

## **Carlsbad Community Anti-Drug and Gang Coalition New Mexico Community Survey Highlights 2020**

New Mexico Community Surveys (NMCS) were collected from early March to mid-May 2020 by the Carlsbad Community Anti-Drug and Gang Coalition. Due to COVID-19 restrictions, in-person data collection was not permitted. A total of 413 eligible surveys were collected from Eddy County residents online, using promotion on 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.

### **2020 Highlights**

#### **Prescription Painkiller Outcomes**

- + Decreases occurred for receiving painkillers in the past year, current painkiller use for any reason, and painkiller use to get high.
- + Perceived risk of harm associated with misusing painkillers increased this year.
- + There was a decrease (desired direction) in respondents reporting using painkillers to cope with stress or anxiety and to help them sleep.
- + There was an increase in reported locking of prescription painkillers among adults and parents.
- + Pharmacy staff are more likely to have talked to patients about safe storage and about the risks of Rx painkiller use.
- Eddy County has experienced increases in overall drug overdose deaths as well as prescription drug overdoses.

#### **Alcohol Outcomes**

- + Decreases occurred for current drinking and binge drinking among adults.
- + Binge drinking decreased for 18-25-year-olds,
- + Reductions occurred for adults and parent providing alcohol to minors and increases in saying it is "never ok" to provide alcohol to minors.
- + There was an increase in believing police will break up parties where underage drinking is taking place.
- Current drinking increased (only less than one percentage point) for 18-25-year-olds.
- There was a slight decrease in likelihood that police will stop you for drinking and driving.

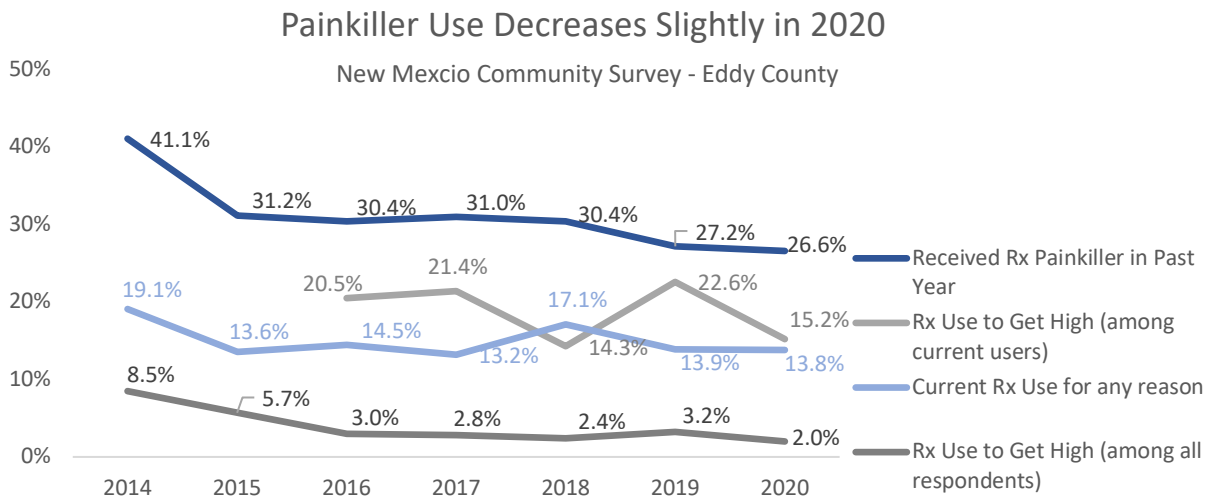
## Opioid Measures

Eddy County’s drug overdose rate increased to 28.2 deaths per 100,000 in 2018 compared to 21.8 in 2016 and is slightly higher than the State’s and the U.S rate. Methamphetamines contributed to the increase in deaths. The *illicit drug overdose* rate is 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	21.7	25.5	28.2
Rx Overdose	--	7.8	7.5
Illicit Drug Overdose	--	9.0	11.6
Opioid Overdose Related Emergency Visits	--	57.8	41.8

