

2013 Ohio Youth Risk Behavior Survey



Alcohol

Alcohol Use

Alcohol is the most used substance by adolescents, including tobacco and illegal drugs.¹ Alcohol use and abuse can have adverse effects on many aspects of adolescent life. Adolescents who drink alcohol are more likely to experience problems including academic, social, legal, physical health, risky sexual activity, risk for suicide and homicide, alcohol-related car crashes, drug abuse and death from alcohol poisoning.¹

Healthy People 2020's 10-year health objectives include topics relevant to YRBS topics, aimed at improving the health of adolescents in the United States.² One objective that addresses Substance Abuse (SA) in adolescents is presented below:

SA- 14.4: Reduce the proportion of persons engaging in binge drinking in the past month-adolescents aged 12 or 17 to no more than 8.6 percent.

In 2013, 16.1 percent of Ohio high school students reported having five or more drinks in a row, that is, within a couple of hours, on one or more of the past 30 days.

Over the past ten years, alcohol use has decreased overall in Ohio. Yet, 30 percent of Ohio high school students have reported drinking alcohol in the past thirty days.

Recent trends (2003-2013) in adolescent alcohol use in Ohio:

- Prevalence rates for students who had their first drink before age 13 decreased.
- Prevalence rates for students who had at least one drink of alcohol during the past 30 days decreased.
- Prevalence rates for binge drinking decreased.

The charts on the following pages represent the past ten years of YRBS data.^{abc}

^a2009 data are not included in tables because the limited response rate did not produce a weighted sample.

^bTrend data based on trend analysis using logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

^cComparisons among groups in 2013 data were not tested for significance, but determined by comparing confidence intervals.

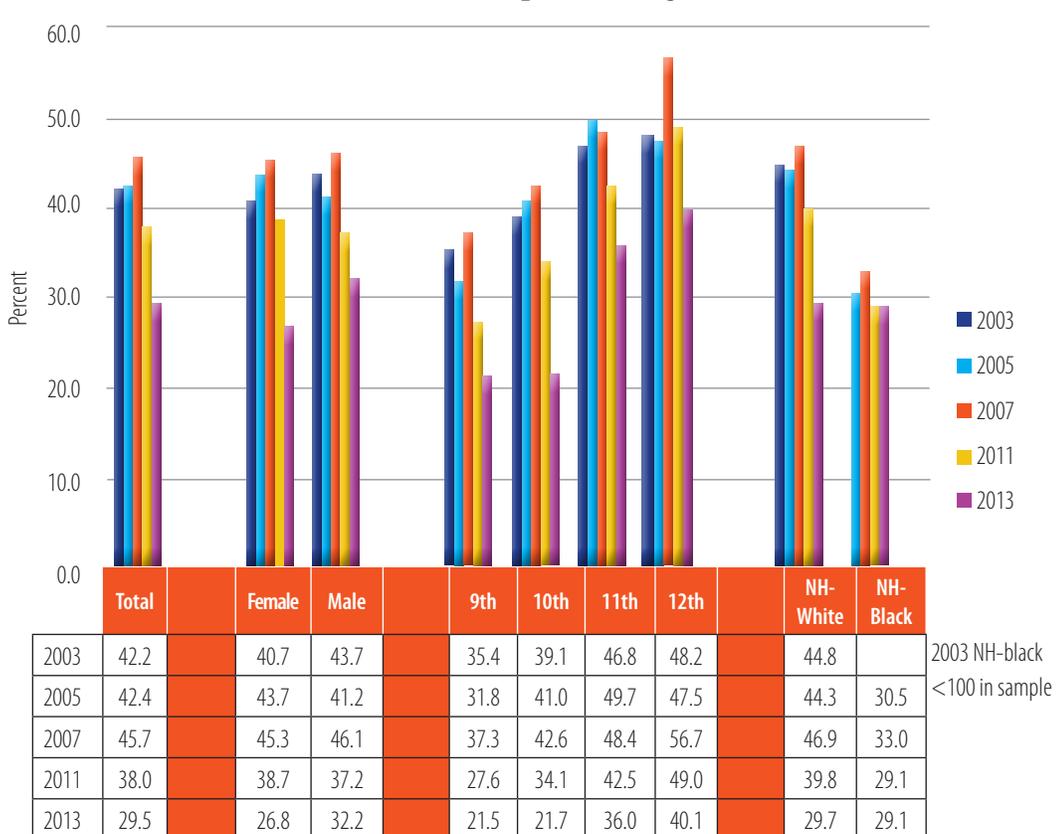
Percentage of students who had their first drink of alcohol other than a few sips before age 13, Ohio 2003-2013



“How old were you when you had your first drink of alcohol other than a few sips?”

- From 2003 to 2013, there was a **significant decrease** in the percentage of students who had their first drink of alcohol before the age of 13
- There were no differences by gender, race or grade level for students who reported their first drink of alcohol before age 13.

