Technical Information

SAMHSA

Substance Abuse and Mental Health
Services Administration

This training was developed under the Substance Abuse and Mental Health Services Administration's Prevention Technology Transfer Center task order. Reference # 1H79SP081018.

For training use only.

LIVE

This webinar is now live.

It is being recorded.

Please remain muted.

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Welcome

Central East PTTC Webinar

Preventing Underage Alcohol Use Part 1: Identifying and Understanding the Data

The Central East PTTC is housed at the Danya Institute in Silver Spring, MD

Oscar Morgan
Executive Director

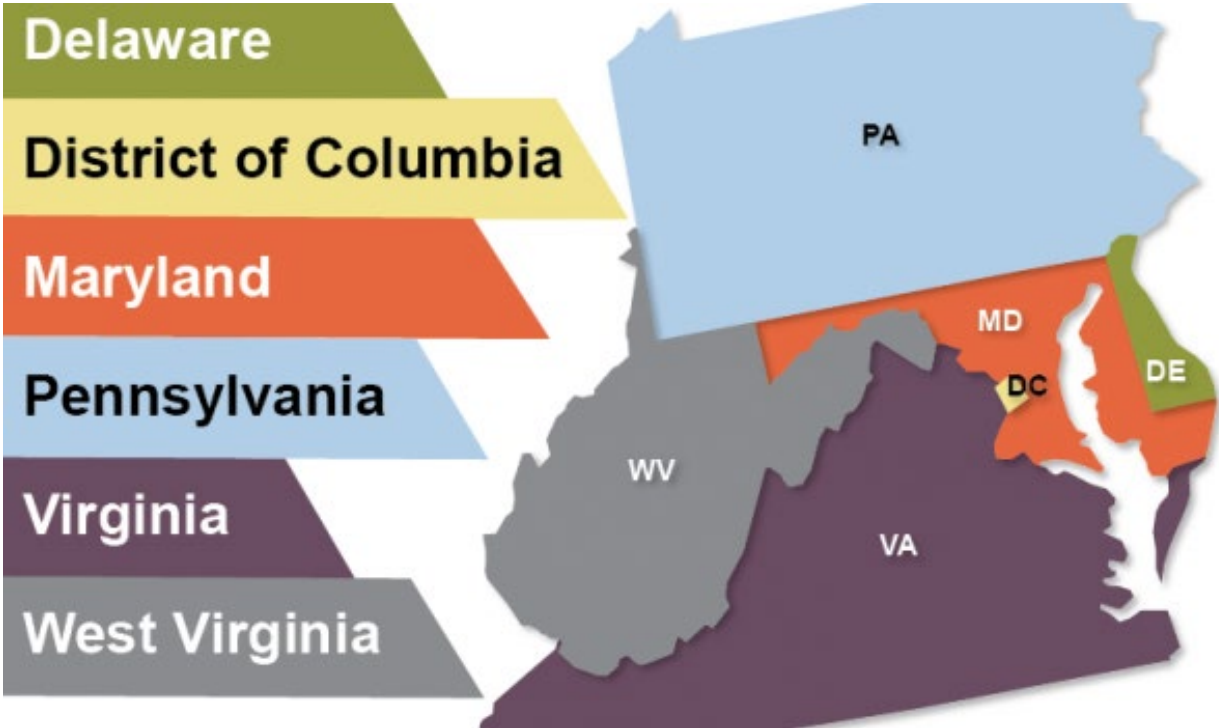Deborah Nixon Hughes
Project Director

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Central East Region

SAMHSA REGION 3

Delaware
District of Columbia
Maryland
Pennsylvania
Virginia
West Virginia

PA
MD
DC
DE
WV
VA

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The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.

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PTTC Mission

1 To Strengthen the Capacity of the Workforce

2 To Deliver Evidence-Based Prevention Strategies

3 Facilitate Opportunities for Preventionists to Pursue New Collaboration Opportunities, which include Developing Prevention Partnerships and Alliances

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Services Available

Online Courses · Technical Assistance · Skill Based Training · Webinar · Toolkits · Facilitate Prevention Partnership & Alliances · Research Learning Collaborative · Newsletter · Technology Driven Models · Literature Searches · Virtual Meeting · Research Publication

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Other Resources in SAMHSA Region 3

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PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Preventing Underage Alcohol Use Part 1: Identifying and Understanding the Data

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April 9, 2024

SAMHSA
Substance Abuse and Mental Health
Services Administration

THE DANYA INSTITUTE

Presenters

Emily Patton

Olivia Stuart

Mentimeter Activity

SCAN ME

What is your ideal vacation?