SOURCE: 2020 NM Substance Abuse Epi Profile, Deaths/ED Visits from 2014-2018

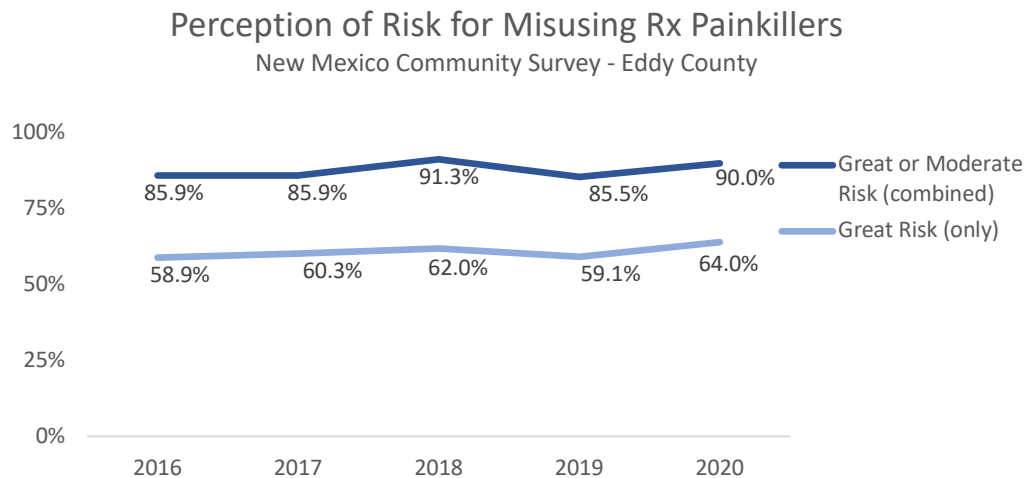
Eddy County’s **total drug overdose rate increased** from 22.7 (2011-2015 data) to 28.2 (2014-2018 data), and **prescription opiate-related overdoses increased** from 7.3 (2011-2016 data) to 7.5 (2012-2017 data). In the Southeast Region of New Mexico, White women between the ages of 35-54 comprise the most prescription opioid overdose deaths, followed by white men between the ages 45-54.



- **70+-year-olds** were most likely to report **receiving a prescription painkiller** in the past year (41.7%) followed by respondents 51-60-years-old (36.7%).
- **70+-year-olds** were most likely to report **past 30-day-use** for any reason (41.7%), followed by respondents between ages 41-60 (18.3%).
- **61-70-year-olds** had the highest reported **use of painkillers to get high (5.3%)**, followed by 26-30-year-olds (4.3%). Last year, 18-25-year olds were most likely to report use to get high, this year 0% reported use to get high.

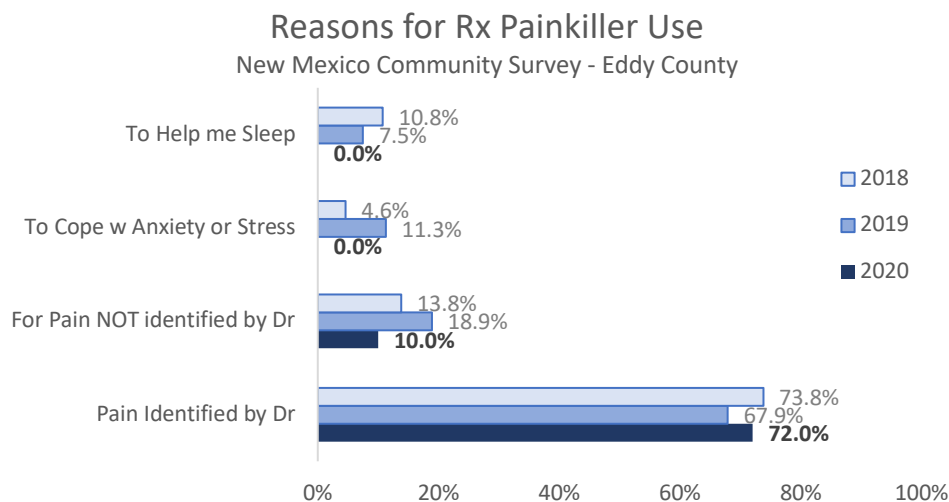
## Perception of Risk for Misusing Rx Painkillers

The perceived risk of harm for misusing prescription painkillers increased this year and has remained high for several years. The group with highest perception of harm for misusing Rx painkillers is the 61+ age group, with 96.1% saying there is moderate or great risk of harm.



