

Underage Drinking: What's the Big Deal and What Do We Do About It?



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Exhibit 3.5: Past-Month Alcohol Use for 12- to 20-Year-Olds: 2004-19 NSDUH Data (CBHSQ, 2021)



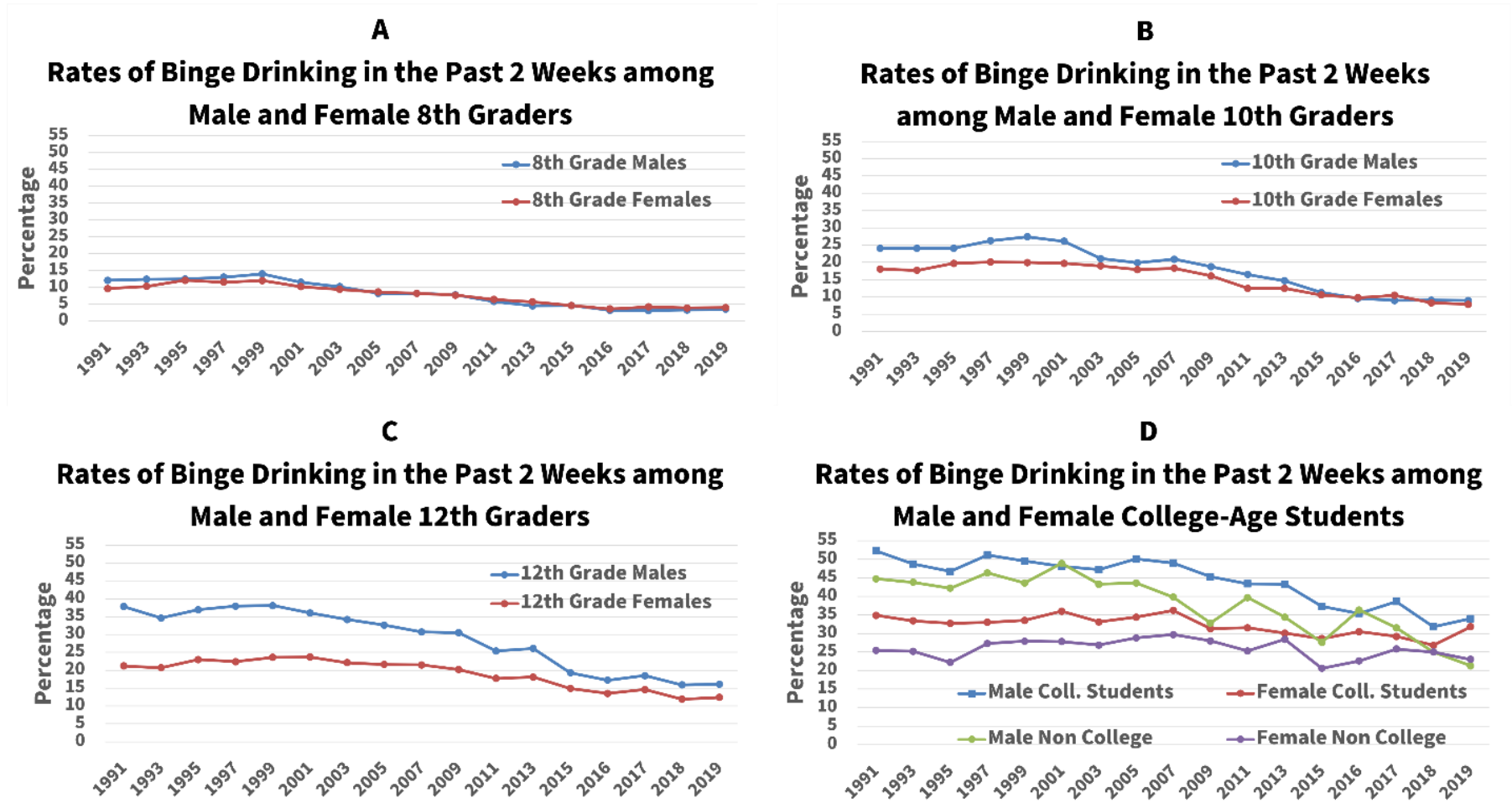
Age	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	% Change 2004–2019
12–13	4.30%	4.20%	3.90%	3.5%*	3.4%*	3.5%*	3.2%*	2.5%*	2.2%*	2.1%*	2.1%*	1.3%*	1.4%*	1.6%*	1%*	1.7%*	-60.5%
14–15	16.40%	15.10%	15.60%	14.7%*	13.3%*	13.1%*	12.4%*	11.3%*	11.1%*	9.5%*	8.5%*	7.4%*	7.9%*	7.9%*	7.4%	7.3%*	-55.5%
16–17	32.50%	30.1%*	29.8%*	29.2%*	26.3%*	26.5%*	24.6%*	25.3%*	24.8%*	22.7%*	23.3%*	19.7%*	17.7%*	19.4%*	17.9%	19.3%*	-40.6%
18–20	51.10%	51.10%	51.60%	50.80%	48.6%*	49.50%	48.5%*	46.8%*	45.8%*	43.8%*	44.2%*	40.9%*	39.1%*	38.6%*	37.6%	35.7%*	-30.1%
12–17	17.60%	16.5%*	16.7%*	16.0%*	14.7%*	14.8%*	13.6%*	13.3%*	12.9%*	11.6%*	11.5%*	9.6%*	9.2%*	9.9%*	9.0%	9.4%*	-46.6%
12–20	28.70%	28.20%	28.40%	28.00%	26.5%*	27.2%*	26.2%*	25.1%*	24.3%*	22.7%*	22.8%*	20.3%*	19.3%*	19.7%*	18.8%	18.5%*	-35.5%

