

2019 ICCPUD STOP Act Stakeholders Meeting

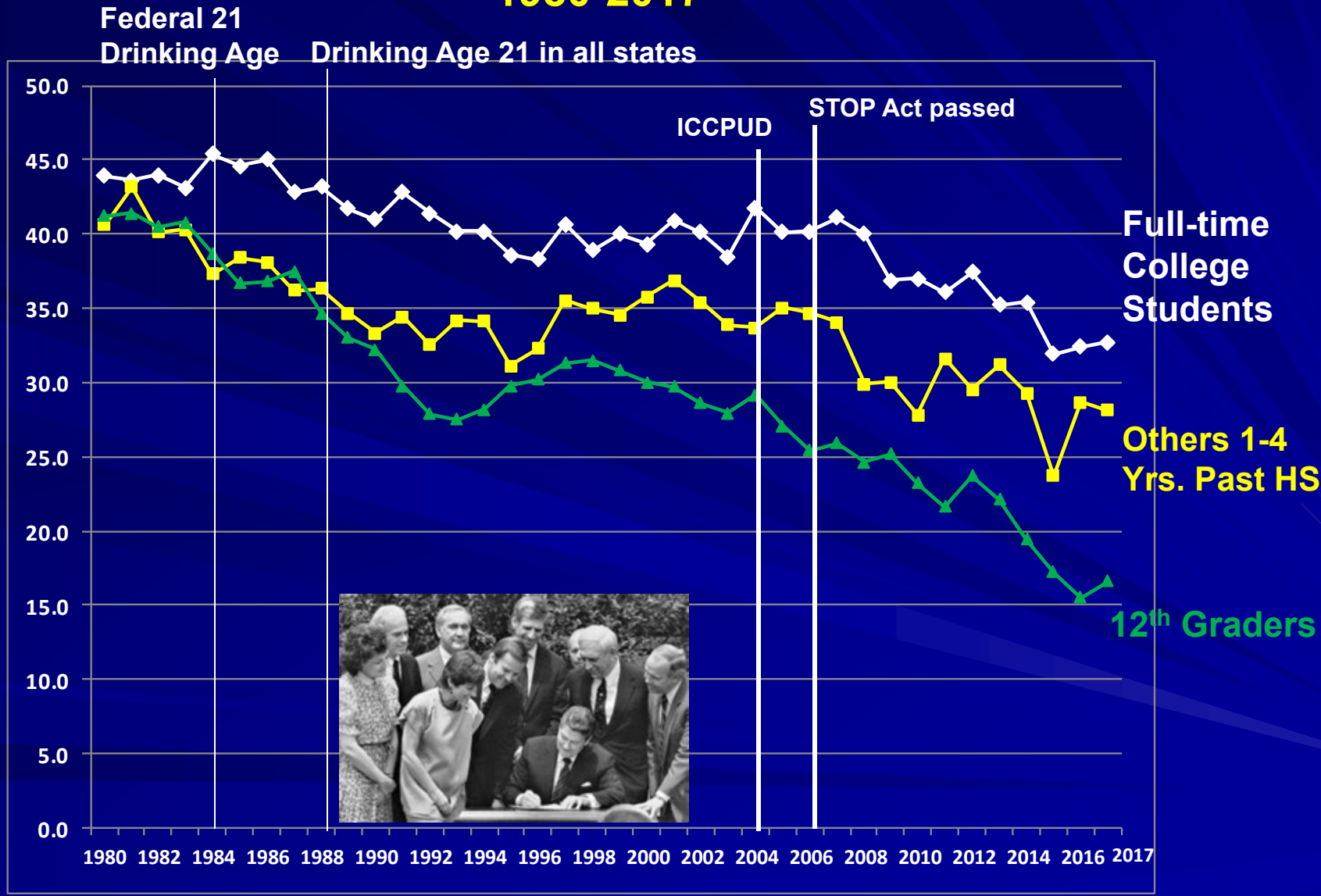


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National Institute on Alcohol Abuse and Alcoholism