**46.4%** of respondents said a **healthcare provider** talked to them about the risks of misusing prescription painkillers and the potential for addiction. **This is an improvement since 2019 when 43.3% reported this.**

**34.0%** of respondents said **pharmacy staff** talked to them about the risks of misusing prescription painkillers and the potential for addiction. **This is better than 2019 when 28.8% of respondents reported this.**

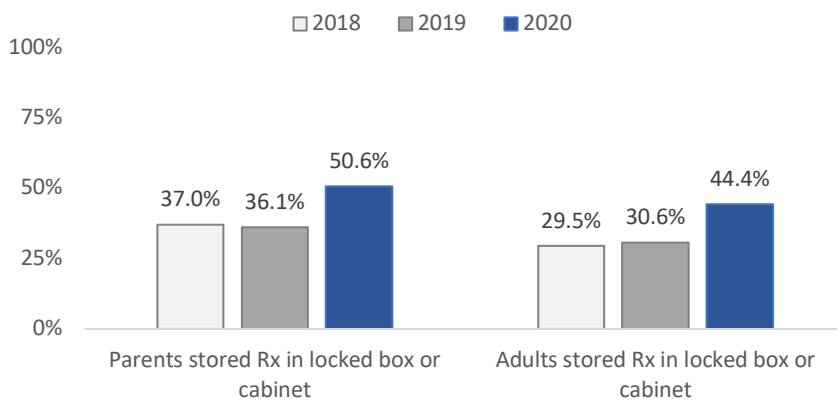


## Storage and Sharing Painkillers

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.

### Safe Storage of Rx increases for both Parents and Other Adults

New Mexico Community Survey - Eddy County



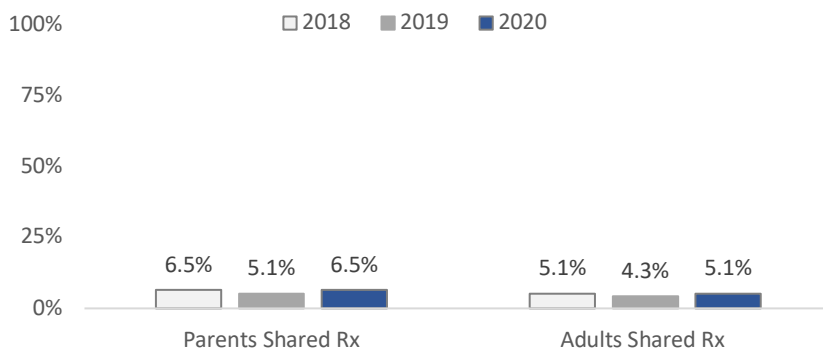
Results for both parents and adults in general moved in the *desired direction*.

**24.7%** of respondents said **pharmacy staff** talked to them about storing painkillers safely, compared to 21.2% in 2019.

**28.9%** of respondents said their **healthcare provider** talked to them about storing painkillers safely, compared to 25% in 2019.

### Reported Sharing of Rx in the Past Year Stays Fairly Level

New Mexico Community Survey - Eddy County



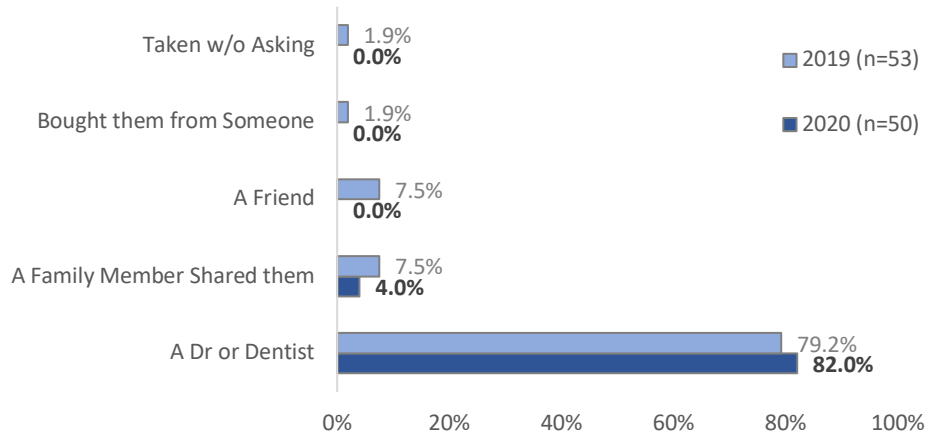
Sharing prescription painkillers increased (*undesired direction*) among parents and all adult survey respondents but has decreased since 2016.

