

The Dilemma of Underage Drinking in Indiana

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Town Hall Meeting
on
Underage Drinking
Community Action of Southern Indiana
Jeffersonville, IN
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Gateway Drugs

Research has shown that the majority of individuals' illicit drug use occurs only after they use cigarettes, alcohol, or marijuana. These three are known as the "gateway drugs." (Bailey, 1992; Donovan & Jessor, 1983; Fleming, Leventhal, Glynn, & Ershler, 1989; Golub & Johnson, 2001; Kandel & Yamaguchi, 1993).

Alcohol and Rx Drugs

Males and females with alcohol dependence are **18x more likely to abuse prescription drugs** than are those who abstain from alcohol use. Youth under age 25 are especially vulnerable to abusing both alcohol and prescription drugs.

Source: Elizabeth Ashton, “Alcohol Abuse Makes Prescription Drug Abuse More Likely,” *NIDA Notes* 21/5 (March 2008):8-9.

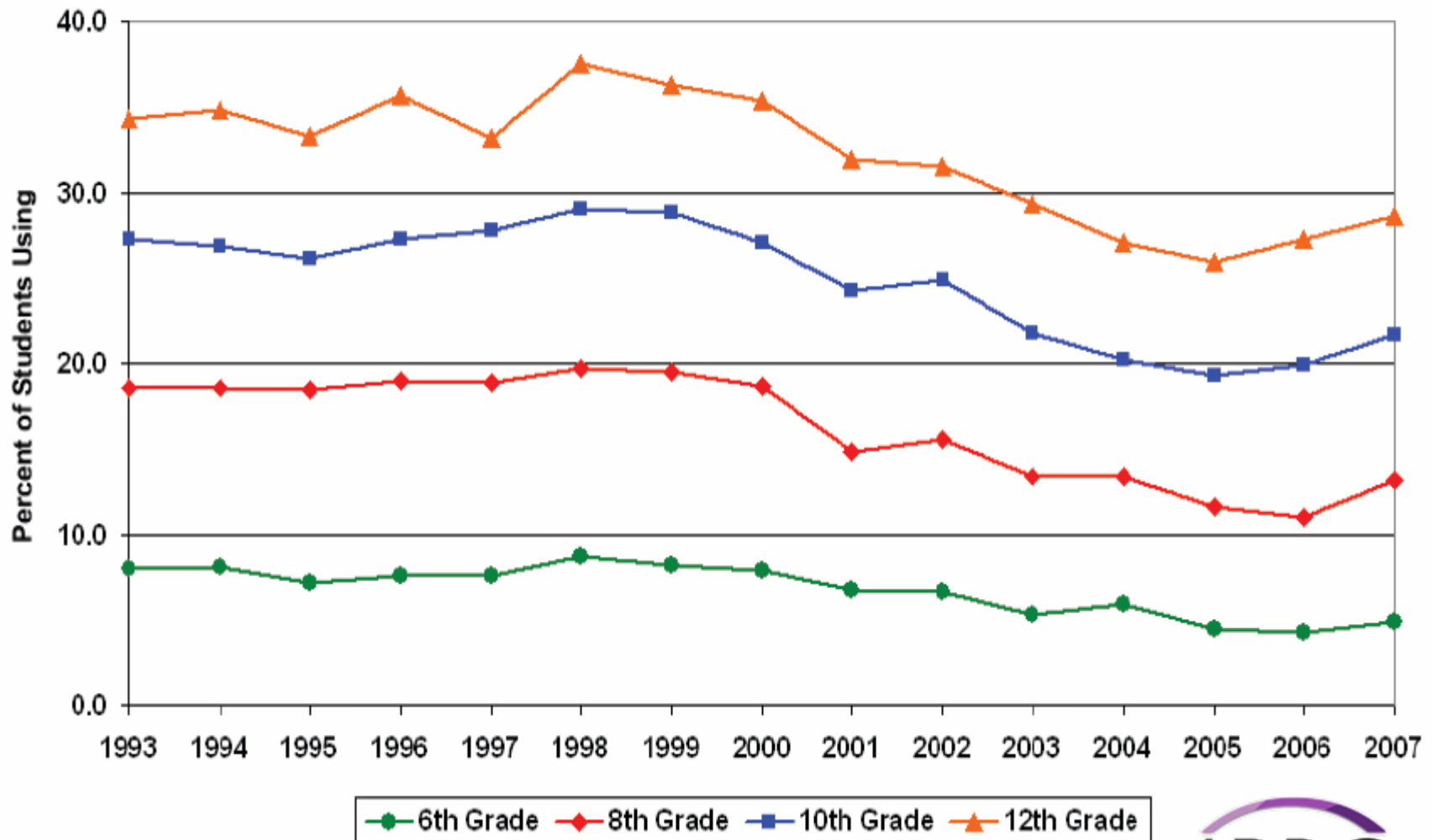
Note: Preventing or delaying use of alcohol will reduce the likelihood of drug use and of other associated problem behaviors.

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Trends of Binge Drinking Among Indiana Students: 1993-2007

