

ALCOHOL: ABUSE AMONG YOUTH

ISSUE

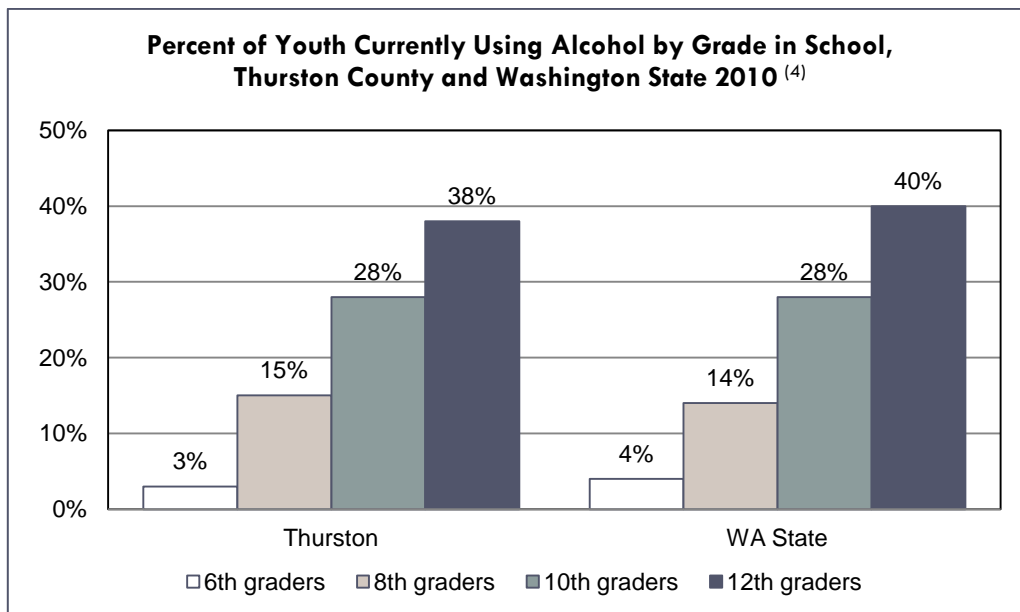
The effects of alcohol use include: ⁽¹⁻³⁾

- Becoming addicted which seriously interferes with everyday living (alcohol dependent).
- Alcohol poisoning.
- Injury including traffic accidents, falls and drowning which may result in death.
- Risky sexual behaviors, including unprotected sex, which can result in unintended pregnancy or sexually transmitted diseases.

FINDINGS

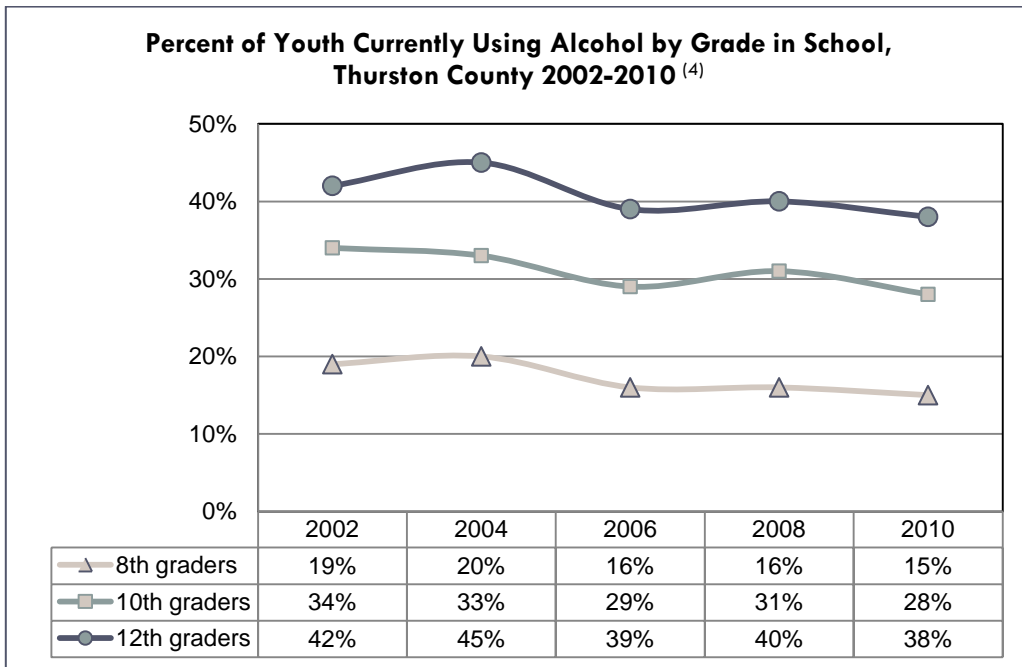
Alcohol use increases substantially between middle school and the end of high school. Thurston County youth have similar rates of alcohol use when compared to Washington State youth.

