

# SUPPORTING SOBRIETY AND WELLNESS

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BROADCAST

Substance abuse, the use of alcohol and/or other drugs in a way that harms oneself or others, profoundly impacts the well-being of American Indian and Alaska Native (AI/AN) people. While AI/ANs fare better than, or similar to, all races in some alcohol or other drug use behaviors, other indicators reveal problematic alcohol and substance use behaviors in AI/ANs. Compared to all races, AI/ANs reported lower rates of alcohol use (44% vs. 55%) in the last month. However, binge alcohol use at least one day in the last 30 was higher among AI/ANs than all races (31% vs. 25%), as was use of an illicit drug (11% vs. 8%).<sup>1</sup> Binge drinking equates to five or more drinks for men and four or more drinks for women, both within two hours.<sup>2</sup>

In order to address and counteract the significant impacts of substance abuse, promising programs and activities are being implemented. To provide useful information about such programs, the Urban Indian Health Institute recently released two reports. The first report, [Supporting Sobriety Among American Indians and Alaska Natives: A Literature Review](#), highlights literature, expert opinion, programs and activities focused on preventing and treating substance abuse in urban AI/AN communities.

The second report, [Supporting Wellness: Substance Abuse Services at Urban Indian Health Organizations](#), provides a description of the unique programs and services provided by Urban Indian Health Organizations to address substance abuse prevention and recovery in their communities. These reports will support health care providers, policy makers and advocates in operating substance abuse prevention, treatment and recovery programs. To view the reports, please visit the Health Equity Project page at <http://www.uihi.org/projects/health-equity/reports/>.

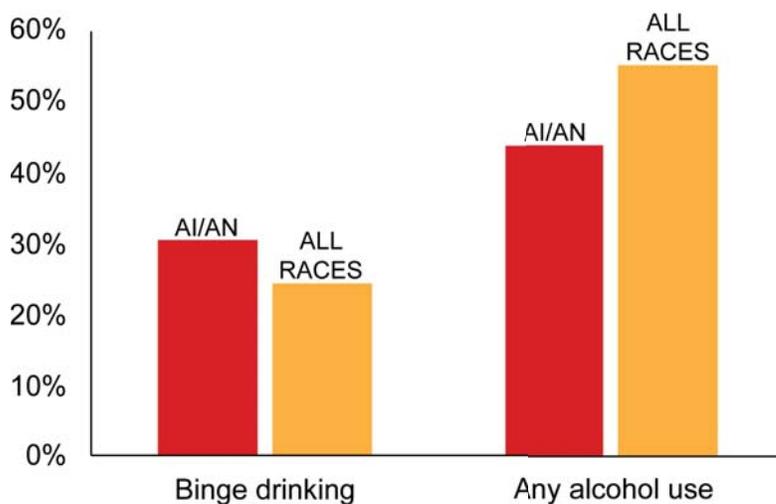


Figure 1. Alcohol use among AI/ANs and All Races

## References

1. Substance Abuse and Mental Health Services Administration, Office of Applied Studies. (2010). The NSDUH Report: Substance Use among American Indian or Alaska Native Adults. Rockville, MD.
2. National Institute on Alcohol Abuse and Alcoholism. (2004). NIAAA Council Approves Definition of Binge Drinking. *NIAAA Newsletter*, 3, 1-4.