

Welcome to

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal Interagency Coordinating
Committee on the Prevention of Underage Drinking

U.S. Department of Defense

Office of the Assistant Secretary of
Defense

U.S. Department of Education

Office of Safe and Healthy Students

U.S. Department of Justice

Office of Juvenile Justice and
Delinquency Prevention

U.S. Department of Transportation

National Highway Traffic Safety
Administration

U.S. Department of the Treasury

Alcohol and Tobacco Tax and
Trade Bureau

Office of National Drug Control Policy

Federal Trade Commission

U.S. Department of Health and Human Services

Administration for Children and
Families

Centers for Disease Control and
Prevention

Indian Health Service

National Institute on Alcohol Abuse
and Alcoholism

National Institute on Drug Abuse

Office of the Assistant Secretary for
Health

Office of the Assistant Secretary for
Planning and Evaluation

Office of the Surgeon General

Substance Abuse and Mental Health
Services Administration

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Introduction and Series Overview

Pointers for participation—

- Turn up your speakers;
- Use question box (on left) to submit technical problems;
- Use same box to submit questions for presenters;
- Submit questions for presenters at any time.



National Institute
on Alcohol Abuse
and Alcoholism

UNDERAGE DRINKING

Introduction to the Scope and Nature of the Problem

ICCPUD Webinar Series – Webinar I

Kenneth R. Warren, Ph.D.

Acting Director, National Institute on Alcohol Abuse and Alcoholism

Alcohol is the drug of choice among youth.

Many young people drink alcohol ...

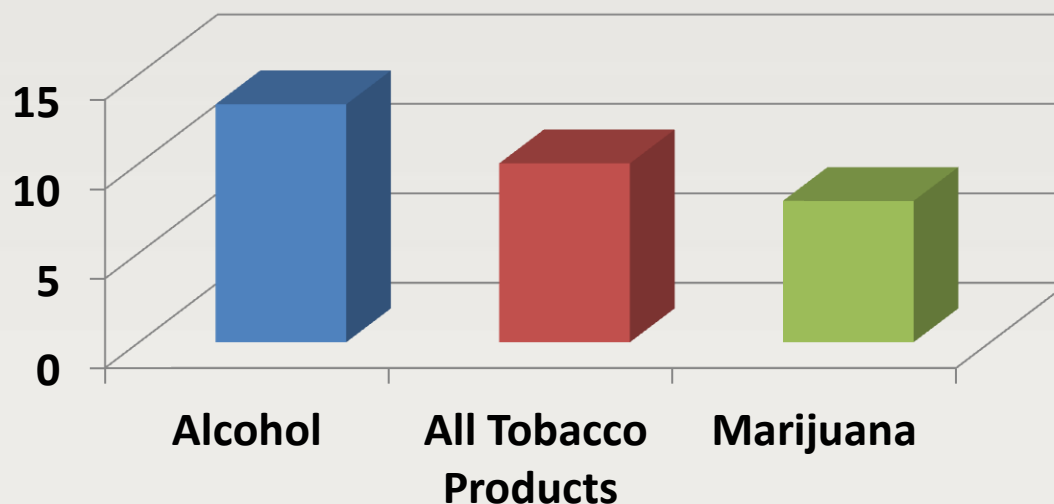
- By the 8th grade, 3 in 10 teens have had at least 1 drink.¹
- By the 10th grade, more than half of teens have had a drink.¹
- By the 12th grade, 7 in 10 teens have had a drink.
- In 2011, 9.7 million young people ages 12–20 reported that they drank alcohol beyond “just a few sips” in the past month.²

¹ Monitoring the Future, 2012

² National Survey on Drug Use and Health (NSDUH), 2011

More young people use alcohol than use tobacco or marijuana (or any other illicit drug).