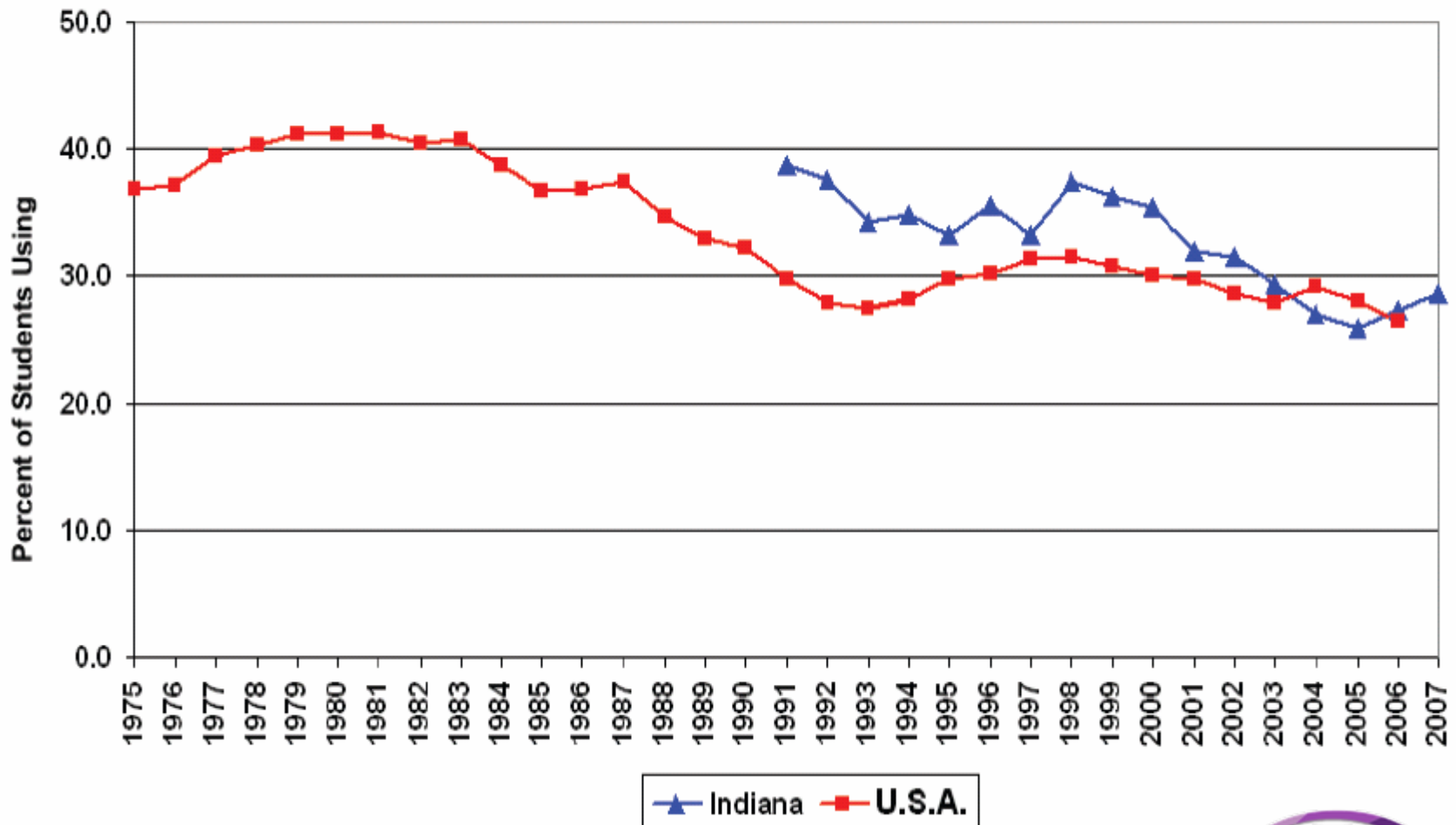


Source: Indiana Prevention Resource Center at Indiana University, 2007



- ATOD Survey, p. 122

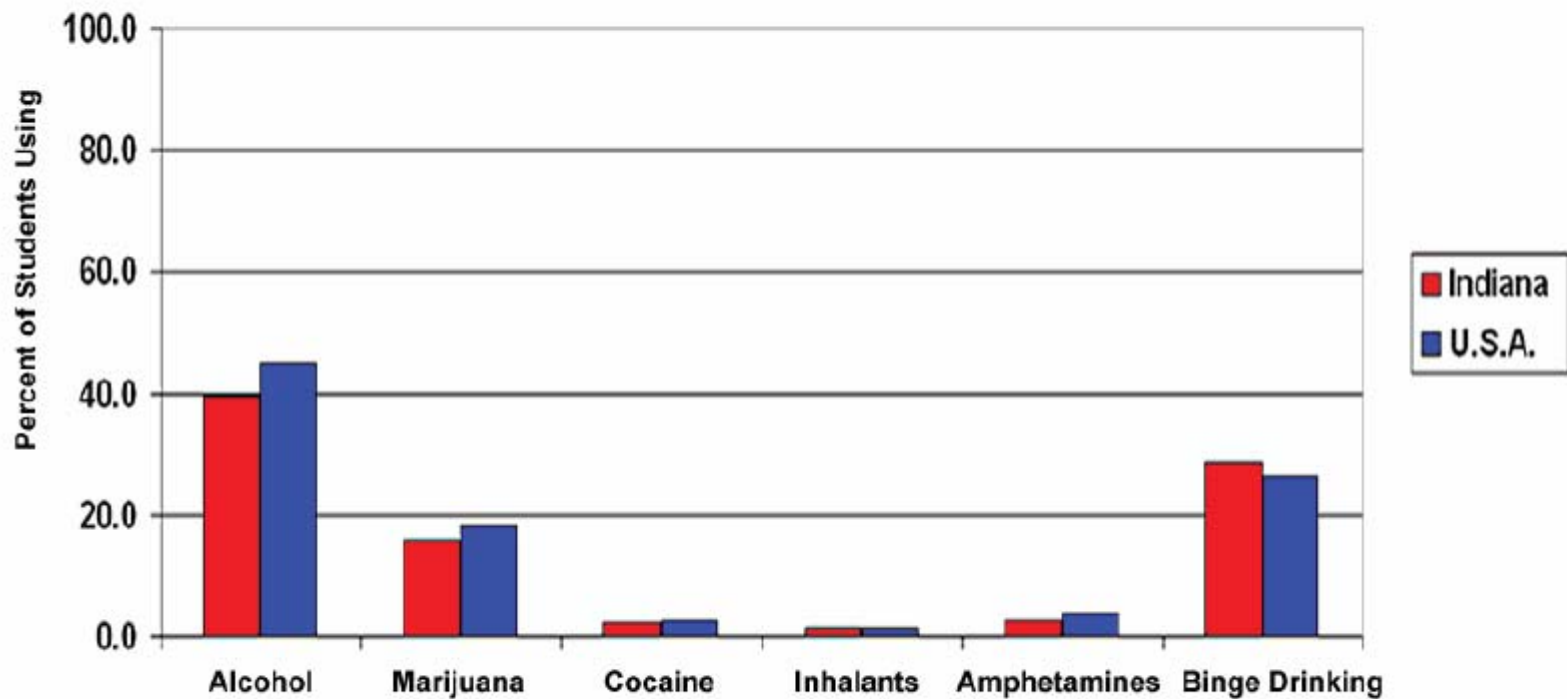
Trends of Binge Drinking by Indiana and U.S.A. 12th Graders: 1975-2007



Source: Indiana Prevention Resource Center at Indiana University, 2007
Johnston, et al., National Institute on Drug Abuse, 2006



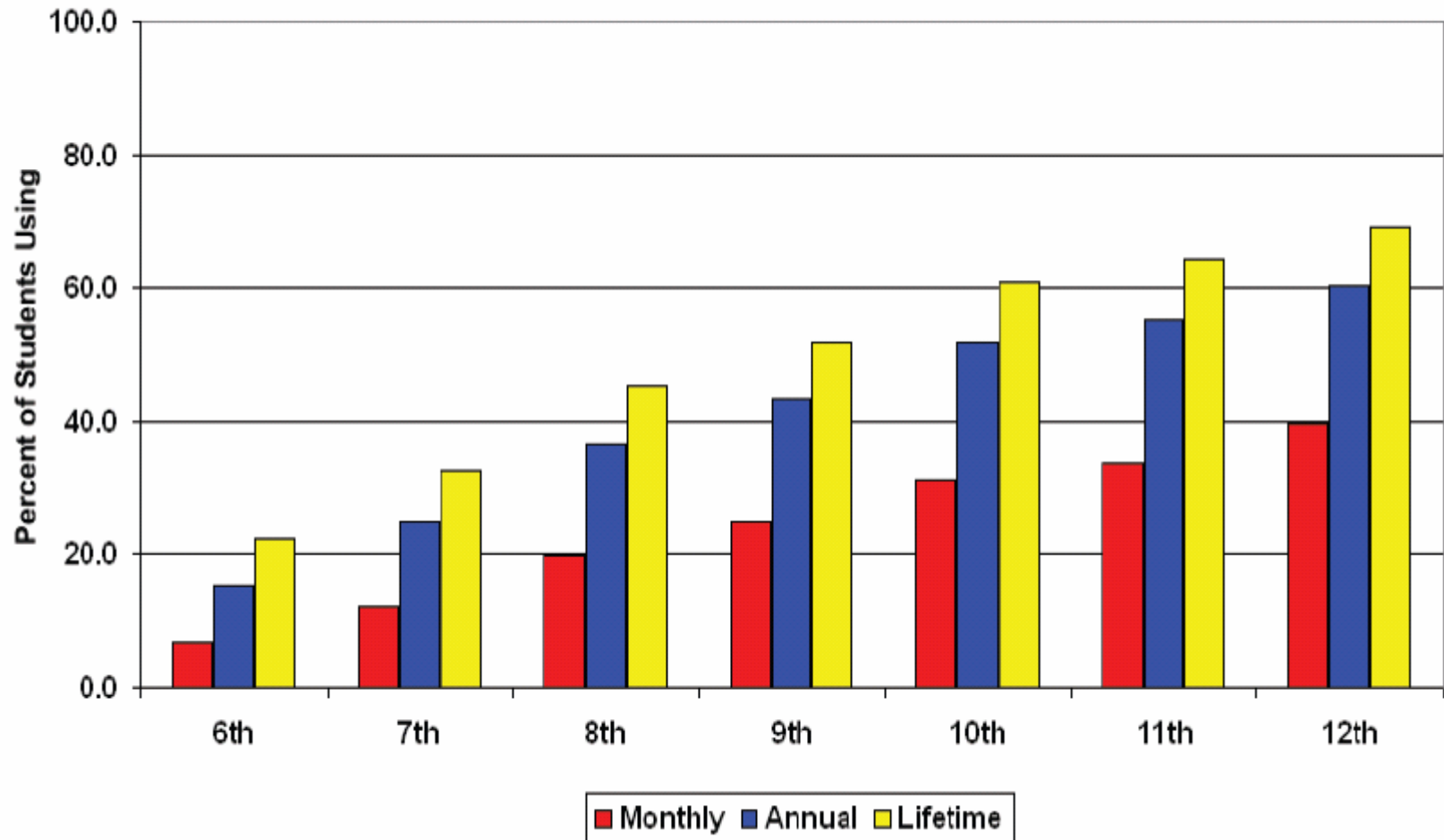
Monthly Use of Selected Drugs and Binge Drinking by Indiana and U.S.A. 12th Graders



