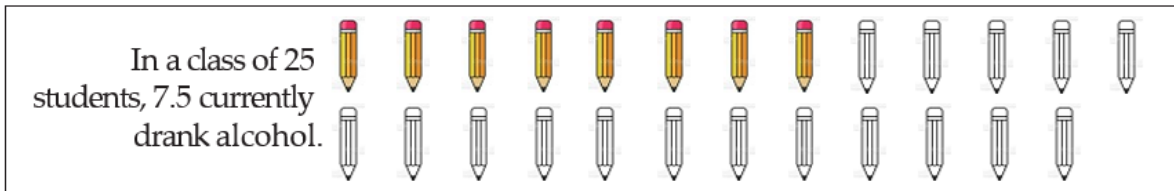


ALCOHOL USE

Alcohol is used by more young people across the country than tobacco or illicit drugs.⁽¹⁾ Heavy alcohol drinking and binge drinking among youth is associated with risky sexual behaviors, being a victim of dating violence, and use of cigarettes, marijuana, cocaine, and other illegal drugs.⁽²⁾ Persons who begin drinking alcohol before the age of 15 years are five times as likely to report alcohol dependence or abuse as those who first drank alcohol at age 21 or older.⁽³⁾

30.3%

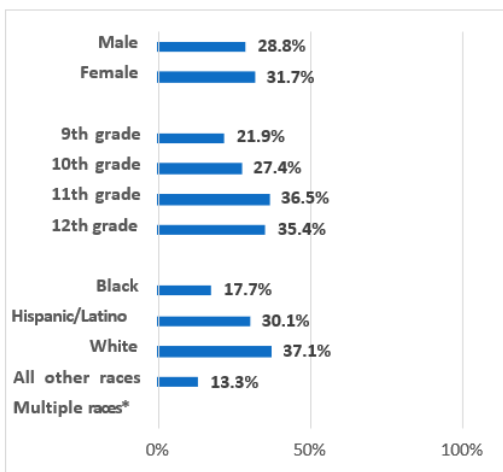
of NJ high school students currently drank alcohol
(on at least 1 day during the 30 days before the survey)



New Jersey Student Health Survey Highlights

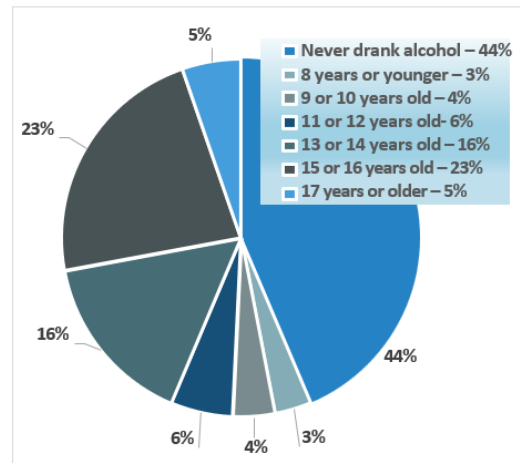
- 12.8% of students had their first drink of alcohol before the age of 13.
- Binge drinking was reported by 15.3% of students. 14% of males and 16.6% of females participated in binge drinking.
- The occurrence of binge drinking increased with each grade - 9.0% in 9th grade, 15.9% in 10th grade, 18.0% in 11th grade, and 18.5% in 12th grade.

Current Alcohol Use by Demographic



*Fewer than 100 students in this subgroup.

Age at First Drink of Alcohol



Definitions

- Current alcohol use is defined as having at least one drink of alcohol, on at least 1 day during the 30 days before the survey.
- Binge drinking is defined as having four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 2 days during the 30 days before the survey.
- A first drink of alcohol is a drink other than a few sips.

Additional Details

- In 2009, 45.2% of high school students currently drank alcohol.
- In 2009, 18.0% of high school students had their first drink of alcohol before 13 years of age.

Resources for Schools

- Substance Abuse Prevention Parent Education Program: 973-467-2100, <http://drugfreenj.org/child-break/15-minute-child-break/>
- Collaborative for Academic, Social, and Emotional Learning: 312-226-3770, <https://casel.org/>
- OJJDP Model Programs Guide: 202-307-5911, <https://ojjdp.ojp.gov/model-programs-guide/home>
- New Jersey Prevention Network: <https://www.njpn.org/regional-prevention-coalitions>
- SAMHSA's Evidence-based Practices Resource Center: 800-662-4357, <https://www.samhsa.gov/resource-search/ebp>
- Screening, Brief Intervention, and Referral to Treatment (SBIRT): 202-684-7457, <https://www.thenationalcouncil.org/integrated-health-coe/>

Resources for Parents

- Hazelden Betty Ford Foundation: 1-800-257-7810, <https://www.hazeldenbettyford.org/>
- Parent-To-Parent: 856-983-3328, <http://www.parent2parentnj.org/index.php>
- ReachNJ -- Facing Addiction Taskforce: 1-844-ReachNJ, <https://nj.gov/humanservices/reachnj/>
- Talk, They Hear You -- Underage Drinking Campaign: 800-662-4357, <https://www.samhsa.gov/talk-they-hear-you>
- Family Check Up: 800-662-4357, <https://www.drugabuse.gov/publications/family-checkup/introduction>
- Partnership for Drug-Free Kids: Text CONNECT to 55753, <https://drugfree.org/>

References

1. Substance Abuse and Mental Health Services Administration. Key substance use and mental health indicators in the United States: Results from the 2018 National Survey on Drug Use and Health, NSDUH Series H-54, HHS Publication No. PEP19-5068. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2019. Accessed November 2021
2. Centers for Disease Control and Prevention. (2021). *Alcohol Basics: Underage Drinking*. U.S. Department of Health and Human Services. <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>. Accessed November 2021
3. National Institute on Alcohol Abuse and Alcoholism. (2020). *Understanding Alcohol Use Disorder*. U.S. Department of Health and Human Services. <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-alcohol-use-disorder>. Accessed November 2021