Percentage of Youths Ages 12–17 Using Alcohol, Tobacco, and Marijuana (NSDUH, 2011)*



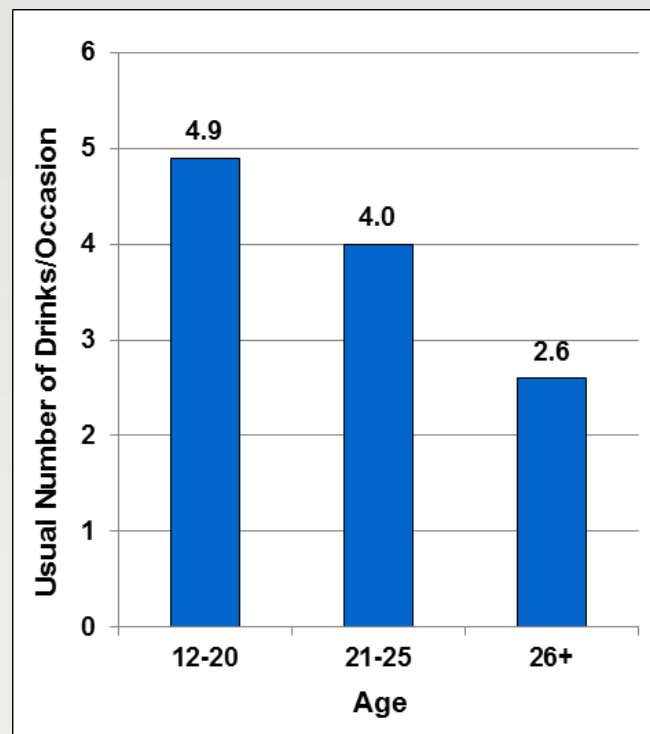
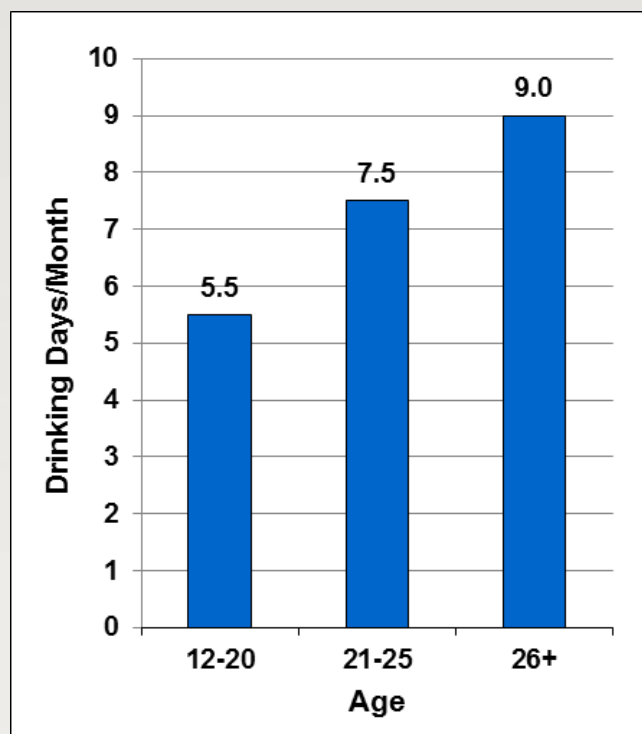
*Alcohol includes binge drinking (7.4%); tobacco includes cigarettes (7.8%).

Many young drinkers binge when they drink.

- **Binge drinking accounts for more than 90 percent of the alcohol consumed by youth.**
 - **Youth ages 12–20 drink 11 percent of all alcohol consumed in the United States.**
-

Many young drinkers binge when they drink.

Although youth drink less often than adults do,
when they do drink, they drink more.



Drinking Days per
Month and Number of
Drinks per Occasion
for Youth (12–20),
Young Adults (21–25) ,
and Adults (≥26)

Underage drinking results in a range of acute consequences.

- **Deaths** of young people under age 21 as a result of underage drinking. Each year in the U.S. there are about:
 - 1,900 deaths from motor vehicle crashes;
 - 1,600 deaths from homicides;
 - 1,200 deaths from alcohol poisoning, falls, burns, and drowning;
 - 300 deaths from suicides.
 - **Injuries**
 - In 2008 alone, about 190,000 people under age 21 visited an emergency room for alcohol related injuries.
 - **Economic Cost**
 - In 2006, underage drinking cost an estimated \$27 billion.
-

Underage drinking increases risk for other adverse consequences

- **Impairs judgment**
 - Drinking can lead to poor decisions about engaging in risky behavior, including drinking and driving, sexual activity (such as unprotected sex), and aggressive or violent behavior.
 - **Increases the risk of physical and sexual assault**
 - Underage drinkers are more likely to carry out or be the victim of a physical or sexual assault after drinking than others their age who do not drink.
 - **Can lead to other problems**
 - Underage drinkers may have trouble in school or with the law.
 - Drinking alcohol is associated with the use of other drugs.
-

Underage drinking can also have long-term consequences.

