

Monadnock Region Data Workbook

2009

The 2009 Data Workbook is a mid SPF-SIG report and will focus on changes in demographics that are available and newly collected data that informs us regarding the need for alcohol abuse prevention in the Monadnock Region. If no new information is available mid-cycle you will be referred to the 2008 Data Workbook (DW). The 2010 Workbook will be a final report and will include updated information on most all original data

| <u>Data Source</u> | <u>Status in 2009 Data Workbook</u> | <u>Page</u> |
|---|---|-------------|
| <u>DEMOGRAPHICS</u> | | |
| US Census Data | Updated 2008 Estimates | 2 |
| NH Dept. of Education | Updated 2007 | 2 |
| <u>ALCOHOL</u> | | |
| National Survey on Drug Use and Health (NSDUH) | Updated 2008 | 3 |
| Youth Risk Behavior Survey (YRBS) | 2007 Included – 2009 Update expected March 2010 | 3, 4 |
| Southwestern Community Services/UW Community | No Update – See 2008 DW | |
| Monadnock Region Young Adult Survey 2009 | Included - NEW DATA | 7,8 |
| NH Liquor Commission | No Update – see 2008 | |
| CDCP Behavioral Risk Factor Surveillance System (BRFSS) | No Update – see 2008 | |
| Law Enforcement Statistics | No Update – see 2008 | |
| Keene State College National College Health Assessment | Contact KCS for Summary | |
| MVP Parent Opinion Surveys | Updated | 9 |
| <u>TRENDS</u> | Included - NEW DATA | 11 |

MVP did not collect additional data in 2009 from the Youth Social Norms Survey, Law Enforcement Survey, Educator Survey, from Direct Community Observation, or Individual Interviews. All of these methods will again be used for the 2010 Data Workbook.

DEMOGRAPHICS

| | New Hampshire | Keene School District | Cheshire County | Hillsboro County | Vermont | US |
|--|---------------|-----------------------|-----------------|------------------|----------|---------------|
| Population | 1,315,809* | 4,320 | 77,245 | 401,035 | 621,270* | 304,059,724 |
| Under 5 | | | 3835 (5%) | 25,757 (6%) | | |
| 5 to 9 | | | 4237 (6%) | 26,076 (7%) | | |
| 10 to 14 | | | 4365 (6%) | 15,079 (4%) | | |
| 15 to 17 | | | 3114 ((4%) | 18,307 (5%) | | |
| 18 & 19 | | | 4148 (5%) | 9,406 (2%) | | |
| 20 | | | 1747 (2%) | 5,608 (1%) | | |
| 21 to 24 | | | 5634 (7%) | 12,605 (3%) | | |
| %Population under 18 | 22.3* | 945 | | | 20.8* | 24.3* |
| Median Income (2007) | 63,942 | | | | 51,566 | \$ 49,668 |
| | 62,048* | | 53,870* | 67,355* | | 50,740* |
| Poverty status of children (%) | 4.7 | | | | 9.0 | 16.5 |
| Poverty in general (5) | 5.6 7.3* | 5.2 | 8.1* | 7.0* | 8.4 | 15.4 13.0* |
| Change in population | 6.5 | | | | | 8.0 |
| Persons per square mile | 137.8 | | | | 65.8 | 79 .6 |
| Race % White | 95.5* | | | | | 79.8* |
| Uninsured | | | 12.1 | 12.8 | | |
| % with Education Level Bachelors or Higher | 28.7 | | | | 29.4 | 24.4 |

National Center for Education Statistics, 2008; (*) US Census, American Community Survey, 2008

ALCOHOL

Comparison - New Hampshire to National Baseline, 2007

The following charts provide a summary of youth and young adult consumption (30-day use and binge) for 2007, on three survey types. As such, these charts provide baseline consumption information for future comparisons. (In both charts the first two sets of columns are current use (30-day) and the second two sets are binge drinking rates.) As you can see youth rates are very similar to national averages but young adults in New Hampshire consistently drank more.

