

2021 New Jersey Student Health Survey

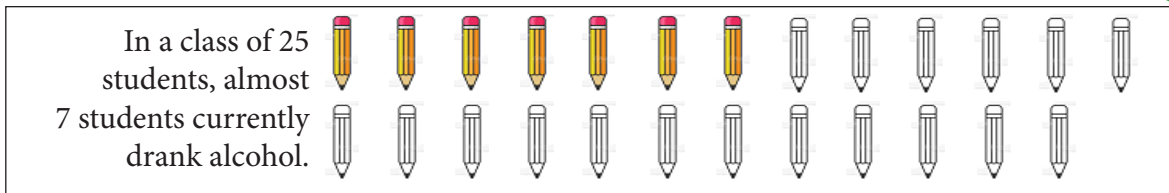
ALCOHOL USE

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 three times as likely to report alcohol dependence or abuse as those who first drank alcohol at age 21 or older.⁽³⁾

26%

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

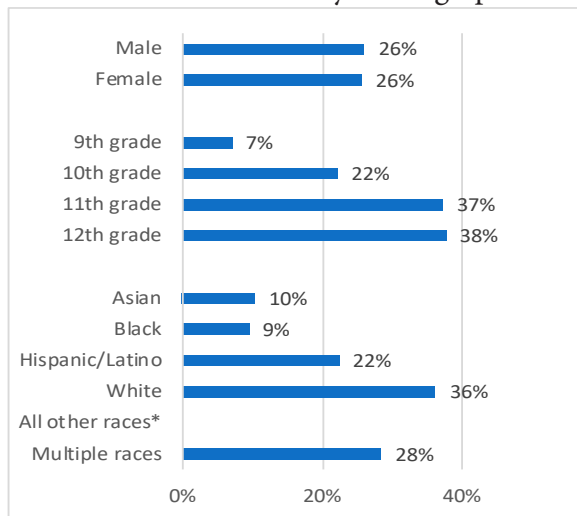
10-Year Linear Trend: Decreasing



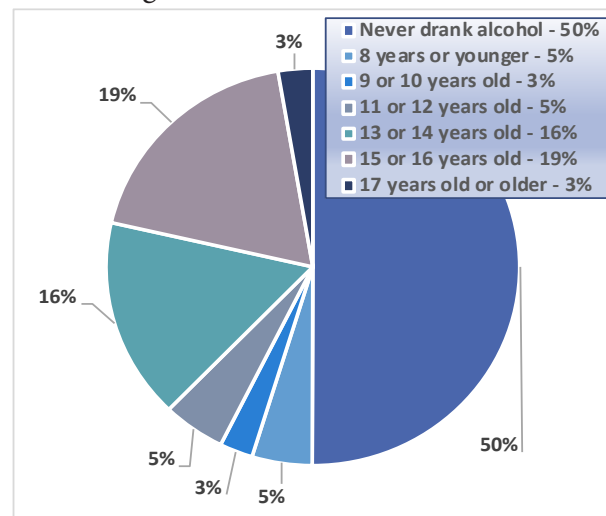
New Jersey Student Health Survey Highlights

- *Current Alcohol Use:* 26% had at least one drink of alcohol on one or more of the past 30 days.
- *Recent Binge Drinking:* 15% had five drinks (for males) or four drinks (for females) in a row within a couple of hours, on one or more of the past 30 days.
- *Alcohol Before Age 13:* 12% had their first drink of alcohol before the age of 13.
- *School Under the Influence:* 10% attended school under the influence of alcohol or other illegal drugs during the past 12 months.

Current Alcohol Use by Demographic











Age at First Drink of Alcohol



*Fewer than 30 students in this subgroup.

NJSHS 10-Year Trend Analysis: 2011-2021 Alcohol Use

Percentage of New Jersey Youth Who:		2011	2013	2019	2021	Trend Analysis 2011-2021
Had their first drink of alcohol before age 13		14%	15%	13%	12%	
Currently drank alcohol (30 days)		43%	39%	30%	26%	
Currently were binge drinking (30 days)		—	—	15%	15%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior		No change in behavior	Trend not reported by CDC
						—
Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.						

Additional New Jersey Student Health Survey Findings

- The occurrence of binge drinking was highest in 11th grade - 5% in 9th grade, 10% in 10th grade, 26% in 11th grade, and 21% in 12th grade.
- The percentage of students who had their first drink of alcohol before Age 13 was highest for Hispanic/Latino students at 15%. The second highest race/ethnicity category was Asian at 13%.
- The rate of students who currently drank alcohol and students who currently were binge drinking were similar for students self-identified as heterosexual (27% current, 16% binge) and students self-identified as gay, lesbian, or bisexual (26% current and 15% binge). The rates were lower for other/questioning students (22% current and 11% binge).

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.

Resources

- ReachNJ -- Facing Addiction Taskforce: 1-844-ReachNJ (New Jersey's 24/7 Addiction Helpline), <https://nj.gov/humanservices/reachnj/>
- Substance Abuse Prevention Parent Education Program: <http://drugfreenj.org/child-break/15-minute-child-break/>
- Parent-To-Parent: <http://www.parent2parentnj.org/index.php>
- New Jersey Prevention Network: <https://www.njpn.org>
- Talk, They Hear You -- Underage Drinking Campaign: <https://www.samhsa.gov/talk-they-hear-you>