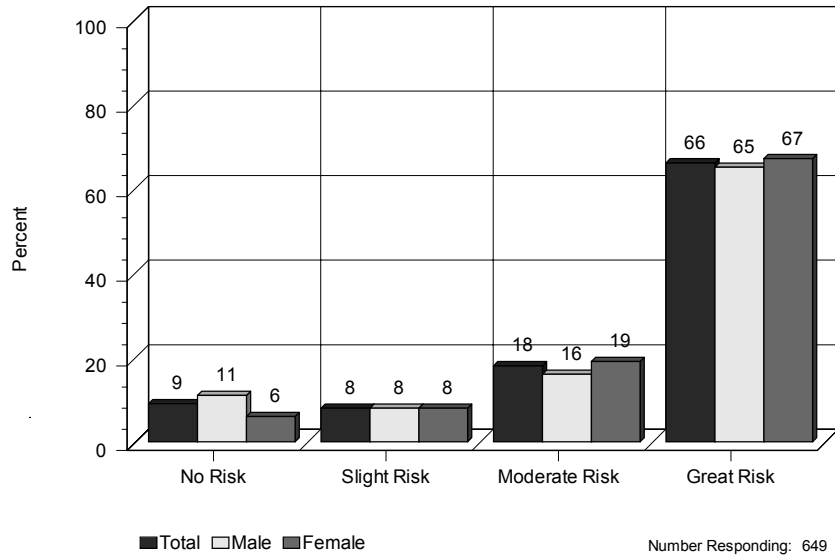
Table 4-16 shows data from the Youth Risk Behavior Surveillance Survey (YRBS) published by the Centers for Disease Control and Prevention (CDC, 2002).

Table 4-16: 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
YRBS: 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
YRBS: Current inhalant use (Sniffed glue or breathed the contents of aerosol spray cans or inhaled any paints or sprays to become intoxicated \geq 1 times during the 30 days preceding the survey.)	4.7	5.1	4.2	5.6	6.7	4.3

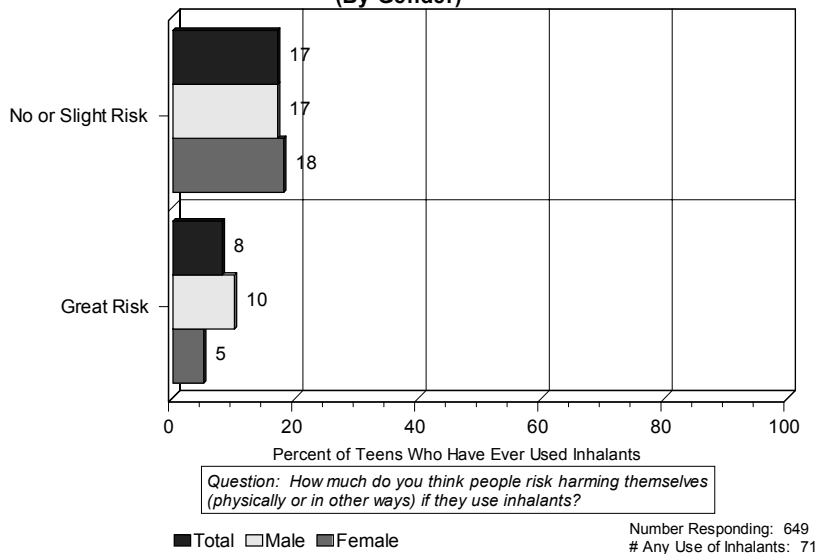
Perceived Risk. We asked students “How much do you think people risk harming themselves (physically or in other ways) if they use inhalants?” Figure 4-56 shows that 66% feel that doing so has “great risk”.

Figure 4-56: Perceived Risk: Inhalant Use (By Gender)



TAP data indicate that whether youth perceive inhalant use as risky is related to their behavior. Figure 4-57 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 (8%).

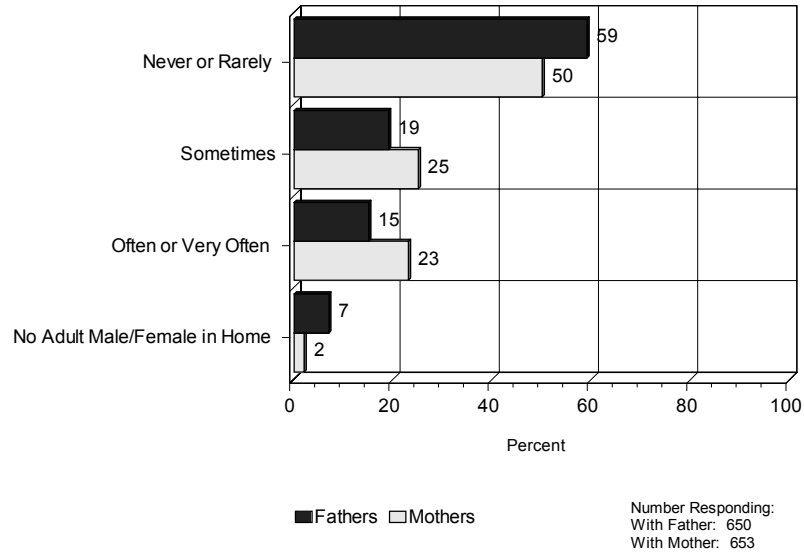
Figure 4-57: Perceived Risk of Inhalant Use and Any Use of Inhalants (By Gender)