**Exhibit 3.9: Past-Month Binge Alcohol Use for
12- to 20-Year-Olds by Age: 2015-19 NSDUH
Data (CBHSQ, 2021)**

Age	2015	2016	2017	2018	2019	% Change 2015–2019
12–13	0.7	0.3	0.6	0.3*	0.5	-28.6%
14–15	3.8	3.7	3.8	3.6	3.2	-15.8%
16–17	12.6	10.2	10.9*	9.8*	10.8*	-14.3%
18–20	27.8	26.2	24.9*	24.1*	22.9*	-17.6%
12–17	5.8	4.9	5.3	4.7*	4.9*	-15.5%
12–20	13.4	12.1	11.9*	11.4*	11.1*	-17.2%

Exhibit 3.10: Rates of Binge Drinking in the Past 2 Weeks Among Male and Female 8th, 10th, and 12th Graders and College/College-Age Students: 1991-2019 MTF Data

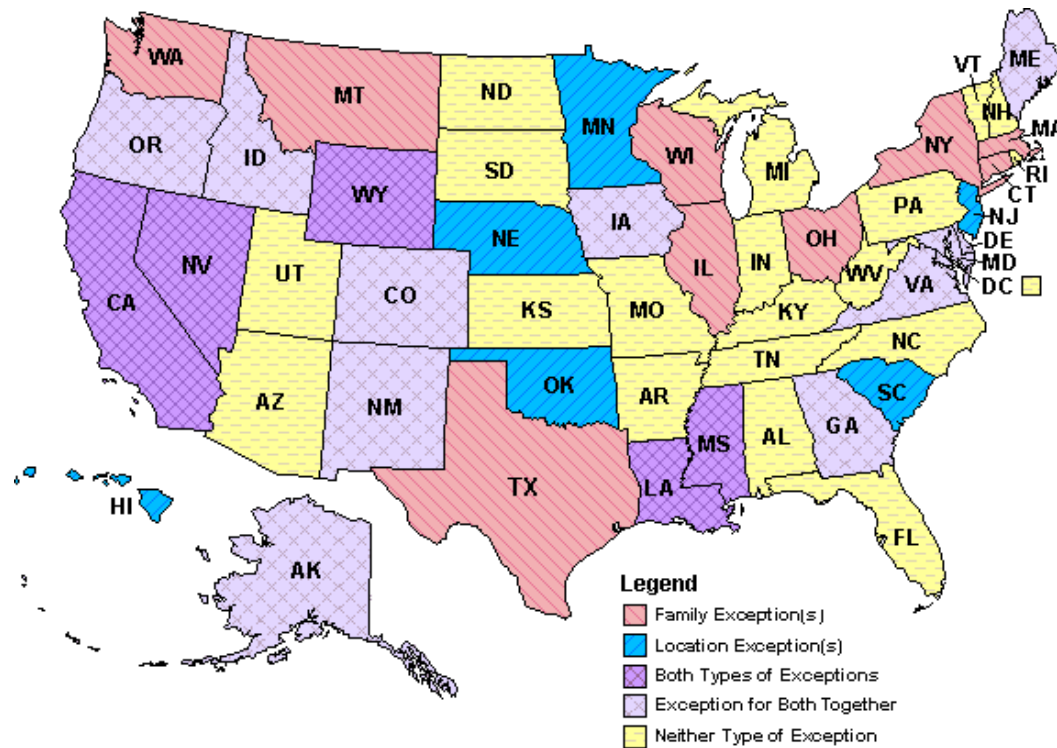


2021 Report to Congress; (Johnston et al., 2020; Miech et al., 2020)



What contributed to this success?

- Age-21 drinking age!
- One of the most well-studied alcohol control policies



Age-21 Minimum Drinking Age

Effects:

- Alcohol consumption
- Traffic crashes
- Suicides
- Hospital admissions
- Pedestrian accidents
- Vandalism

What else contributed to this success?

- Strategies that complemented MLDA
- Community and state advocates and leaders
 - Other policies focused on reducing youth access to alcohol
 - Enforcement to reduce youth access to alcohol
- Education?

Community Prevention Guide

- Recommend two important strategies focused specifically on underage drinking:
 - Maintain current minimum legal drinking age
 - Enhance enforcement of laws prohibiting sales to minors



How to Refute Common Challenges to the Age-21 Drinking Age

Challenge 1: Europe has a lower drinking age and youth there drink less.

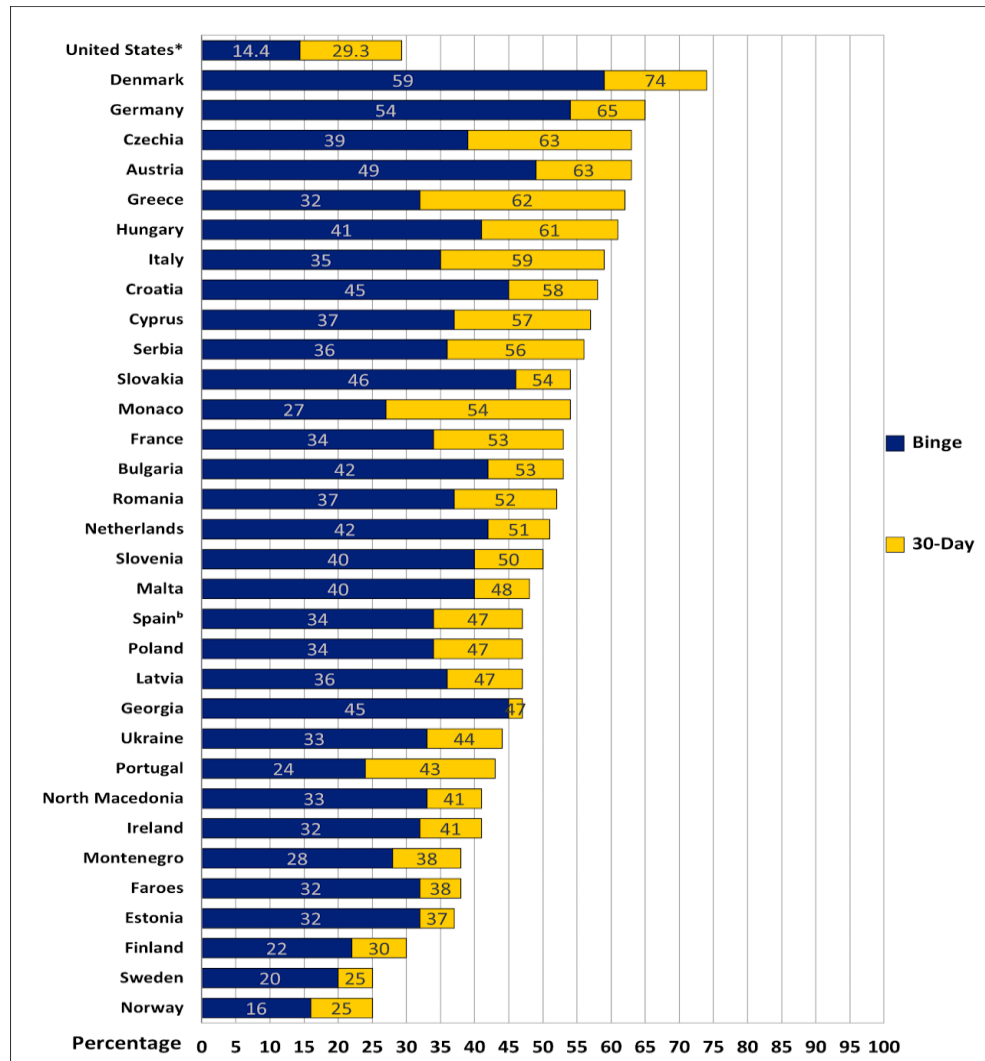
Challenge 2: If 18-20 years old can go to war, they should be able to drink.

