

Carlsbad Community Anti-Drug and Gang Coalition New Mexico Community Survey Highlights 2019

Members of the Carlsbad Community Anti-Drug and Gang Coalition collected New Mexico Community Surveys (NMCS) in April of 2019. A total of 401 eligible surveys were collected from residents around Eddy County and local businesses, the college, and various community events, and online recruitment using Facebook and other websites. The NMCS asks about alcohol and prescription drug use, community attitudes and perceptions, and sources of alcohol and prescription painkillers. Data are used to plan and evaluate initiatives funded by the Office of Substance Abuse Prevention, DWI, and other community agencies and funding sources. The data in this report compares the 2019 results to previous year's results for key indicators related reducing underage drinking and prescription pain killer overdoses.

2019 Highlights

Prescription Painkiller Outcomes

- + Eddy County has experienced reductions in overall drug overdose deaths as well as prescription drug overdoses.
- + There was a decrease in reported sharing of prescription painkillers among parents and other adults.
- + There has been a decrease in receiving painkillers this year and current painkiller use for any reason.
- + There has been a slight increase in using painkillers to get high overall with a significant increase among current opioid users.
- Perceived risk of harm associated with misusing painkillers decreased this year.
- There was an increase (undesired direction) in respondents reporting using painkillers to cope with stress or anxiety.
- There was a decrease in reported locking of prescription painkillers among parents.

Alcohol Outcomes

- + Current drinking declined slightly among young adults age 18-25 and all respondents. Binge drinking for 18-20 -year-olds also decreased.
- + There was a slight increase in likelihood that police will stop you for drinking and driving.
- + There were decreases among parents and adults reporting providing alcohol to minors in the past year.
- + There was a slight increase in parents stating it is "never ok" to provide alcohol to minors.
- Binge drinking increased for 21-25-year-olds.

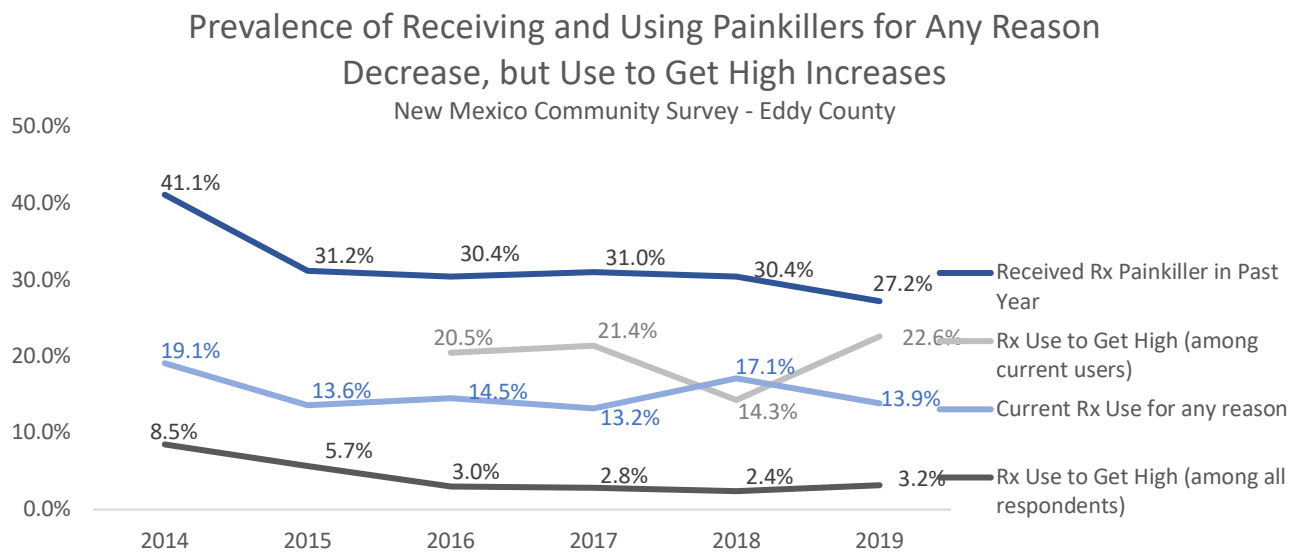
Opioid Measures

Eddy County's drug overdose rate has reduced and is slightly lower than the State's rate but is still higher than the U.S. The *illicit drug overdose* rate is slightly higher in Eddy than the *prescription drug overdose* rate and Eddy has a lower rate for opioid overdose emergency department visits than the State.