Affects the developing brain

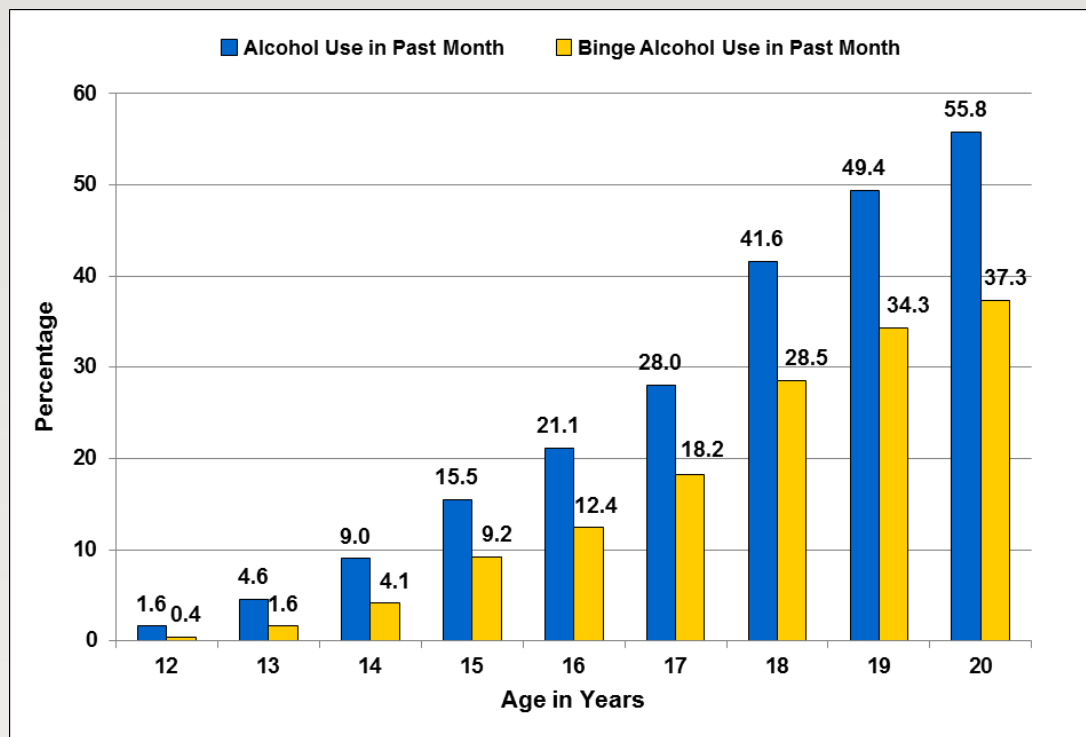
- Young people's brains develop well into their 20's.
- During adolescence, the brain undergoes significant growth and remodeling.
- Alcohol can alter this development, potentially affecting both brain structure and function, and may cause cognitive or learning problems.

Increases the risk of alcohol problems later in life

- People who start drinking before the age of 15 are four times more likely to meet the criteria for alcohol dependence at some point in their lives.
-

Underage drinking is a developmental issue.

Current and Binge Alcohol Use Among Persons Ages 12–20



Note the *distinct age-related pattern*; drinking alcohol and binge drinking become more prevalent as young people get older.

Underage drinking is a developmental issue.

Underage drinking is affected by development.

Risk-taking is common among many adolescents.

- As children mature, it is natural for them to assert their independence, seek new challenges, try new things, and take risks.
- Underage drinking is a risk that attracts many developing adolescents and teens. Many want to try alcohol, but often do not fully recognize its effects on their health and behavior.

Other developmental factors contribute:

- Peer pressure;
 - Increased independence and unsupervised time; and
 - Increased responsibility and stress.
-

Underage drinking is a developmental issue.

