

Alcohol, Tobacco, and Other Drug Use

What are the problems?

The 2011 Youth Risk Behavior Survey indicates the following health risk behaviors among 2011 Iowa high school students:

Alcohol

- 66% had at least one drink of alcohol on one or more days during their life;
- 16% had their first drink of alcohol, other than a few sips, before the age of 13;
- 37% had at least one drink of alcohol on one or more of the 30 days before the survey;
- 23% had five or more drinks of alcohol in a row, that is, within a couple of hours (“binge drinking”), on one or more of the 30 days before the survey;

Tobacco

- 39% ever tried cigarette smoking, even one or two puffs;
- 18% smoked cigarettes on one or more of the 30 days before the survey;
- 10% used chewing tobacco, snuff, or dip on one or more of the 30 days before the survey;

Other Drugs

- 28% used marijuana one or more times during their life;
- 15% used marijuana one or more times during the 30 days before the survey;
- 12% were offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey.

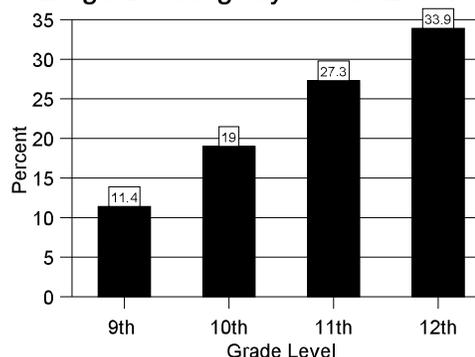
What are the solutions?

- Reduce youth access to alcohol, tobacco, and other drugs by supporting local and state policies that restrict easy availability to adolescents.
- Train and utilize peer leadership groups, such as Students Against Destructive Decisions (SADD) and other refusal skills training programs.
- Educate parents and community members about adolescent development and the effects of alcohol, tobacco, and other drug use/abuse.

Hispanics/Latinos ...

were significantly more likely than Caucasians/Whites to have ever tried cigarette smoking; ever used marijuana; used alcohol, or offered, sold, or given an illegal drug, on school property.

"Binge Drinking" by Grade Level



One in Six...

2011 Iowa high school students had taken a prescription drug without a doctor's prescription one or more times during their life.

Positive Trends ...

The percentage of 2011 Iowa high school students who indicated they used tobacco, alcohol, marijuana or other drugs has *decreased* substantially and significantly over the years 1997-2011. For example, the percentage of students who indicated they were involved in “binge drinking” decreased from 37.5% in 1997 to 23.0% in 2011. This means that 77% were *not* involved in binge drinking. Thus, in terms of alcohol and other drug use, it is *not* true that “everybody’s doing it”—and the percentages who are involved in many of these behaviors are *declining*.

¹ The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC). The data in this report are statistically weighted to represent all 2011 Iowa public high school students.