Challenge 3: A lower drinking age would result in youth drinking in safer environments, such as bars, rather than unsupervised parties.

Challenge 4: It makes alcohol a forbidden fruit – and they will drink more.

Challenge 5: A higher drinking age makes youth switch to more dangerous substances.

Exhibit 4.1: 15-16 Year Olds in Europe Who Reported Drinking and Heavy Episodic Drinking in the Past 30 Days Compared with U.S. 10th Graders (ESPAD Group, 2020)



How to Refute Common Challenges to the Age-21 Drinking Age

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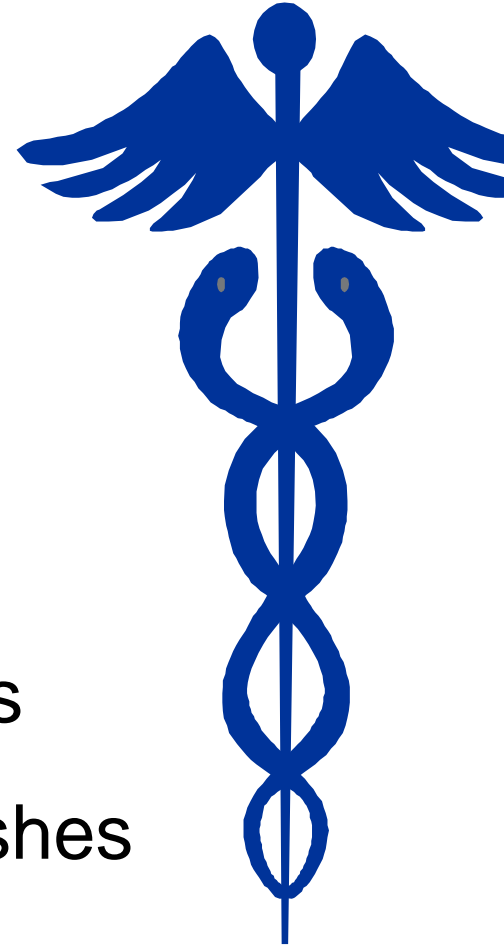
Past Month Use of Alcohol, Marijuana, Other Illicit Drugs, and Tobacco Products by 12- to 20-Year-Olds: 2019

- Alcohol 18.5%
- Marijuana 12.1%
- Tobacco Products 9.1%
- Illicit Drugs Other Than Marijuana 3.2%

NSDUH Data (CBHSQ, 2020a); STOP Act Report to Congress 2021

And still have alcohol-related problems!

