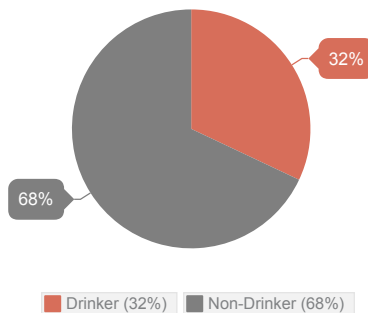


Alcohol and Tobacco

The Southern Plains Tribal Health Board Oklahoma Area Tribal Epidemiology Center conducted a Tribal Behavioral Risk Factor Surveillance System survey (TBRFSS). Three hundred forty-six (346) surveys were completed by American Indian/Alaska Native (AI/AN) adults, 18 years of age or older, from November 2015 to March 2016. Results may not be representative of all AI/ANs residing in these states, but rather representative of who attended the events and completed a survey.

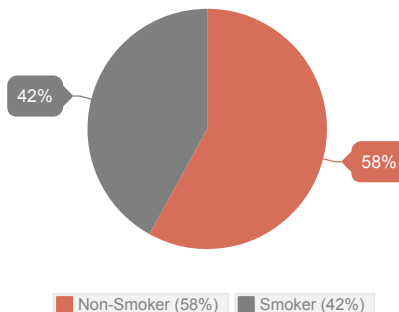
Alcohol Consumption

Sixty-eight percent (224) of American Indians did not drink alcohol and 32% (107) reported alcohol consumption.

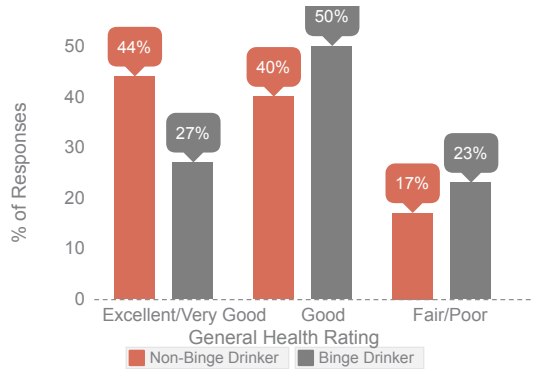
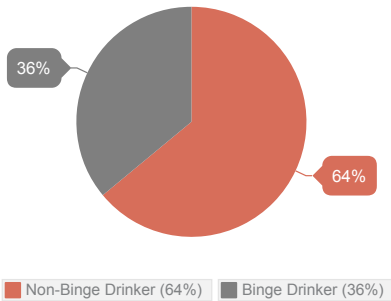


Smoking Consumption

In the graph, a smoker is defined as having consumed at least 100 cigarettes in their lifetime. In this sample of American Indians, 42% (142) identified as smokers and 58% (196) identified as non-smokers.



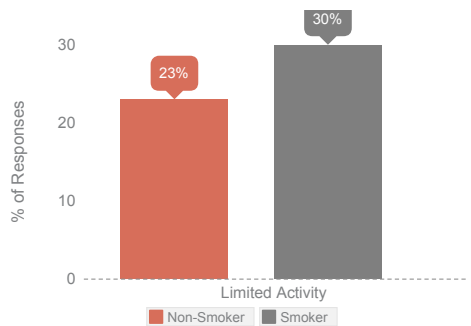
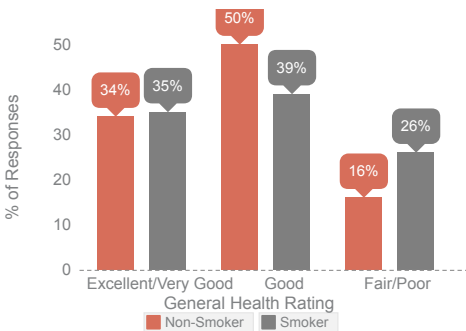
Binge Drinking Overview



Binge drinking is defined as consuming five or more alcoholic beverages for men and four or more alcoholic beverages for women on one occasion in a day. Thirty-six percent (59) of the surveyed American Indian sample is classified as binge drinkers, and 64% (104) of participants did not report binge drinking behavior.

About 27% (16) of binge drinkers reported excellent health, 50% (29) good health, and 23% (13) poor health.

Smoking and Life Quality



When smoking and non-smoking American Indians rated their general health, 35% (49) of smokers rated their health as excellent, 39% (56) as good, and 26% (37) as poor.

Smoking and non-smoking American Indians were asked if they were limited in their ability to take part in activities due to physical, mental, or emotional problems. Of smokers, 30% (41) said yes, and 23% (46) said yes among non-smokers.