



**North Carolina Institute of Medicine
Healthy NC 2020: Substance Abuse Subcommittee Meeting
Monday, April 19, 2010**

Subcommittee Members Present: Sheila Davies, Laura Edwards, Michael Eisen, Maria Fernandez, Anne Hardison, Joseph Martinez, Tanya Paul, Tanya Roberts, Anne Thomas, Kathleen Jones-Vessey

NCIOM Staff and Interns: Pam Silberman, Mark Holmes, Jennifer Hastings, Catherine Liao

Proposed Final Objectives and Targets

Objective 1: Reduce the percentage of high school students who had at least one drink of alcohol on one or more of the past 30 days *

Current: 35% (2009)

2020 Target: 26.2%

Data source: Youth Risk Behavior Survey

Rationale for selection: More than one-third of high school students in North Carolina reported having at least one drink of alcohol in the past 30 days. Youth are more likely to drink in larger quantities than adults and to binge drink. Furthermore, early onset of drinking increases the risk of alcohol addiction.

Rationale for target: Based on the most improved state from 1999-2007, which was South Carolina.

Objective 2: Reduce the rate of alcohol-related traffic crashes per person for ages 16 years and older.

Current: *To be determined*

2020 Target: *To be determined*

Data source: UNC Highway Research Safety Center

Rationale for selection: According to the UNC Highway Research Center, 25% of all motor vehicle traffic crashes are alcohol-related.

Rationale for target: To be determined.

Objective 3: Reduce the rate of any drug use for ages 12 years and older.

Current: 7.15% (2006-2007)

2020 Target: 5.2%

Data source: National Survey on Drug Use and Health

Rationale for selection: In 2006-2007, more than 207,000 North Carolinians ages 12 and older reported illicit drug dependence or abuse. Substance abuse impacts individuals, families, and communities and costs the state billions of dollars every year. Additionally, addiction is a disease that often begins in childhood and adolescence, so it is important to reduce use among youth.

Rationale for target: Based on the best current state rate, which is Iowa (2006-2007).

*Key performance indicator

Next Steps

The NCIOM will work with the State Center for Health Statistics and the UNC Highway Safety Research Center on alcohol-related data availability for ages 16 years and older.