Death Rate per 100,000	United States	New Mexico	Eddy
Total Drug Overdose	16.3	24.6	21.8
Rx Overdose	--	8.3	5.8
Illicit Drug Overdose	--	8.4	9.0
Opioid Overdose Related Emergency Visits	--	66.9	54.4

SOURCE: 2017 NM Substance Abuse Epi Profile, Deaths/ED Visits from 2012-2016

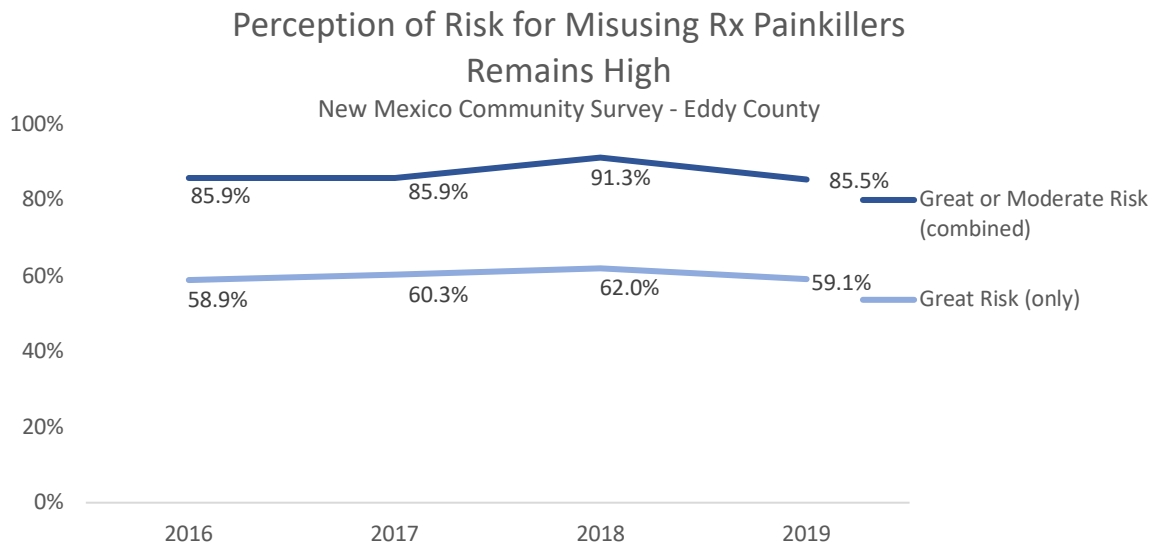
Eddy County's **total drug overdose rate decreased** from 22.7 (2011-2015 data) to 21.8 (2012-2017 data), and **prescription opiate-related overdoses decreased** from 7.3 (2011-2016 data) to 5.8 (2012-2017 data). In the Southeast Region of New Mexico, White women between the ages of 35-54 comprise the most prescription opioid overdose deaths, followed by white men between the ages 45-54.



- **18-25-year-olds (33.9%)** were most likely to report **receiving a prescription painkiller** in the past year followed by respondents 51-60-years-old (30.8%).
- **51-60-year-olds (20.5%)** were most likely to report **past 30-day-use** (for any reason), closely followed by respondents between ages 18-25 (19.6%). These two age groups were also most likely to have used a painkiller in the last two years of survey data.
- **18-25-year-olds** had the highest reported **use of painkillers to get high (8.9%)**, followed by 26-30-year-olds (6.8%).

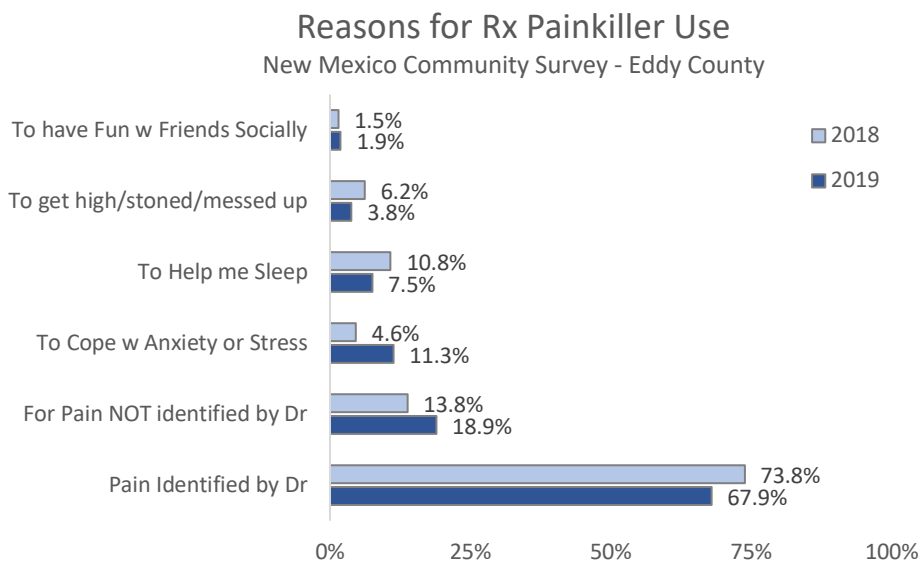
Perception of Risk for Misusing Rx Painkillers

The perceived risk of harm for misusing prescription painkillers decreased slightly this year but remains high. The group with highest perception of harm for misusing Rx painkillers is the 71+ age group (100% say there is moderate or great risk of harm), followed by 61+ age group (93%).