Beach   Mountains   City   Staycation

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Learning Objectives

- Describe underage alcohol data sources and opportunities to expand data collection

- Explain the scope of underage alcohol use and consequences in the Central East region and nationally

- Identify risk and protective factors relevant to underage alcohol use

- Recognize the effect of the social determinants of health on underage alcohol use

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Data Sources and Data Collection
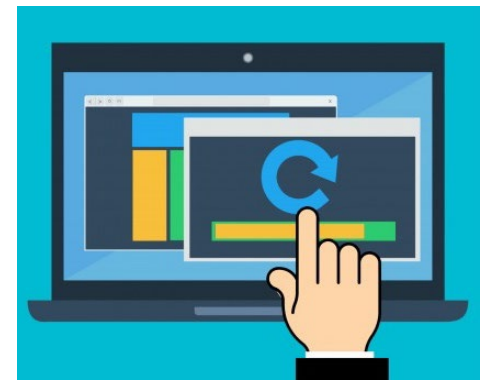
What Do We Mean by "Data"

- Data is any piece of information that can be used for some purpose (e.g., statistical analyses)

- Usually, data is collected to answer a question that you're trying to find the answer to (e.g., numbers or demographics)

- Data can be classified in many ways and from different perspectives

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Mentimeter Activity

What kinds of sources have you gotten your data from?

SCAN ME

National survey findings	State agency data reports	State database systems	Local health care providers	Local school districts	I collected my own data	Other

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Examples of National Data Sources

- NSDUH (National Survey on Drug Use and Health)

- YRBS (Youth Risk Behavior Survey)

- Monitoring the Future (MTF)

- Nationwide Emergency Department Sample (NEDS)

- Wide-Ranging Online Data for Epidemiological Research (WONDER) (CDC)

And Many Others!

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Potential State Data Resources

- State Department of Education

- State Department of Health/Public Health

- State Police or State Courts

- State Liquor Licensing Agency

- State/Regional Poison Centers

- State Department of Motor Vehicles

Potential Local Data Sources

- County/Municipal Health Departments

- Medical examiner/coroner

- Local hospitals, urgent care centers, health care providers

- Substance use treatment and recovery providers

- Community-based organizations

- Local law enforcement

- School districts

- Local colleges/universities

- Other stakeholders

Your Partners in Storytelling

MORTALITY

- Multiple Causes Of Death Records (substance related mortality)
- County medical examiner/ coroner (cause of death)
- Hospital records

EMERGENCY RESPONSE

- National Data Archive on Child Abuse and Neglect (substance use as part of abuse/neglect)
- Regional EMS/poison control (adult & child overdoses)
- Local law enforcement (arrests)

SALES/USE

- National Alcohol Beverage Control Association (alcohol sale trends)

MONITORING

- Pregnancy Risk Assessment Monitoring System (Alcohol and cigarette use during pregnancy)
- Harm reduction programs (# clients,)
- PubMed/PubMed Central (research articles)

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Collecting Your Own Data

- Collect your own data to the extent your capacity allows BUT understand the challenges to data collection

- Carefully analyze data and understand its strengths and weaknesses

- Use culturally competent research methods

- Consider other methods of data collection--especially when working with populations that have their own traditions for sharing information

- Native American examples:
  - Story Telling
  - Talking Circles
  - Visual Expressions

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Alcohol Use and Consequences

- Underage Alcohol Use

- Alcohol Use Among College Students

- Consequences of Alcohol Use

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Underage Alcohol Use

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What are the biggest trends you've been seeing in your community around underage alcohol use?

Waiting for responses ...

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Past-Year Alcohol Use

Percentages among 8th-12th graders

Legend: 8th grade (blue), 10th grade (green), 12th grade (red)