Alcohol: Trends in 2-Week Prevalence of 5 or More Drinks in a Row among College Students vs. Others 1-4 Years Beyond HS, 1980-2017

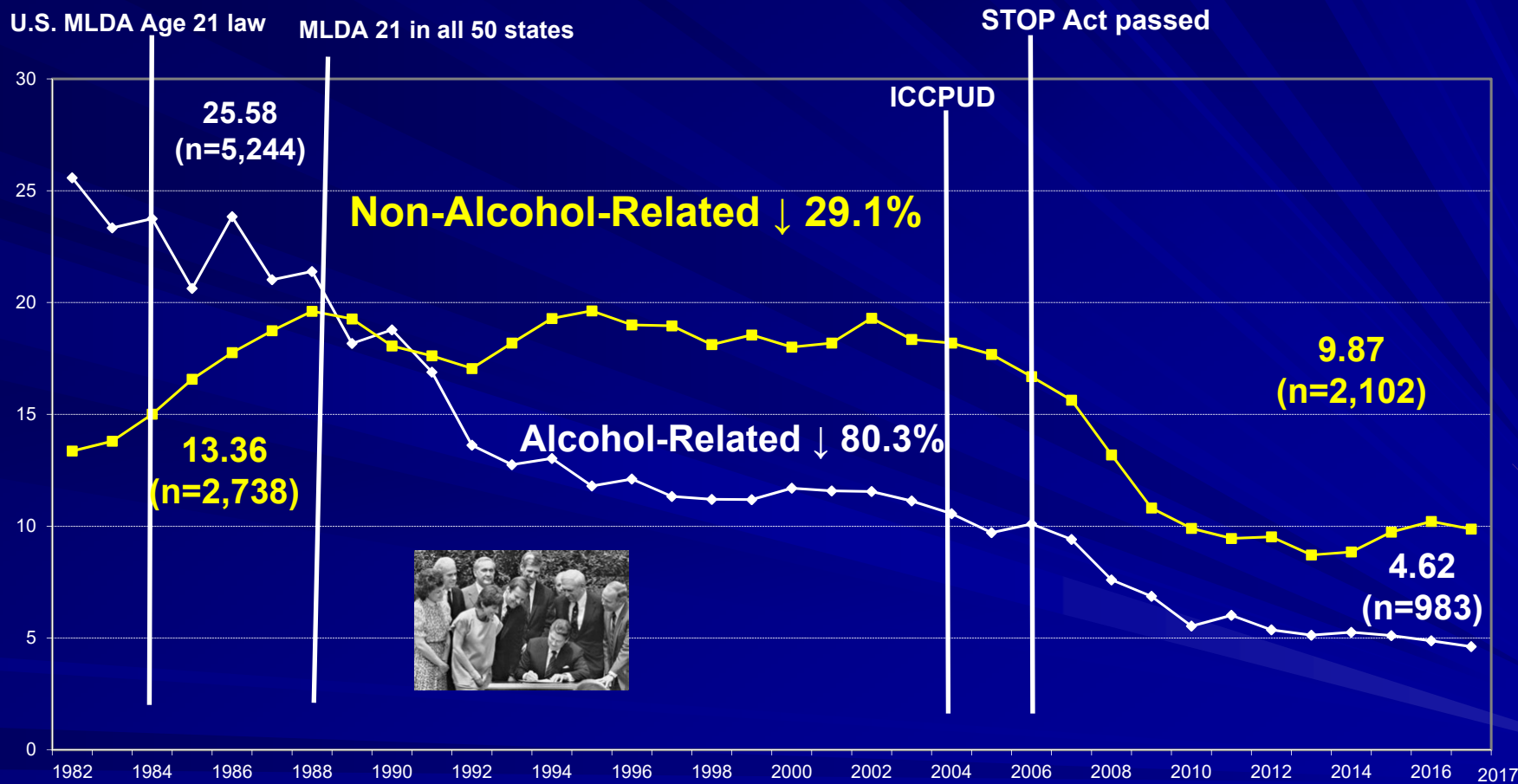
National Institute on Alcohol Abuse and Alcoholism