(Provided by NH Bureau of Drug Abuse Services)

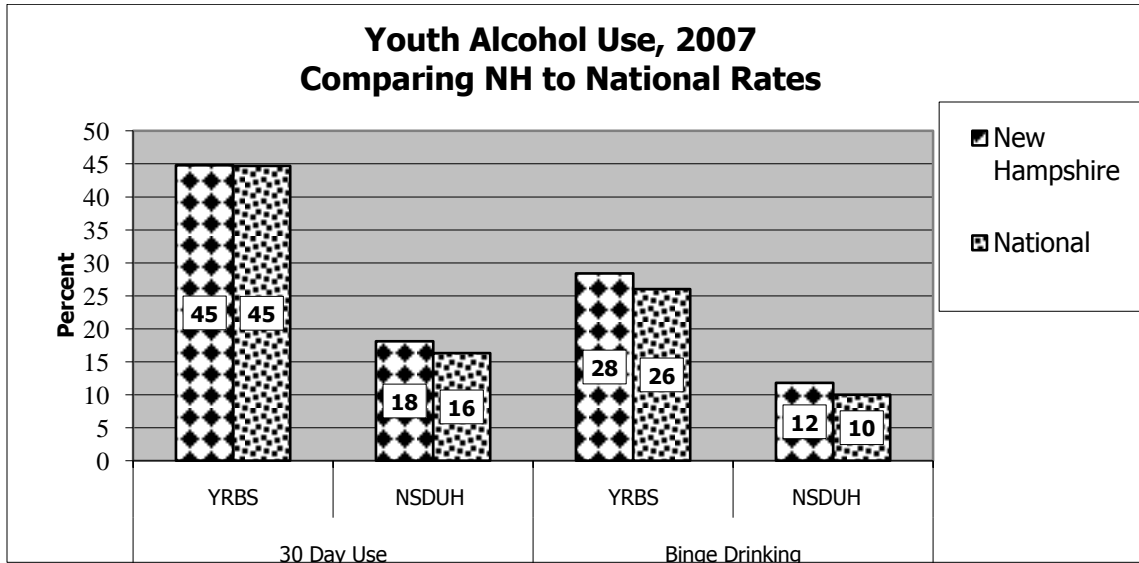
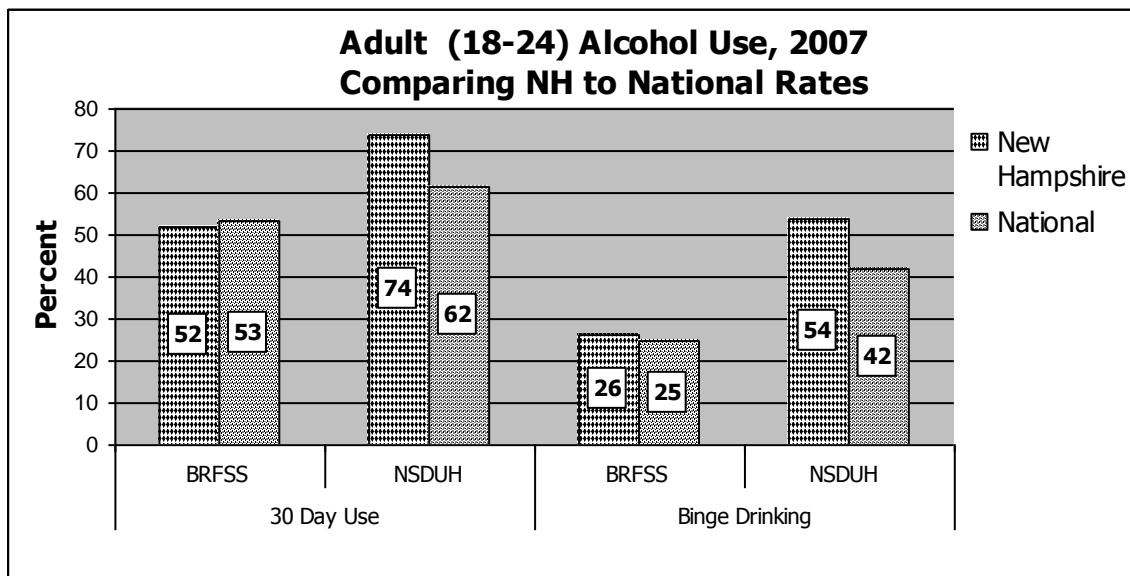


Table 2



Survey Methods for Table 1 & 2

The surveys included above were administered in a somewhat different manner and may explain the difference in results between surveys. Due to these differences it is important to only compare the same survey from one year to the next, etc. The BRFSS survey is conducted by telephone. The NSDUH is a face to face in-home survey with a \$30.00 stipend paid to the respondent. The YRBS is a paper and pencil survey completed by students in school. Each is anonymous and confidential. No identifying information is kept in any of these methods.