## 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.

### The Majority of Current Rx Users Received their Rx Painkillers from a Doctor

New Mexico Community Survey - Eddy County



### Current Opioid Strategies Include:

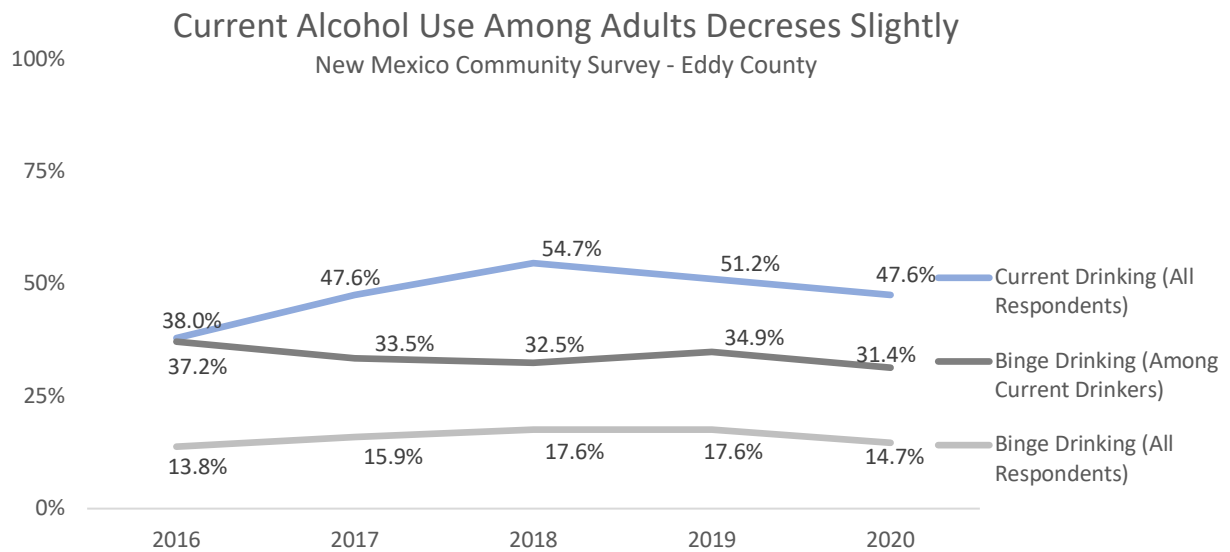
- Media and awareness campaigns designed to raise awareness of the risks associated with opioids, safe storage and disposal options, and not sharing prescription painkillers (or other medication) with anyone to whom it was not prescribed.
- Educating parents through in-person presentations and discussions 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. The most recent death data are from 2018.

Death Rate per 100,000	United States	New Mexico	Eddy
Alcohol-Related Death	34.7	65.6	66.6
Alcohol-Related Chronic Liver Disease Death	8.6	21.2	17.7
Alcohol-Related Injury Death	20.2	30.0	38.1