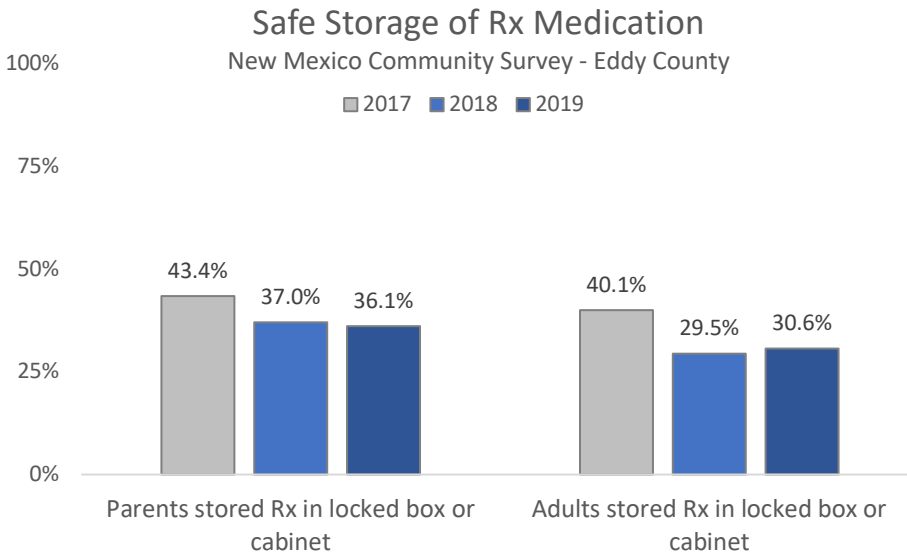
43.3% of respondents said a **healthcare provider** talked to them about the risks of misusing prescription painkillers and the potential for addiction.

28.8% of respondents said **pharmacy staff** talked to them about the risks of misusing prescription painkillers and the potential for addiction.



Storage and Sharing Painkillers

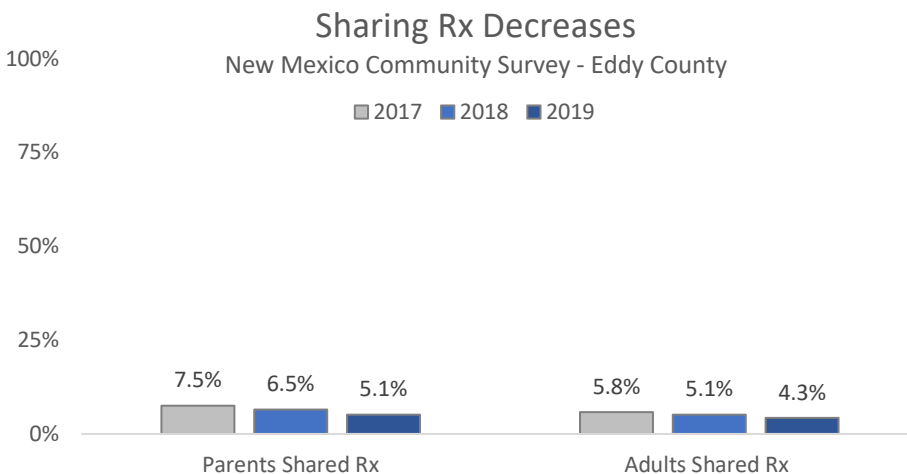
Social access of prescription painkillers can be reduced if people safely store medications in locked boxes or cabinets and do not share them with others who were not prescribed the medication. The Coalition works to educate parents, senior citizens, and the general public on safe storage and disposal and the dangers of sharing prescription painkillers.



Results are similar to last year but lower than (*undesired direction*) previous years.

25.0% of respondents said **pharmacy staff** talked to them about storing painkillers safely.

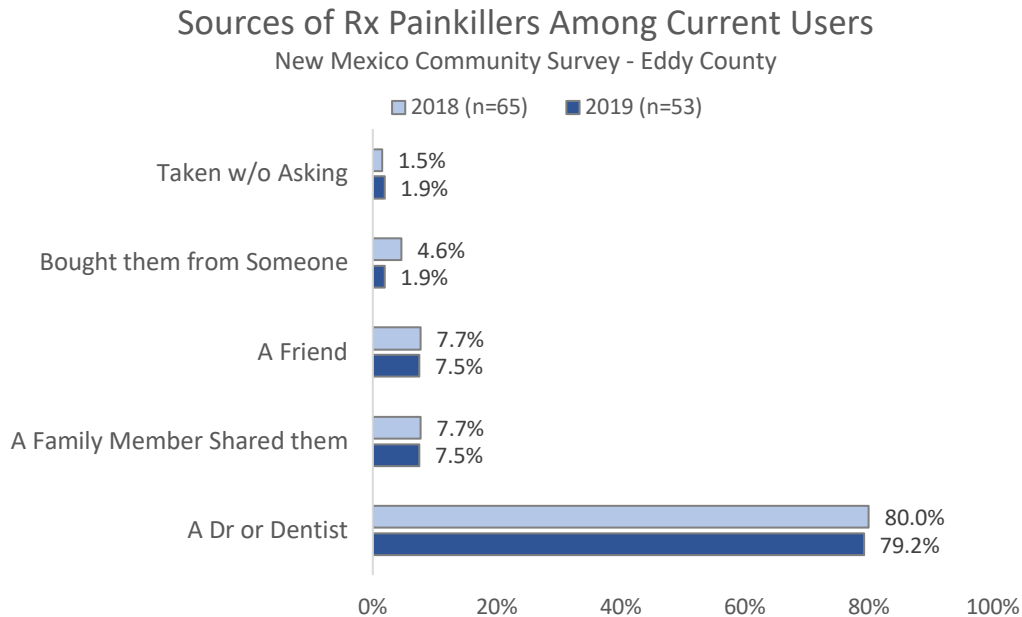
21.2% of respondents said their **healthcare provider** talked to them about storing painkillers safely.