Communication with Parents About Drug and Drinking Risks

Teens were asked, “How often in the past year have you had a good talk with your **mother/father or other adult female/male you live with** about....risks of drinking or taking other drugs?”. Figure 4-58 shows that the majority of teens report that they have “never” or “rarely” had such a talk about this topic with either parent.

Figure 4-58: Talks with Father or Mother About Risks of Drinking or Taking Drugs



Other Drug Use

It is important to note that although substances 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, **Overall Alcohol and Other Drug Use**.

Table 4-17: Other Drug Use

Drug	Any Use At All %	Monthly Use %	Weekly Use %
Uppers (eg. pep pills, speed, amphetamines, or Ritalin not prescribed)	22	9	4
Performance Enhancing Substances (eg. creatine, megavitamins, or protein powders)	18	10	6
Chewing Tobacco	18	7	4
Hallucinogens (eg. LSD, PCP, acid)	13	5	2
Downers (eg. ludes or Valium not prescribed)	13	5	2
Cocaine or Crack	8	3	2
Steroids (eg. juice or roids)	7	2	1
Narcotics (eg. heroin or smack)	6	3	2

Presentation Of Comparable Data

In this section, data from the Pemi-Baker School District 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 *2000-2001 TAP 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 *2000-2001 TAP Multi-Community Report* is a multi-community report based on data from ten New Hampshire SAUs surveyed from January 2000 through December 2001 (Teen Assessment Project, 2002). These data represent 9,458 teens. 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	YRBS ¹ National 2001 %	YRBS ² N.H. 2001 %	TAP ³ Multi- Community 2000-2001 %	TAP ⁴ Pemi- Baker 2002 %
Cigarettes YRBS: Ever tried cigarette smoking, even one or two puffs TAP: Ever used smoking tobacco	63.9	Not Available	- 51	- 44
Alcohol YRBS: Ever had ≥ 1 drinks of alcohol TAP: Ever used alcohol (beer, wine/wine cooler, hard liquor)	78.2	78.9	- 71	- 68
Marijuana YRBS: Ever used marijuana TAP: Ever used marijuana (pot)	42.4	44.6	- 45	- 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	- 11

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

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

³ Teen Assessment Project, 2002.

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 2000-2001 %	TAP⁴ Pemi- Baker 2002 %
Cigarettes YRBS: Smoked cigarettes on ≥ 1 of the 30 days preceding the survey TAP: Uses smoking tobacco at least 1 time per month	28.5	Not Available	- 26	- 22
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	- 43	- 37
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	- 24	- 28
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	- 2	- 3
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	- 2	- 3

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

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

³ Teen Assessment Project, 2002.

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 2000-2001 %	TAP⁴ Pemi- Baker 2002 %
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	-	-	22	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	-	-	40	37
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	-	-	14	12
YRBS: Ridden with a driver who had been drinking alcohol one or more times during the 30 days preceding the survey	30.7	27.5	-	-
TAP: In past month, ridden with a driver who had been drinking or using drugs	-	-	na	33

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

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

³ Teen Assessment Project, 2002.

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 2000-2001 %	TAP³ Pemi- Baker 2002 %
How much do you think people risk harming themselves (<i>physically or in other ways</i>), if they... (percentage choosing "Great risk")			
Have five or more drinks once or twice each weekend?	8 th – 56.1 10 th – 50.7 12 th – 43.6	8 th – 53 10 th – 49 12 th – 40	8 th – na 10 th – 52 12 th – 38
Smoke one or more packs of cigarettes a day?	8 th – 57.1 10 th – 64.7 12 th – 73.3	8 th – 53 10 th – 61 12 th – 62	8 th – na 10 th – 55 12 th – 61
Try marijuana once or twice?	8 th – 27.7 10 th – 17.9 12 th – 15.3	8 th – 18 10 th – 9 12 th – 10	8 th – na 10 th – 17 12 th – 8
Smoke marijuana regularly?	8 th – 72.2 10 th – 62.8 12 th – 57.4	8 th – 64 10 th – 45 12 th – 41	8 th – na 10 th – 43 12 th – 37

¹ Johnston, O'Malley & Bachman, 2002.

² Teen Assessment Project, 2002.

³ Teen Assessment Project, 2002.

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