

# Alcohol & Drug Use Among Michigan Youth

## 2011 Michigan Youth Risk Behavior Survey

### Teens who abuse alcohol and drugs:

- are at an increased risk for unplanned pregnancy due to unsafe sex.
- are at increased risk of drug dependence and serious drug use later in life.
- may develop concentration problems, affecting a teen's memory, motivation and ability to learn.
- may develop serious health problems; some drugs can cause liver damage, psychotic behavior, respiratory distress, seizures and may harm the heart, lungs and kidneys.
- More than an estimated 80,000 high school students smoked marijuana in the past 30 days. Over half of these students were binge drinkers.
  - In the past 30 days, 28% of binge drinkers reported smoking marijuana 10 or more times compared to only 8% of non-binge drinkers and 2% of nondrinkers.

30-day Drug Use	Nondrinkers (69.5%)	Non-Binge Drinkers	Binge Drinkers
	Estimated Number % (95% CI)	Estimated Number % (95% CI)	Estimated Number % (95% CI)
Marijuana	19,112 5.9 (4.4-7.5)	15,869 29.1 (24.5-33.7)	47,343 56.7 (51.6-61.9)
Painkillers (OxyContin, Codeine, Percocet, or Tylenol III) without doctor's prescription	22,731 7.0 (5.7-8.4)	8,640 15.6 (11.1-20.1)	24,229 28.0 (23.1-32.9)
Prescription drug (Ritalin, Adderall, or Xanax) without doctor's prescription	5,928 1.8 (1.2-2.5)	5,298 9.6 (5.9-13.2)	23,339 27.0 (22.2-31.8)

In the 30 days before survey administration, nondrinkers did not consume alcohol, non-binge drinkers consumed at least 1 drink of alcohol, but did not drink 5 or more drinks on an occasion, binge drinkers had 5 or more drinks on an occasion. Estimated number is the approximate total number of 9th-12th grade Michigan public school students engaging in this behavior.

- Binge drinkers were four times more likely to use painkillers without a doctor's prescription than nondrinkers.
- Binge drinkers were fifteen times more likely to use prescription drugs without a prescription than nondrinkers. Drug use increased significantly with increasing alcohol consumption.<sup>1</sup>
- There were no significant differences in alcohol and drug use between females and males, grade level or race.

## Prevention—What can be done?

### **Parents can:**

- Talk to your children early and openly about your expectations toward alcohol and drug use.
- Lock up alcohol & drugs so they are kept away from common places where teens can access them. Properly dispose of unused drugs.
- Do not allow or host underage drinking on your property.

### **Schools can:**

- Provide prevention programs at key transition points, such as the transition from middle to high school or when students begin to drive.
- Have a long-term strategy with repeated interventions to reinforce the original prevention goals.
- Combine school-based programs with other community-level or family-based programs, which can be more effective than a single program alone.

### **Michigan and Local Communities can:**

- Implement community-wide interventions, such as raising alcohol excise taxes or reducing alcohol availability through zoning restrictions of alcohol retail stores.
- Enhance the use of the Michigan Automated Prescription System (a prescription drug monitoring program) to improve data sharing between providers and agencies to prevent drug abuse, doctor shopping and potential overdose deaths.

## Treatment Services

Contact the Bureau of Substance Abuse and Addiction Services at  
[www.michigan.gov/satreatment](http://www.michigan.gov/satreatment)

**For more information on alcohol and drug use among Michigan youth, please visit:  
[www.michigan.gov/substanceabusepi](http://www.michigan.gov/substanceabusepi) or [www.michigan.gov/mdch-bsaas](http://www.michigan.gov/mdch-bsaas)**

For more information on the Michigan Youth Risk Behavior Survey, please visit: [www.michigan.gov/vrbs](http://www.michigan.gov/vrbs)

1. Falk D, Hsiao-Ye YHS. An Epidemiologic Analysis of Co-Occurring Alcohol and Drug Use and Disorders. *Alcohol and Research & Health*. 2008;31:100–110.

National Institute on Drug Abuse. *Preventing Drug Abuse among Children and Adolescents*. <http://www.drugabuse.gov/publications/preventing-drug-abuse-among-children-adolescents>.

Centers for Disease Control and Prevention. *Prescription Painkiller Overdoses in the US*. <http://www.cdc.gov/vitalsigns/PainkillerOverdoses/index.html>

The Guide to Community Preventive Services. *Preventing Excessive Alcohol Consumption*. <http://www.thecommunityguide.org/alcohol/index.html>