Source: Monitoring the Future, 2018

Alcohol- vs. Non-Alcohol-Related Traffic Fatalities, Rate Per 100,000, Ages 16-20, United States, 1982-2017

National Institute on Alcohol Abuse and Alcoholism



Sources: U.S. Fatality Analysis Reporting System, 2018; U.S. Census Bureau, 2018

Key Underage Drinking Facts

- Alcohol is the leading contributor to injury deaths under age 21
 - 4,300 alcohol injury and overdose deaths
 - Far exceeding opioid deaths (1,034)
- 58% of opioid overdose deaths involve other drugs or alcohol

Sources: Centers for Disease Control and Prevention, 2018; Kandel et al., Drug and Alcohol Dep, 2017



Youth Risk Behavior Surveys 2009 and 2015

- Nearly 1 million high school students and nearly 2 million 12-20 year olds consume 5 or more drinks 6 or more times per month. They are much more likely to
 - Ride with a drinking driver
 - Drive after drinking
 - Never wear safety belts
 - Carry weapons/guns
 - Be bullied
 - Be injured in a fight
 - Be injured in a suicide attempt
 - Be forced to have sex
 - Have had sex with 6 or more partners
 - Have unprotected sex
 - Use marijuana/cocaine
 - Have ever injected drugs

Youth Risk Behavior Survey 2009

- Frequent binge drinkers compared to abstainers in high school were much more likely in the past month to:

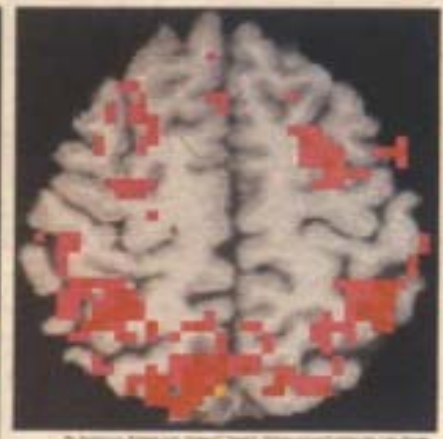
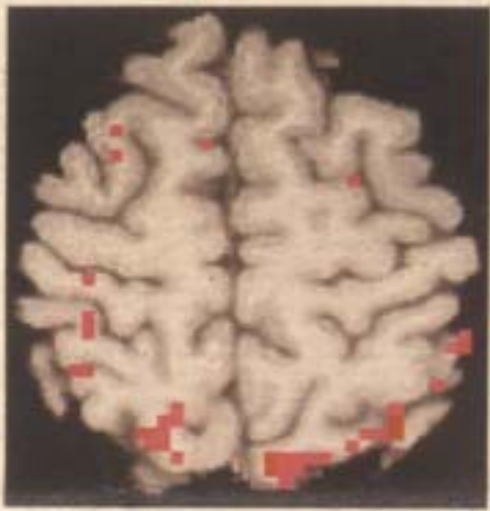
Drink at school 32% vs. 0%

Use marijuana at school 24% vs. 1%

Earned mostly D's and F's in school within the past year 14% vs. 4%



Two 20-year-old women take a memory test. One of them abused alcohol. The MRI scan on the left is her brain, the lack of color indicating a sluggish mind. In contrast, the scan on the right is of the woman who doesn't have a drinking problem. The colors show lots of brain activity. Not surprisingly, she does better on the test.



Cover story

Teen drinking, thinking don't mix

Alcohol appears to damage young brains, early research finds

By Kathleen Sawchuk
 USA TODAY

Teens who drink heavily face a slew of hazards, ranging from accidental injuries to death by auto to poisoning. If early research is verified, scientists might see another danger to this hot season: brain damage.