Source: Indiana Prevention Resource Center at Indiana University, 2007
Johnston, et al., National Institute on Drug Abuse, 2006



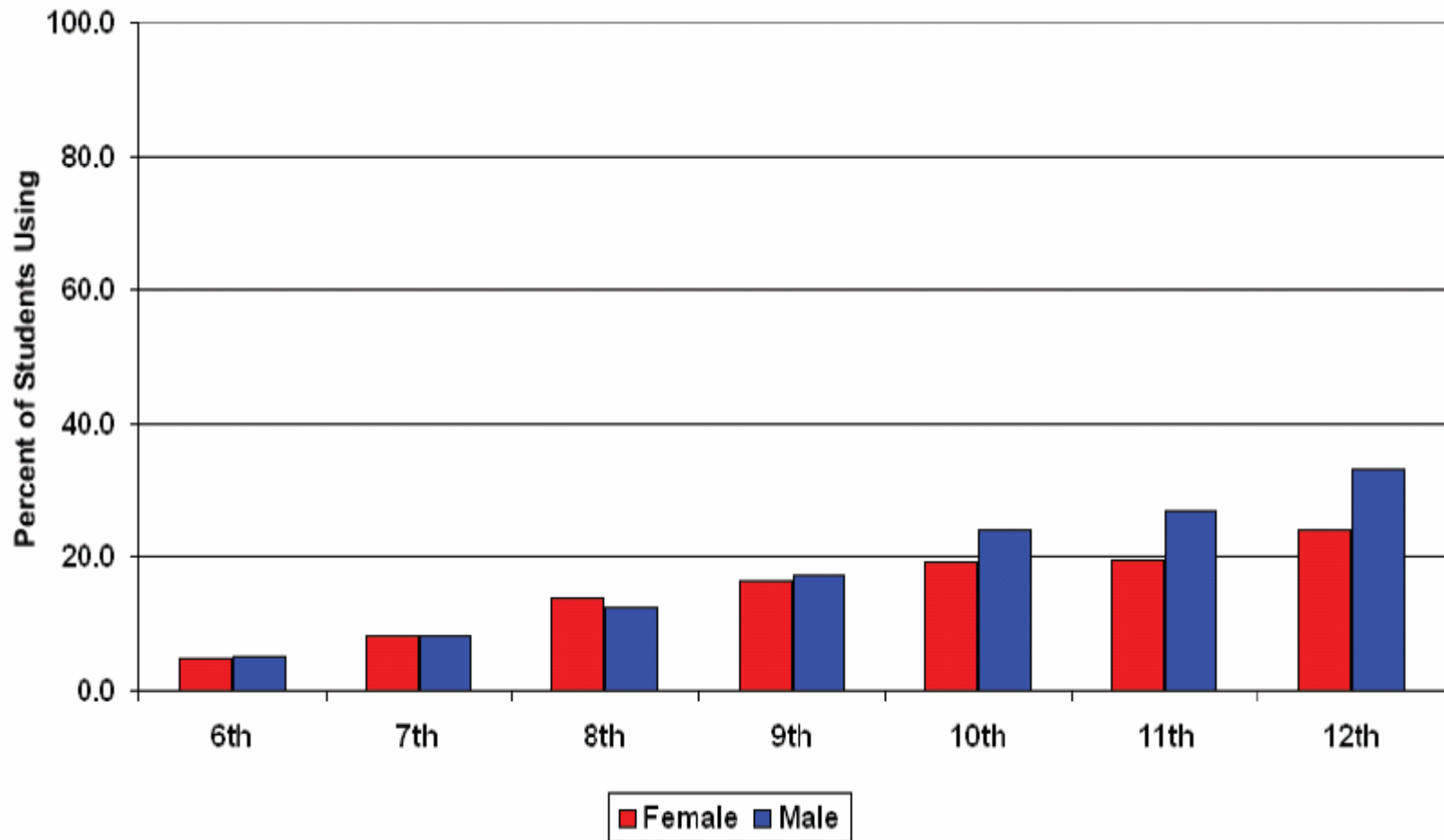
Alcohol Use Among Indiana Students 6th - 12th Graders, 2007



Source: Indiana Prevention Resource Center at Indiana University, 2007



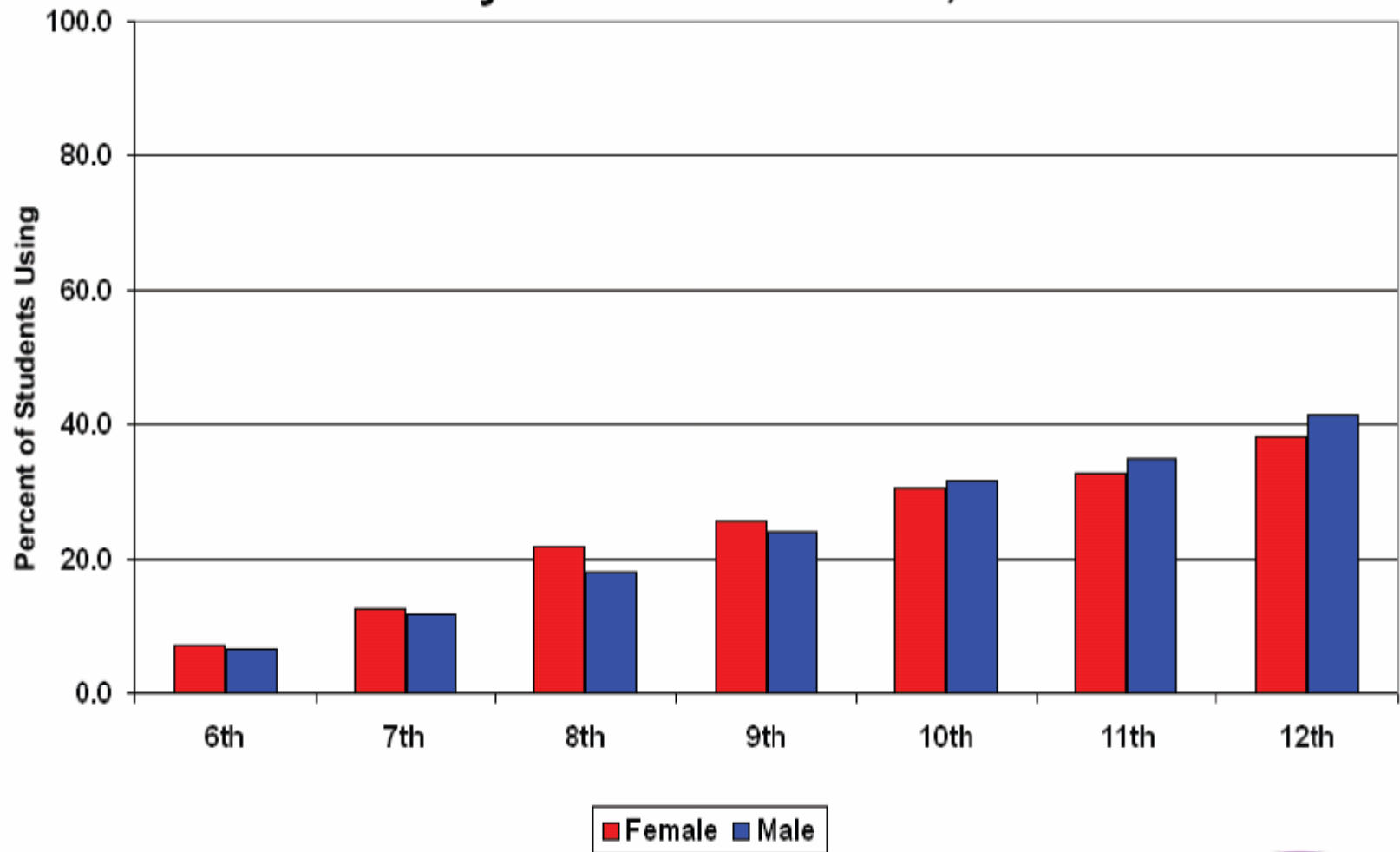
Binge Drinking Among Indiana Students by Grade and Gender, 2007