Sharing prescription painkillers reduced (*desired direction*) among parents and all adult survey respondents.

Sources of Prescription Painkillers

The most common source of Rx painkillers across all years is from a doctor or dentist, followed by family members. This year there was an increase in respondents getting painkillers from friends or buying them from someone.



Current Opioid Strategies Include:

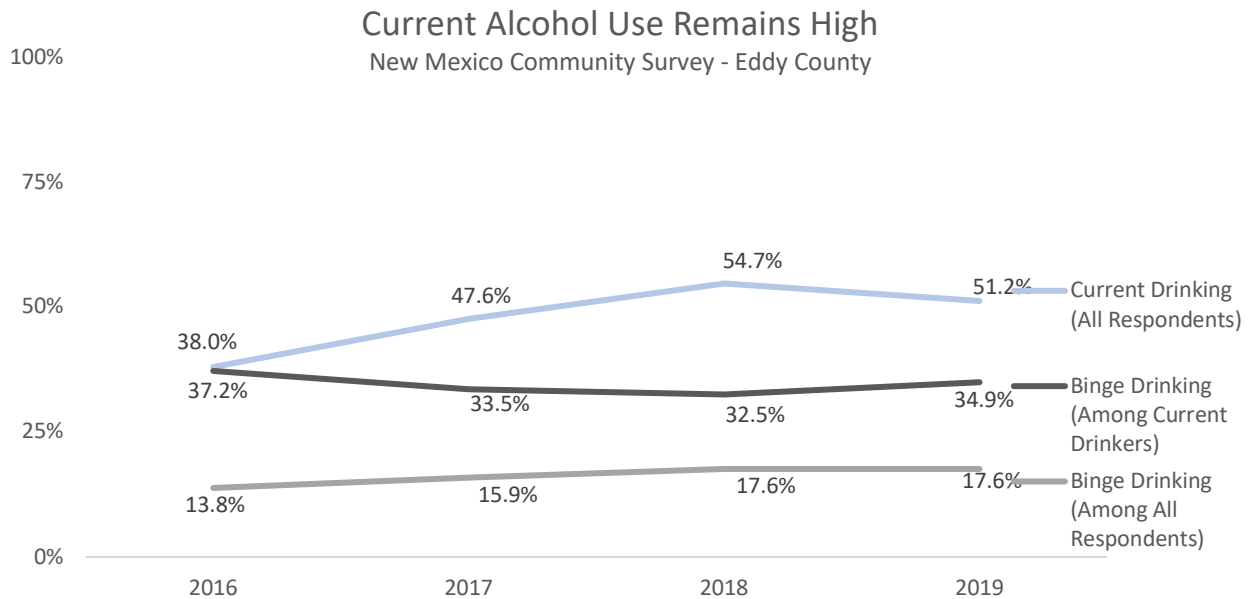
- Distributing a parent handbook and educating parents on safe storage of prescription painkillers, proper disposal, and the dangers of sharing prescription painkillers and potential for addiction.
- Working with senior centers and groups of senior citizens to train them to properly dispose of their medications, safe storage, and the dangers of sharing.
- Working with local pharmacies and medical providers to educate parents on safe storage and disposal. Providing pharmacy bag tags and disseminating information on opioids, safe storage and disposal information.
- Supporting and promoting two drug take back events each year and promoting permanent drop boxes for unwanted medications.

Alcohol Measures

Due to increasing concern in the community about rising alcohol use and consequences, the Carlsbad Community Anti-Drug and Gang Coalition added alcohol prevention strategies to their 2018 efforts.

Death Rate per 100,000	United States	New Mexico	Eddy
Alcohol-Related Death	32.2	59.7	59.5
Alcohol-Related Chronic Liver Disease Death	8.5	19.2	18.5
Alcohol-Related Injury Death	18.5	28.7	31.6