Underage drinking affects development.

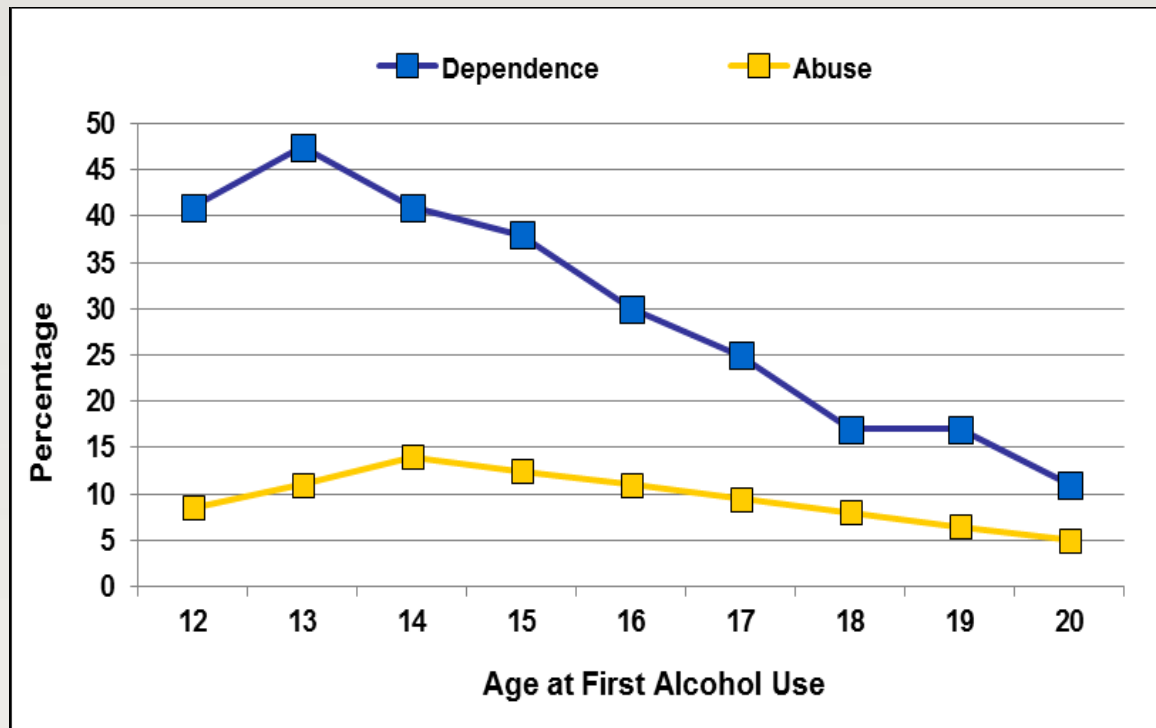
- **Underage drinking can affect developmental trajectories and negatively impact development.**

Examples include:

- **School failure;**
 - **Trouble with the law; and**
 - **Increased liability for alcohol addiction.**
-

Underage drinking is a developmental issue.

Underage drinking can affect developmental trajectories and negatively impact development.



