

ALCOHOL AND OTHER DRUG USE

RESULTS FROM THE

OKLAHOMA YOUTH RISK BEHAVIOR SURVEY (YRBS) 2009

What is the problem?

The 2009 Oklahoma Youth Risk Behavior Survey results indicate that among public high school students:

Alcohol

- 71% had at least one drink of alcohol on one or more days during their life.
- 19% had their first drink of alcohol, other than a few sips, before the age of 13.
- 39% had at least one drink of alcohol on one or more of the 30 days before the survey.
- 24% had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the 30 days before the survey.
- 46% usually got the alcohol they drank from someone who gave it to them during the 30 days before the survey.¹
- 4% had at least one drink of alcohol on school property on one or more of the 30 days before the survey.

Other Drugs

- 32% used marijuana one or more times during their life.
- 7% had tried marijuana for the first time before age 13 years.
- 17% used marijuana one or more times during the 30 days before the survey.
- 3% used marijuana on school property one or more times during the 30 days before the survey.
- 7% used any form of cocaine, including powder, crack, or freebase one or more times during their life.
- 2% used any form of cocaine, including powder, crack, or freebase one or more times during the 30 days before the survey.
- 13% had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.
- 2% used heroin one or more times during their life.
- 5% used methamphetamines one or more times during their life.
- 8% used ecstasy one or more times during their life.
- 5% took steroid pills or shots without a doctor's prescription one or more times during their life.
- 2% used a needle to inject any illegal drug into their body one or more times during their life.
- 17% were offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey.

What is the status of Oklahoma Schools?

The 2008 Oklahoma School Health Profiles² report indicates that among high schools:

- 86% of schools had health education curriculum that addressed how to analyze the influence of family, peers, culture, media, technology, and other factors on personal health behaviors.
- 83% of teachers tried to increase student knowledge on alcohol and other drug use prevention.
- 57% of lead health education teachers received professional development on alcohol and other drug use prevention.
- 79% of lead health education teachers would like to receive professional development in the area of alcohol and other drug use prevention.

What are the solutions?

- Train and utilize peer mentoring groups, such as Students Against Destructive Decisions (SADD), 2 Much 2 Lose (2M2L), etc, to help young people say "No" to underage drinking prevention and drug use.
- Provide educational opportunities for parents and community members concerning adolescent development and the effects of drinking and drug use.
- Assist local Area Prevention Resource Centers (APRC) with alcohol compliance checks and assist with incentives for businesses that follow the underage drinking laws.
- Support legislation which serves to reduce underage drinking and drug use, i.e., social host ordinances, pseudoephedrine laws, etc.
- Develop a "No Tolerance" policy for drug or alcohol use on school property, which would include offsite use with the student coming onto school property or attending school events while intoxicated.
- Encourage schools to participate in surveys, such as the YRBS, that assess risk-taking behaviors among youth.

1. Among students who reported current alcohol use.

2. Brener ND, McManus T, Foti K, Shanklin SL, Hawkins J, Kann L, Speicher N. *School Health Profiles 2008: Characteristics of Health Programs Among Secondary Schools in Oklahoma*. Atlanta: Centers for Disease Control and Prevention; 2009. Available at URL: <http://www.cdc.gov/healthyyouth/profiles/>

For more information contact the Maternal and Child Health Service, MCH Assessment at (405) 271-6761
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