Preliminary studies indicate that heavy, regular drinking can damage the developing brains of teens and young adults and perhaps delay their cell turnover to generate new neurons.



Changing youths' drinking habits, 83

could be there to do well in school or at work.

Doctors say it's too early to blame brain damage on alcohol alone. They say too many teens who drink heavily also abuse other drugs and have other risk factors that could hurt the brain.

But researchers say that though the work is in the early stages, the evidence would show a link between alcohol and damage to young brains.

Sources: Zeigler et al, Prev Med, 2005; Squeglia et al, Clin EEG Neurosci, 2009; Squeglia et al, J Stud Alcohol Drugs, 2012; Norman, Drug & Alcohol Depend, 2011

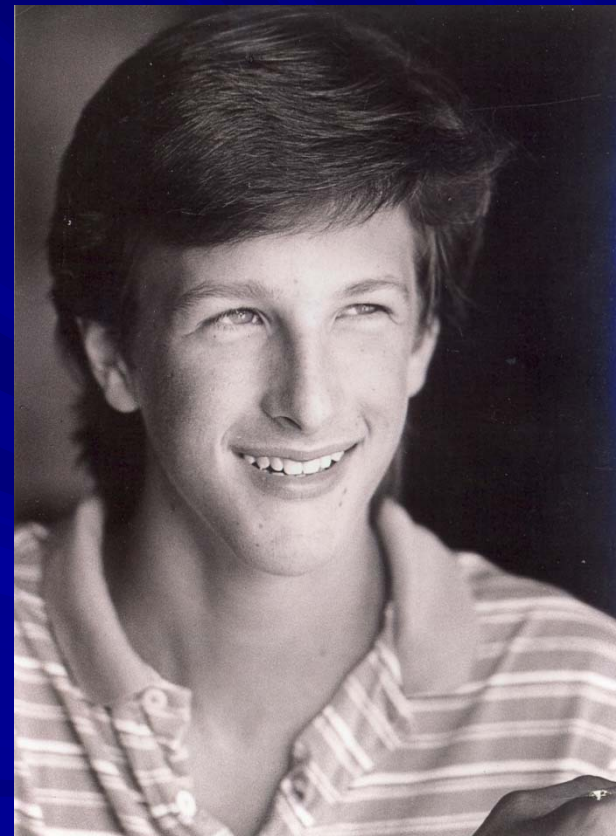
Prevalence of Lifetime Alcohol Dependence According to Age of Drinking Onset



Source: Grant and Dawson (1997) *J. Substance Abuse z*

Earlier Age Drinking Onset Also Related to:

- More rapid development of dependence
- Dependence by age 25
 - Of ever dependent
 - 47% before age 21
 - 2/3 before age 25
- Chronic Relapsing Dependence
 - Longer episodes
 - Multiple episodes
 - Past year dependence
 - More symptoms
 - Early dependents less likely to seek help



Brian Paul McKelvey

Hingson, Heeren and Winter 2006 *Archives Pediatric and Adol Med*

Hingson, Heeren and Winter 2006 *Pediatrics*



State Underage Implementation Effort

Number of States	Implementation Effort
39	Interagency coordinating committee
25	Strategic plan to prevent underage drinking
37	Conduct compliance checks
16	Cops in shops
10	Shoulder taps
23	Party patrols



State Laws to Prevent Underage Drinking and Related Problems



National Institute on Alcohol Abuse and Alcoholism

Alcohol Illegal for Persons <21 to:	No.	Exceptions
Possess	51	32
Furnish alcohol to minors	51	31 (family)
Use fake ID	51	41 (suspend driver's license)
Zero Tolerance	51	---
Graduated driver's license	51	Full license (17/20 states, 18/15 states)
Prohibit sales or service to minors	51	28 defined penalty guidelines
Alcohol tax constant over time	51	Beer: \$0.02-1.29/gallon Wine: \$0.20-2.50 Liquor: \$1.50-14.25
Attempt purchase	47	---
Dram shop liability	45	---
Responsible Beverage Service Training	39	13 mandatory
Consumption illegal	37	22
Prohibited retail interstate alcohol shipping	33	---

Source: SAMHSA, 2018 State Performance & Best Practices Report



State Laws to Prevent Underage Drinking and Related Problems (cont.)