Drug Use for New Hampshire Students from 2007 YRBS
Comparison of State and Local High School* Responses

| Drug Used | Frequency of Use | | | | | |
|-----------------|------------------|--------------------|-----------|------------------|----------|-----------------|
| | Lifetime NH | Lifetime Monadnock | 30 Day NH | 30 Day Monadnock | Binge NH | Binge Monadnock |
| Alcohol | 70.6 | 73.8 | 44.00 | 42.8 | 28.0 | 29.3 |
| Marijuana | 40.1 | 44.9 | 25.1 | 25.9 | | |
| Cocaine | 9.9 | 15.4 | 5.2 | | | |
| Inhalants | 14.3 | 16.5 | | | | |
| Heroin | 3.9 | 4.2 | | | | |
| Methamphetamine | 6.1 | 6.1 | | | | |
| Ecstasy | 7.4 | 9.3 | | | | |
| Steroid | 4.7 | 4.7 | | | | |
| Cigarettes | | | 19.6 | 23.1 | | |

* This is not a representative sample and can be used for basic comparison only

For more complete data from the 2007 YRBS use:
www.cdc.gov/healthyouth/yrbs/pdf/yrbss07_mmwr.pdf

National statistics collected using the NSDUH between 2002 and 2008 (2009) shows use of alcohol by Youth (ages 12 to 17) declining. Survey results for Young Adults (ages 18 to 24) do not reflect a similar decline in use. Monitoring The Future (MTF) is administered similarly to the YRBS, that is, a paper and pencil test that keeps responses without personal information. State of New Hampshire level reports from the latest survey will be available in early 2010.

Youth (12 – 17 years old)

| ALCOHOL USE | NSDUH | | | | | | | MTF | | | | | | |
|-------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 |
| YEAR | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 |
| Lifetime | 43.4 | 42.9 | 42.0 | 40/6 | 50.4 | 39.4 | 38.3 | 57.0 | 55.8 | 54.1 | 52.1 | 51.0 | 50.3 | 48.6 |
| Past year | 34.6 | 34.3 | 33.9 | 33.3 | 32.9 | 31.8 | 30.8 | 49.4 | 48.3 | 47.5 | 45.3 | 44.7 | 44.1 | 42.3 |
| Past month | 17.6 | 17.7 | 17.6 | 16.5 | 16.6 | 15.0 | 14.6 | 27.5 | 27.6 | 26.9 | 25.2 | 25.5 | 24.7 | 22.4 |

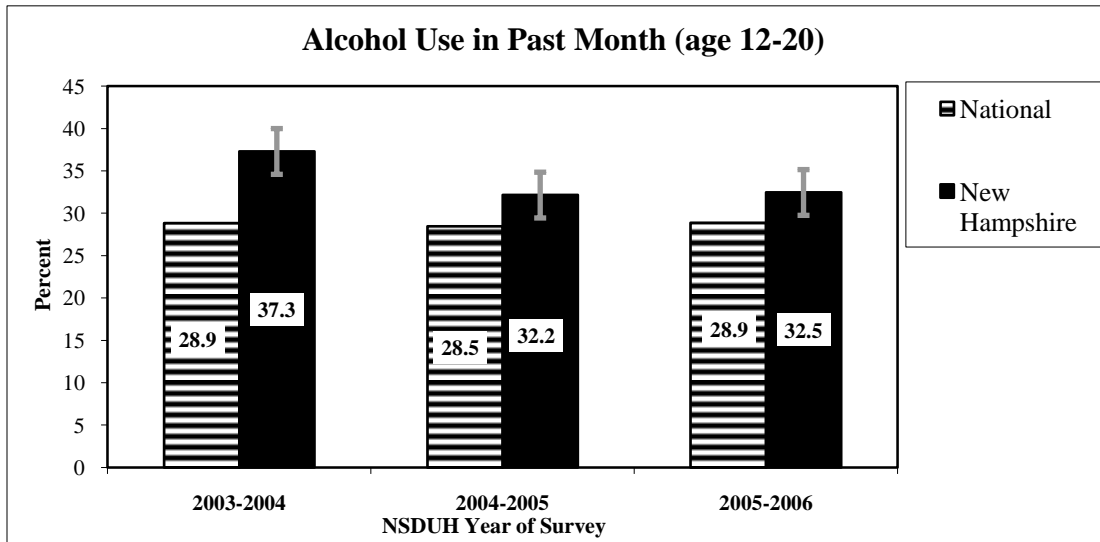
Young Adult (18 – 25 years old)

