

ALCOHOL USE

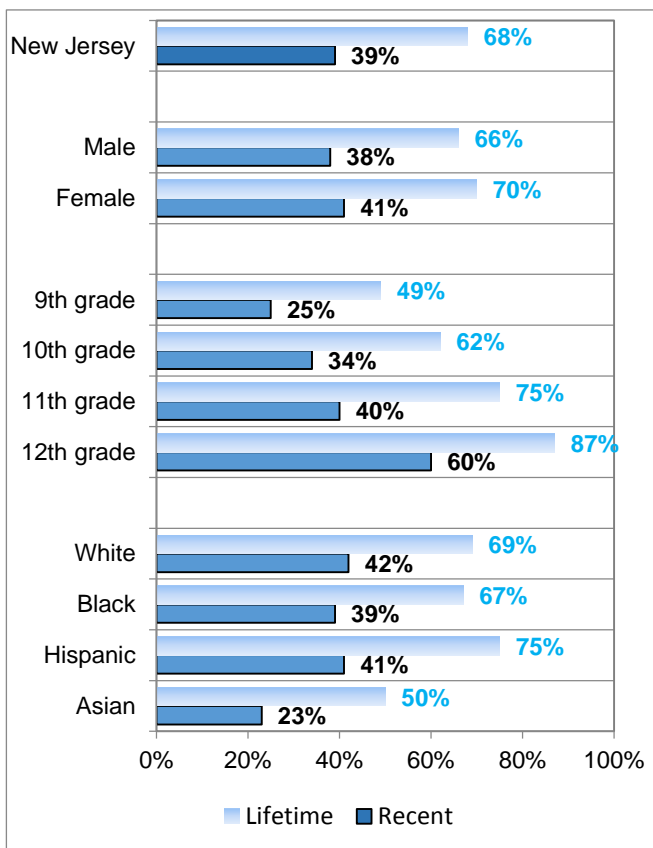
Alcohol is used by more young people across the country than tobacco or illicit drugs.⁽¹⁾ Heavy alcohol drinking and binge drinking among youth is associated with risky sexual behaviors, being a victim of dating violence, and use of cigarettes, marijuana, cocaine, and other illegal drugs.⁽²⁻⁷⁾ Also, people 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.⁽⁸⁾

2013 New Jersey Student Health Survey (NJSHS) Highlights

- *Lifetime Alcohol Use:* 68% had at least one drink of alcohol on one or more days during their life.
- *Recent Alcohol Use:* 39% had at least one drink of alcohol on one or more of the past 30 days.
- *Recent Binge Drinking:* 23% 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.
- *Alcohol Use Before Age 13:* 15% had their first drink of alcohol before the age of 13.

Alcohol Use by Demographic Subgroup

Lifetime and Recent Alcohol Use



While only minor variation in lifetime and recent alcohol use by gender was observed, grade level and race/ethnicity produced some differences. Specifically, lifetime use of alcohol increased significantly with grade level, such that 49% of ninth graders had tried alcohol as compared to 87% of twelfth graders. Similar contrasts between ninth and twelfth graders were also found for recent use (25% vs. 60%).

Three in four (75%) Hispanic students reported lifetime alcohol use, as compared to just half (50%) of Asian students. Asian students were also the least likely to have used alcohol recently (23%). Additionally, alcohol use before the age of 13 was more prevalent among Hispanic (22%) and Black (20%) students than among Asian (13%) or White (11%) students. These patterns were also similar to those found with recent use of alcohol. (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

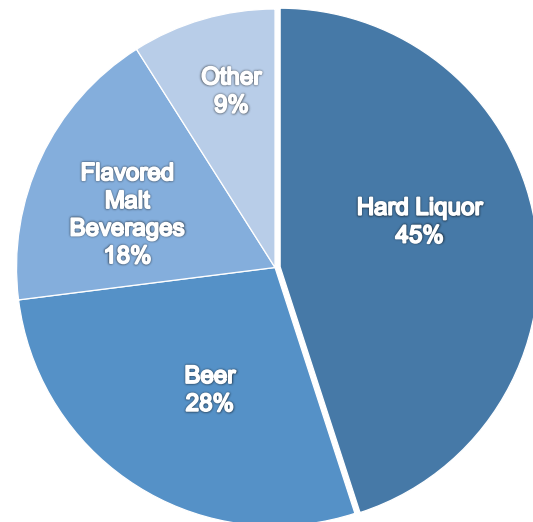
Additional 2013 NJSHS Highlights: Alcohol Use

Among students who drank in the past 30 days and indicated there was a certain type of alcohol they usually drank, almost half (45%) usually drank hard liquor, as opposed to the nearly three in ten (28%) who drank beer, and nearly two in ten (18%) who consumed flavored malt beverages. Around one in ten (9%) students named some other alcoholic beverage as their usual type.

Additionally, when students who drank in the past 30 days were asked how they got the alcohol that they drink, about one-third (33%) reported that someone gave it to them.

Usual Type of Alcohol

among recent drinkers who cited a usual type



NJSHS Trend Analysis: 2001-2013 Alcohol Use

Percentage of New Jersey Youth Who:	2001	2005	2009	2011	2013	Trend Analysis	
Lifetime Alcohol Consumption <i>had at least one drink of alcohol on 1+ days (lifetime)</i>	83%	79%	75%	69%	68%	↘	
Recent Alcohol Use <i>had at least one drink of alcohol (past 30 days)</i>	56%	47%	45%	43%	39%	↘	
Recent Binge Drinking <i>had 5+ drinks in a row within a couple of hours (past 30 days)</i>	33%	27%	27%	24%	23%	↘	
Alcohol Use Before Age 13 <i>had their first drink of alcohol before the age of 13</i>	33%	20%	18%	14%	15%	↘	
Increase in a negative behavior	Decrease in a 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 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.							

Summary of Trend: In general, New Jersey students consumed less alcohol in 2013 than in the past decade based on several indicators of alcohol use. For example, the rate of lifetime alcohol use among students has fallen from 83% in 2001 to 68% in 2013. During that same time frame, recent alcohol use declined from 56% to 39% and recent binge drinking dropped from 33% to 23%. Additionally, early initiation of alcohol use among students has been halved over this period, falling from 33% to 15%. CDC analysis performed on the data from 2001-2013 confirms that the overall reductions observed for all four indicators are statistically significant.

For a complete set of fact sheets on all 2013 NJSHS topics and citations, visit: <http://www.state.nj.us/education/students/yrebs/index.html/>.