SOURCE: 2020 NM Substance Abuse Epi Profile, Deaths/ED Visits from 2014-2018

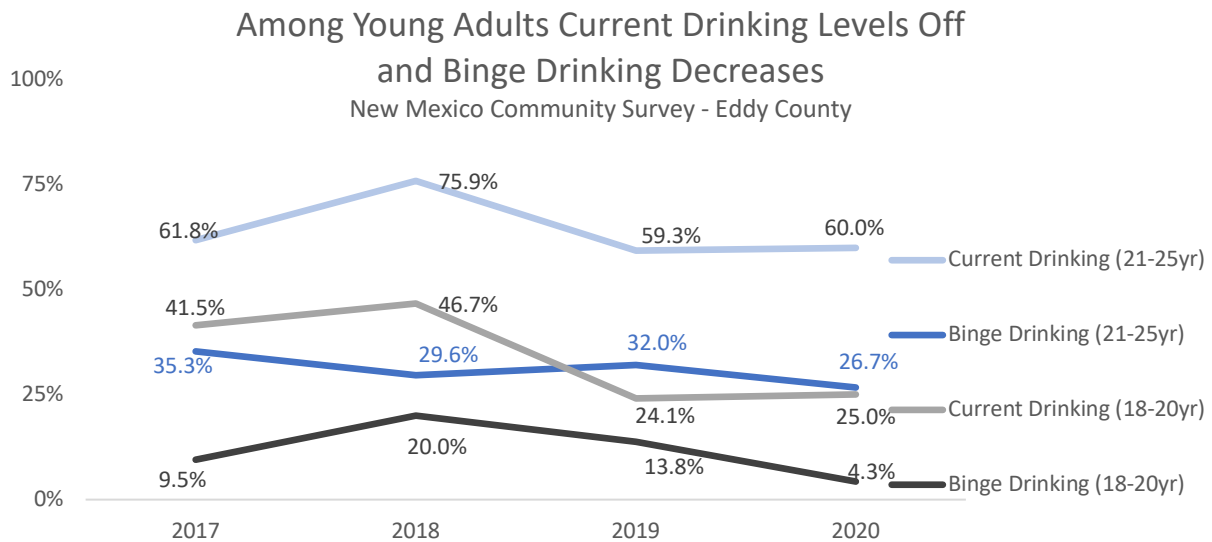


## Strategies Designed to Reduce Alcohol-Related Problems and Underage Drinking

- 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.
- Media and education on the costs and consequences of heavy alcohol use and underage drinking, including the 4<sup>th</sup> degree felony charge and related consequences for providing alcohol to minors.

## Alcohol Use Among Young Adults

Current drinking is used to describe consuming alcohol in the past 30-days. Binge drinking is 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.

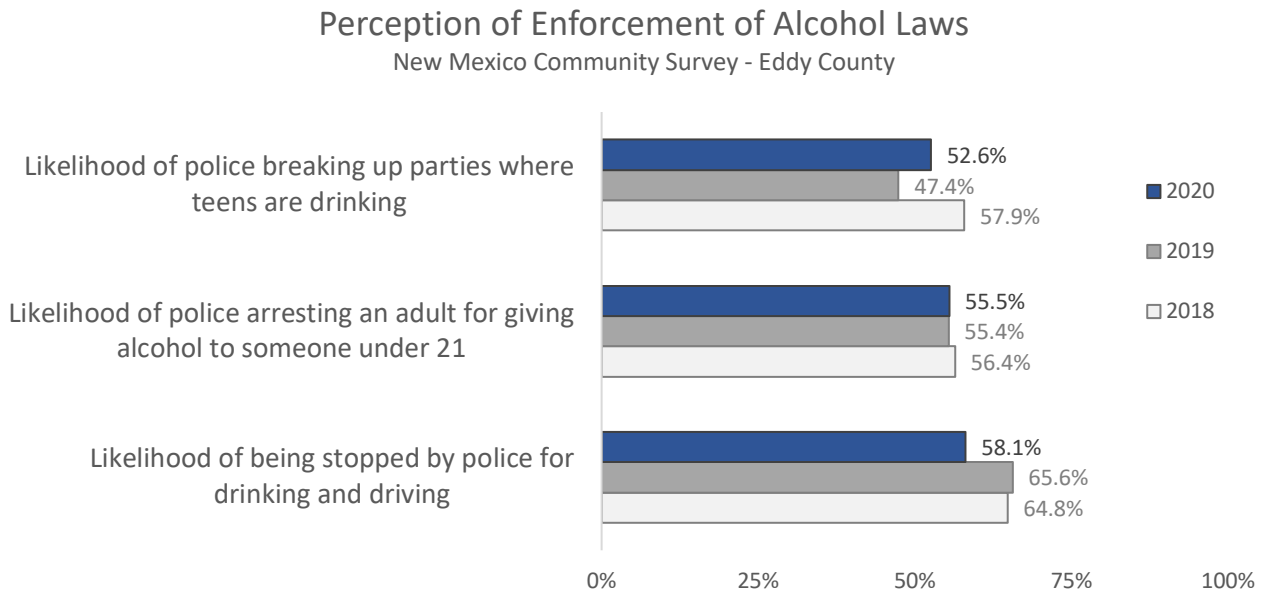
Eddy County – NMCS	2018	2019	2020
Adults provided alcohol to a minor (in past year)	3.6%	2.2%	1.9%
Adults say it is “never ok” to provide alcohol to a minor	64.4%	59.1%	64.4%
<b>Parents</b> provided alcohol to a minor (in past year)	3.3%	2.9%	2.9%
<b>Parents</b> say it is “never ok” to provide alcohol to a minor	67.8%	68.2%	72.1%