| ALCOHOL USE | NSDUH | | | | | | | MTF | | | | | | |
|-------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 |
| YEAR | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 |
| Lifetime | 86.7 | 87.1 | 86.2 | 85.7 | 86.5 | 85.2 | 85.6 | 88.4 | 87.6 | 97.2 | 87.1 | 87.0 | 86.0 | 86.4 |
| Past year | 77.9 | 78.1 | 78.0 | 77.9 | 78.8 | 77.9 | 78.0 | 83.9 | 82.3 | 83.1 | 82.8 | 83.2 | 82.8 | 82.5 |
| Past month | 60.5 | 61.4 | 60.5 | 60.9 | 61.9 | 61.2 | 61.2 | 67.7 | 66.3 | 67.3 | 66.8 | 67.0 | 67.4 | 67.4 |

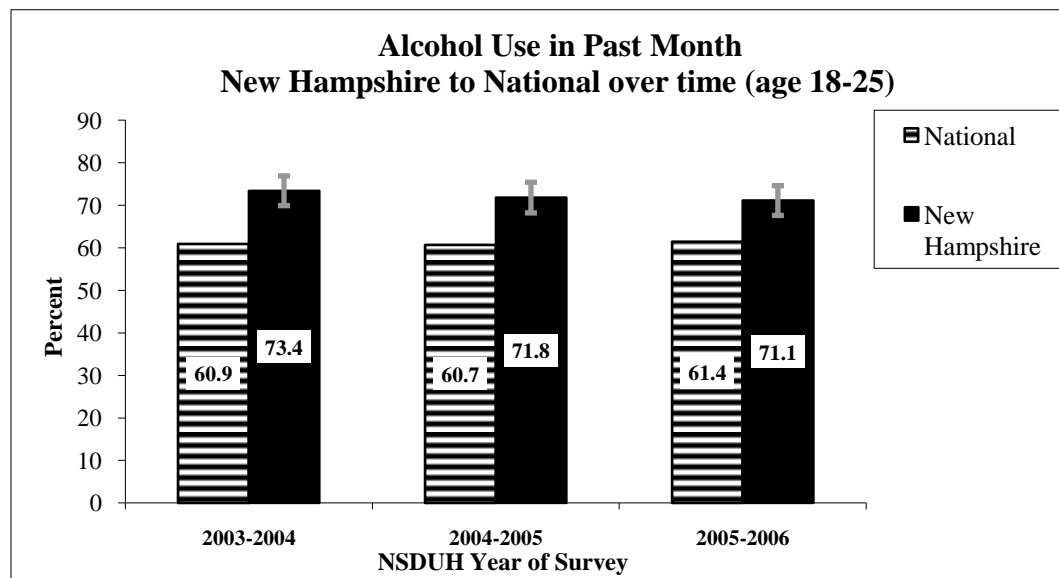
National and State level comparisons Using the NSDUH Survey

from the 2008 MVP Data Workbook

Youth



Young Adult



MVP Young Adult Survey

The Young Adult Survey is a paper and pencil survey that the respondent is given a \$5.00 gas card for completing. These were obtained face-to-face, primarily in a public setting between June and September 2009. (We are planning to add computer surveys as an option in 2010.) A copy of the Young Adult Survey is attached as are the majority of responses. We will review the current use in this section. As expected, the 76% who report being current drinkers is similar to the NSDUH findings.

In the last 30 days, how many days did you drink?