Source: Indiana Prevention Resource Center at Indiana University, 2007



Monthly Alcohol Use Among Indiana Students by Grade and Gender, 2007



Source: Indiana Prevention Resource Center at Indiana University, 2007



College Drinking

- The rates of past month, binge, and heavy alcohol use among full-time college students aged 18 to 20 remained steady from 2002 to 2005
- Based on 2002 to 2005 combined data, 57.8 percent of full-time college students aged 18 to 20 used alcohol in the past month, 40.1 percent engaged in binge alcohol use, and 16.6 percent engaged in heavy alcohol use
- Based on 2002 to 2005 combined data, male full-time students in this age group were more likely to have used alcohol in the past month, engaged in binge alcohol use, and engaged in heavy alcohol use than their female counterparts

NSDUH

- **Data from the 2005 survey indicate that young adults aged 18 to 22 enrolled full time in college were more likely than their peers not enrolled full time (i.e., part-time college students and persons not currently enrolled in college) to use alcohol in the past month, binge drink, and drink heavily.⁷**

7 Office of Applied Studies. (2006). Results from the 2005 National Survey on Drug Use and Health: National findings (DHHS Publication No. SMA 06-4194, NSDUH Series H-30). Rockville, MD: Substance Abuse and Mental Health Services Administration.

NSDUH defines heavy alcohol use as drinking five or more drinks on the same occasion on each of 5 or more days in the past 30 days. All heavy alcohol users are also binge alcohol users.



Drugs and Driving by Am HS Sr, 2001-2006

- In 2006, 30% of HS seniors reported exposure to a drugged or drinking driver in the past 2 weeks
- This was down from 35% in 2001
- Exposure was widespread
- Individual lifestyle factors were associated with outcome behaviors

Patrick M. O'Malley, "Drugs and Driving..." *Jrnl of Studies on Alc and Drugs*
(11/07):834-842.

Individual Lifestyle Factors Associated with Drugs and Driving

- Religiosity
- Grade point average
- Truancy
- Frequency of evenings out for fun
- Hours of work

Patrick M. O'Malley, "Drugs and Driving by Am HS Sr, 2001-2006," *Jrnl of Studies on Alc and Drugs* (11/07):834-842.

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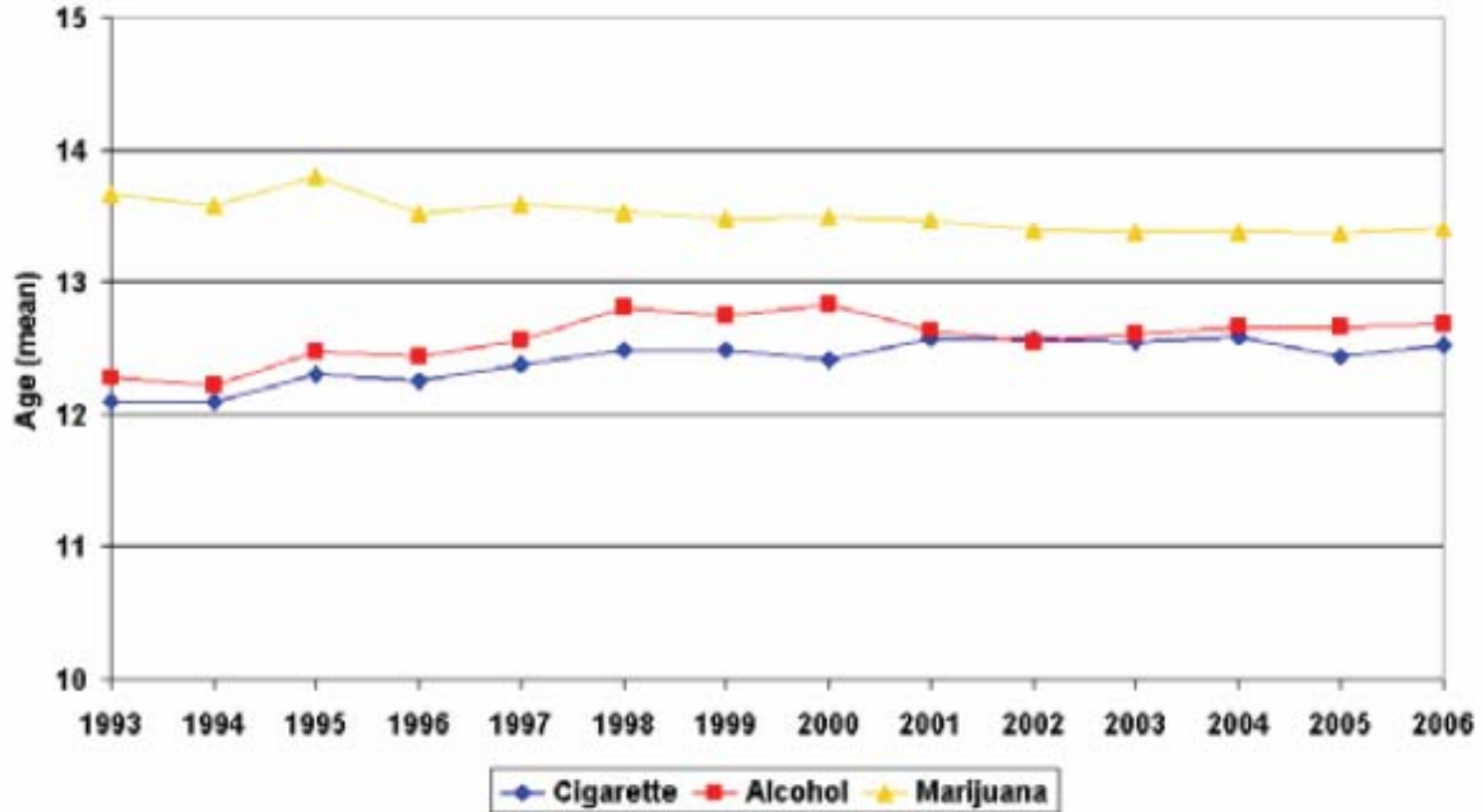
Age of 1st Use

. . . the younger a person is when she or he begins using alcohol, the more likely the person is to experience alcohol dependence and abuse (Grant, Stinson, & Harford, 2001; Warner & White, 2003).

A recent study found that compared to persons who began drinking at age 21 or older, those who began drinking before age 14 were more likely to experience alcohol dependence later in life (R. W. Hingson, Heeren, & Winter, 2006).

