

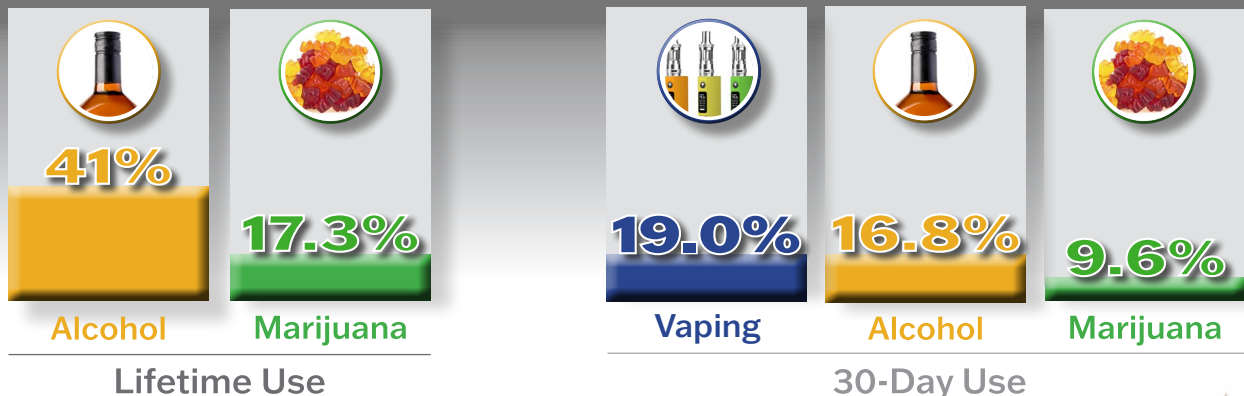
Underage drinking affects the health and well-being of not only the adolescents who drink alcohol, but also their families, communities, and society overall. ¹

PA adolescents report the following sources and methods of acquiring alcohol. ²

- 25%** get their alcohol from parents
- 34%** took it from their home or a friend's home without permission
- 41%** took it from a family member living in the same house



Alcohol continues to be one of the leading substances of choice for adolescents. ²



Some teenagers regularly use drugs or alcohol to compensate for anxiety, depression, or a lack of positive social skills. ³



1: https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-03-11-002.pdf

2: <https://www.pccd.pa.gov/Juvenile-Justice/Documents/2019%20PAYS/State%20of%20Pennsylvania%20Profile%20Report.Final.pdf>

3: https://www.aacap.org/aacap/Families_and_Youth/Glossary_of_Symptoms_and_Illnesses/Alcohol_and_Drug_Abuse.aspx

Community Education Talking Points

Talking Point 1: Consumption and COVID-19

A national survey of U.S. adults on their drinking habits found that excessive drinking* increased 21% during the COVID-19 pandemic. ¹ For a typical adult, excessive drinking means consuming 4 or more drinks (female), or 5 or more drinks (male) in about 2 hours. ⁵

- Reasons participants gave for the increase in their drinking habits: ²
 - 45.7% Increased Stress
 - 34.4% Increased Alcohol Availability
 - 30.1% Boredom
- The number and rate of alcohol-related deaths among individuals 16 and older increased approximately 25% between 2019 and 2020, the first year of the COVID-19 pandemic. ³

We are seeing a disproportionate effect of the pandemic on women's alcohol use. ²

- There was a 41% increase of excessive drinking in 2020. ⁴
- There was a 39% increase of adverse consequences associated with alcohol use in the past 3 months in 2020. ⁴



1: <https://news.harvard.edu/gazette/story/2022/01/covid-related-drinking-linked-to-rise-in-liver-disease/#:~:text=Scientists%20estimate%20that%20a%20one,of%20liver%20cancer%20by%202040.>

2: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7763183/>

3: https://jamanetwork.com/journals/jama/fullarticle/2790491?guestAccessKey=f004c6d0-6a89-4b10-836f-6935bdf67a76&utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jama&utm_content=olf&utm_term=031822

4: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975>

5: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/binge-drinking>



Talking Point 2: Adolescent Use In

There is an association between alcohol use and youth who report having depressive symptoms. ¹

- No Symptoms: alcohol use in the past 30 days
- Moderate Symptoms: alcohol use in the past 30 days
- High Symptoms: alcohol use in the past 30 days
 - students who reported high or moderate depressive symptoms reported alcohol use.

There is no single reason why adolescents use alcohol, but access plays a role. ²

- Access methods for adolescents ¹
 - get their alcohol from parents
 - took it from their home or a friend's home without permission
 - took it from a family member living in the same house

1: <https://www.pccd.pa.gov/Juvenile-Justice/Documents/2019%20PAYS/State%20of%20Pennsylvania%20Profile%20Report.Final.pdf>

2: <https://drugfree.org/article/top-8-reasons-teens-try-alcohol-drugs/>



To access statistics relevant to your county, check out the current PA Youth Survey (PAYS) data here: [LINK](#)

Start Taking Action.
Protect Our Children.

Scan this code to access
our alcohol information toolkit.

Learn More.
PAStart.org

 Commonwealth Prevention Alliance