Ages of Initiation and Levels of DSM Diagnoses for Alcohol Abuse and Dependence

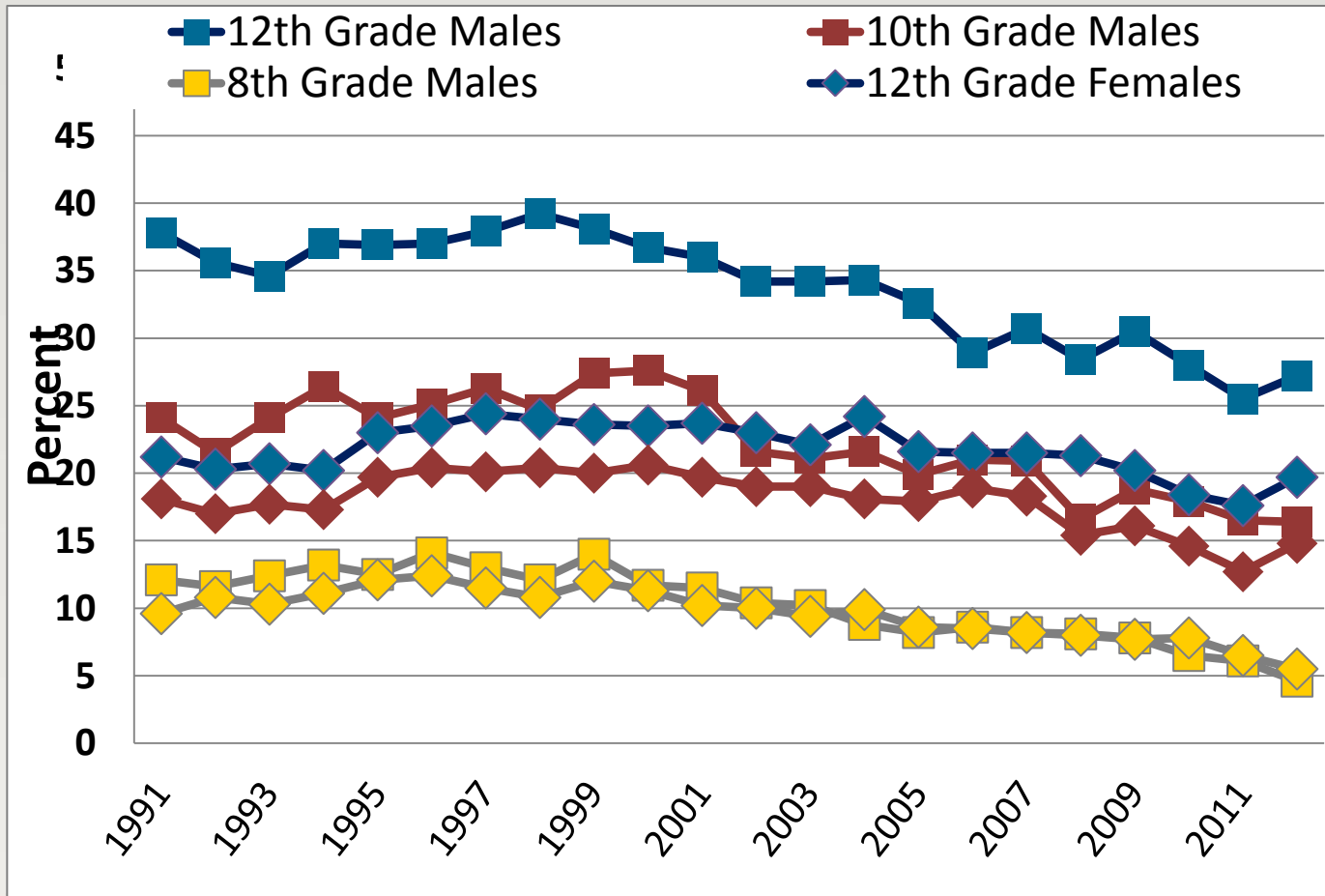
This figure shows the association of early drinking and alcohol dependence.

So how do we address this public health issue?

- Track progress over time with epidemiologic studies.
 - Initiate research to investigate key questions.
 - Ensure that interventions take development into account.
 - Disseminate research-based information about interventions to those who can put this knowledge to work.
-

Tracking Progress

Epidemiological Tracking of Rates of Binge Drinking Among Male and Female 8th, 10th, and 12th Graders



Rates of Binge Drinking in the Past 2 Weeks Among Male and Female 8th, 10th, and 12th Graders, 1991–2012

So what do we do now?

Stimulating and supporting research to investigate key questions

Areas of Investigation

Alcohol and the developing adolescent brain--Significant questions remain:

- What are the effects of both long- and shorter-term child and adolescent alcohol exposure on the developing human brain and how do they affect brain function and behavior?
 - What is the effect of timing, dose, and duration of alcohol exposure on brain development?
 - To what extent do these effects resolve or persist?
 - Do the same processes that confer adaptability of the adolescent brain to its environment also make it more vulnerable to alcohol-induced changes, and do such changes increase an individual's risk for future dependence?
-

So what do we do now?

Ensure that interventions take development into account.