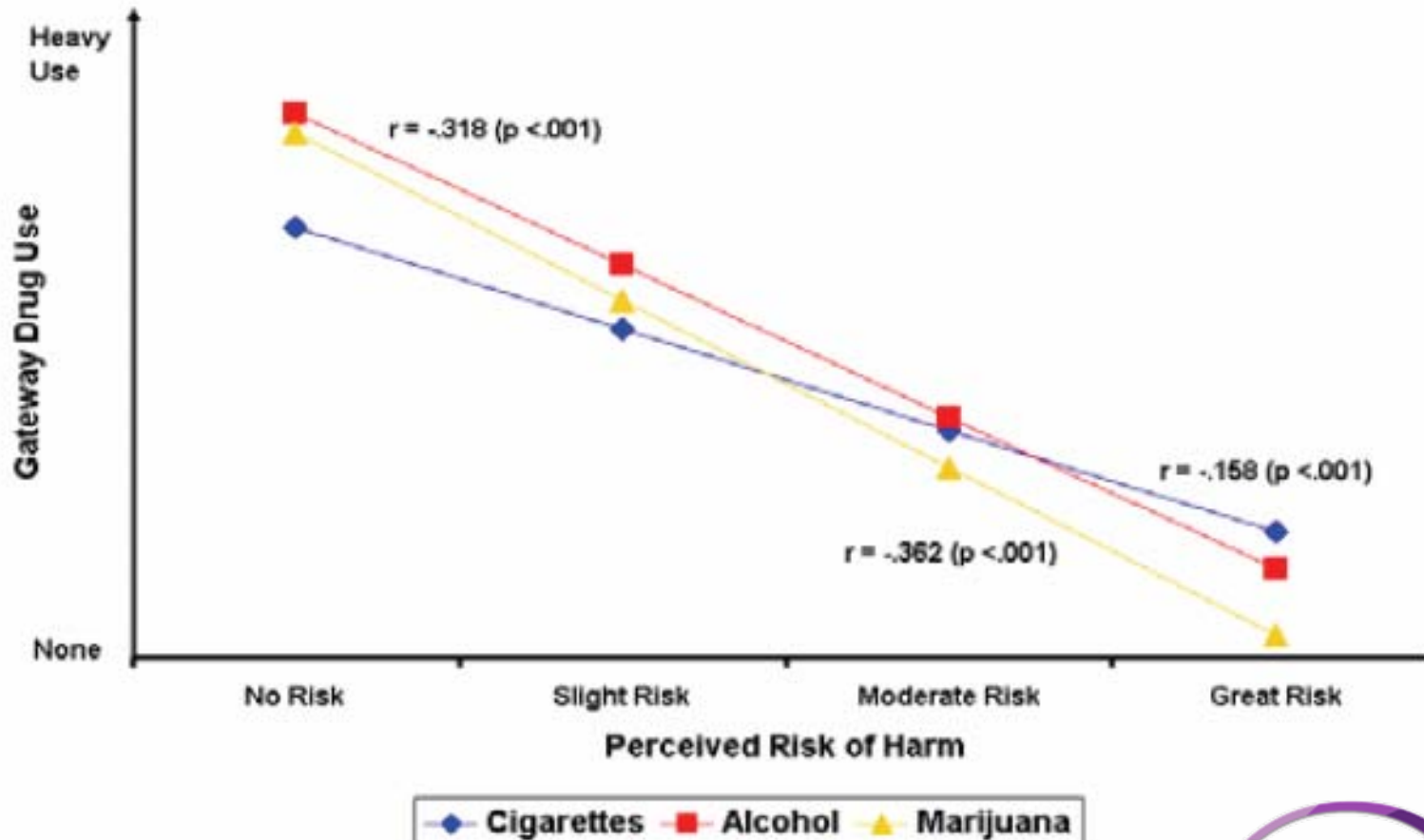
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Age of 1st Use