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------------|-----------|---------|---------------|--------------------|
| Valid | Not applicable | 1 | .4 | .5 | .5 |
| | None | 57 | 25.6 | 26.3 | 26.7 |
| | 1 or 2 | 37 | 16.6 | 17.1 | 43.8 |
| | 3 to 5 | 43 | 19.3 | 19.8 | 63.6 |
| | 6 to 9 | 36 | 16.1 | 16.6 | 80.2 |
| | 10 to 29 | 38 | 17.0 | 17.5 | 97.7 |
| | all 30 | 5 | 2.2 | 2.3 | 100.0 |
| | Total | 217 | 97.3 | 100.0 | |
| | missing | 3 | 1.3 | | |
| | Total | 6 | 2.7 | | |
| Total | | 223 | 100.0 | | |

Other highlights from this Monadnock regional survey:

- 80% of *Young Adults* say it is easy to very easy for people under 21 to get alcohol
- 63% of young people believe young people their age drink 5 or more drinks at a party.
- 99% believed young people their age partied with alcohol at least one night per week.
- **BUT - 64% reported they drank five or fewer times in the last 30 days.**

Regarding perception of risk:

- 73% of youth believe it is unlikely that anyone would get caught if they gave alcohol to someone under 21.
- 82% believe that no one would report a party that people under 21 were drinking at
- 76% think it is unlikely that someone under 21 would get arrested if they drank alcohol
- **88% of *Young Adults* believed parents can have a strong influence on their child's decision to drink**

The NH Young Adult Survey also asks about attitudes toward drinking. The responses to these two questions will provide more about the perception of drinking in the community or the norms they believe exist.

How many nights per week do you think most people your age in this community party with alcohol?

How many alcoholic drinks are typically consumed by a person your age in your community at parties or other social occasions?

How Many Nights Respondent Thinks Most People Their Age Party With Alcohol

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------|----------------|-----------|---------|---------------|--------------------|
| Valid | Not Applicable | 2 | .9 | .9 | .9 |
| | 1 | 16 | 7.2 | 7.4 | 8.3 |
| | 2 | 41 | 18.4 | 19.0 | 27.3 |
| | 3 | 65 | 29.1 | 30.1 | 57.4 |
| | 4 | 30 | 13.5 | 13.9 | 71.3 |
| | 5 | 23 | 10.3 | 10.6 | 81.9 |
| | 6 | 8 | 3.6 | 3.7 | 85.6 |
| | 7 | 31 | 13.9 | 14.4 | 100.0 |
| | Total | 216 | 96.9 | 100.0 | |
| Missing | Missing | 7 | 3.1 | | |
| Total | | 223 | 100.0 | | |

How Many Alcoholic Drinks Commonly Consumed by Young People in Your Community at Parties or Other Social Occasions

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | None | 2 | .9 | .9 | .9 |
| | Less than 1 | 4 | 1.8 | 1.8 | 2.7 |
| | 1 to 2 drinks | 12 | 5.4 | 5.4 | 8.1 |
| | 3 to 4 drinks | 65 | 29.1 | 29.1 | 37.2 |
| | 5 or more | 140 | 62.8 | 62.8 | 100.0 |
| | Total | 223 | 100.0 | 100.0 | |

PARENT OPINION SURVEYS

Ninety –two Parents responded in 2009

71% Female

64% Married living in same household

They say:

73% Consistent curfew is important

96% believe Parents have a strong influence on their child’s decision to drink and 88% of Young Adults believed parents can have a strong influence on their child’s decision to drink

| |
|---|
| Parents are <i>the</i> primary prevention tool. |
|---|

75% believe there is too much alcohol advertising in their community

83% believe that alcohol advertising influences a young person’s decision to drink

Less than 8% believe it is ok for people under 21 to drink even if they don’t drive or get drunk

17% agree that underage drinking is part of growing up

83% believe that it is easy for underage people to get alcohol

49% of responders did not drink at all

13% of responders drank 5 or more at one time (binge drinking)