Child and adolescent alcohol screening

- NIAAA recently released an alcohol screening guide for health care providers to identify alcohol use and alcohol use disorders in children and adolescents, and to identify risk for alcohol use, especially for younger children.

The guide is empirically based and is currently being evaluated in a variety of “real world” settings.

So what do we do now?

Disseminate research-based information about interventions to those who can put this knowledge to work.

- **NIAAA works to disseminate research based information and materials to multiple audiences**
 - **Websites**
 - **Publications**
 - **Collaborates with partners, (federal and other) to get information to those who need it.**
 - **Example: this series of webinars.**
-



National Institute
on Alcohol Abuse
and Alcoholism

Thank you.

For more information, please visit our website:

www.niaaa.nih.gov

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Preventing Underage Drinking: **The Shape of the Solution**

**Frances M. Harding, Director,
Center for Substance Abuse Prevention,
SAMHSA**

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Consequences of Underage Drinking

Youth who drink are more likely to experience:

- School problems (e.g., failing grades);
- Social problems (e.g., fighting);
- Legal problems (e.g., arrest for driving under the influence);
- Physical problems (e.g., hangovers or illnesses);
- Disruption of normal growth and sexual development;
- Physical and sexual assault;
- Higher risk for suicide and homicide.
- Alcohol-related car crashes and other unintentional injuries;
- Memory problems;
- Abuse of other drugs;
- Changes in brain development that may have lifelong effects; and
- Death from alcohol poisoning.

Source: Centers for Disease Control and Prevention. (2012). *Fact Sheets: Underage Drinking*.

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Evidence-Based Prevention of Underage Drinking—Selected References

- *A Call to Action: Changing the Culture of Drinking at U.S. Colleges* (Task Force of the National Institute on Alcohol Abuse and Alcoholism, 2002)
- *Reducing Underage Drinking: A Collective Responsibility* (National Research Council and Institute of Medicine, 2004)
- *Surgeon General's Call to Action To Prevent and Reduce Underage Drinking* (U.S. Department of Health and Human Services, Office of the Surgeon General, 2007)
- *What Colleges Need to Know Now: An Update on College Drinking Research* (National Institute on Alcohol Abuse and Alcoholism, 2007)
- *Strategies To Reduce Underage Alcohol Use: Typology and Brief Overview* (Office of Juvenile Justice and Delinquency Prevention, 2009)
- *Report to Congress on the Prevention and Reduction of Underage Drinking* (U.S. Department of Health and Human Services, 2012)



PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Elements of Effective Solutions

- Both individual and environmental approaches are important and make a difference, particularly when used together.

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Elements of Effective Solutions

- Both individual and environmental approaches are important and make a difference, particularly when used together.
- Some things put young people at risk of underage drinking, while other things protect them.

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Examples of Risk and Protective Factors

Risk Factor	Domain	Protective Factor
Early aggressive behavior	Individual	Impulse control
Lack of parental supervision	Family	Parental monitoring
Alcohol use	Peers	Academic competence
Easy access to alcohol	Community	Enforcement of laws

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Examples of Community Risk and Protective Factors

Risk Factor	Protective Factor
Easy access to alcohol from retail outlets	Enforcement of underage drinking laws (e.g., compliance checks); reduced alcohol outlet density
Easy access to alcohol from parents or peers	Enforcement of underage drinking laws (e.g., social host liability laws)
Norms that tolerate or encourage underage drinking	Norms that demonstrate disapproval of underage drinking

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Elements of Effective Solutions

- Both individual and environmental approaches are important and can make a difference, particularly when used together.
- Some things put young people at risk of underage drinking, while other things protect them
- **Prevention should come early, be reinforced during transition points, and continue over the long term.**

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Elements of Effective Solutions

- Individual and environmental approaches are both important and both can make a difference, particularly when used together.
- Some things put young people at risk of underage drinking while other things protect them
- Prevention should come early, be reinforced during transition points, and continue over the long term.
- Addressing the full environment in which alcohol use takes place also is critical.

