



# UNDERAGE DRINKING

## *Alcohol is the Most Common Substance of Abuse Among Youth*

- *Alcohol is the most common substance of abuse among young people in America.*
- *There are approximately 7.3 million underage drinkers in the United States. (19.3% of the population 12 ~ 20 years old).*
- *In 2016, about 1 in 5 underage individuals aged 12 to 20 were current alcohol users.*
- *Among people aged 12 to 20 in 2016, 12.1% were binge drinkers, and 2.8% were*

## *Sources of alcohol for underage youth*

*According to the 2015 Tuscarawas County Health Status Assessment, among current underage drinkers:*

- *62% reported last use of alcohol in the past month occurred in someone else's home and 43% reported use in their own home*
  - *36% reported someone gave it to them*
  - *33% say a parent gave in to them*
  - *26% say someone older bought it*
  - *24% had an older friend or sibling purchase it*
  - *19% gave someone else money to buy it*
  - *6% say a friend's parent gave it to them*
  - *6% took it from a store or family member*
  - *6% bought it at a liquor/convenience store/gas station*
  - *3% bought it with a fake ID*



**NO  
ACCESS**

- 14% got it some other way

## ***Underage Alcohol Use is Associated with Risky Behavior***

- *On average, underage drinkers drink more when they drink, consuming more drinks per drinking occasion than adult drinkers.<sup>1</sup>*
  - *Although drinking by persons under the age of 21 is illegal, people aged 12 to 20 years drink 11% of all alcohol consumed in the United States.<sup>3</sup> More than 90% of this alcohol is consumed in the form of binge drinks.<sup>2</sup>*
- *Early drinkers were more likely than nondrinkers to report academic problems, substance use, and delinquent behavior in both middle school and high school. By young adulthood, early alcohol use was associated with employment problems, other substance abuse, and criminal and violent behavior.<sup>3</sup>*
- *In 2011, underage drinkers were more likely than current alcohol users aged 21 or older to use illicit drugs within 2 hours of alcohol use on their last reported drinking occasion (20.1% vs. 4.9%, respectively). The most commonly reported illicit drug used by underage drinkers in combination with alcohol was marijuana, which was used within 2 hours of alcohol use by 19.2% of current underage drinkers (1.8 million persons) on their last drinking occasion.<sup>4</sup>*
- *An estimated 5.2 % of 16 or 17 year olds and 13.5 % of 18 to 20 year olds reported driving under the influence of alcohol in the past year.<sup>5</sup>*
- *Underage drinking plays a significant role in increased sexual behavior, including unwanted, unintended and unprotected sexual activity, and sex with multiple partners.<sup>6</sup>*
- *In a study conducted by the Kaiser Family Foundation:<sup>7</sup>*
  - *23% (5.6 million) of sexually active teens and young adults ages 15-24 in the United States reported having had unprotected sex because they were drinking or using drugs at the time.*
  - *24% of teens ages 15-17 said that their alcohol and drug use led them to do more sexually than they had planned.*
- *Teen girls who binge drink are 63% more likely to get pregnant while in their teen years.<sup>8</sup>*

## ***Alcohol's Impact on Athletic Performance***

- *Athletes who drink are twice as likely to become injured.<sup>9</sup>*
- *The associated residual effect of the alcoholic hangover has been shown to reduce aerobic performance by 11.4%.<sup>10</sup>*

- *Alcohol is known to slow down one's ability to react to an opponent or object 72 hours following alcohol intake. Precision, equilibrium, hand-eye coordination, judgment, ability to process information, focus, stamina, strength, power, and speed are all negatively affected for many hours after blood alcohol levels return to 0.0%.<sup>11</sup>*