National Institute on Alcohol Abuse and Alcoholism

Alcohol Illegal for Persons <21 to:	No.	Exceptions
Compliance checks	36	15 no formal written protocol
Social host liability	34	---
Distance limits for alcohol outlets		---
Schools	31	
Colleges	12	
Keg registration	30	---
Minimum legal drinking age		---
Off-premise sellers	10	
On-premise bartenders	20	
Home delivery	8	---
Internal possession	9	---
Direct sales from producers	7	---
Use/lose	39	10 age 18; 1 age 19

Source: SAMHSA, 2018 State Performance & Best Practices Report

Is Passing Laws Enough?

STATUS

INSURANCE
INSTITUTE
FOR
HIGHWAY
SAFETY

REPORT

Vol. 25, No. 3

March 25, 1992

Underage Youths Easily Buy Beer and Their Traffic Deaths Go Up

Clerks in liquor stores and other markets in Washington, D.C., rarely seek identification from 19- and 20-year-old youths who try to purchase beer, a new study by the Insurance Institute for Highway Safety reveals.

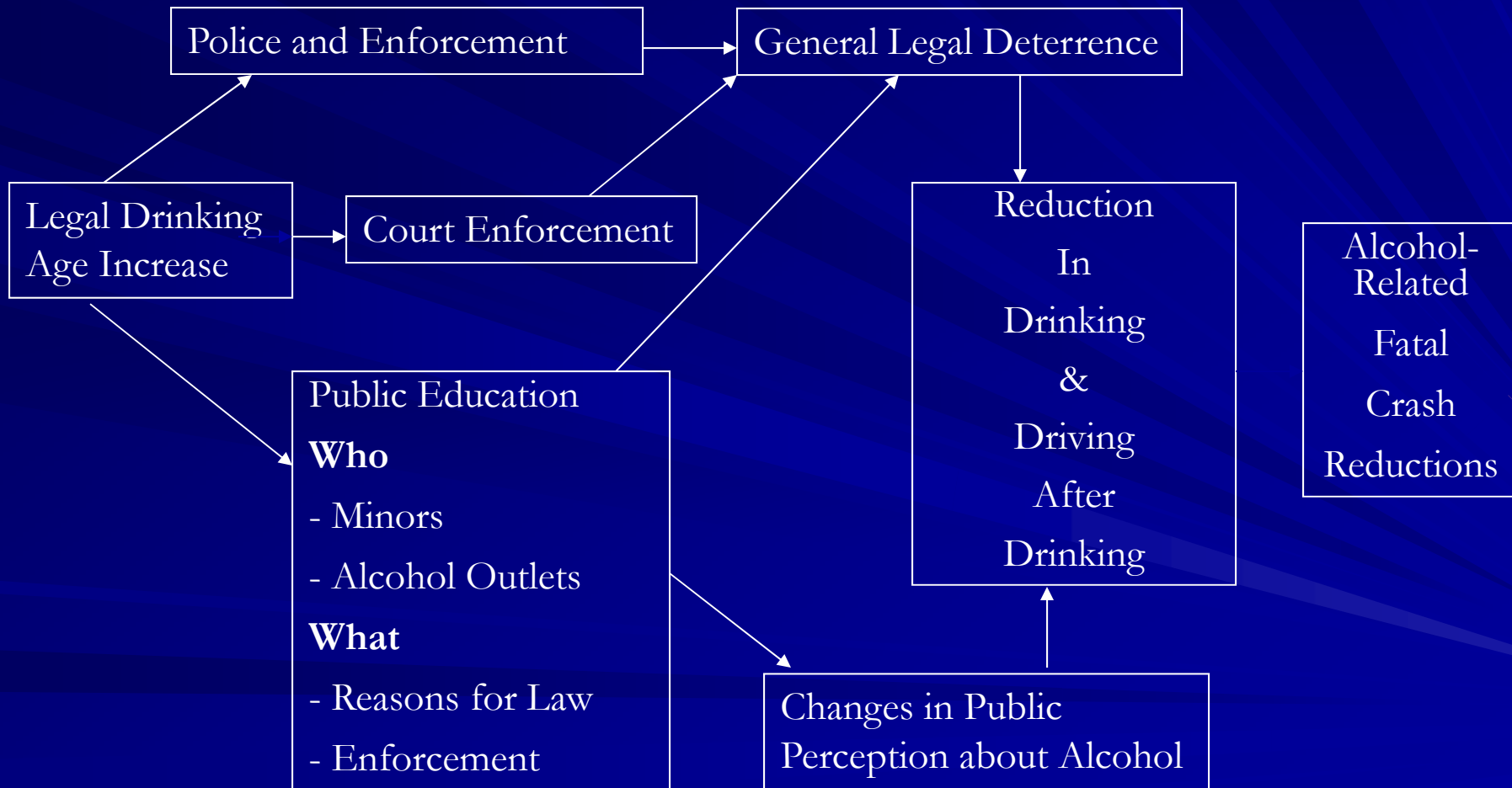
In 57 out of 100 attempts to buy a six-pack, young men 19 and 20 years of age were successful, although the legal alcohol purchase age is 21 throughout the nation.