Data points labeled: 77.7, 72.3, 54.0, 45.7, 30.6, 15.1

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MTF, 2023

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Past-Month Alcohol Use

Percentages among 8th-12th graders

8th grade — 10th grade — 12th grade

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MTF, 2023

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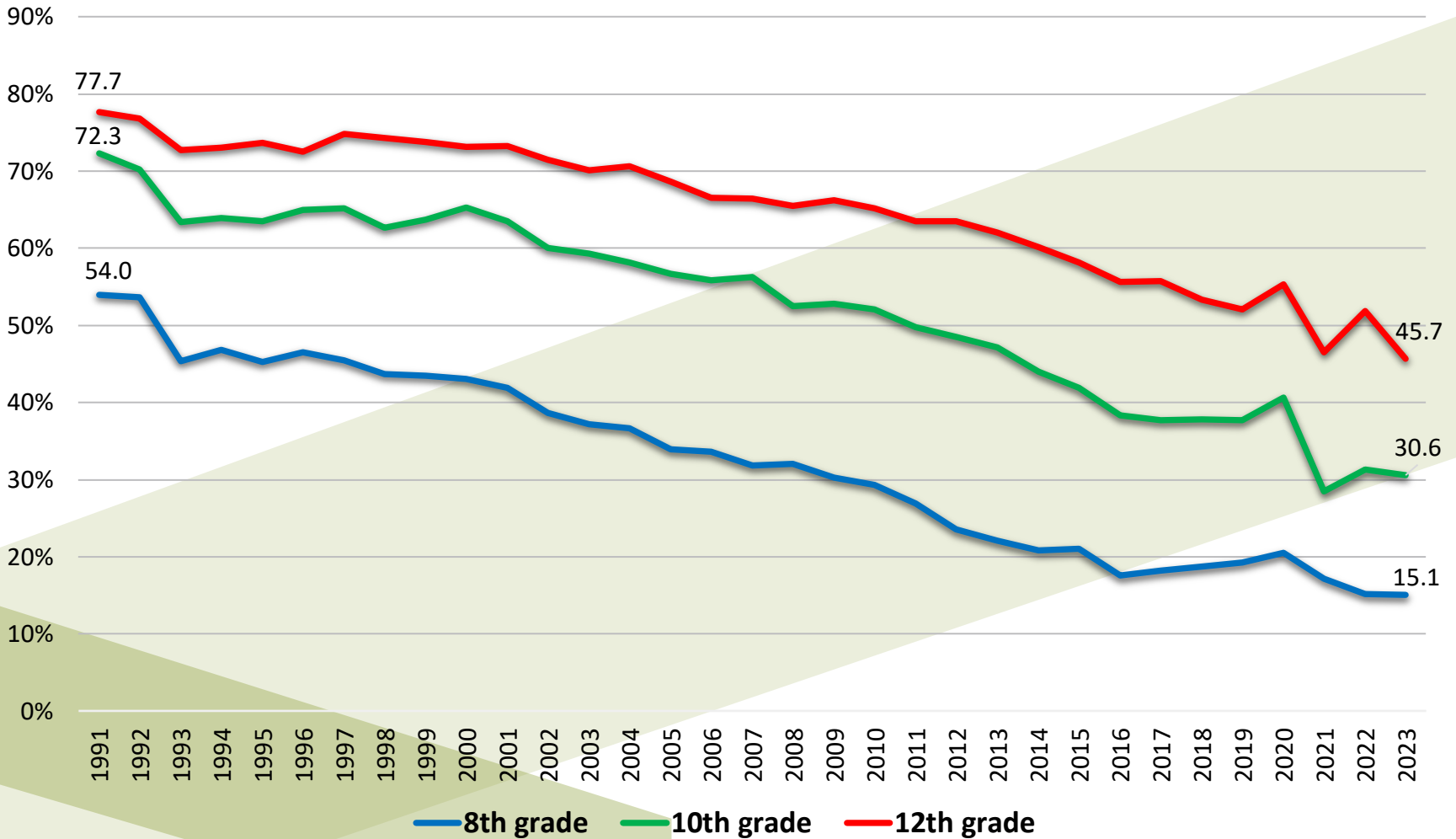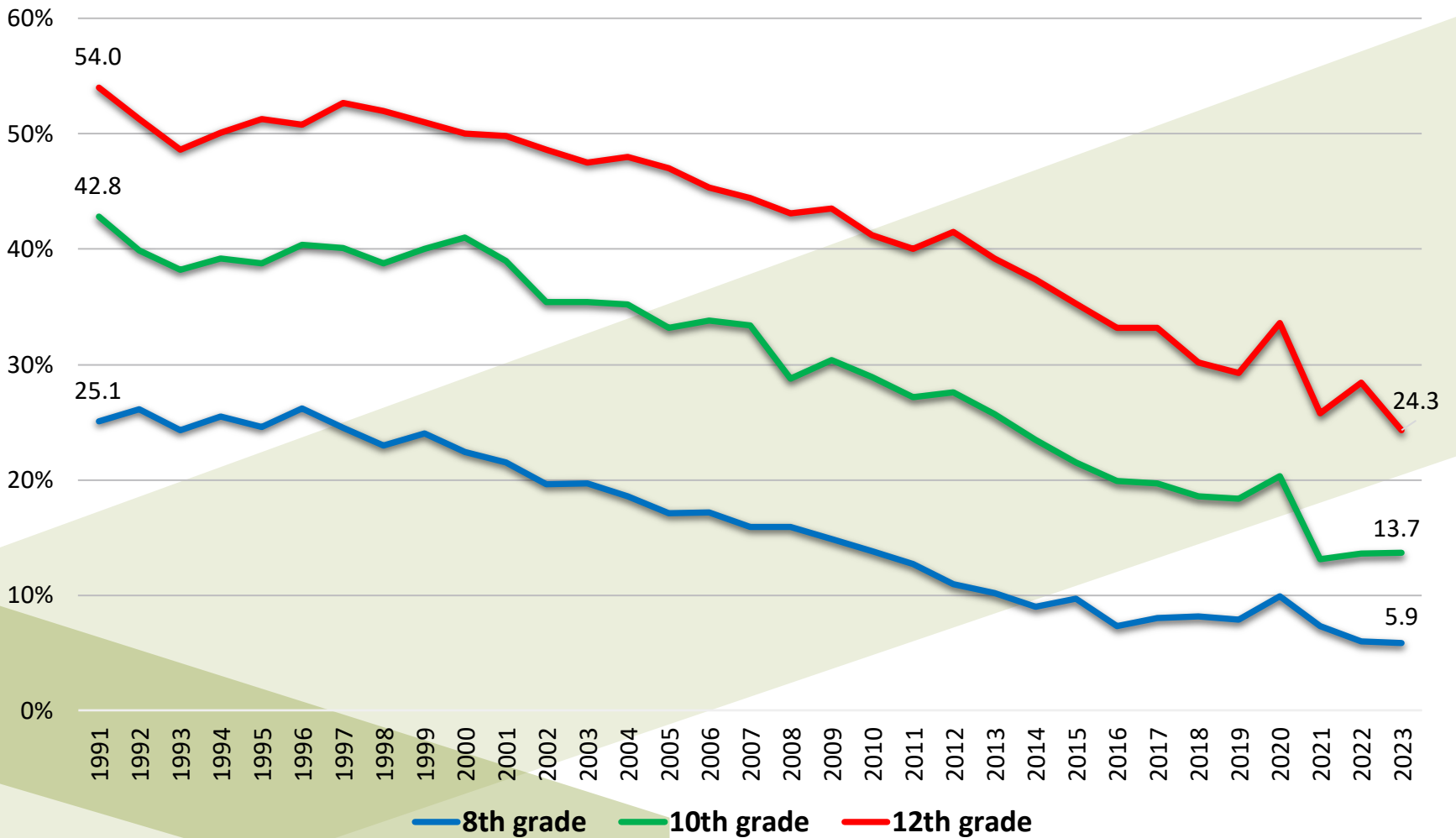
Past Two-Week Binge Use

