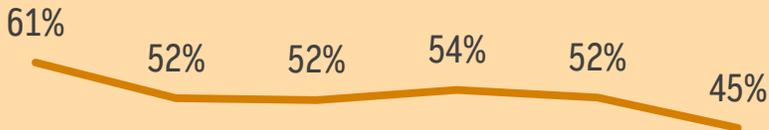


# Alcohol Use

## Youth in Nebraska

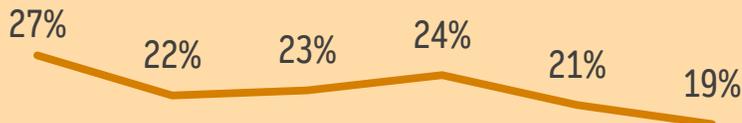


The number of Nebraska high school students who reported **ever** using alcohol continues to decline. In 2021, fewer than half of students reported ever having at least one drink of alcohol.



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 2<sup>nd</sup> 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). Funded by CDC-PS18-1807, "Promoting Adolescent Health through School-Based HIV Prevention. Weighted n=97,885

