

MODULE 6: SUBSTANCE USE

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Substance Use: Addressing Addiction and Emerging Issues

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Public Health
Learning Modules

Using Healthy People 2020
to Improve Population Health

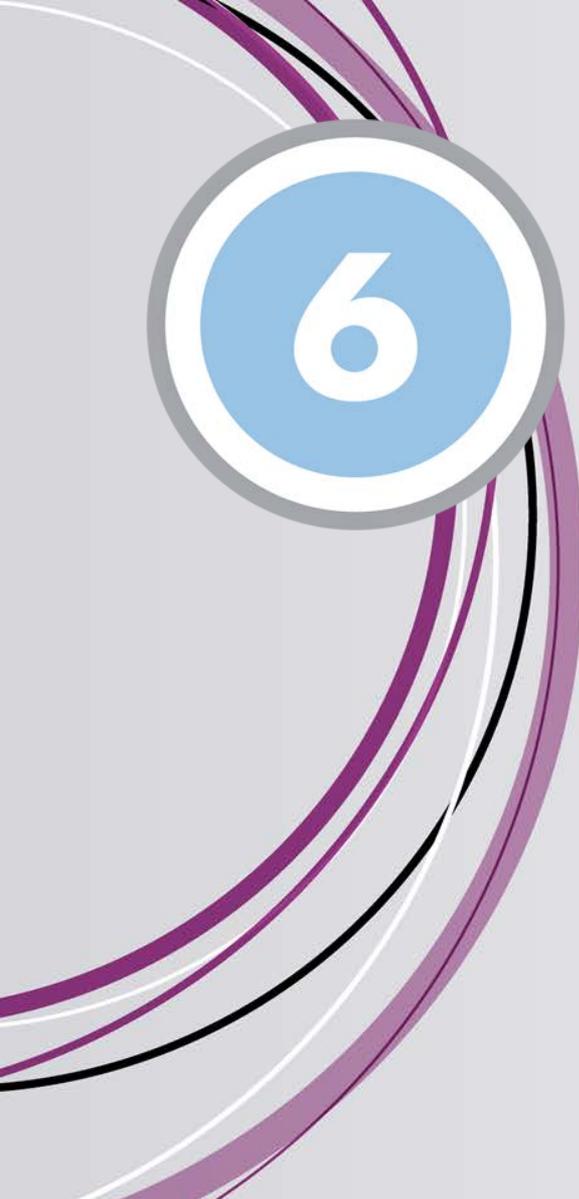


ASSOCIATION FOR PREVENTION TEACHING AND RESEARCH



College of Health Professions
and Social Work
TEMPLE UNIVERSITY*

Module 6: Substance Use: Addressing Addiction and Emerging Issues



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Part 2: Underage Drinking and Driving



Public Health
Learning Modules

Using **Healthy People 2020**
to Improve Population Health

Healthy People 2020 Substance Abuse

- Objective SA-1:
 - Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who has been drinking alcohol.
- Learning Objective of Module 2:
 - Improve knowledge of the prevalence, issues, challenges and opportunities for reducing the prevalence of underage drinking and driving in the US through current policies and preventive programs

Underage Drinking & Driving Defined

- Federal and most state laws prohibit “ingestion of alcohol” in individuals < 21 years.
- All states prohibit possession, purchase and consumption of alcoholic beverages by persons under 21 years (minor)
- Most states prohibit adults from providing alcoholic beverages to minors
- The laws permitting and restricting alcohol vary from state to state.

[NIAAA, 2013]

Underage Drinking & Driving

“Teens are at far greater risk of death in an alcohol-related crash than the overall population, despite the fact they cannot legally purchase or publicly possess alcohol in any state.”

[Highway Traffic Safety Administration, ud].

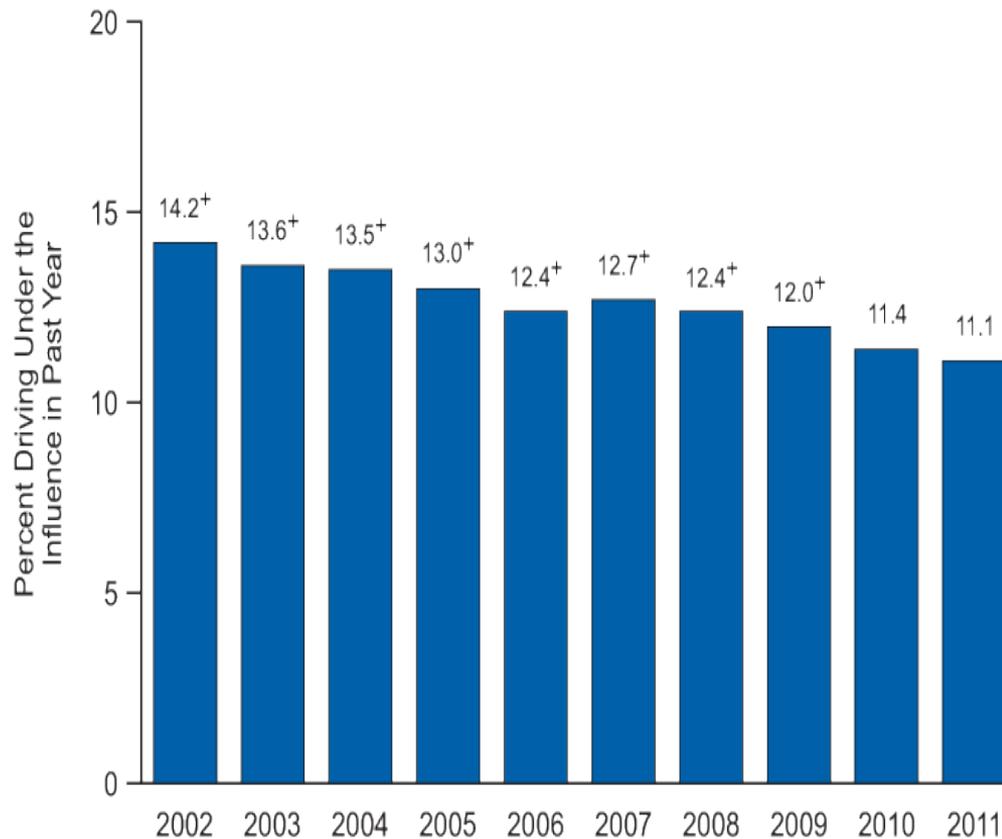
- 1 in 5 teen drivers involved in fatal crashes had some alcohol in their system in 2010; 81% had blood alcohol levels > the legal limit for adults.