SOURCE: 2017 NM Substance Abuse Epi Profile, Deaths/ED Visits from 2012-2016

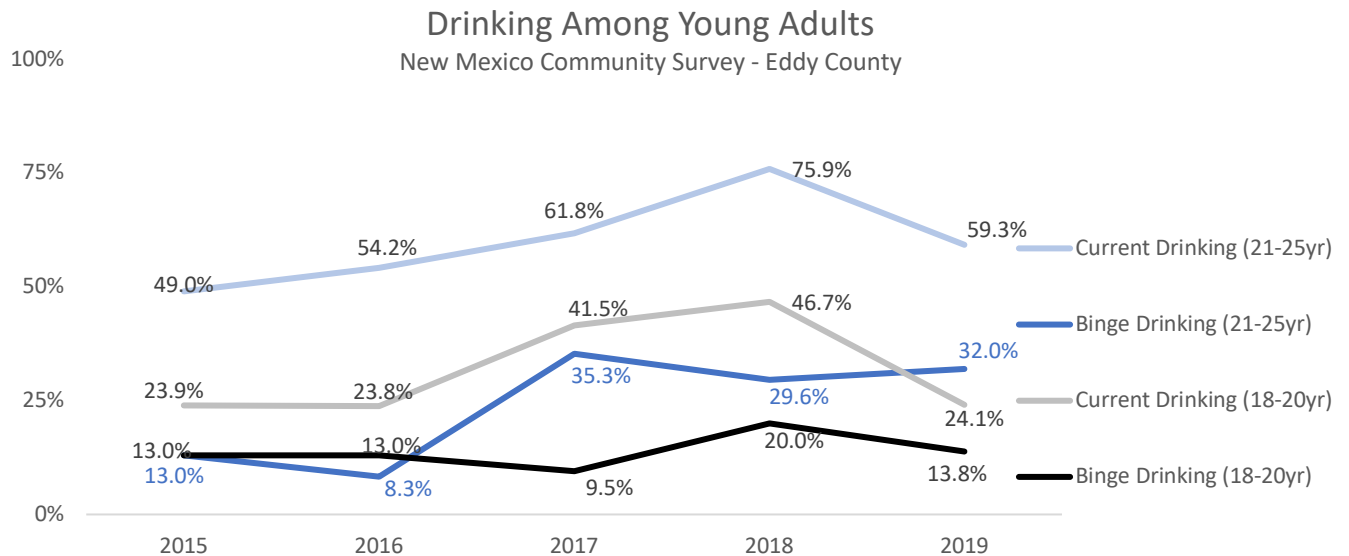


Strategies Designed to Reduce Alcohol-Related Problems and Underage Drinking

- Promotion and coordination with various law enforcement agencies in order to increase law enforcement efforts, especially around underage drinking and providing alcohol to minors.
- School policy reform to address substance use issues at school while keeping students in school.

Alcohol Use Among Young Adults

Current drinking 18-25-year-olds decreases from 2018, and binge drinking decreases for 18-20-year-olds. The 21-25-year-olds report slight increases in binge drinking (defined as having 5+ drinks (males) or 4+ drinks (females) in one sitting). Binge drinking is associated with negative consequences including alcohol-related motor vehicle crashes, injuries, assaults and other crimes. It is also linked with long-term health consequences such as liver disease and cancers.



Alcohol Access

Our youth and other community members tell us that minors usually access alcohol from social sources. Therefore, prevention initiatives aim to raise awareness of the laws regarding providing alcohol to minors, harms and dangers of underage drinking, and encouraging adults never to provide alcohol to minors.

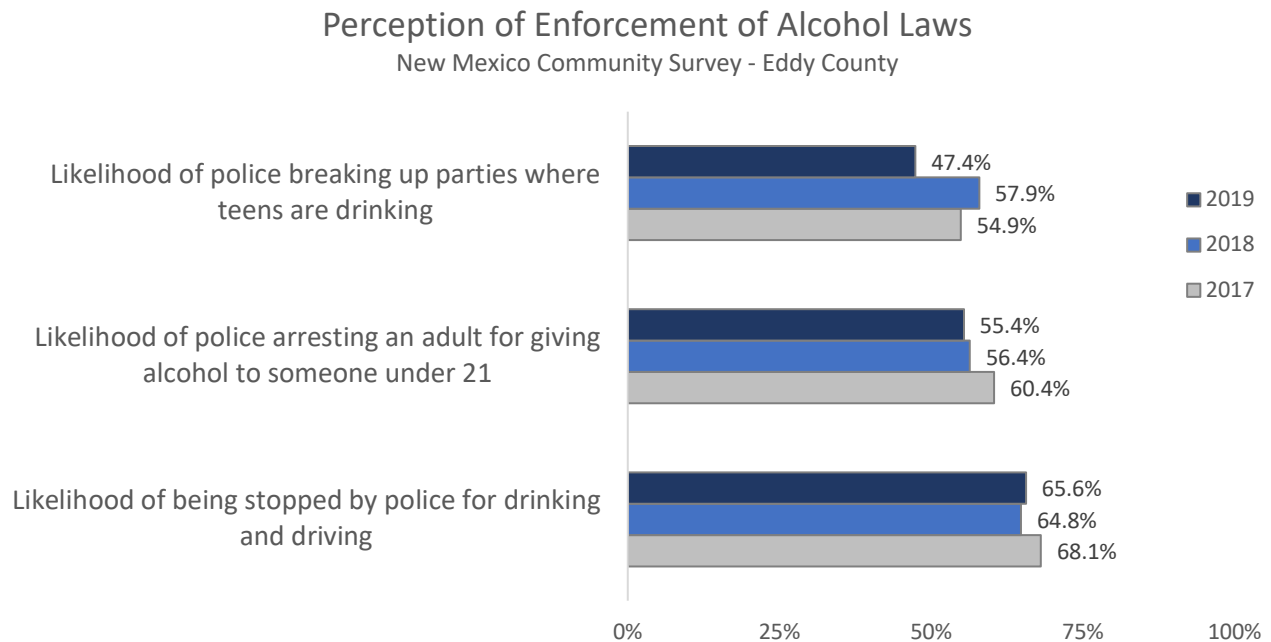
Eddy County – NMCS	2017	2018	2019
Adults provided alcohol to a minor (in past year)	2.6%	3.6%	2.2%
Adults say it is “never ok” to provide alcohol to a minor	65.3%	64.4%	59.1%
Parents provided alcohol to a minor (in past year)	2.9%	3.3%	2.9%
Parents say it is “never ok” to provide alcohol to a minor	71%	67.8%	68.2%