92% had clear rules in their house about alcohol and drug use

24% know adults who host parties where underage people drink

13% believe their child drinks once per month or more

83% of parents say it is easy for young people to get alcohol

Parents' beliefs and perceptions

| QUESTION | WHAT I BELIEVE OR WOULD DO | WHAT I THINK OTHER PARENTS BELIEVE OR WOULD DO |
|--|------------------------------------|---|
| Would tell if they knew child was drinking | 91% yes, I would tell their parent | 76% would tell me |
| Hosted a party where underage people drank | 3% hosted | 46% say a few or more parents who host parties |
| Drinking is a normal part of growing up | 13% agree | 38% of Other parents think this |
| I did it and it didn't hurt me | 3% agree | 33% of other parents think this |
| Drinking is a developmental health risk | 77% agree | 23% other of other parents think this |
| Drinking can lead to other risky behavior | 88% agree | 25% of other parents think this |

Parents may not trust other parents in their community to do what is right for their children

| YOUTH GET ALCOHOL FROM... | I THINK | I BELIEVE OTHER PARENTS THINK | YOUNG ADULTS SAY THEY MOST LIKELY GET IT |
|----------------------------------|----------------|--------------------------------------|---|
| From their parents | 69% | 27% | 34% |
| Liquor stores | 33% | 87% | 17% |
| Using fake ID | 18% | 35% | (10% say in bar or restaurant) |
| Ask an adult stranger to buy it | 17% | 63% | |
| Ask an older friend or sibling | 60% | 30% | 80% |
| Steal it | 29% | 5% | 34% (store or family member) |
| Public event | | | 11% |
| Someone gave it to them | | | 48% |
| Other | 66% | 1% | 39% |

TRENDS

Data collected through the Treatment Episode Data Set (TEDS, 2009) monitors drug use trends through treatment admissions. Alcohol, opiates (primarily heroin), marijuana, cocaine, and stimulants account for 95% of all treatment admissions for 1997 to 2007. Alcohol, while still the primary drug problem at admission slipped from 50% in 1997 to 40% in 2007. Other drug admissions increased except for cocaine. Opiates other than heroin rose from 6 per cent of opiate admissions to 27 per cent in 2007.

Treatment Admission by Primary Drug

| Drug (Percent of Total Admissions) | 1997 | 2007 |
|---|-------------|-------------|
| Alcohol | 50 | 40 |
| Marijuana | 12 | 16 |
| Opiates other than Heroin | 1 | 5 |
| Heroin | 15 | 14 |
| cocaine | 15 | 13 |
| Stimulant | 4 | 8 |

Cheshire and Western Hillsborough County Community Leaders identify service needs

| Human Service Need | % Respondents who listed this need in 2003 | % Respondents who listed this need in 2007 |
|--|---|---|
| Inpatient alcohol treatment | 29% | 39% |
| Outpatient alcohol treatment | 22% | 35% |
| Youth substance abuse treatment | 28% | 36% |

From Southwestern Community Services / Monadnock United Way Community Assessment 2006-2007 (from MVP Data Workbook 2008)

MVP 2009 Young Adult survey results report nearly 51% of respondents have used prescription drugs without a doctor’s order. Thirty-six per cent say they have used over-the-counter drugs to get high.

Keene State College recently completed another round of their American College Health Assessment. Results from that report are available through the Student Services Office.

New Hampshire Spending on Substance Abuse and Addiction Compared to other Spending Categories

| | Dollars in Millions | Per Cent of Total Budget* |
|--|----------------------------|----------------------------------|
| Elementary and Secondary Education | \$ 879.00 | 31 |
| Substance Abuse and Addiction ¹ | 847.00 | 30 |
| Medicaid | 607.00 | 21 |
| Higher Education | 158.00 | 5 |
| Transportation | 264.00 | 9 |
| Total State Budget | 2,928.00 | |

*Not expected to total 100

From “Shoveling Up II: The Impact of Substance Abuse on Federal, State and Local Budgets”; National Center on Addiction and Substance Abuse at Columbia University; New York, NY. (2009)

www.casacolumbia.org

¹ Includes: Justice Expenses for Corrections, Juvenile Justice, Judiciary; Education; Health; Child & Family Assistance; Mental Health, Developmental Disabilities; Public Safety; State Workforce; Regulations & Compliance, Licensing and Control, Collection of Taxes, Liquor Store Expenses; Prevention, Treatment and Research – 2005