Percentages among 8th-12th graders

MTF, 2023

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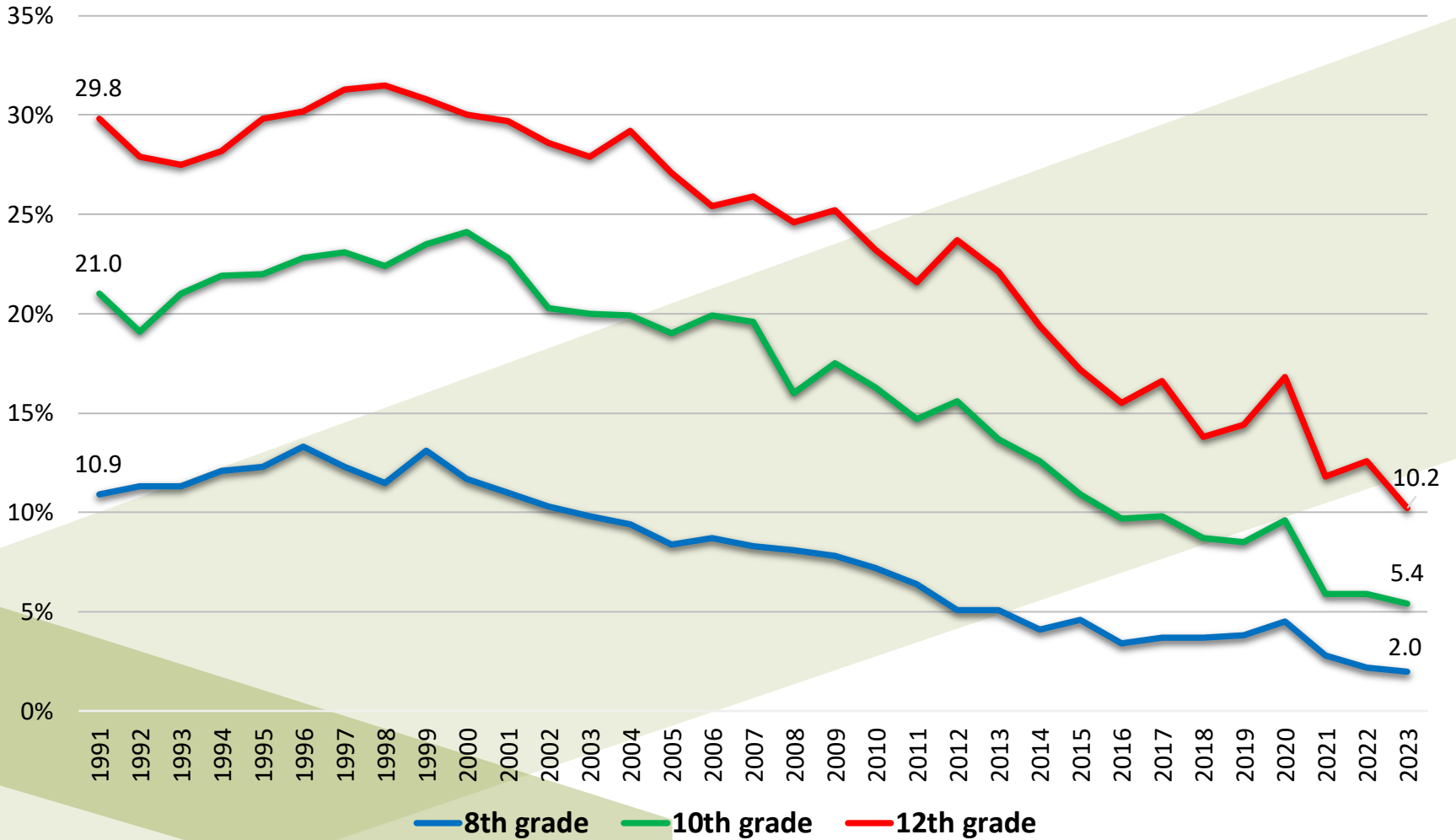
Past-Month Alcohol Use

