



Underage Drinking

Background Information:

Underage drinking is a serious problem. According to the 2016 Oregon Student Wellness Survey about 30% of 11th graders in Oregon have had a drink in the last 30 days. Research shows that youth that begin drinking before age 15 are four times more likely to become dependent than those that waited until age 21.

Underage drinking can be costly in many ways from increased medical costs to higher rates of accidents. Youth that use alcohol early, often engage in other risky behaviors such as unprotected sex and other substance use. There are also increased risks of sexual assault, fighting, homicide and suicide.

Who is at risk?:

All youth can be at risk for underage drinking.

Signs to look for to indicate your child may be drinking:

- Mood Changes
- School Problems
- Change of Friends
- “Nothing matters” Attitude
- Mental problems such as memory loss and poor concentration.



Recommendations:

What can families do?

Having open lines of communication is very important. Talk to them early and often about important life issues like the dangers of underage drinking. Be actively involved in their lives, know where they are and know their friends.

What can schools do?

Provide evidence based curriculum around alcohol use. Help provide information about and opportunities to practice refusal skills. Support youth leadership and self- esteem programs. Facilitate programs that include and involve parents in many aspects of students lives. Connect families to resources for early identification and referral to substance abuse programs.

Definitions:

Underage Drinking:

Person under the age of 21 drinking alcohol.

Binge Drinking:

For youth, it is consuming 3-5 or more drinks within a two hour period.



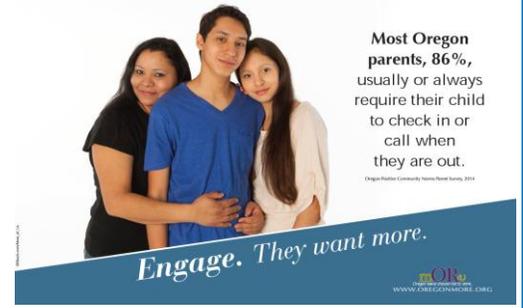


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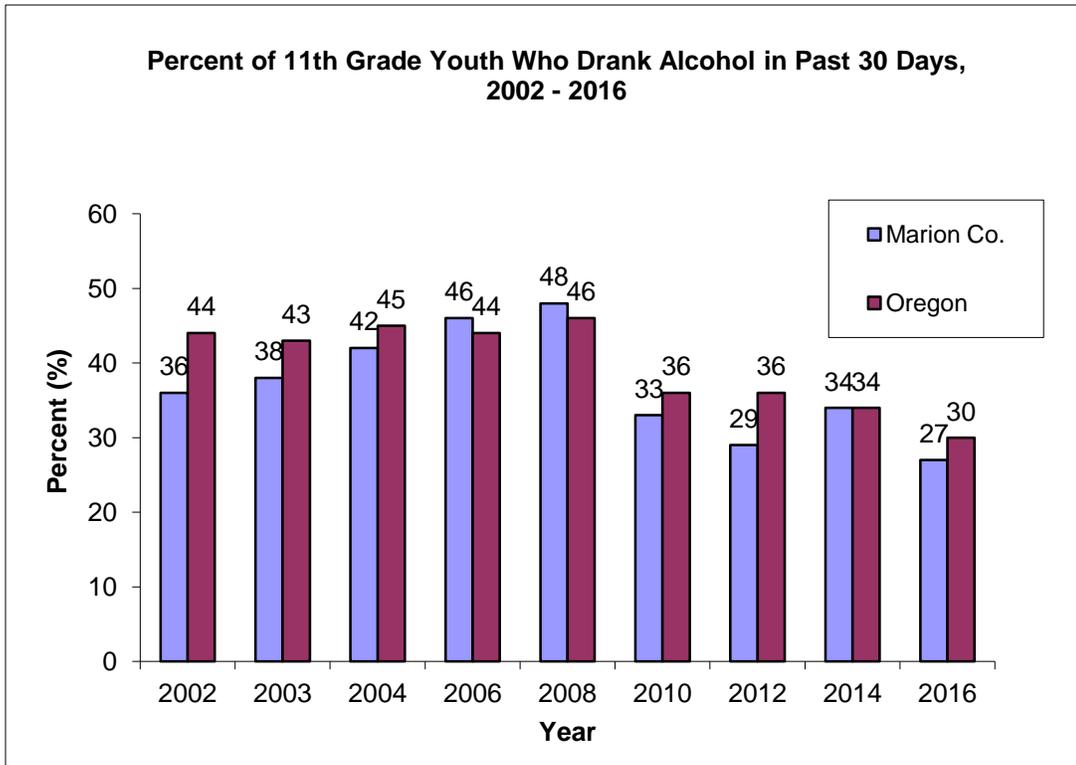


Alcohol use in Marion County:

Since 2008 the youth drinking rate has been declining. However, at least 27% of 11th graders report having at least one drink in the past 30 days. Access to alcohol can be an influence on how many youth are drinking. According to the Oregon Health Teens Survey, 58% of 11th graders felt it would be easy or very easy to get alcohol.



Underage drinking in Marion County



Resources/ Contact Info:

mORe
www.oregonmore.org

Partnership for Drug-Free Kids
www.drugfree.org

Centers for Disease Control and Prevention
www.cdc.gov/alcohol

Oregon Student Wellness survey 2016
<https://oregon.pridesurveys.com>

If you would like to reach the Marion County Public Health Department, please call: 503-588-5342

Please like us on Facebook and follow us on Twitter for the most updated information about important events in our county.



What is Marion County Public Health Doing?

The Marion County Prevention Program utilizes the Strategic Prevention Framework and a Public Health Approach to make data driven decisions for planning, implementation and evaluation. Local and state data are assessed and analyzed to make recommendations for local programming that link effective prevention practices and programs to clear and measurable outcomes.

Programs supported include:

The mORe Campaign is a positive community norms program, which shares that most youth do not drink. The campaign reaches out to schools, law enforcement, and the community in general.

Supporting local community coalitions in their substance abuse activities. Helping to fund programs like the Strengthening Families Program.

Youth development is another important factor. Supporting schools and youth leadership programs like ILEAD.