## *The Consequences of Underage Drinking are Real and Tragic*

- *Underage drinking is the leading contributor of death from injuries. Annually, about 5,000 people under 21 die from alcohol-related injuries.<sup>12</sup>*
- *Each year, approximately 5,000 young people under the age of 21 die as a result of underage drinking; this includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drownings.<sup>13</sup>*
- *In 2010, there were approximately 189,000 emergency rooms visits by persons under age 21 for injuries and other conditions linked to alcohol.<sup>14</sup>*
- *Youth who drink alcohol are more likely to experience physical problems including hangovers, illness and alcohol poisoning, memory problems, disruption of normal growth and sexual development, among others negative effects.<sup>15</sup>*
- *Research has found a strong link between past alcohol use and past suicide attempt(s) and between past binge drinking and past suicidal behavior and ideation.<sup>16</sup>*
- *Youth who begin drinking before age 15 are five times more likely to develop alcohol dependence or abuse alcohol later in life, than those who begin drinking at or after age 21.<sup>17</sup>*
- *40% of children who start drinking before the age of 15 will become alcoholics at some point in their lives.<sup>18</sup>*
- *When drinking is delayed until age 21, a child's risk of serious alcohol problems is decreased by 70 percent.<sup>19</sup>*
- *Studies reveal that alcohol consumption by adolescents results in brain damage - possibly permanent - and impairs intellectual development. Alcohol use prior to age 21 impairs crucial aspects of youthful brain functioning. In a study, heavy-drinking adolescents who had been sober for three weeks still scored 10 percent lower than non-drinking peers on tests requiring verbal and nonverbal recall and skills needed for map reading, geometry, and science.<sup>20</sup>*
- *If alcohol is heavily consumed in adolescence, the part of the brain responsible for learning and memory can shrink by about ten percent.<sup>21</sup>*
- *Among high school dropouts, 32.3% reported engaging in binge drinking, compared with 23.8% of those who remained in school. For the dropouts, the rate of past-month drinking was 41.6%, versus 35.3% among their*



*peers who were still in school.*<sup>22</sup>

- *A study that followed over 6,500 individuals found that, by the age of 23, those who were drinkers by seventh grade were:*
  - *more likely to be substance-users,*
  - *between 1.7 and 2.3 times more likely to be weekly or binge drinkers, exhibit signs of alcohol dependence, and experience multiple alcohol problems,*
  - *more likely to engage in criminal and violent behavior, and*
  - *more likely than non-drinkers to have "missed work for no good reason".*<sup>23</sup>

## ***Parents CAN make a difference!***

- 86% of parents support laws that make it illegal for parents to allow teens other than their own to drink alcohol in their home.<sup>24</sup>
- Parents' approval of alcohol use is highly correlated with youth drinking behavior.<sup>26</sup>
  - Teens were twice as likely to binge drink and use alcohol within a 30-day period if their parents or friends' parents provided alcohol at their homes for a party.
  - Parents who set strict consequences for breaking the house rules regarding drinking can help prevent underage drinking.
- Adolescents do listen to their parents when it comes to issues such as drinking and smoking, particularly if the messages are conveyed consistently and with authority.<sup>27</sup>

## ***Know the Law!***

- Underage drinking is not only illegal; it is unsafe, unhealthy and unacceptable
- Parents and other adults can be prosecuted under the state Social Host law. If this law is violated, a can be sentenced up to six months in jail and a \$1,000 fine.
  - As a parent, you cannot give alcohol to your teen's friends under the age of 21 under any circumstances, even in your home or on your property.
  - You cannot allow a person under 21, other than your own child, to remain in your home or on your property while consuming or possessing alcohol.
  - Other can sue you if you give alcohol to anyone under 21, and they, in turn, hurt someone or damage property.



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- <sup>1</sup> Bonnie RJ and O'Connell ME, editors. *National Research Council and Institute of Medicine, Reducing Underage Drinking: A Collective Responsibility*. Committee on Developing a Strategy to Reduce and Prevent Underage Drinking. Division of Behavioral and Social Sciences and Education. Washington, DC: The National Academies Press, 2004.
- <sup>2</sup> Office of Juvenile Justice and Delinquency Prevention. *Drinking in America: Myths, Realities, and Prevention Policy* Washington, DC: U.S. Department of Justice, Office of Justice Programs, Office of Juvenile Justice and Delinquency Prevention, 2005.
- <sup>3</sup> P.L. Ellickson, PhD, J.S. Tucker, PhD, and D.J. Klein, MS. (2003) *Ten-Year Prospective Study of Public Health Problems Associated With Early Drinking*. *Pediatrics* Vol. 111 No. 5, pp. 949 -955.
- <sup>4</sup> *National Survey on Drug Use and Health, 2011.*
- <sup>5</sup> *National Survey on Drug Use and Health, 2011*
- <sup>6</sup> C. Poulin and L. Graham (2001). *The association between substance use, unplanned sexual intercourse and other sexual behaviours among adolescent students*. *Addiction* Volume 96, Issue 4, pages 607~621.
- <sup>7</sup> *The Henry J. Kaiser Family Foundation and The National Center on Addiction and Substance Abuse at Columbia University, Millions of Young People Mix Sex with Alcohol or Drugs - With Dangerous Consequences, 6 February 2002*
- <sup>8</sup> *The effects of minimum legal drinking ages on teen childbearing*. *The Journal of Human Resources*, 36(4), 2001.
- <sup>9</sup> Lyons TP. *Can regular alcohol consumption increase the risk of injury [thesis]?* Exeter: University of Exeter, 1998
- <sup>10</sup> O'Brien CP. *Alcohol and sport: impact of social drinking on recreational and competitive sports performance*. *SportsMed* 1993; 15 (2): 71-7
- <sup>11</sup> L. Burke. (1995) *The Complete Guide to Food for Sports Performance (2<sup>nd</sup> Ed.)*. Sydney: Allen and Unwin.
- <sup>12</sup> *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking, 2007*
- <sup>13</sup> *NIAAA Alcohol Alert, Number 67, January 2006.*
- <sup>14</sup> *Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. The DAWN Report: Highlights of the 2010 Drug Abuse Warning Network (DAWN) Findings on Drug-Related Emergency Department Visits*. Rockville, MD; 2012.
- <sup>15</sup> *National Center for Chronic Disease Prevention and Health Promotion, 2008*
- <sup>16</sup> M. Schaffer, E.L. Jeglic, B. Stanley (2008) *The relationship between suicidal behavior, ideation, and binge drinking among*