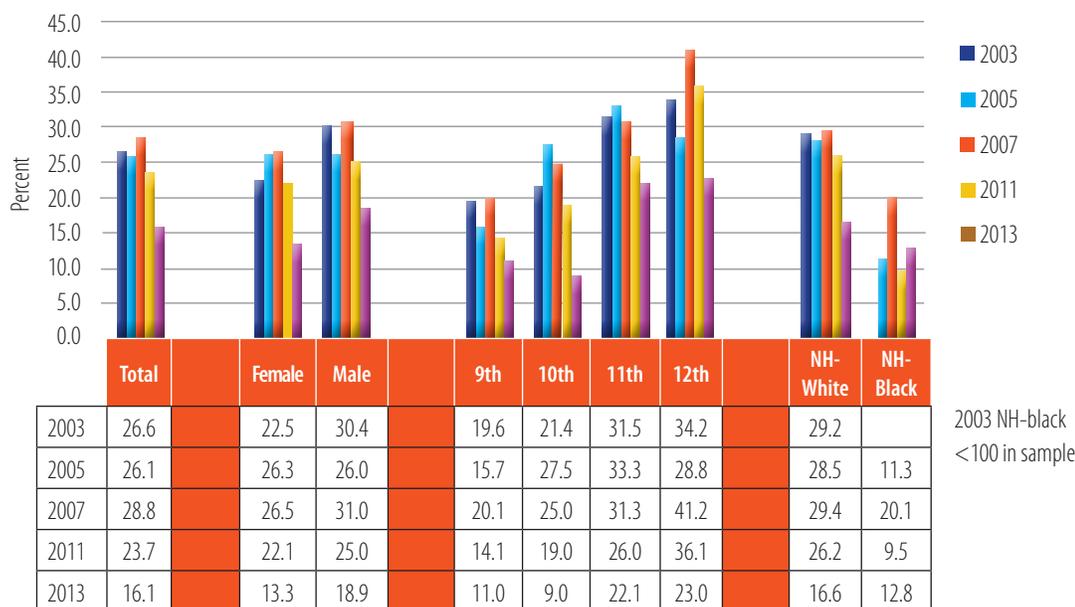
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days, Ohio 2003-2013



“During the past 30 days, on how many days did you have at least one drink of alcohol?”

- There was a **significant decrease** from 2003-2013 in the percentage of students who had at least one drink of alcohol during the past 30 days.
- 11th and 12th graders were more likely than 9th graders (1.7 times and 1.9 times) and 10th graders (1.7 and 1.8 times) to report current alcohol use.
- There were **no differences** by gender or race for current alcohol use.

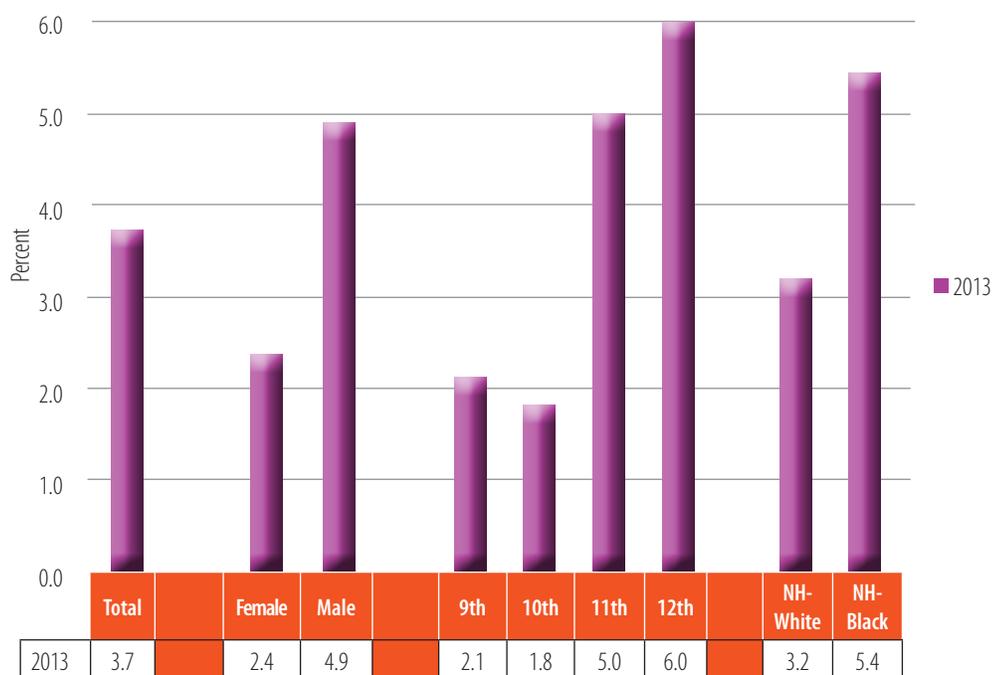
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days, Ohio 2003-2013



“During the past 30 days, on how many days did you have five or more drinks of alcohol in a row, that is, within a couple of hours?”