- In 2010 an estimated: ⁽⁴⁾
 - 3 in 20 (15%) of Thurston County 8th graders currently use alcohol.
 - 1 in 4 (28%) of Thurston County 10th graders currently use alcohol.
 - 2 in 5 (38%) of Thurston County 12th graders currently use alcohol.

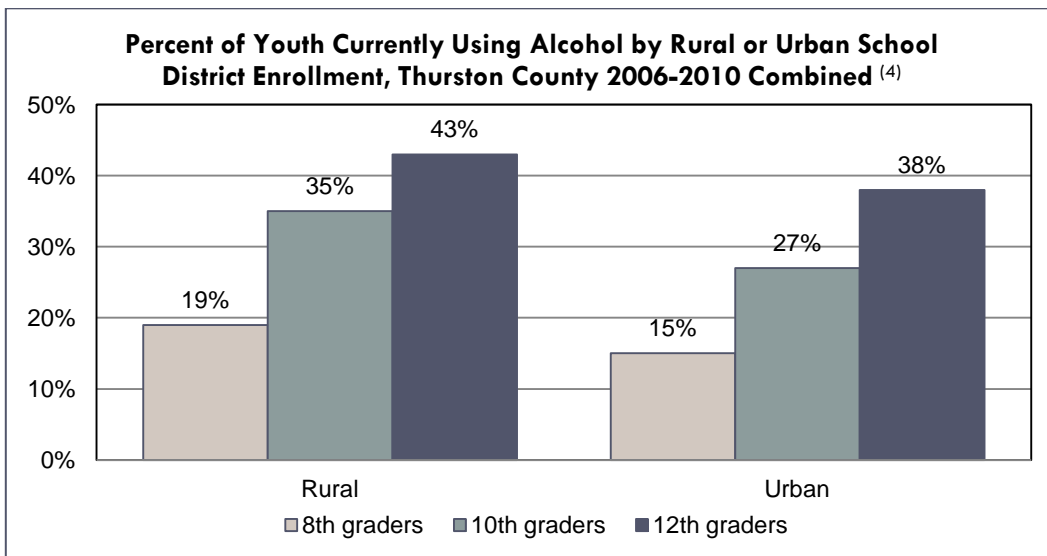


DETAILED DATA

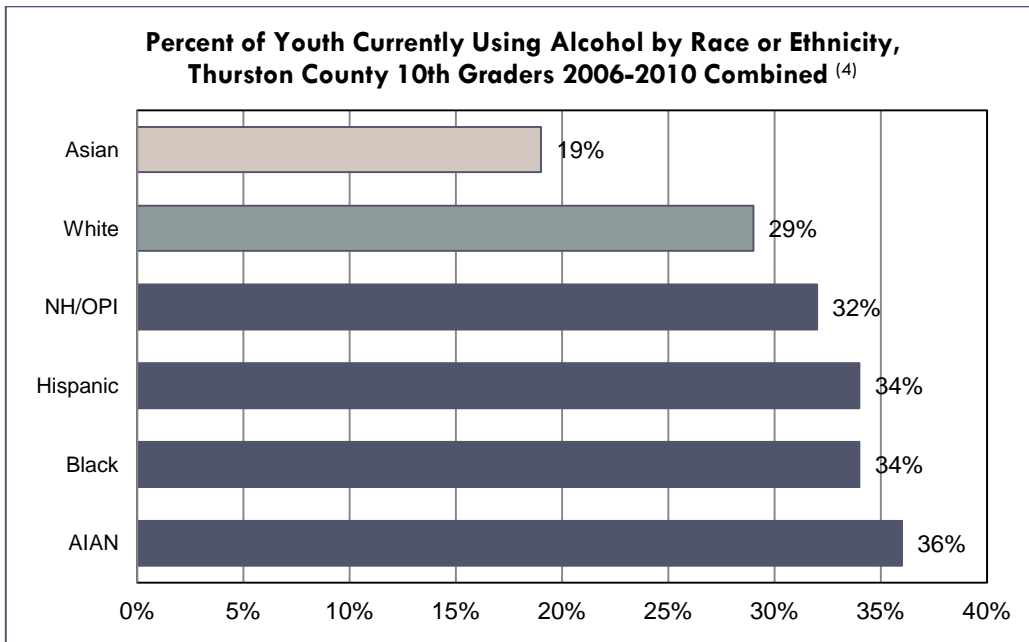
- During the past decade alcohol use declined somewhat among Thurston County youth.