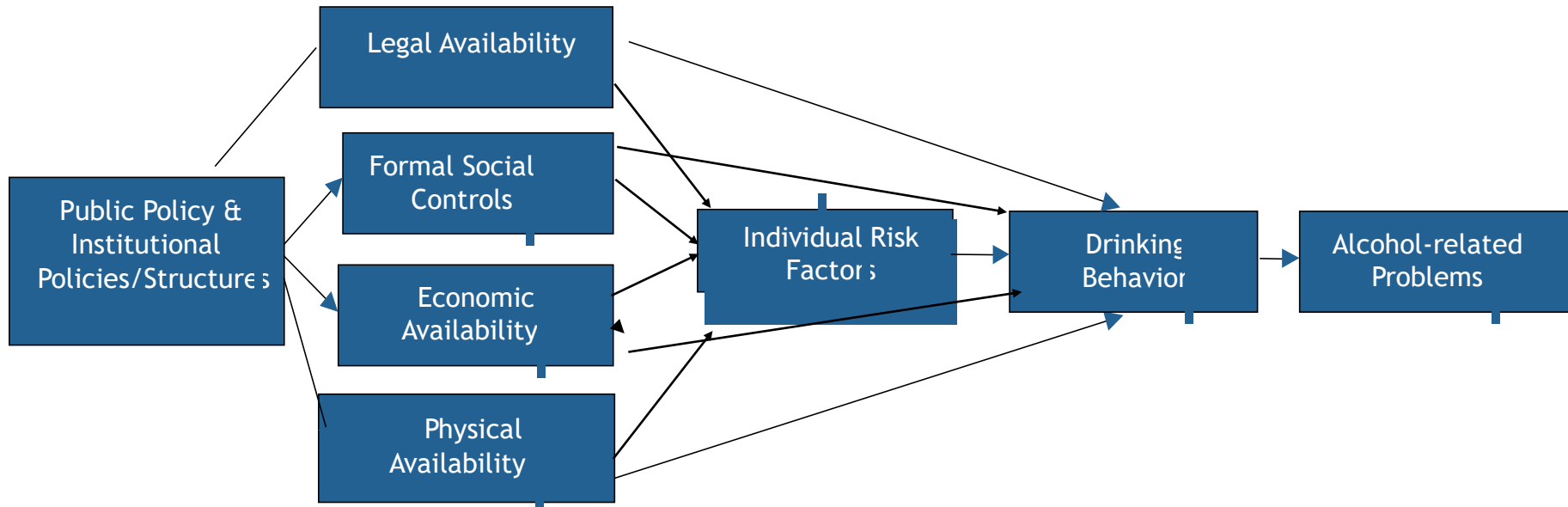
-
- Traffic Crashes
 - Homicides
 - Suicides
 - Drownings
 - Falls
 - Other Drug Use
 - Assaults
 - Rapes
 - Teen Pregnancies
 - Snowmobile Crashes



Why are teens still drinking?



Integrated Theory of Drinking Behavior



Adapted from Wagenaar & Perry, 1994

Why Change Environment?

- Broader environment influences behavior
- Magnitude of the problem
- Turnover in risk groups
- Individual-oriented efforts typically have short-term effects by themselves

