

People's Health

Outcomes • Planning • Evaluation



Know the Facts: Adolescent Drinking

DID YOU KNOW?

- Alcohol is the most commonly used and abused drug among youth in the United States, more than tobacco and illicit drugs, and is responsible for more than 4,300 annual deaths among underage youth.
- In 2010 in the United States, there were approximately 189,000 emergency rooms visits by people under age 21 for injuries and other conditions linked to alcohol.
- Young people who begin drinking alcohol before age 15 are five times more likely to develop alcohol dependence or abuse than those who begin drinking at or after age 21.
- Youth who drink alcohol are more likely to experience school problems (higher absences and poorer grades), social problems (lack of participation in activities, fighting), physical and sexual assault, higher risk for suicide and homicide, abuse of other drugs, and other negative consequences.

WHERE WE WERE (BASELINE):

During the 2004-05 school year in Shasta County, 13% of 7th graders, 30% of 9th graders and 40% of 11th graders reported alcohol use during the past 30 days. Also, 5% of 7th graders, 16% of 9th graders, and 27% of 11th graders reported binge drinking in the last 30 days.

WHERE WE ARE:

During the 2009-11 school years in Shasta County, 13% of 7th graders, 26% of 9th graders, 36% of 11th graders and 53% of non-traditional school students reported alcohol use during the past 30 days. Also, 7% of 7th graders, 17% of 9th graders, 26% of 11th graders, and 50% of non-traditional school students reported binge drinking in last 30 days.

WHERE WE ARE AIMING:

Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days to 16.6%.

DEFINITION:

Percentage of Shasta County 7th, 9th and 11th graders who reported any alcohol use in the past month.

Percentage of Shasta County 7th, 9th and 11th graders who reported having five or more alcoholic drinks on one occasion (binge drinking) during the past month.

Adolescent alcohol use in Shasta County and California, 2009-2011

Used Alcohol	Grade 7		Grade 9		Grade 11		Non-Traditional	
	Shasta County	California	Shasta County	California	Shasta County	California	Shasta County	California
At least once in last 30 days	13%	13%	26%	24%	36%	33%	57%	53%
Ever very drunk or sick from drinking alcohol	9%	10%	28%	25%	43%	39%	71%	65%
Binge drinking past 30 days	7%	6%	17%	14%	26%	22%	50%	43%

Contributing Staff: Ali Abadi and Stephanie Taylor. Last updated: July 2015.

Find more health information at www.shastahhsa.net. Click on "Health and Safety," then "Current Health Concerns." Questions? Email shastahealthdata@co.shasta.ca.us

Adolescent alcohol use in Shasta County, 2004-2005 and 2009-2011						
Used Alcohol	Grade 7		Grade 9		Grade 11	
	2004-05	2009-11	2004-05	2009-11	2004-05	2009-11
At least once in last 30 days	13%	10%	30%	26%	40%	36%
Ever very drunk or sick from drinking alcohol	10%	9%	30%	28%	49%	43%
Binge drinking past 30 days	5%	7%	16%	17%	27%	26%

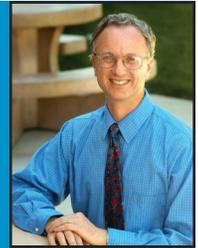
KEY POINTS:

- The Centers for Disease Control and Prevention’s 2011 Youth Risk Behavior Survey found that among high school students, during the past 30 days: 39% drank some amount of alcohol, 22% binge drank, 8% drove after drinking alcohol, and 24% rode with a driver who had been drinking alcohol.
- Adolescent alcohol use as measured by drinking at least once in the last 30 days increased from 13% among 7th graders in Shasta County and California to 36% and 33% among 11th graders in Shasta County and California, respectively.
- Alcohol use among Shasta County youth shows a slight reduction during 2009-11 as compared to 2004-05.

PRIMARY PREVENTION ACTIVITIES:

- Encourage the entertainment industry to decrease use and glamorization of alcohol in movies and television, especially those aimed at teens.
- Establish youth enforcement programs targeting alcohol sales to minors and parties attended by underage drinkers.
- Enforce penalties for parents, other adults and retailers providing alcohol to underage youth.
- Close high school campuses.
- Limit the number of retail liquor outlets and hours of sale.
- Support strength-based youth developmental assets at home, school, and in the community. Research shows that the more assets youth have, the less likely they are to use alcohol.
- Encourage alcohol-free community and sporting events.
- Consider increased alcohol excise taxes to reduce underage consumption.

From the Desk of Andrew Deckert, MD, MPH Shasta County Public Health Officer



Drinking alcohol during adolescence is a major health problem in the country, in California and Shasta County. It has several immediate and long term health effects. School problems, social problems, addictions and accidents are more frequent in those adolescents who drink.

Youth centered educational and recreational activities in the community accompanied by family support and proper law enforcement can tackle the problem to a great extent.

If you are a parent of school-aged children, consider starting that conversation in your family. Visit www.thinkagainshasta.com for tips on how to talk to your children about drinking.

To your health!