- Alcohol use is higher in rural Thurston County school districts.

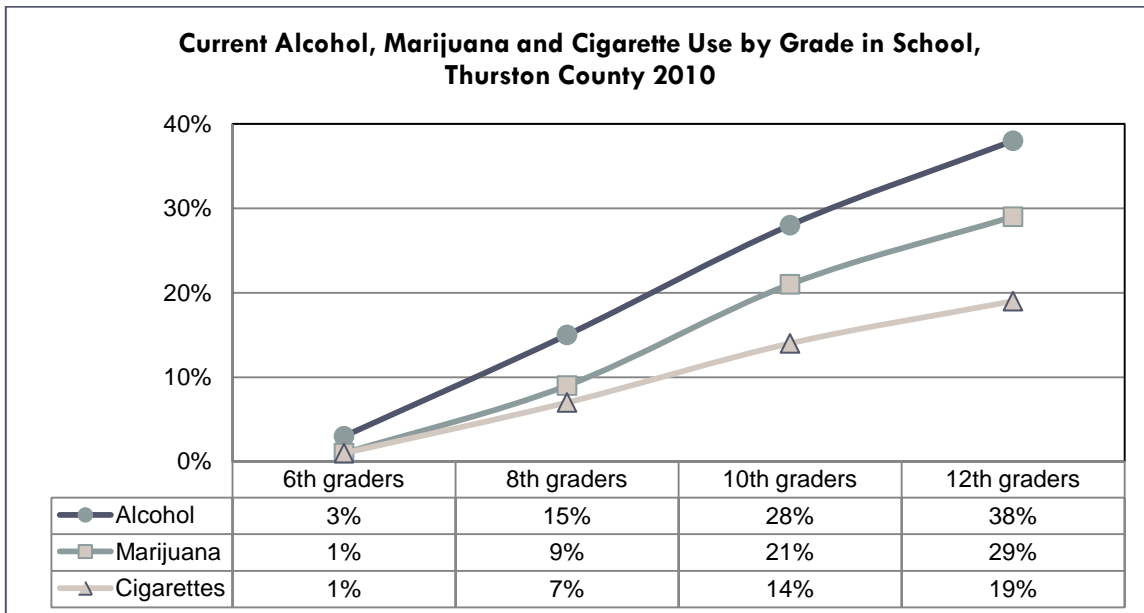


- Alcohol use among Thurston County 10th graders varies somewhat by race and ethnicity.



NH/OPI = Native Hawaiian and Other Pacific Islander
AIAN = American Indian and Alaska Native

- Thurston County youth use alcohol at higher rates than marijuana or cigarettes.



CITATIONS

- (1) Alcohol Use and Health. 2012. U.S. Department of Health & Human Services, Centers for Disease Control & Prevention. www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm
- (2) Alcohol and Public Health: Frequently Asked Questions. 2012. U.S. Department of Health & Human Services, Centers for Disease Control & Prevention. www.cdc.gov/alcohol/faqs.htm
- (3) Underage Drinking. 2012. National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism. www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/underage-drinking
- (4) Healthy Youth Survey (HYS) Data. 2002-2010. Washington State Department of Health. Prepared by Thurston County Public Health & Social Services Department.

NOTES

- Current alcohol use = any use in the past 30 days. Healthy Youth Survey question “During the past 30 days, on how many days did you: Drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)?”
- Current marijuana use = any use in the past 30 days. Healthy Youth Survey question “During the past 30 days, on how many days did you: Use marijuana or hashish (grass, hash, pot)?”
- Current cigarette use = any use in the past 30 days. Healthy Youth Survey question “During the past 30 days, on how many days did you: Smoke cigarettes?”
- 6th graders are usually age 11-12, 8th graders age 13-14, 10th graders age 15-16 and 12th graders age 17-18.
- Rural school district = Griffin, Rainier, Rochester, Tenino and Yelm. Urban school district = North Thurston, Olympia and Tumwater.

MORE INFORMATION

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