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Elements of Effective Solutions

- Individual and environmental approaches are both important and both can make a difference, particularly when used together.
- Some things put young people at risk of underage drinking while other things protect them
- Prevention should come early, be reinforced during transition points, and continue over the long term.
- Addressing the full environment in which alcohol use takes place also is critical.
- **Comprehensive, data-driven approaches that address a variety of factors and engage multiple partners are more effective than those that have a single focus.**

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

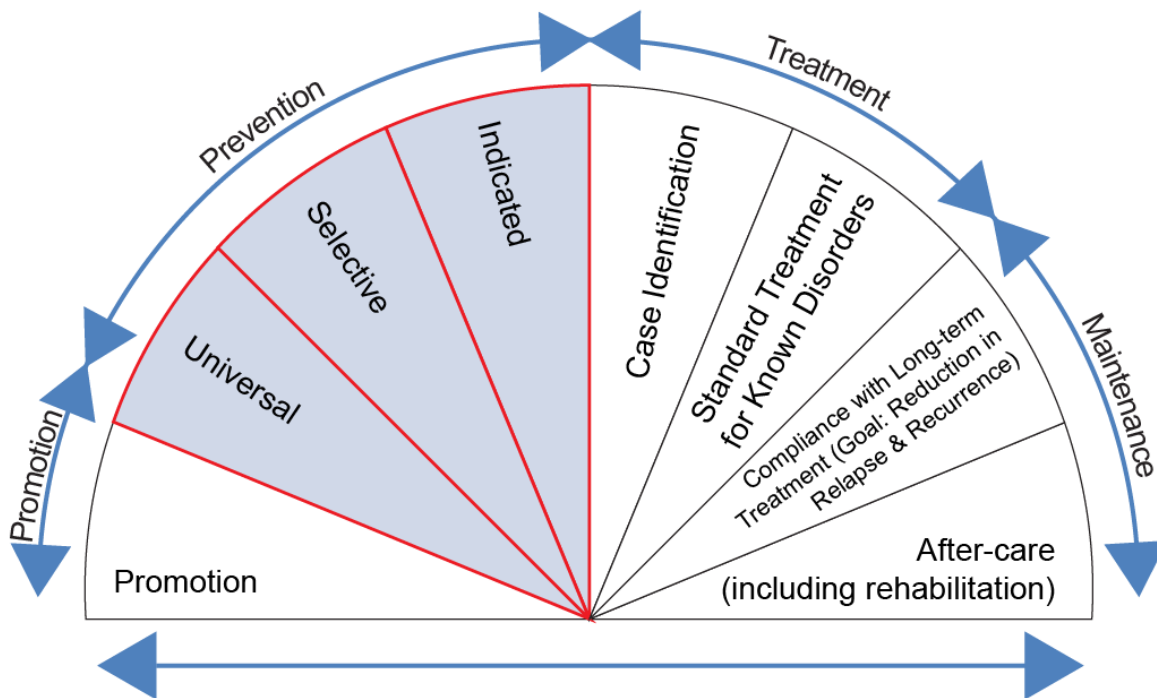
Study Citations

- Saltz, R. F., Paschall, M. J., McGaffigan, R. P., & Nygaard, P. M. (2010). Alcohol risk management in college settings: The safer California universities randomized trial. *American Journal of Preventive Medicine*, 39(6):491–99.
- Paschall, M. J., Antin, T., Ringwalt, C. L., & Saltz, R. F. (2011). Evaluation of an Internet-based alcohol misuse prevention course for college freshmen: Findings of a randomized multi-campus trial. *American Journal of Preventive Medicine*, 41(3):300–08.

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Who Are You Targeting With Prevention?