Sources of Alcohol Among 18-20 Year Old Survey Respondents

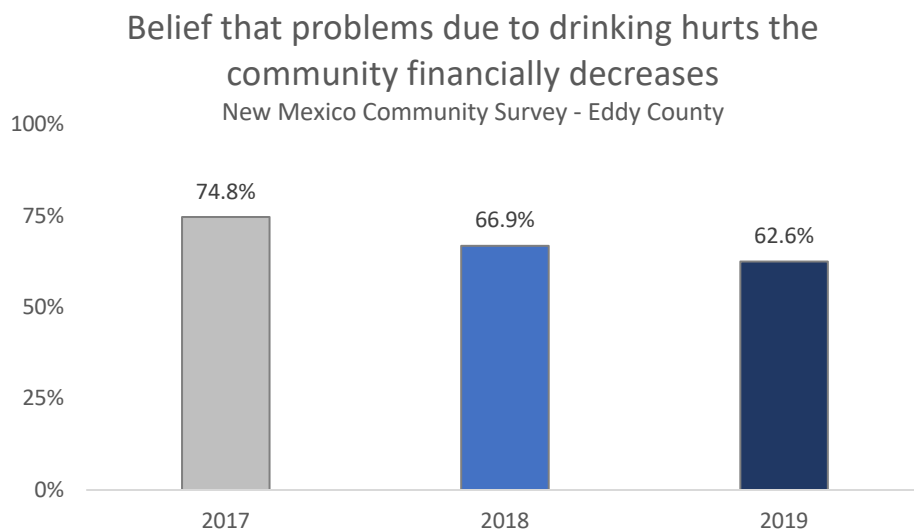
Only nine (9) of the 18-20 year old respondents reported drinking alcohol in the past month. Among those respondents, the **two most common reported source** of their alcohol was from a **party (33.3%)**, a **college party (22%)**, an **unrelated adult (22%)**, or buying it from a store (22%).

Enforcement of Underage Drinking and Other Alcohol Laws

An increased perception of risk of getting caught has been linked with a decrease in problem behavior, like underage drinking and driving after drinking. Strategies aiming to increase the perception of risk include publicizing enforcement efforts and education on existing laws.



77.8% of survey respondents said they thought it was “very easy” or “somewhat easy” for teens to obtain alcohol in the community. This decreased (*undesired direction*) from 84.5% in 2018.

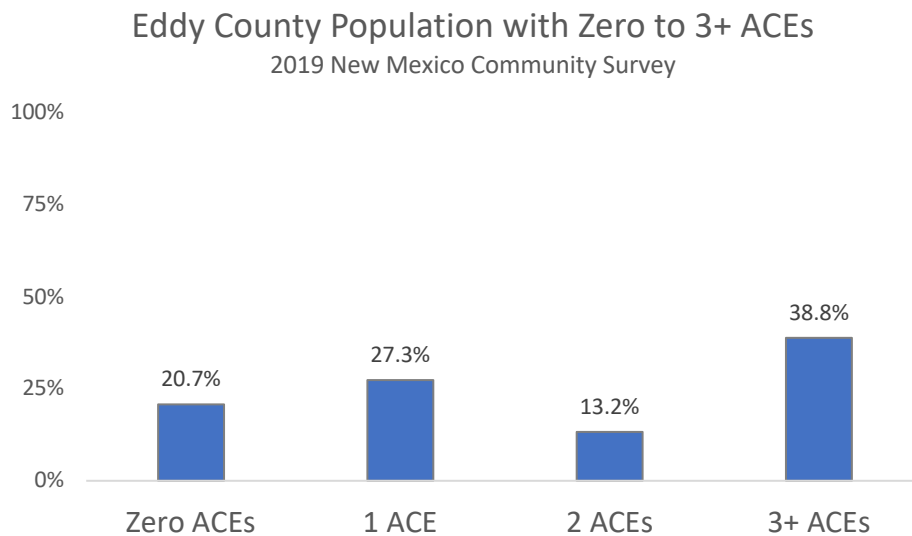


Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) are experiences judged to be traumatic for the developing child. They have been grouped into childhood abuse, neglect, or household dysfunction. Ten (10) experiences across those three categories are considered to be risk factors for chronic disease, mental health issues and substance use disorders later in life.

Ten traumatic events are considered ACEs:

- **Abuse** that is emotional, physical, or sexual;
- **Neglect** that is emotional or physical; and
- **Family Dysfunction**, including domestic violence, substance abuse in the household, mental illness in the household, parental separation or divorce, and having a household member incarcerated.