college students. *Archives of Suicide Research* 12(2):124-32.

<sup>17</sup> National Center for Chronic Disease Prevention and Health Promotion, 2008

<sup>18</sup> B.F. Grant, (1998). NIAAA's Epidemiologic Bulletin No. 39 *The Impact of a Family History of Alcoholism on the Relationship Between Age at Onset of Alcohol Use and DSM-IV Alcohol Dependence. Results from the National Longitudinal Alcohol Epidemiologic Survey*, *Alcohol Health and Research World* 22(2).

<sup>19</sup> Calculated from information contained in: Grant BF, Dawson DA. 1997, Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence. Results from the National Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse* 9:103-110.

<sup>20</sup> See, e.g., Bernice Wuehrlich, "Getting Stupid," *Discover* 22 no. 3 (March 2001); S.A. Brown, S.F. Tapert, E. Granholm, D.C. Delis, "Neurocognitive Functioning of Adolescents: Effects of Protracted Alcohol Use," *Alcoholism: Clinical and Experimental Research* 24, no. 2 (Feb 2000): 164-171

<sup>21</sup> M.D. De Bellis, M.D.; D.B. Clark, M.D., Ph.D.; S.R. Beers, Ph.D.; P.H. Soloff, M.D.; A.M. Boring, B.S.; J. Hall, B.A.; A. Kersh, B.A.; M.S. Keshavan, M.D. (2000) *Hippocampal Volume in Adolescent-Onset Alcohol Use Disorders. American Journal of Psychiatry*;157:737-744.

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<sup>22</sup> SAMHSA. (February 12, 2013). *The NSDUH Report: Substance Use among 12th Grade Aged Youths by Dropout Status*. From <http://www.samhsa.gov/data/2k13/NSDUH036/SR036SubstanceUseDropouts.htm> (accessed July 25, 2013).

<sup>23</sup> P.L. Ellickson, J.S. Tucker, D.J. Klein, "Ten-Year Prospective Study of Public Health Problems Associated With Early Drinking," *Pediatrics* 111, no. 5 (May 2003): 949-955.

<sup>24</sup> *The National Center on Addiction and Substance Abuse at Columbia University. National Survey of American Attitudes on Substance Abuse XV: Teens and Parents, August 2010.*

<sup>25</sup> *The National Center on Addiction and Substance Abuse at Columbia University. National Survey of American Attitudes on Substance Abuse XV: Teens and Parents, August 2010.*

<sup>26</sup> K.L. Foley, D. Altman, R.H. Durant, M. Wolfson. Adults' approval and adolescents' alcohol use. *J Adolesc Health*. 2004 Oct;35(4):345.e17-26.

<sup>27</sup> C. Jackson. Perceived legitimacy of parental authority and tobacco and alcohol use during early adolescence. *Journal of Adolescent Health* 31(5):425~432, 2002.

<sup>28</sup> C. Jackson. Perceived legitimacy of parental authority and tobacco and alcohol use during early adolescence. *Journal of Adolescent Health* 31(5):425~432, 2002.

<sup>29</sup> K.L. Foley, D. Altman, R.H. Durant, M. Wolfson. Adults' approval and adolescents' alcohol use. *J Adolesc Health*. 2004 Oct;35(4):345.e17-26.