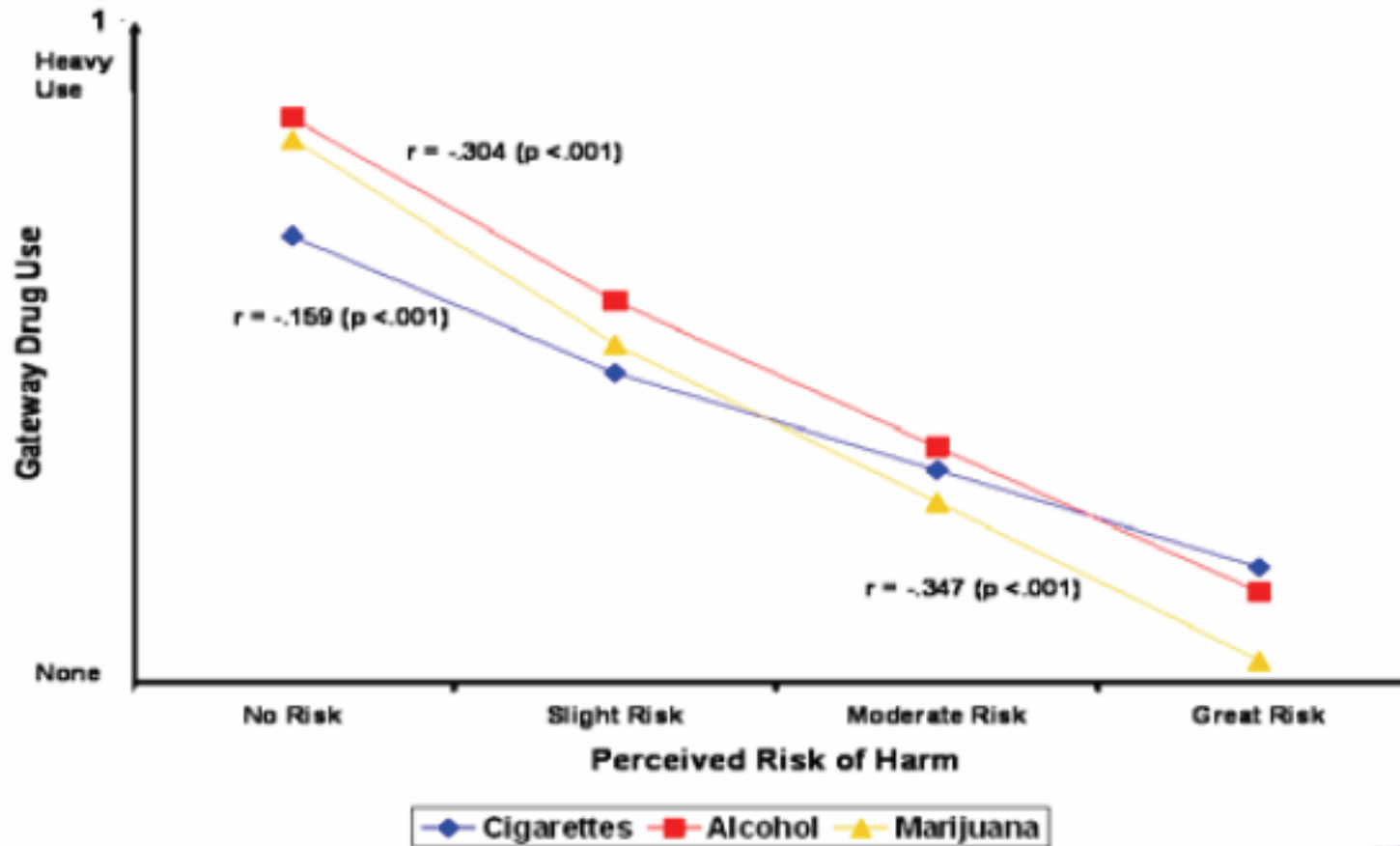


IPRC, ATOD Monograph, p. 14

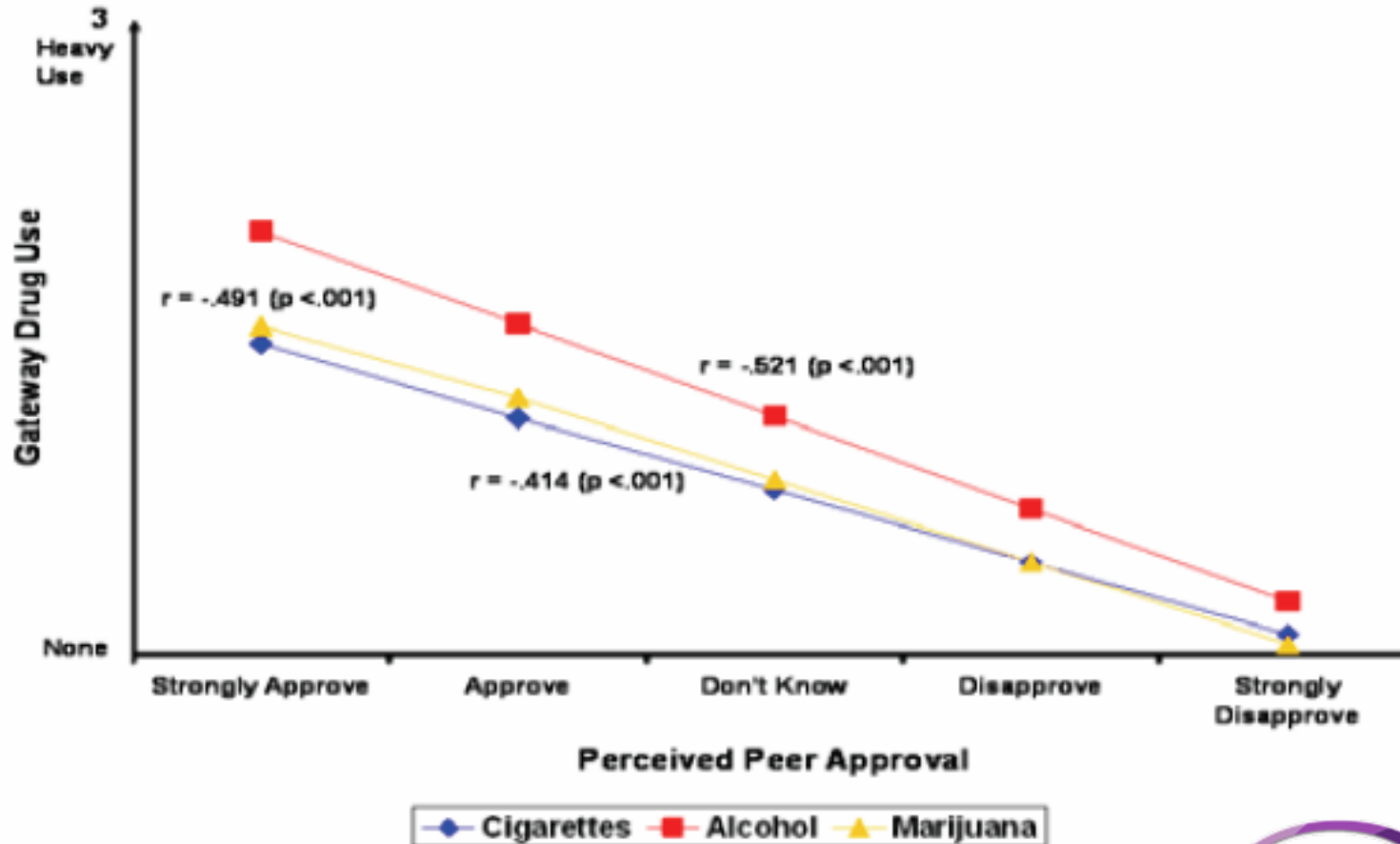
Perceived Risk of Harm and Annual Prevalence



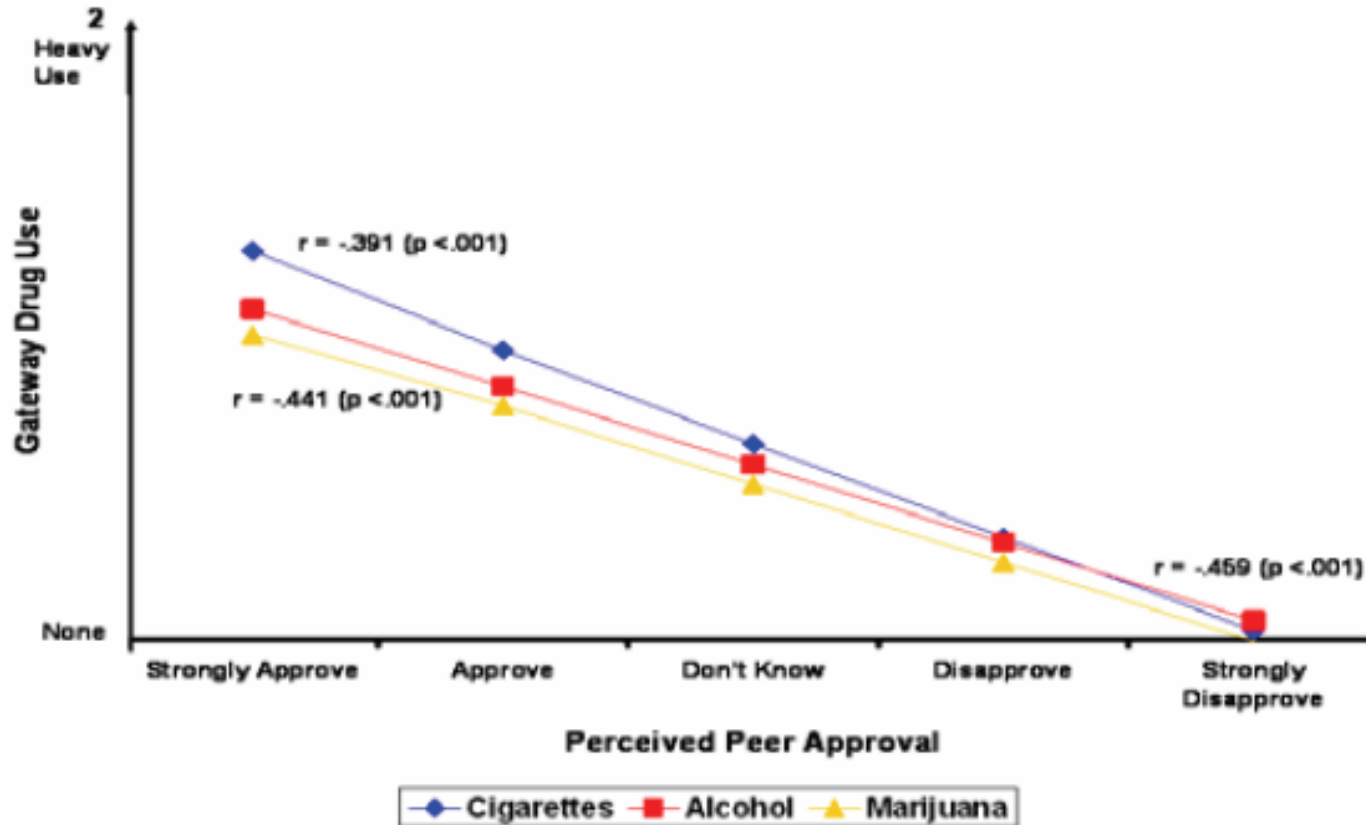
Perceived Risk of Harm and Monthly Prevalence



