



YOUTH ALCOHOL USE

Snohomish County Facts

- 8th, 10th, and 12th graders have been reporting less current alcohol use and less binge-drinking every year since 2008. For example, the percentage of 8th graders who binge-drank in the last two weeks has declined by more than 50% over the last six years
- Snohomish County 10th graders are more likely than the 10th graders in the rest of the state to identify binge drinking as a “great risk” to health rather than a “moderate risk”
- Of those in 8th grade who have tried more than one sip of alcohol, over 40% did so for the first time at the age of 10 or younger

DRINKING	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Current* alcohol use	2.2	7.9	18.7	32.3
Ever tried alcohol	21.1	29.1	47.1	65.6
Current* binge drinking	2.8	4.2	10.1	18.8
Current* problem drinking	2.3	2.3	5.6	10.5
Current* heavy drinking	0.9	2.7	6.6	12.0
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	5.6	13.1	22.3	34.7
Think it is very wrong for someone their age to use alcohol	85.1	68.6	43.9	30.4
Estimated percentage of peers that think it's wrong to drink regularly	~	68.7	38.0	28.4
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	6.4	17.3	17.6	18.9
Recently* drove a vehicle (themselves) after drinking	~	3.0	4.9	8.7
ACCESS TO ALCOHOL	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Got alcohol from friends	~	1.9	7.3	13.4
Got alcohol at home without permission	~	2.0	4.1	4.7
Got alcohol at home with permission	~	1.6	3.6	4.9
Got alcohol at a party	~	1.1	5.2	10.3
Gave someone money to buy alcohol for them	~	0.5	3.6	8.6
~ 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				



YOUTH ALCOHOL USE: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Students participate across the state representing all 39 counties
- All 14 school districts in Snohomish County take part in the survey
- 75% of students across the four grades took the survey—that's 11,852 students!
- 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.