



YOUTH ALCOHOL USE

Snohomish County Facts

- In the last ten years, the amount of Snohomish County eight grade students reporting binge drinking in the last two weeks has been cut in half
- Tenth grade students were significantly less likely to participate in "problem drinking" in 2016 compared to the state average
- Tenth graders in Snohomish County were also more likely to think binge drinking put a person at "great risk" of harm

DRINKING	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Current* alcohol use	2.3%	8.2%	18.6%	32.8%
Ever tried alcohol	20.7%	26.4%	45.1%	63.7%
Current* binge drinking	1.4%	4.0%	9.5%	18.0%
Current* problem drinking	1.0%	2.4%	5.1%	10.6%
Current* heavy drinking	0.6%	2.7%	6.3%	11.4%
PERCEPTION OF USE	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Think it would be very easy to get alcohol if they wanted some	5.3%	11.1%	22.2%	31.1%
Think it is very risky for someone their age to drink regularly	30.8%	41.9%	45.7%	39.1%
Estimated percentage of peers that think it's wrong to drink regularly	~	68.1%	43.1%	26.4%
DRIVING	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Recently* rode in a vehicle driven by someone who had been drinking	6.1%	14.7%	16.8%	15.8%
Recently* drove a vehicle (themselves) after drinking	~	3.0%	4.4%	8.4%
ACCESS TO ALCOHOL	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Got alcohol from friends	~	1.7%	6.4%	12.6%
Got alcohol at home without permission	~	2.2%	4.7%	4.2%
Got alcohol at home with permission	~	1.2%	2.4%	4.6%
Got alcohol at a party	~	1.4%	4.7%	9.1%
Gave someone money to buy alcohol for them	~	0.3%	2.7%	7.6%
~ Not asked of students in this grade *Current or recently = any use in the past 30 days Problem drinking: Drinking on 3-5 days in the last 30 days or 1 binge drinking in past 2 weeks Heavy drinking: 6+ days drinking in past 30 days or 2 binge drinking in past 2 weeks				

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Assessment, Planning and Evaluation Center

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YOUTH ALCOHOL USE: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Questions ask about risk for injury, health behaviors and outcomes, alcohol and drug use
- Results are used by communities to support youth and reduce risks

More info available
at: www.askhys.net

PARENTS

- **Talk** to your children about alcohol and the consequences of overuse.
- **Tell** them you will come pick them up if they need a sober driver—no matter what!
- **Teach** them facts about alcohol to correct false information they may get elsewhere.

Also, keep your alcohol locked up and well-monitored. Discourage older siblings from purchasing alcohol for an underage child. And remember, **the example is set by you.**

SCHOOLS AND COMMUNITY GROUPS

- Most teens overestimate how many of their peers drink and use illicit drugs when the majority is not drinking. Teach them the real norms to reduce peer pressure.
- Have plenty of fun, free or low-cost community events in the weekends and evenings to keep teens active.

GOVERNMENT

- Continue to enforce state and local laws around Zero Tolerance, Minor in Possession (or consumption), and retail sales.

Participation by all of the Snohomish County school districts in the Healthy Youth Survey is much appreciated. School participation allows us to report on the current health status of our youth and track trends over time.

For more information about the Healthy Youth Survey, check out <http://www.askhys.net/> or to see Snohomish County Healthy Youth Survey Fact Sheets go to www.snohd.org.

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