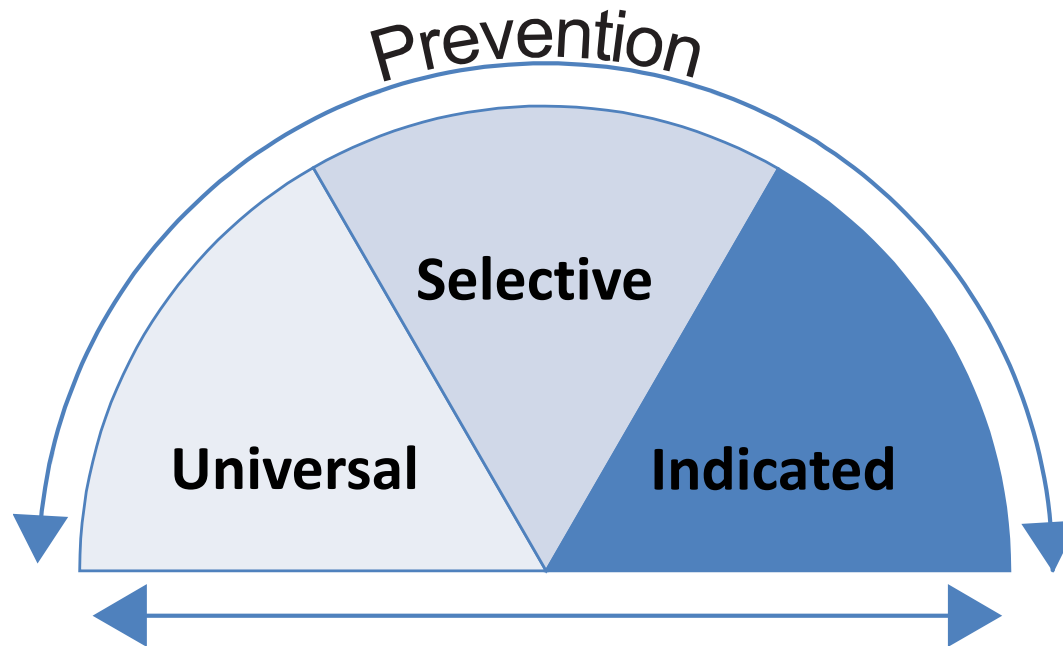


Source: National Research Council and Institute of Medicine. (2009).
*Preventing Mental, Emotional, and Behavioral Disorders Among Young
People: Progress and Possibilities.*

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Who Are You Targeting With Prevention?



PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

What Strategic Decision-Making Framework Will Be Used?

Key framework elements—

- Assessment of risk and protective factors in your community;
- Identification of existing and needed capacity to respond;
- Selection of evidence-based strategies addressing targeted factors; and an
- Evaluation plan for measuring progress toward goals and adjusting the intervention over the long term.

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Key Considerations in Developing a Prevention Strategy

- Use data to drive your assessments and measure progress;



PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Key Considerations in Developing a Prevention Strategy

- Use data to drive your assessments and measure progress;
- **Select strategies that are culturally appropriate;**



PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Key Considerations in Developing a Prevention Strategy

- Use data to drive your assessments and measure progress;
- Select strategies that are culturally appropriate;
- **Select strategies that are achievable;**



PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Key Considerations in Developing a Prevention Strategy

- Use data to drive your assessments and measure progress;
- Select strategies that are culturally appropriate;
- Select strategies that are achievable;
- **Target as many sectors as appropriate;**

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Key Considerations in Developing a Prevention Strategy

- Use data to drive your assessments and measure progress;
- Select strategies that are culturally appropriate;
- Select strategies that are achievable;
- Target as many sectors as appropriate; and
- **Implement with fidelity and monitor fidelity of implementation.**

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Challenges Ahead

- Expectancies related to college drinking;



PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Challenges Ahead

- Expectancies related to college drinking;
- **National culture of drinking;**

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Challenges Ahead

- Expectancies related to college drinking;
- National culture of drinking;
- Emerging threats from easy access to alcohol, new and appealing products, and increasing consequences;

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Challenges Ahead

- Expectancies related to college drinking;
- National culture of drinking;
- Emerging threats from easy access to alcohol, new and appealing products, and increasing consequences; and
- **Competing messages.**

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Take-Away Messages

- Solid prevention science has identified effective strategies.
- Prevention approaches are most effective when they:
 - Are comprehensive and data driven;
 - Address both individual and environmental factors;
 - Recognize and address risk and protective factors in their design; and
 - Are age and culturally appropriate.
- Important to address underage drinking on college campuses.

PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

Questions?

Use the question box on the left of your screen to submit questions for Dr. Warren and Director Harding.



PREVENTING UNDERAGE DRINKING

A webinar series sponsored by the federal
Interagency Coordinating Committee on the Prevention of Underage Drinking

For More Information

Please visit www.stopalcoholabuse.gov for:

- Future webinar dates;
- Archived sessions;
- Resource links.