Percentages among youth ages 12-20

NSDUH, 2022

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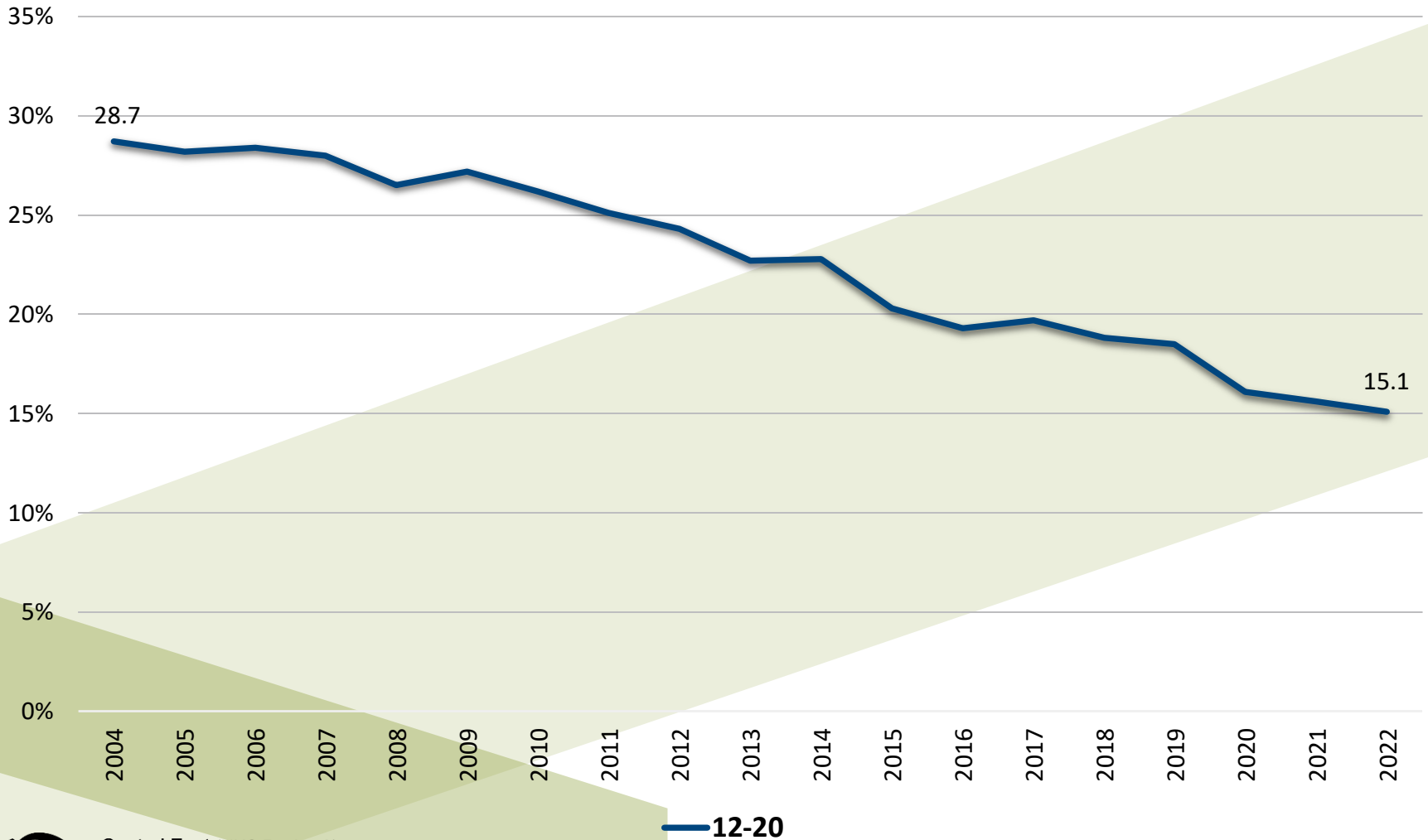
Past-Month Binge Use, Ages 12-20

- Binge drinking: 4+ drinks for females or 5+ drinks of alcohol in a row for males

Age	2015	2016	2017	2018	2019	2020	2021	2022
12-20	13.4%	12.1%	11.9%	11.4%	11.1%	9.2%	8.6%	8.2%

- Heavy drinking: consuming 5+ drinks on the same occasion on each of 5 or more days in the past 30 days

Age	2015	2016	2017	2018	2019	2020	2021	2022
12-20	3.3%	2.8%	2.5%	2.3%	2.2%	1.8%	1.6%	1.7%

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Alcohol Use Among College Students