"This is not an isolated problem," says Brian O'Neil, Institute president. "It's time to crack down and enforce the 21 drinking age laws." Alcohol-related fatalities among underage drivers are now at the five-year high following years of decline.



In previous attempts, two underage youths successfully purchase six packs in Washington, D.C.

Potential Process of Change After a Drinking Age Increase





Successful Comprehensive Community Interventions

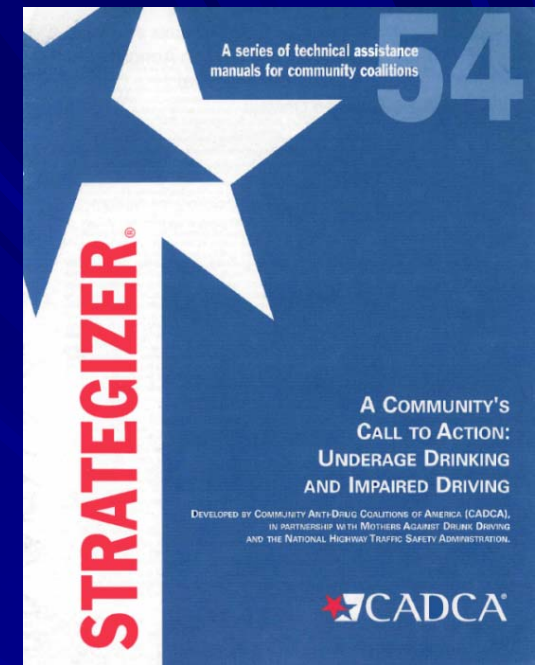


National Institute on Alcohol Abuse and Alcoholism

- Saving Lives Program, Hingson (1996)
- Project Northland, Perry (1996)
- Communities Mobilizing for Change, Wagenaar (2002)
- Community Trials, Holder (2000)
- A Matter of Degree, Weitzman (2004)
- Fighting Back, Hingson (2005)
- Sacramento Neighborhood Prevention, Treno, (2007)
- State Coalitions to Reduce Underage Drinking, Wagenaar (2007)
- Neighborhoods Engaging with Students (NEST), Saltz (2009)
- College community program, McCartt et al. (2009)
- Communities That Care, Hawkins et al. (2009)
- Safer California Universities, Saltz et al. (2010)
- Study to Prevent Alcohol Related Consequences (SPARC), Wolfson et al. (2011)
- Cherokee Nation, Komro et al. (2017, 2018)
- California Native American, 2019 (Moore)