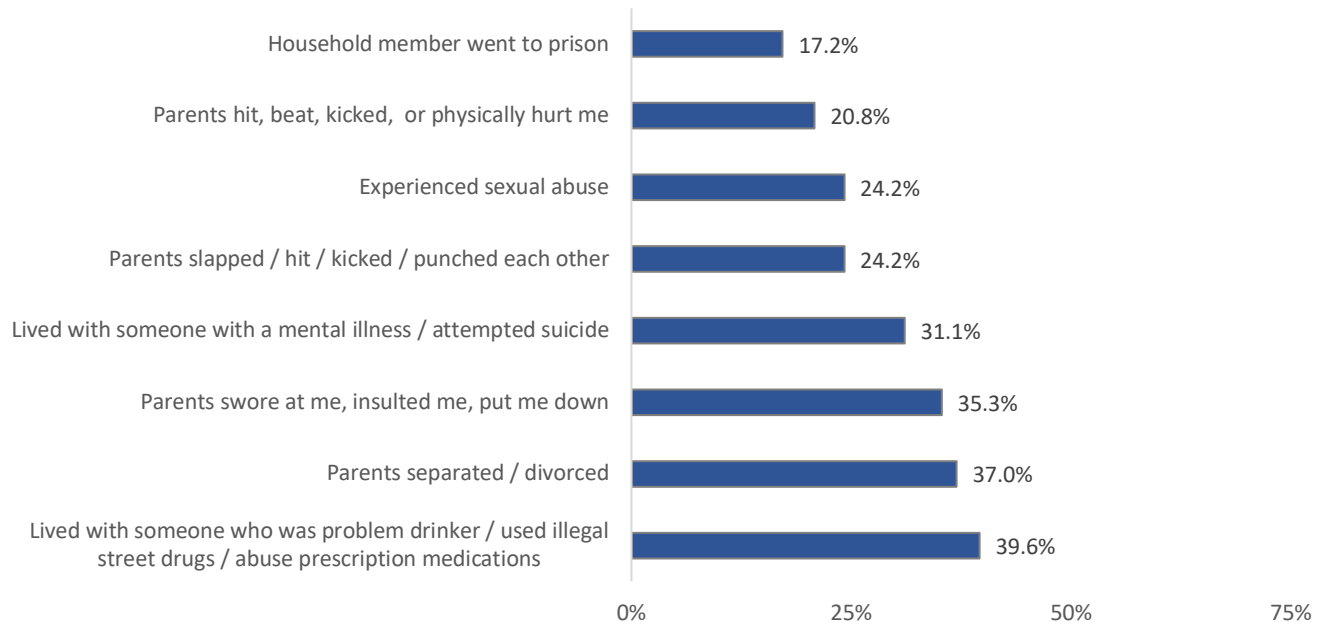


The more ACEs a person has, the more at risk they are for juvenile delinquency, substance misuse, mental illness, asthma, heart disease, and dysfunctional relationships.

Efforts are needed to identify & prevent early childhood trauma in New Mexico. Intervention goals include preventing additional ACEs in young children who have experienced them, screening parents of young children for ACEs they experienced as children, and evidence-based, trauma-informed, family-engaged mental-health & substance-abuse treatments should be available throughout our communities.

Adverse Childhood Experiences (ACEs) in Eddy County

Participants could select more than one ACE
2019 New Mexico Community Survey

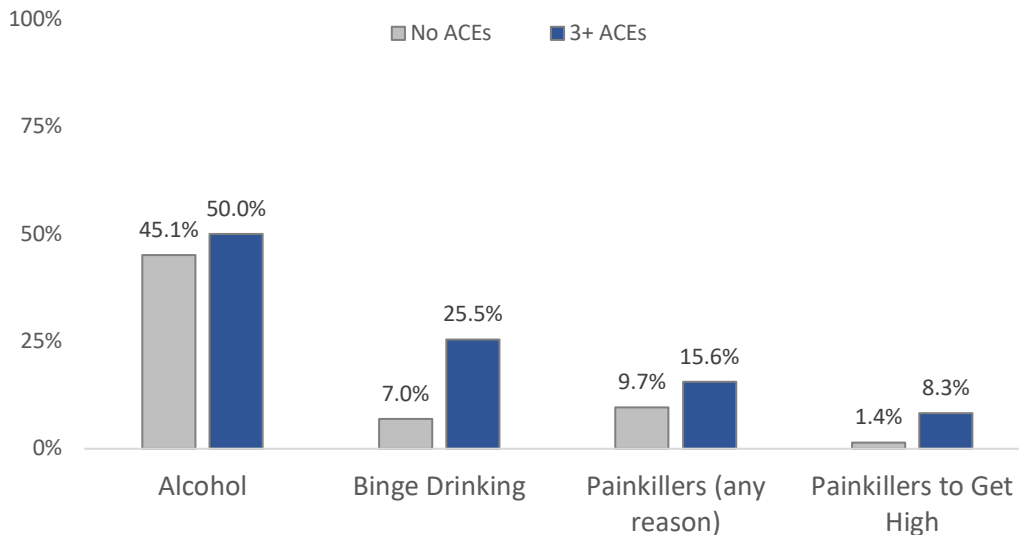


ACEs and Substance Use

Studies continue to show strong links between early childhood trauma and substance misuse later in life. Eddy County appears to reinforce that link. The following graph compares past 30-day alcohol and prescription painkiller use among people with zero ACEs, to those with three or more (3+) ACEs.