Alcohol Use in College Students

Percentages among college-attending young adults ages 19-22
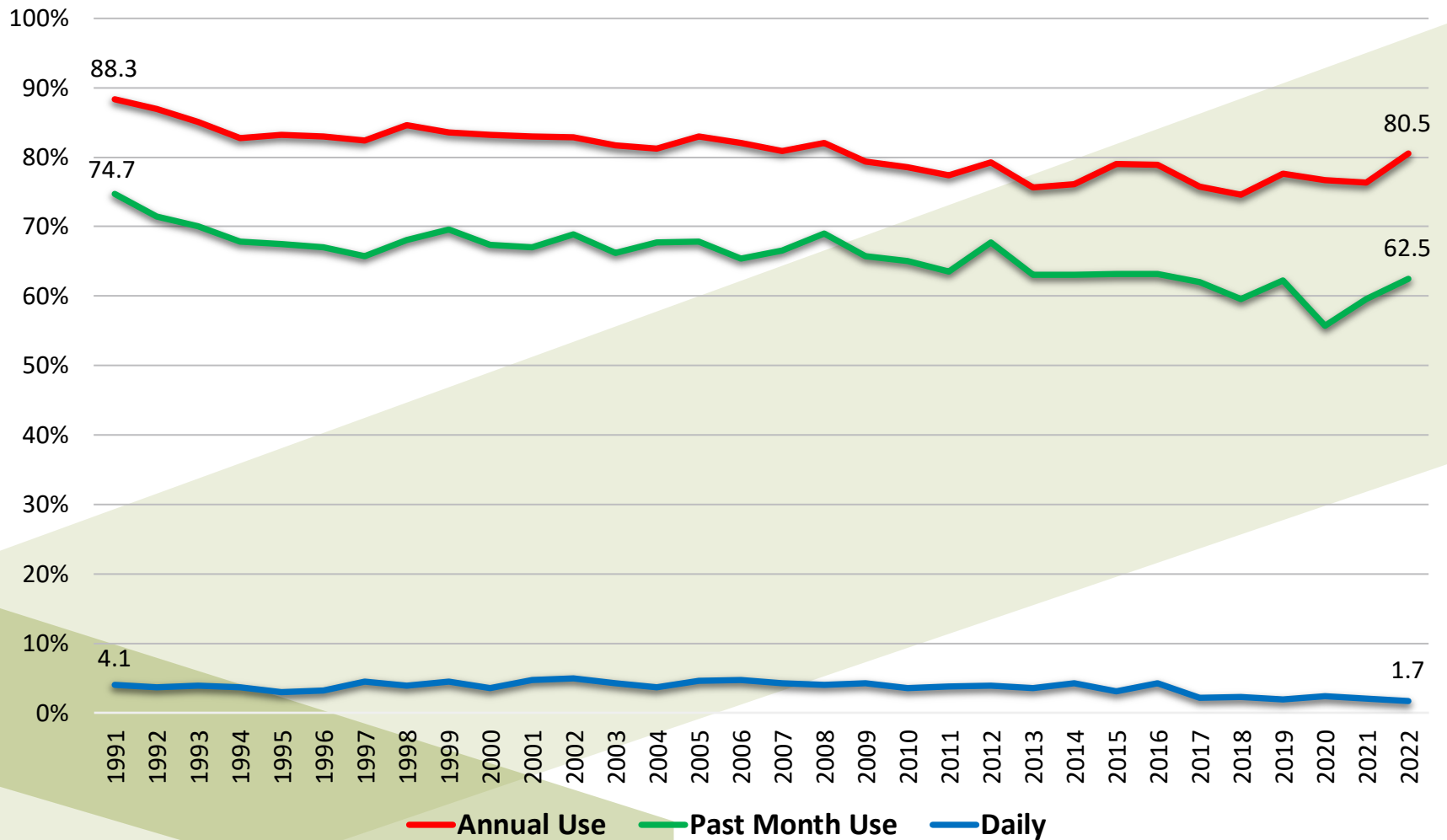
Legend: Annual Use (red), Past Month Use (green), Daily (blue)

Key data points: 88.3, 74.7, 4.1 (1991); 80.5, 62.5, 1.7 (2022)

Binge Alcohol Use

Percentages among college-attending young adults ages 19-22

Legend: 5+ in past 2 weeks (red), 10+ in past 2 weeks (blue)