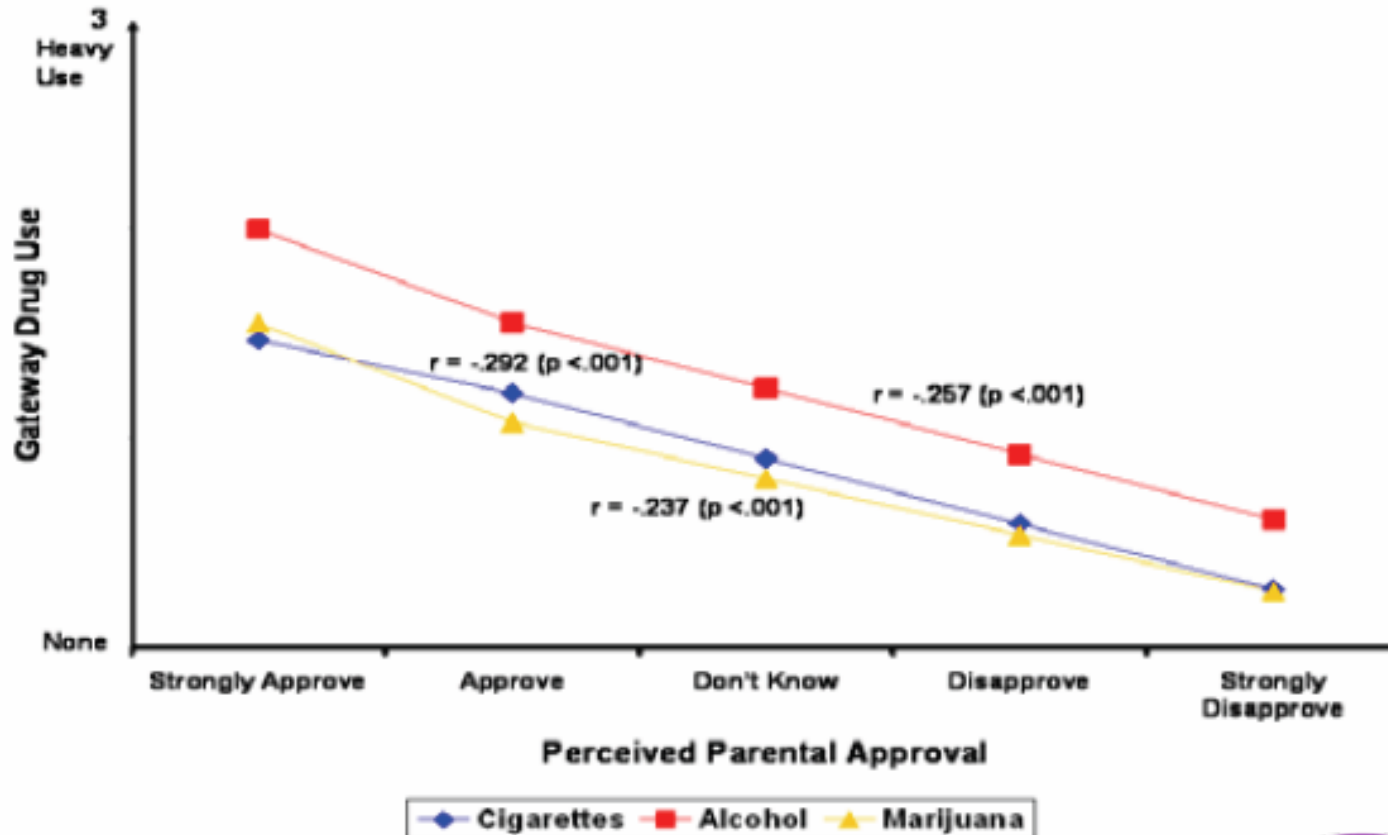
Perceived Peer Approval and Annual Prevalence



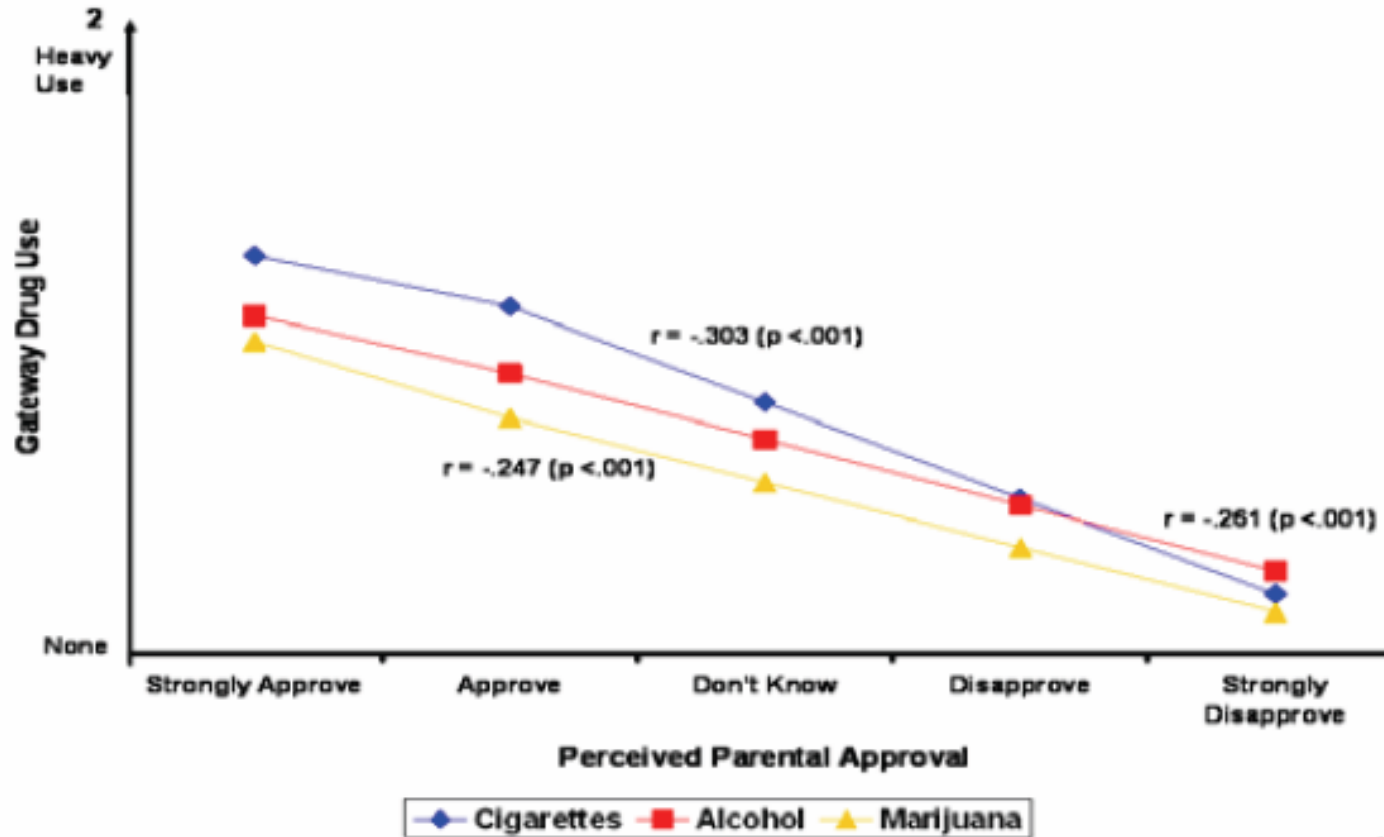
Perceived Peer Approval and Monthly Prevalence



