

ARTICLES:

- Weight Status and Substance Use among Urban American Indian Adolescents: Findings from the National Longitudinal Study of Adolescent to Adult Health.....23 - 42
David Eitle & Tamela McNulty Eitle

ABSTRACT

American Indians have among the highest prevalence rates for both substance use and obesity, yet there is a dearth of studies that have examined this relationship. We examined a subsample of American Indian adolescents (n=623), using the National Longitudinal Study of Adolescent to Adult Health. We examined the association between body mass index (BMI) and marijuana, other illicit drugs and heavy alcohol use, controlling for established predictors of youth substance use. We found that youth with lower BMIs used marijuana and other illicit drugs most frequently. Our findings support the notion that the relationship between weight status and substance use is a nuanced and complex one.

Key Words: *American Indians, adiposity, substance use behaviors*

- Is Youth Cannabis Smoking Related to Types, Intensities and Varieties of Leisure Activities and Values?.....43 -71
Professor Gonzalo Díaz-Meneses, Professor Asunción Beerli-Palacio & Professor Josefa Delia Martín-Santana

ABSTRACT

This research focuses on the analysis of cannabis consumption amongst young people, explaining this phenomenon by way of analyzing the differences between cannabis smokers and non-smokers in order to shed light on whether cannabis is linked to specific leisure activities, and, moreover, whether it is connected to the intensity and variety of particular “problematic” free-time activities, such as binge drinking. In addition, we show that cannabis use is not connected to any specific values but, rather, to a lack of certain values. Finally, there are certain practical implications that could improve social marketing campaigns which carry an antidrug message based on adopting a diversified set of values and target especially problematic free time activities. We also suggest future lines of research.

Key Words: *consumer behavior, leisure activities, values, cannabis, social marketing.*

- Sex-Related Differences in Heavy Episodic Drinking among Young Adults Living in Porto, Bologna and Tarragona: Patterns, Protective Behaviors and Negative Consequences.....72 - 93
Marcel Balasch, Mireia Faucha, Victoria Sanchez Antelo, Cristiana Vale Pires & Helena Carvalho

ABSTRACT

Heavy Episodic Drinking (HED) is becoming a common drinking pattern among young adults in South Europe. Additionally, alcohol consumption has increased among young women, narrowing the gender gap in alcohol use. In the scope of the European action-research project ‘ALLCOOL’, this study explores sex-related differences on HED among young adults [18-29] living in Southern European cities of Porto, Tarragona and Bologna. A total of 1141 participants completed a self-administered questionnaire that measured drinking patterns, protective behavioral strategies and alcohol-related negative consequences. Data analysis revealed significative sex-related differences: men present higher levels of HED and suffer more negative consequences; while women use more protective behavioral strategies. These differences can be explained in terms of gender roles that invite men to excess and women to self-control. These results might inform gender-sensitive community interventions and policies addressing HED.

Key Words: *Heavy Episodic drinking, alcohol drinking, sex-related differences, protective behavioral strategies, alcohol-related consequences, Southern Europe*