Data points labeled: 40.1 (2005, red), 27.7 (2022, red), 12.5 (2005, blue), 5.2 (2022, blue)
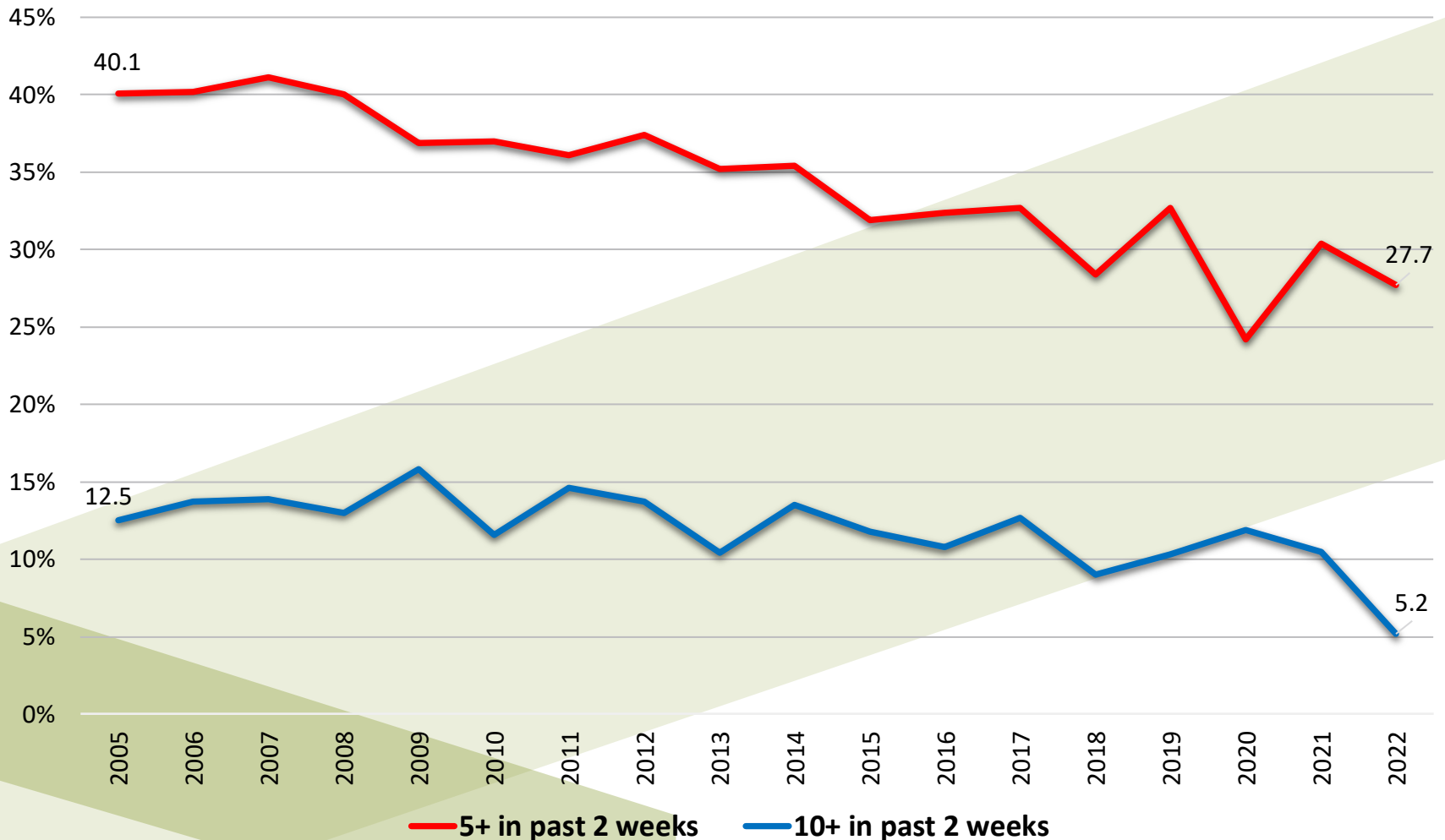
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Gender Differences Among College Students

2022 prevalence of:	Full-Time College Students	
	Male	Female
Annual alcohol use	77.4%	**82.4%**
Past month use	56.8%	**65.8%**
Daily drinking (past month)	**2.6%**	1.3%
Binge drinking (past 2 weeks)	26.8%	**27.5%**
High intensity drinking (past 2 weeks)	**8.0%**	3.4%

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Consumption by Enrollment Status

2022 prevalence of:	Full-Time College Students	Other College-Aged Youth
Annual alcohol use	**80.5%**	72.7%
Past month use	**62.5%**	54.1%
Daily drinking (past 30 days)	**1.7%**	1.6%
Binge drinking (past 2 weeks)	**27.7%**	23.9%
High intensity drinking (past 2 weeks)	5.2%	**7.8%**

MTF 2022

Consequences of Use

- Alcohol use disorder (AUD)
- Unsafe driving
- Assaults/Violence
- Injury
- Death

Mentimeter Activity

SCAN ME

What are the biggest concerns when it comes to underage drinking in your community?

0	0	0	0
Drunk driving	Youth initiation rates	Injury or other health-related problems	Retail access for youth

0	0	0
Interpersonal violence	Alcohol dependence/AUD	Other (write in chat)

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Alcohol Use Disorder

- Research shows that people who start drinking before the age of 15 are at a higher risk for developing alcohol use disorder (AUD) later in life

- Percentage of people meeting the criteria for past-year AUD (2022)
  - **10.5%** of individuals aged 12 and older
  - **2.9%** of adolescents ages 12 to 17
  - **13.0%** of full-time college students ages 18 to 22
  - **12.6%** of 18- to 22-year-olds not enrolled in college full-time

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Unsafe Driving, Injury, Violence

Unsafe Driving

- In the past 30 days *(2021 YRBS)*:
    - **4.6%** of HS students drove after drinking
    - **14%** rode with a driver who had been drinking

Injury

- Alcohol poisoning, illness, changes in brain development, burns, car crashes, and falls

Interpersonal Violence

- Underage youth who drink are more likely to carry out or be the victim of a physical or sexual assault after drinking