Alcohol is cool

**Sure, I'll buy
you alcohol**

**It's o.k. if I
don't drive**

**Everyone
is drinking**

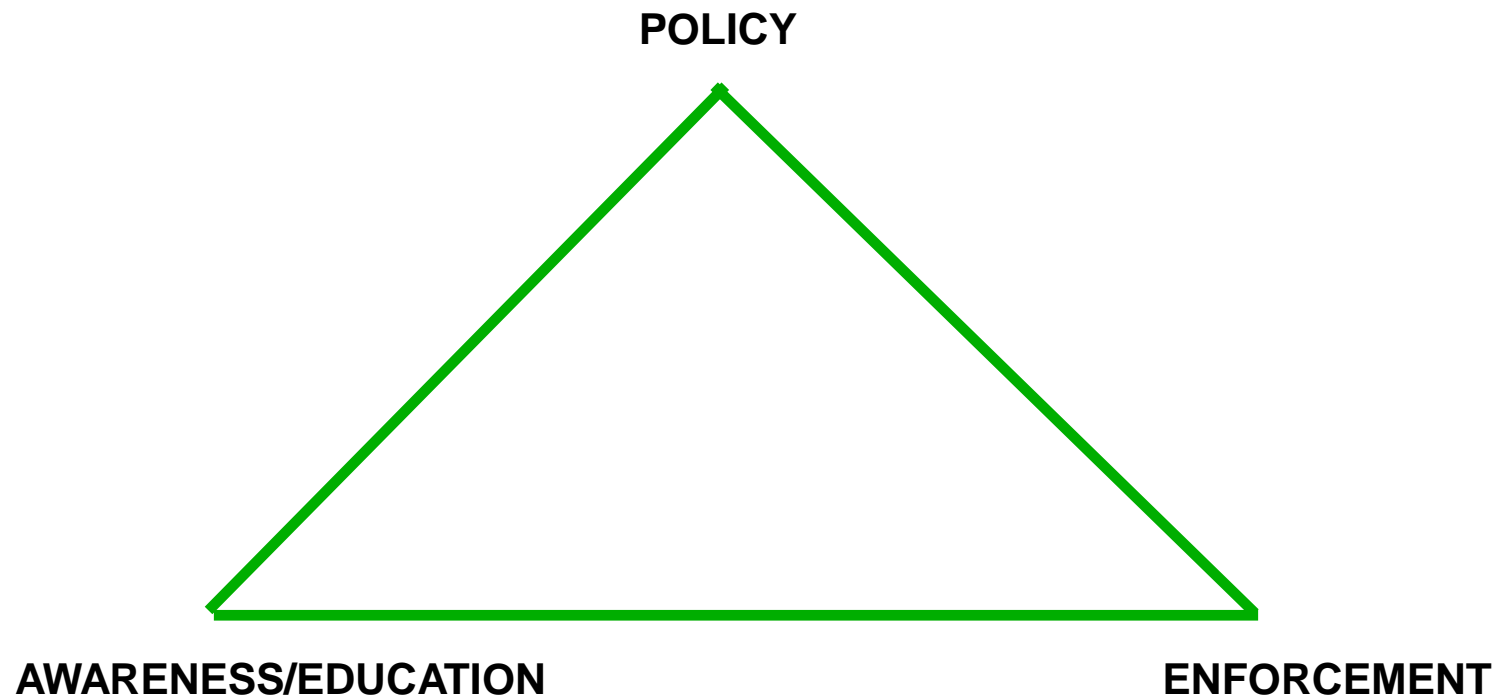
**Alcohol is
easy to
buy**

I used to buy

Possible Levels of Policies

- Federal
- State
- Local
- Institutional





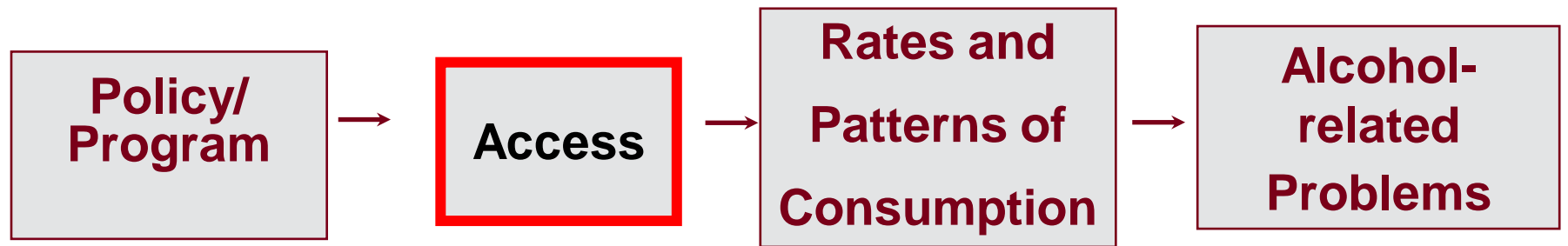
Watch for Products that Appeal to Youth



Marketing of Alcohol Targeting Youth

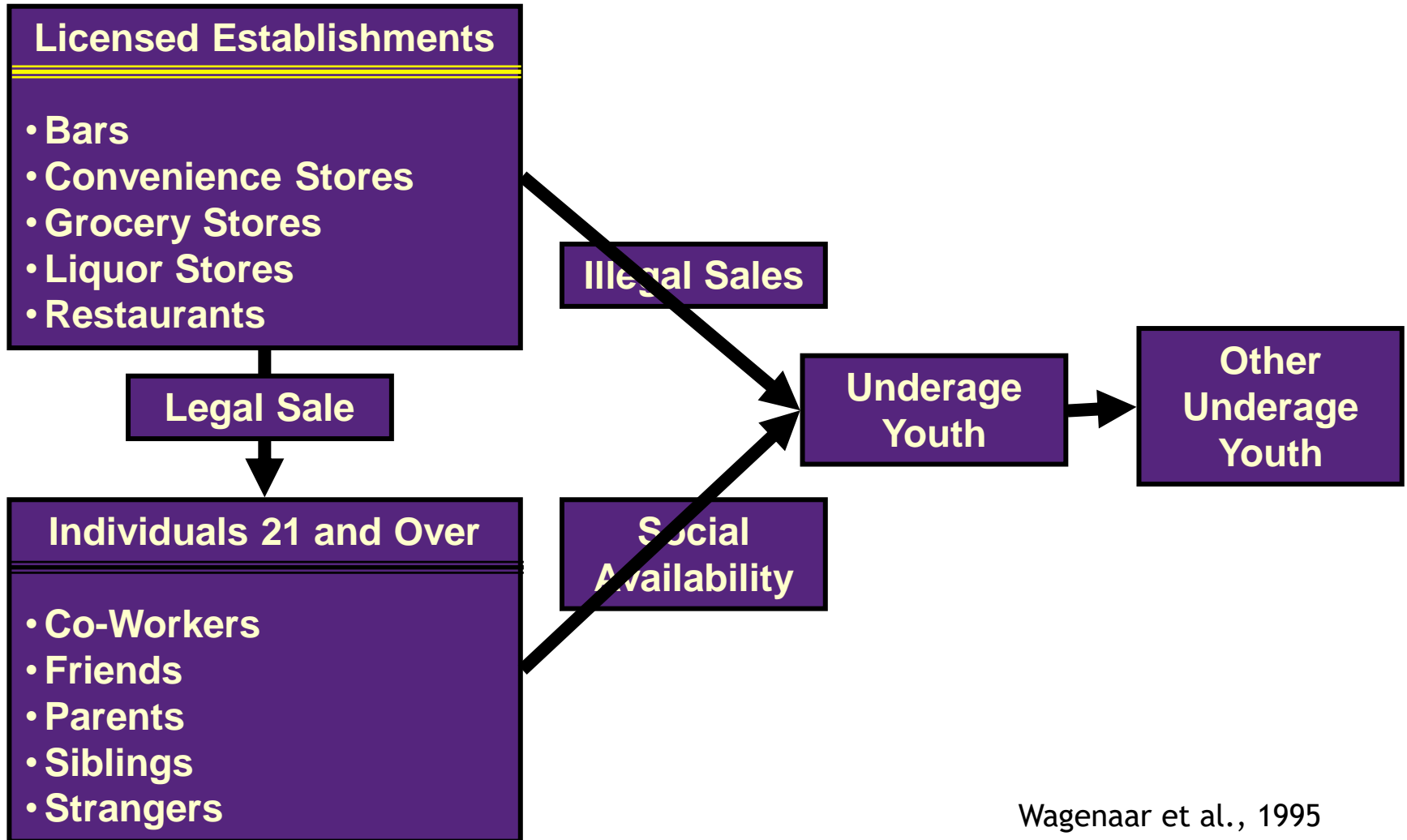
- Growing body of research
- Consider:
 - Where advertisements appear
 - What is included in advertising
- Resource: Center on Alcohol Marketing and Youth (CAMY)
(https://wwwapp.bumc.bu.edu/BEDAC_Camy/Welcome)







Potential Sources of Youth Access to Alcohol









How many alcohol establishments are likely to sell to underage youth?

43%



**On-Sale
Establishments**

53%



**Off-Sale
Establishments**

From Ideas to Research to Practice



Strategies to Reduce Sales



- Compulsory compliance checks
- Administrative penalties
- Minimum age of seller
- Ban home delivery
- Server training
- Manager training
- Enhancement of drivers license

Strategies to Reduce Social Provision



- Keg registration
- Restrictions at community events
- Restrictions in public places
- Restrict noisy assemblies
- Social host liability/policies
- Party patrols
- Shoulder tap enforcement campaigns

Enforcement for Underage Sales

- Compliance checks
- Conducted by:
 - Local law enforcement
 - State ABC
- Underage person attempts to purchase alcohol
- If there is an alcohol sale, potential consequences for:
 - Licensee
 - Server/clerk

Compliance Checks Work

- Reduce likelihood of alcohol sales to underage
- Effective for on-and off-premise establishments



- But have short-term effects!

Wagenaar et al., 2005

Proposed Characteristics of Strong Compliance Check Campaigns

- Check all establishments
- Conduct more than one or two checks per year
- Conduct follow-up checks within 3 months
- Consequences for license holder (vs. only server/clerk)

Results from 2010 Survey

Local Agencies

- Conduct Checks: 35%

Among those that do...

- All establishments: 55%
- 3-4 times a year: 21%

ABC Agencies

- Conduct Checks: 69%

Among those that do...

- All establishments: 59%
- 3-4 times a year: 21%

Results from 2010 Survey (cont.)