- Comprehensive community interventions address college age and underage drinking at multiple levels
 - Coordinate multiple city departments
 - Clear measurable Objectives and Strategic Plans
 - Combine Education and Law Enforcement
 - Include screening and early interventions
 - Use Data to Plan and Evaluate
 - Involve Private Citizens – Be Inclusive
 - Involve Youth





Tanner-Smith & Lipsey, Brief alcohol interventions for adolescents and young adults: A systematic review and meta-analysis, J Subst Abuse Treat, 2014

Methods:

- A comprehensive literature search yielded 185 experimental studies of brief alcohol interventions (universal, selective, or indicated) aimed at reducing alcohol use or alcohol-related problems among adolescents ages 11-18 and young adults ages 19-30

Results:

- Overall, brief alcohol interventions significantly reduced:
 - Alcohol consumption
 - Alcohol-Related problems
- Effects persist up to one year
- Effects:
 - Did not differ by:
 - Intervention length
 - Intervention format
- Benefits greater with risky adolescent drinkers



Scott-Sheldon et al. Efficacy of Alcohol Interventions for First-Year College Students, *J Clin Consult Psych*, 2014



Methods

- Reviewed 41 studies with 62 individual or group interventions

Results: Compared to control subjects

- Recipients of interventions reduced alcohol consumption and related problems up to 4 years past intervention
- Individual and group interventions yielded comparable results on most outcomes
- Individual reduced heavy drinking more than group interventions
- Computer and face-to-face were equally effective
- Effective interventions components:
 - Personalized feedback
 - Protective strategies to moderate drinking
 - Setting alcohol related goals
 - Challenging alcohol expectancies
- Interventions with 4 or more components were most effective
- Recommend routine screening all incoming college students



DiClemente et al., Motivational Interviewing, Enhancement, and Brief Interventions Over the Last Decade, Psychol Addict Behav, 2017

- Twenty literature reviews covering thousands of individuals: “provide significant and strong support for the effectiveness of both clinical and brief motivational interventions in reducing drinking with alcohol misusing:
 - Adults
 - College Students
 - Adolescent students
- Brief motivational interventions for marijuana seems to have substantial support for effectiveness in reducing use (7 reviews and 2 of brief interventions)
- The evidence is insufficient to make solid conclusions about efficacy of motivational interventions with opiate and methamphetamine use

Young Adults at Risk for Excess Alcohol Consumption are Often Not Asked or Counseled About Drinking

- 2/3 of 18-39 year olds nationwide saw a physician in the past year
- Only 14% of them (12% 18-20 year olds):
 - Were asked about their alcohol consumption and
 - Given advice about what drinking patterns pose risk to health
- Persons 18-25:
 - Were most likely to exceed low-risk drinking guidelines (68% vs. 56%)
 - Were least likely to have been asked about their drinking (34% vs. 54%), especially those under age 21 (26%)



Helen Marie Witty

Source: Hingson et al.,
J Gen Intern Med, 2012



Next Generation Health Study, Wave 1, National Survey (N=2,519 10th graders average age 16)

- 82% saw a doctor in the past year
- At their last MD visit:

All Respondents	Drinking alcohol	Smoking	Other Drug use
Doctor asked about	54%	57%	55%
Advised about related health risks	40	42	40
Advised to reduce or stop	17	17	17
Frequent Substance Users	Drunk	Smoking	Other Drug use
Doctor asked about	60%	58%	56%
Advised about related health risks	52	46	54
Advised to reduce or stop	24	36	42

- Drunk, smoking 6+ times past month: 7%, 9%
- Drugs 6+ times past year: 5%

Source: Hingson et al., *Pediatrics*, 2013

Interagency Coordinating Committee on the Prevention of Underage Drinking

#SoberTruth4Youth



STOP
UNDERAGE DRINKING
www.stopalcoholabuse.gov



www.samhsa.gov/gov/underage-drinking