Perceived Parental Approval and Annual Prevalence



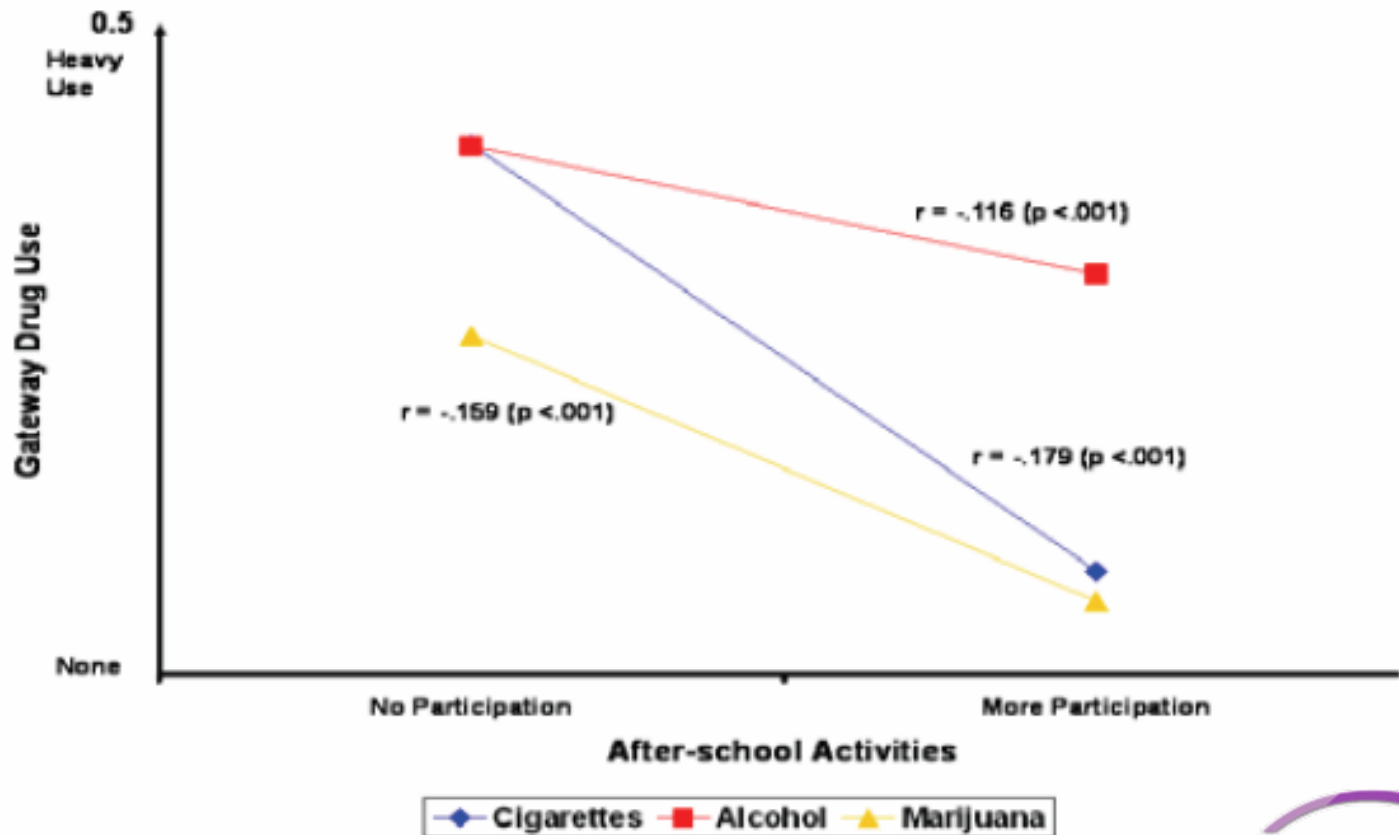
Perceived Parental Approval and Monthly Prevalence



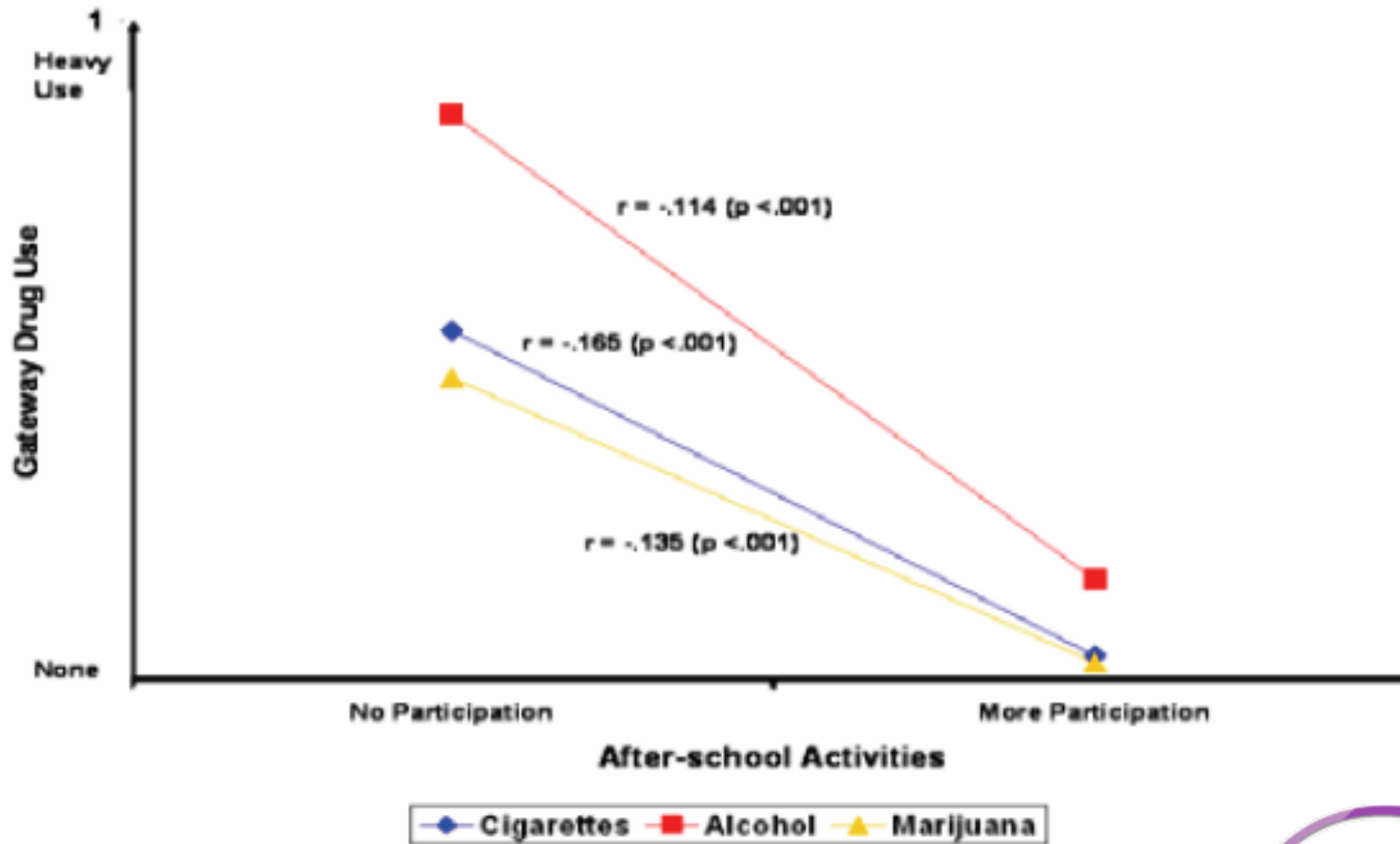
The Importance of Norms

Promoting and maintaining a culture or environment where the perception of risk of harm from alcohol use and the perception of parental and peer disapproval of alcohol use is greater will reduce the likelihood of drug use and associated problems.

After-School Activities and Annual Prevalence



After-School Activities and Monthly Prevalence



Importance of Monitoring

Parental monitoring of their child's activities and involvement in those activities are powerful tools in reducing the likelihood of drug use. The hours from 3-6 p.m. are particularly important because this is a time when many parents are working and the child may be presented with temptations to initiate drug use.

Heavy Drinking and Drug Use Linked to Higher Rates of Sexually Transmitted Diseases Among Young Adults . . .

. . . according to a new report by the Substance Abuse and Mental Health Services Administration. Combined drug and alcohol use were associated with even higher STD rates.

3.1 percent of past month heavy drinkers ages 18 to 25 had an STD in the previous year, compared with 1.4 percent of young adults who did not drink in the past month.

Gender Differences

While both men's and women's STD rates rose with increasing alcohol use, the rate of reported STDs among female heavy drinkers reached 7.3 percent, compared with 1.3 percent of male heavy drinkers

Source: http://www.drugs.indiana.edu/news-preventionnews_detail.aspx?seq=29

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Binge drinking is related to:

- Diminished decision-making abilities (Preidt 2007).
- Chronic diseases such as liver cirrhosis (damage to liver cells), pancreatitis (inflammation of the pancreas), various cancers (including liver, mouth, throat, larynx (the voice box), and esophagus), high blood pressure, and psychological disorders.
- Unintentional injuries such as motor-vehicle traffic crashes, falls, drowning, burns and firearm injuries.
- Increase in violence such as child maltreatment, homicide and suicide.
- Harm to a developing fetus if a woman drinks while pregnant.
- Alcohol abuse or dependence.

Centers for Disease Control and Prevention. (2007). Frequently Asked Questions. Retrieved on July 3, 2007, from <http://www.cdc.gov/alcohol/faqs.htm>.