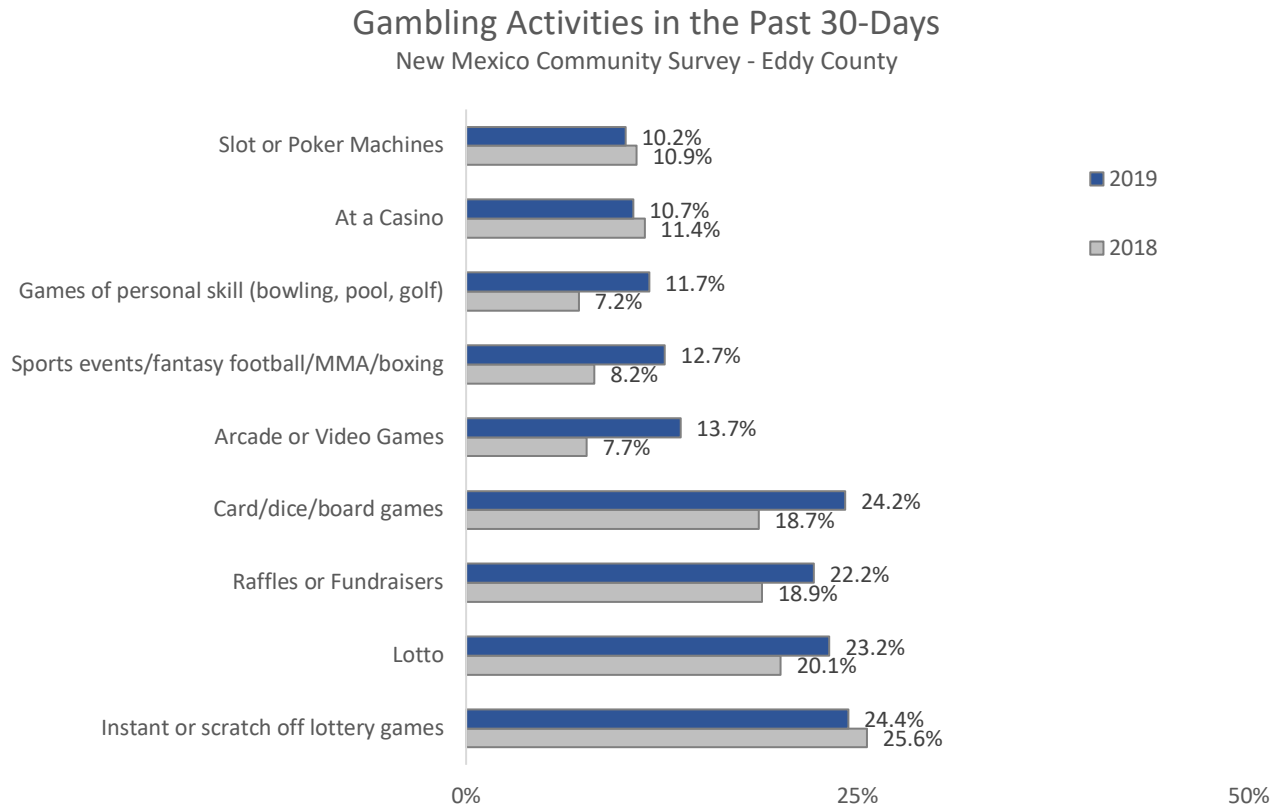
Substance Use is Higher Among People with 3+ ACEs

2019 New Mexico Community Survey - Past-30-Day-Use - Eddy County



Gambling

The NMCS contained a module about gambling prevalence and activities in 2018 and 2019. People can struggle with a gambling addiction just like substances.



2.3% of respondents self-reported having a gambling problem in the past year.

Demographics for the 2019 New Mexico Community Survey Eddy County

Eddy County Eligible Respondents	N= 401
Age	%
18-20	7.7
21-25	7.5
26-30	11.2
31-40	22.9
41-50	18.7
51-60	20.4
61-70	9.5
71 or older	2.0
Gender	
Male	35.0
Female	65.0
Race/Ethnicity	
White	52.9
Hispanic	37.9
Native American	4.0
Other	5.2
Education level¹	
Less than high school	3.3
High school or GED	18.9
Some college	33.0
College or above	14.9
Currently an undergraduate	30.0
New Mexico Residence	
Less than 1 year	2.7
1-5 years	12.0
More than 5 years	85.3
Number of Spanish Paper Surveys²	13

¹ Education levels are mutually exclusive.

² If in the output you only find the number of surveys in English, it means that you don't have any surveys in Spanish.

Other Characteristics	%
Active Duty in the Military Service or Veteran	3.0
Identify as LGBT	4.4
Parent/Caretaker of Someone under 21 living in the household	45.3
Past 30-day housing stable	94.9