Local Agencies

- Rechecks within 3 months: 35%
- Licensees penalized: 56%

ABC Agencies

- Rechecks within 3 months: 34%
- Licensees penalized: 86%

Results from 2010 Survey (cont. 2)

Optimal Compliance Check Campaigns

- Local Agencies: 4% (n=43)
- ABC Agencies: 6% (n=3)

6 states = no checks by ABC and <40%
of local agencies conduct checks

Erickson et al., 2014

Enforcement for Underage Provision

42% of agencies conducted enforcement activities that target adults who provide alcohol to minors



Strategies for Social Provider Enforcement: Little Research

- Active Enforcement Strategies:
 - Shoulder tap
 - Parking lot observations
 - Party patrols
 - Incident/complaint follow-up
- Non-active Enforcement Strategies:
 - Education
 - Sticker campaigns
 - Cops-in-shops
 - Other

Results

Local Agencies

- Active enforcement: 12%
- Non-active enforcement: 30%

Jones-Webb et al., in preparation

Changes in Enforcement Across Time?

- Surveyed 742 police and sheriff agencies in 2010 and 2019
- Response rates were 66% and 73% in 2010 and 2019, respectively

Change in Enforcement Overtime?

Methods

- Sales to underage:
Compliance checks
- Adult provision to underage
- Underage
possession/consumption



Results - Enforcement Strategies

	Unadjusted			Adjusted ^a
	Percentage of agencies		p-value	Risk Ratio (95% CI)
	2010	2019		
Underage drinking enforcement strategies				
Compliance checks	41.9	36.4	0.006	0.89 (0.80, 0.98)
Enforcing adult provision of alcohol to underage	48.5	33.9	<.0001	0.71 (0.63, 0.80)
Enforcing underage alcohol possession/consumption	84.7	66.5	<.0001	0.80 (0.76, 0.85)

^a adjusted for community/agency characteristics

More Work is Needed!

- Don't shift all resources to address other substance use
- Continue to educate policymakers and community leaders about underage drinking
- Advocate for strong policies & enforcement
- Ensure policies and enforcement are equitable
- Draw from multiple sectors

Caution!

- Choose strategies based on assessments...
- Don't focus on strategies just because others institutions, communities, or states are implementing them.
- But can learn from work of others....



Multiple Environmental Strategy Approach Works

- Communities Mobilizing for Change on Alcohol
- Community Prevention Trial
- A Matter of Degree
- Reducing Underage Drinking Through Coalitions

Implementation

- Examples:
 - Keg registration
 - Social host

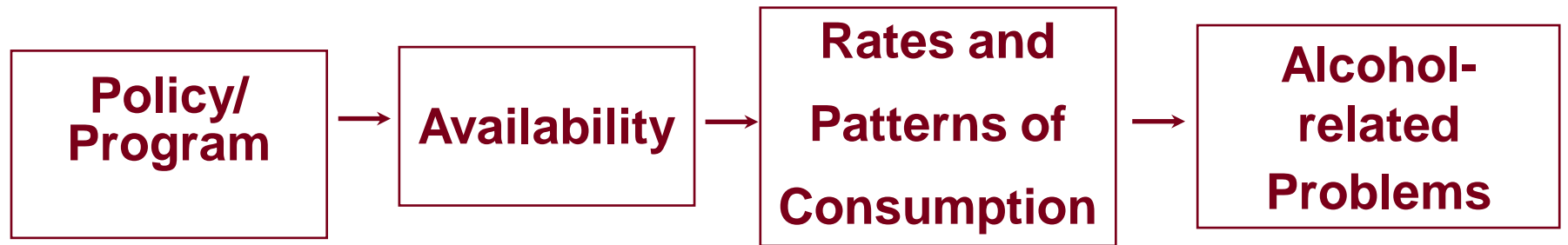


**What other environmental
changes can we make to reduce underage
drinking?**



Policies Just Focused on Underage Drinking Not Enough

- Youth influenced by adult drinking
- Youth also affected by general alcohol control policies
- Many alcohol-related problems attributed to adult alcohol use



Availability

- Legal
- Economic
- Physical



Other Community Prevention Guide

Policy Recommendations

- Increase alcohol tax
- Regulate density of alcohol establishments
- Maintain limits on days/hours of sale
- Implement/maintain dramshop liability
- Do not privatize alcohol retail systems





Questions?

<http://www.aep.umn.edu/>



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