- There was a **significant decrease** in binge drinking from 2003-2013
- 11th and 12th graders were more likely than 9th (2.0 and 2.1 times) and 10th graders (2.5 and 2.6 times) to report binge drinking.
- There were **no differences** by gender or race for binge drinking.

Percentage of students who had ten or more drinks of alcohol in a row, that is, within a couple of hours, during the past 30 days, Ohio 2013

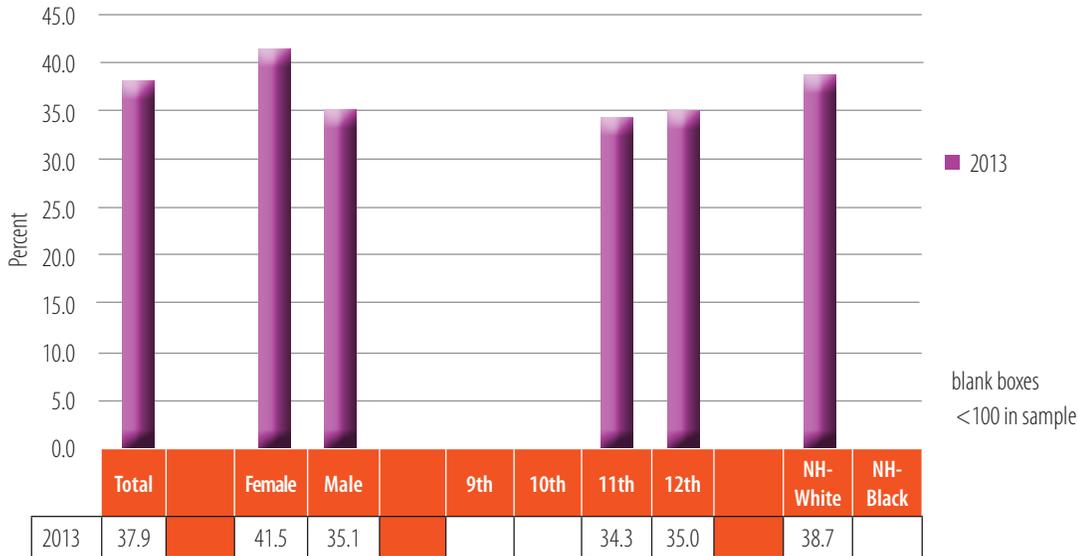


“During the past 30 days, what is the largest number of drinks you had in a row, that is, within a couple of hours?”

- There are **no differences** by gender, race or grade level for students who had ten or more drinks of alcohol in a row during the past 30 days.

Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days, Ohio 2013

“During the past 30 days, how did you usually get the alcohol you drank?”



- There are **no differences** by gender, race or grade level for students who got alcohol from someone who gave it to them.

Conclusions

Underage drinking and associated problems have profound negative consequences for underage drinkers, their families and society as a whole. Underage drinking contributed to a wide range of costly health and social problems, including but not limited to motor vehicle crashes, suicide and interpersonal violence. Alcohol use among adolescents is also associated with risky sexual behavior and academic problems, along with increased risk of future alcohol problems such as binge drinking and alcohol dependence.³

Alcohol continues to be the most widely used substance of abuse among America's youth, a greater proportion of whom use alcohol than use tobacco or other drugs. In Ohio for example, a larger percentage of youth drank alcohol in the past 30 days (30 percent) as opposed to smoking cigarettes (15 percent) or marijuana (21 percent).

While the number of Ohio youth who drink alcohol has decreased significantly over the past ten years (from 42 percent to 30 percent), parents, teachers and other youth-serving adults must continue to educate teens on the problems surrounding alcohol use and communities need to ensure that controls are in place to limit accessibility of alcohol to underage youth.

The primary findings for the 2013 Ohio YRBS showed that approximately:

- One out of 10 students reported they first drank alcohol before age 13.
- Three out of 10 students reported they had one or more alcoholic drink during the past 30 days.
- Two out of 10 students reported drinking five or more drinks of alcohol in a row on one or more of the past 30 days.

References:

1. Center for Disease Control and Prevention. (2012, October 29). Fact Sheets: Underage Drinking. Retrieved from Alcohol and Public Health: <http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>
2. Healthy People. (2013, April 10). *Substance Abuse*. 2020 Topics and Objectives. Retrieved from: <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=40>
3. Hingson, R.W., Zha, W., Ionnatti, R.J., & Simons-Morton, B. (2013, January 28). Physician advice to adolescents about drinking and other health behaviors. *Pediatrics*, 131, 249-257. doi: 10.1542/peds.2012-1496. Retrieved from: <http://pediatrics.aappublications.org/content/131/2/249.long>

Contact:

Sara Lowe

Ohio Department of Health

Sara.lowe@odh.ohio.gov