

Delaware D-A-T-A

Delaware Drug and Alcohol Tracking Alliance

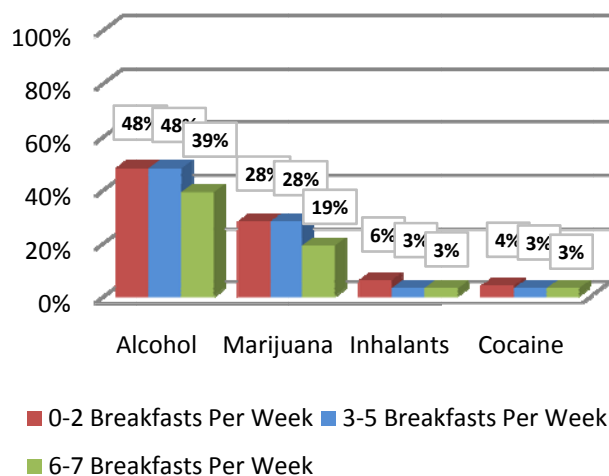
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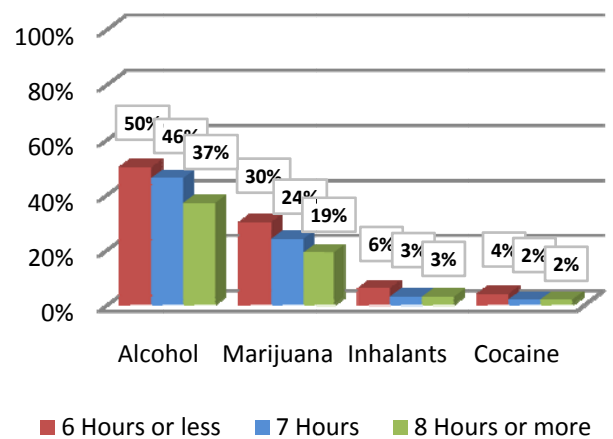
Healthy Habits and Drug Use among High School Students

Healthy eating and sleeping habits are associated with a reduction in drug use among Delaware high school student. As the first chart (left) indicates, getting a good night sleep was linked to a 26% reduction in risk of alcohol use, a 36% reduction in marijuana use, and a 50% drop in inhalant and cocaine use.

Past month drug use by breakfast habits



Past month drug use by sleeping habits



Similarly, students who report regularly eating breakfast were also less likely to report drug use. Eating breakfast regularly was associated with a 23% drop in the risk of alcohol use, a 47% reduction in marijuana use, a 50% drop in inhalant use, and a 25% decrease in cocaine use.

Because it is possible that these relationships are the result of effective parenting, these relationships were again tested after splitting students into two groups based on high or low levels of parental monitoring and support. The relationship between sleep and drug use remained similar regardless of the level of parenting. While the effects of eating breakfast were weakened, they remained strong for students with low parental control.

Source: 2007 Delaware Youth Risk Behavior Survey, University of Delaware Center for Drug and Alcohol Studies

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Additional Datagrams are available at: www.udel.edu/delawaredata