## Sources of Alcohol Among 18-20 Year Old Survey Respondents

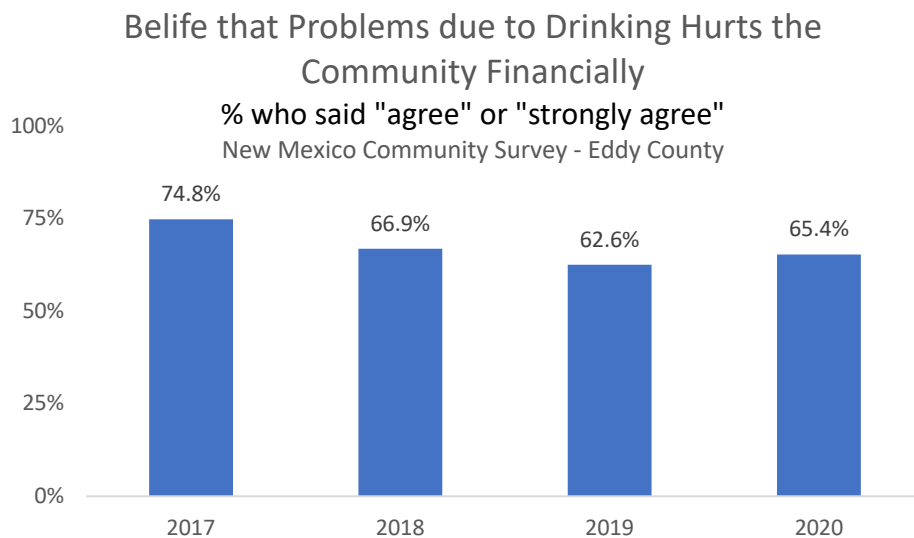
Only nine (8) of the 18-20 year old respondents reported drinking alcohol in the past month. Among those respondents, the **top reported source** of their alcohol was from a **parents/guardian (25%)**, and 12.5% for a party, an unrelated adult, someone under 21, and buying it.

## 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.



**76.4%** of survey respondents said they thought it was “very easy” or “somewhat easy” for teens to obtain alcohol in the community. This decreased slightly (*undesired direction*) from 77.8% in 2019.





## Demographics for the 2020 New Mexico Community Survey Eddy County

Characteristics	Number of eligible respondents (n = 413)	
	%	n
<b>Age</b>		
18-20	6.3%	26
21-25	3.9%	16
26-30	12.8%	53
31-40	28.1%	116
41-50	19.9%	82
51-60	16%	66
61-70	9.9%	41
71 or older	3.1%	13
<b>Gender</b>		
Male	18.5%	75
Female	81.5%	331
<b>Race/Ethnicity</b>		
White	55.4%	229
Hispanic	35.1%	145
Native American	2.4%	10
Asian American	1.7%	7
African American	1.7%	7
Other	3.6%	15
<b>Education Level*</b>		
Less than high school	3.9%	16
High school or GED	17.2%	70
Some college	23.6%	96
College or above	43.6%	177
Currently an undergraduate	11.6%	47

\* Education levels are mutually exclusive.

<b>New Mexico Residency</b>		
Less than 1 year	4.9%	20
1-5 years	10.7%	44
More than 5 years	84.5%	348
<b>Number of Spanish Paper Surveys</b>	3%	13

<b>Other Characteristics</b>	<b>%</b>
Active Duty in the Military Service or Veteran	3.2%
Identify as LGBT	5%
Parent/Caretaker of Someone under 21 living in the household (n = 226)	55.9%
<b>Children's age</b>	
Under age 5	28.3%
5-11	58.8%
12-17	49.1%
18-20	14.2%
Past 30-day housing stable	97.5%