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Death

- 96.5% of teenagers who die from excessive alcohol use die from acute causes
  - Suicide
  - Car accidents
- In 2021, 27% of young drivers 15 to 20 years old who were killed in crashes had BACs of .01 or higher
- CDC estimates that, on average, alcohol is a factor in the deaths of 3,600 young people under age 21 each year
- Polysubstance use can significantly increase mortality risk

Risk and Protective Factors

Alcohol Use Age of Onset

Drank for the first time before age 11, Middle School Students							
	2007	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**	**2021**
Delaware	14.9%	15.8%	12.5%	9.6%	6.8%	8.6%	7.7%	6.7%
D.C.	17.6%	-	-	14.2%	10.9%	14.4%	13.1%	11.7%
Maryland	-	-	-	12.4%	8.6%	11.1%	9.1%	10.1%
Pennsylvania	-	-	-	-	-	-	8.4%	-
Virginia	-	-	-	9.3%	7.9%	10.3%	12.0%	10.6%
West Virginia	16.5%	16.0%	16.2%	12.7%	10.6%	9.5%	11.4%	12.3%

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School Engagement

- High school students who say they are not college-bound are at considerably higher risk for using illicit drugs, drinking heavily, and smoking cigarettes. *(MTF, 2019)*

- Early educational success provides protection against a wide range of problem behaviors, including delinquency, smoking, drinking, and illicit drug use. *(Bachman, 2007)*

- At ages 14 and 16, drinking is most likely among students not doing well in school

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Perceived Risk of Alcohol Use

Perceive great risk of:	8th	10th	12th
Trying 1 or 2 drinks	12.5%	12.5%	9.1%
Drinking 1 or 2 drinks nearly every day	29.7%	34%	23.7%
Drinking 5+ drinks once or twice each weekend	52.4%	53.7%	38.7%

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MTF, 2024

Disapproval of Alcohol Use

Disapprove or strongly disapprove of:	8th	10th	12th
Trying 1 or 2 drinks	46.7%	39.2%	26.5%
Drinking 1 or 2 drinks nearly every day	76%	78.8%	72.4%
Drinking 5+ drinks once or twice each weekend	80.3%	80%	66%

MTF, 2023

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Accessibility of Alcohol

"Easy" or "Fairly Easy" to get:	8th	10th	12th
Alcohol	41%	59.2%	81.7%
Marijuana	25.8%	47.5%	72.7%
Vaping Device	34.1%	54.7%	75.6%
Heroin	5.5%	6.5%	11.8%

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MTF, 2023

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Risk from Positive Perceptions

- Positive expectations of alcohol use are a risk factor for alcohol consumption and binge drinking (*Blume et al)*

- Students say alcohol: (*Core Survey, 2013-15*)
  - Enhances social activity (76%)
  - Breaks the ice (75%)
  - Gives people something to do (73%)
  - Allows people to have more fun (64%)
  - Facilitates a connection with peers (64%)
  - Facilitates sexual opportunity (50%)
  - Makes it easier to deal with stress (47%)

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Important Protective Factors

- Personal traits and skills (e.g., coping skills)
- Family and community connectivity
- Family and peer disapproval of use
- Engagement in prosocial activities
- Perceptions of harm and negative consequences

And others! Note that it can be harder to collect data on protective factors.

Underage Alcohol Use and the Social Determinants of Health

The Five Domains of SDOH (HHS)

The SDOH can be thought of as another way to organize and think about community- and society-level risk factors.

Understanding the SDOH

- The SDOH are often the really "big picture" aspects of life
  - Sometimes too big for prevention professionals to address alone; or even at all
- However, prevention can play an important role in an overall public health approach focused on SDOH
- And working with other stakeholders we can better support a whole health approach to improving overall wellbeing
- Further, by understanding them, we learn more about the landscape we are working in with our other interventions

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Mentimeter Activity

SCAN ME

Which of the 5 domains of the SDOH do you feel have the biggest impact on youth alcohol risk and protective factors in your community?

1st | Education access and quality

2nd | Health care access and quality

3rd | Neighborhood and built environment

4th | Social and community context

5th | Economic stability

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Impact on Underage Alcohol Use

- Few studies yet on direct connections between alcohol use and SDOH

- But some ways the SDOH contribute to underage drinking include:
    - Higher rates of poverty
    - Greater neighborhood income inequity
    - Fewer alcohol sales regulations
    - Higher density/more locations of retail outlets
    - School environments (e.g., greater presence of Greek life on campus)
    - More frequent adult drinking in the community

- The "alcohol harm paradox"

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Conclusion

- There are numerous data collection opportunities to learn about underage alcohol use and how it can be used to understand the needs of your community

- Underage alcohol use has generally been on the decline for years, but continues to remain higher than what we'd like

- The data on consequences associated with underage alcohol use reveals the need to still do more work in prevention

- Many risk factors for use remain and prevention needs to re-establish reach within communities

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Register for Part 2!

Preventing Underage Alcohol Use Series

Part 2: Strategies and Recommendations for the Field of Prevention

Thursday, April 11, 2014
1:00pm-2:30pm ET

SCAN ME

Register here or scan the QR code:
https://bit.ly/3TPLD27

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Q & A

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Contact Us

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PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

a program managed by

THE DANYA INSTITUTE

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