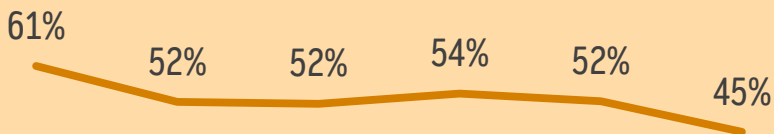


Alcohol Use

Youth in Nebraska

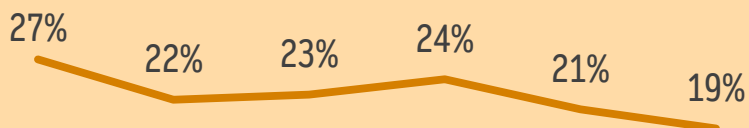


The number of Nebraska high school students who reported **ever** using alcohol continues to decline. In 2021, fewer than half of students reported ever having at least one drink of alcohol.



2010 2012 2014 2016 2018 2021

Current alcohol use also is trending down. In 2021, fewer than one in five students had at least a sip of alcohol in the 30 days before the survey.



2010 2012 2014 2016 2018 2021



One out of eight students (13%) had their first drink of alcohol **before the age of 13**

* Binge drinking includes having four or more drinks of alcohol in a row if they are female or five or more if they are male

9% binge drank* in the 30 days before the survey

- This was more common for those who:
- felt sad or hopeless (15% vs. 6% who were happier)
 - felt unsafe at school (22% vs. 8% who felt safer)
 - experienced Adverse Childhood Experiences (ACEs)** (15% vs. 4% who did not)

Lifetime use was higher for:

- those who felt unsafe at school (68% vs. 43% who felt safer)
- those who felt sad or hopeless (62% vs 35% who felt happier)
- those with ACEs** (59% vs. 30% without)

Current use was higher for:

- girls (21%) vs. boys (16%)
- non-Hispanic youth (20%) vs. Hispanic (16%)
- students who were overweight (24%) vs. lower weight (16%)
- students who felt sad (30% v. 13% who were happier)
- students who felt unsafe at school (38% vs. 18% who felt unsafe)
- students with ACEs** (27% v. 11% without)

Early drinking was higher for students who:

- felt sad or hopeless (19% vs 8% who were happier)
- felt unsafe at school (33% vs. 11% who felt safer)
- had ACEs** (17% vs. 8% without ACEs)

**See description of Adverse Childhood Experiences on 2nd page

Substance Use

Youth in Nebraska

One out of 14

students (7%) reported using prescription pain medicine without a doctor's prescription



One out of nine

students (11%) were currently using marijuana

19%



of Nebraska high school students reported ever using marijuana

Girls were more likely than boys to have ever used marijuana

21% girls vs. 16% boys

and were more likely to report current use

13% girls vs. 9% boys

Hispanic students were more likely to have ever used marijuana

24% Hispanic vs. 18% non-Hispanic

and were more likely to report current use

16% Hispanic vs. 10% non-Hispanic

Students who were at risk were much more likely than their peers to report many types of substance use

	Felt unsafe at school		Adverse Childhood Experiences*		Had considered suicide		Felt sad or hopeless		
	Yes	No	Yes	No	Yes	No	Yes	No	
Ever used marijuana	43%	17%	28%	9%	40%	14%	32%	11%	
Ever used synthetic marijuana	18%	3%	7%	2%	15%	2%	9%	1%	
Tried marijuana before age 13	16%	2%	5%	1%	10%	2%	6%	2%	
Currently used marijuana	34%	9%	17%	4%	28%	7%	20%	6%	
Misused prescription pain medicine	19%	6%	11%	3%	20%	4%	13%	4%	
Ever used inhalants	15%	7%	10%	5%	18%	5%	12%	5%	
Ever injected any illegal drug	9%	0%	2%	0%	4%	0%	2%	0%	
Access to illegal drugs on school property	23%	10%	15%	6%	21%	8%	17%	7%	
	N	6,636	91,001	48,940	48,945	18,627	78,300	35,309	61,730

**Adverse Childhood Experiences (ACEs) included in the 2021 YRBS:

- Ever lived with someone who was depressed, mentally ill, or suicidal
- Ever lived with someone who has/had a problem with alcohol or drug use
- Ever been separated from a parent/guardian because they went to prison, jail, or a detention center
- Usually did not sleep in their parent's/guardian's home
- A parent or other adult in their home frequently swore at them, insulted them, or put them down
- A parent or other adult in their home frequently hit, beat, kicked, or physically hurt them in any way
- Their parents or other adults in their home frequently slapped, hit, kicked, punched, or beat each other up

Flaticons by Freepik

Data from the Nebraska 2021 Youth Risk Behavior Survey (YRBS). Weighted data, n=675. Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention."