[CDC, 2012]

Prevalence of Underage Drinking & Driving

- Alcohol is the most commonly used drug among minors (< 21 yrs)
[NIAAA, 2013]
- In 2012, an estimated 29.1 million (11.2 percent) of persons aged 12 or older drove under the influence of alcohol at least once in the past year
[SAMHSA, 2012]

Trends: Underage Drinking & Driving



Driving Under the Influence of Alcohol in the Past Year among Persons Aged 12 or Older: 2002-2011 [SAMHSA, 2012: Figure 3.4]

Impacts of Underage Drinking < 15 Years (2011)

- More than 5 times more likely to develop alcohol dependence or abuse later in life than those started drinking at 21 years or older
[Hingson, et al., 2006]
- More than 4 in 10 eventually become dependent on alcohol
- Teens with a major depressive episode are 2x as likely to take 1st drink or use drugs as those without major depressive episode
- > 67% of early drinkers will try an illicit drug
- Risks for these problems greater for youths who binge drink

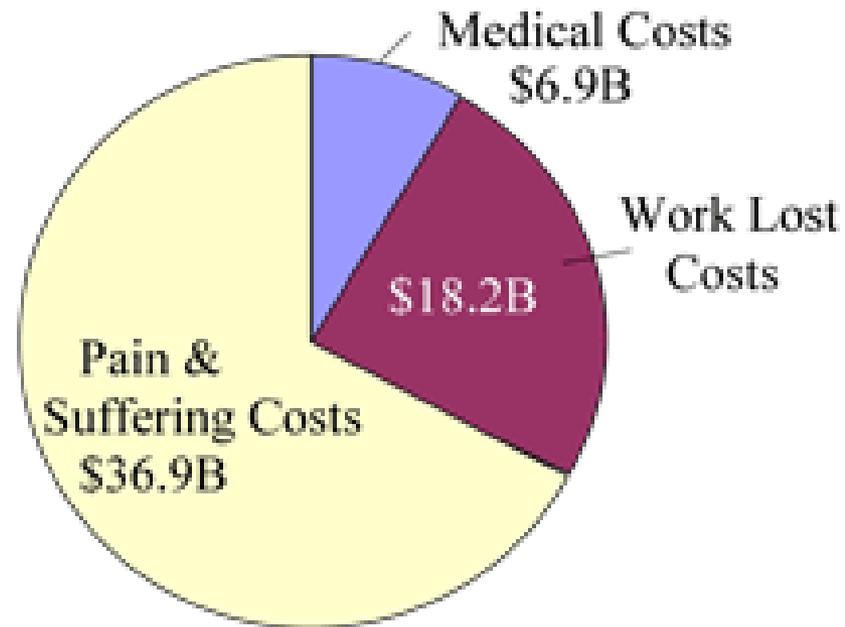
[NIAAA, 2013; SAMHSA, 2012; Miller, et al., 2007]

Consequences of Underage Drinking

- Trauma/Injuries:
 - Alcohol-related car crashes & other unintentional traumatic injuries (e.g. burns, falls, drowning)
- Mental health:
 - Higher risk for from suicide & homicide; Death from alcohol poisoning
 - Abuse of other drugs;
- Behavioral:
 - Social problems, e.g. fighting, uninvolved in youth activities
 - School problems, higher absenteeism, poor/failing grades
- Physiological:
 - Changes in brain development-may have life-long effects (e.g. Memory problems)
 - Hangovers, illnesses, high risk sex, unplanned pregnancies, fetal alcohol syndrome
- Legal:
 - Arrests for driving, physically hurting others, violent crimes, property damage

Economic Impacts of Underage Drinking Levels (2011)

Costs of Underage Drinking United States, 2010 \$



Total: \$62.0 billion

[Underage Drinking Enforcement Training Center, 2011]

Challenges: Underage Drinking & Driving

- Underage drinking & driving is still a serious public health problem
- Uniform state minimum legal drinking age laws are an effective strategy to
 - Reduce the number of teens drinking and driving
 - Reduce & prevent serious injuries and mortality
- Need universal state minimum legal drinking age laws across all states & District of Columbia
- Alcohol is readily available despite laws & regulations prohibiting sales to minors
- Continued negative short- and long-term consequences attributed to drinking and driving
 - Increased risk for alcohol addiction
 - Impact on developing human brain

Strategies for Reducing Underage Drinking

Legal

- Advocate for standardization of minimum drinking age of 21 across all states
- Implement consistent & frequent, well-publicized monitoring and enforcement of laws against sales to minors
- Enact and enforce zero tolerance laws for drivers < 21 years
- Conduct sobriety checkpoints for impaired drivers
- Enact and enforce graduated driver licensing (GDL) laws
- Impose and monitor restrictions on access of alcohol in on-site (e.g. bars) and off-site (e.g. retail stores) to minors

[Johnston, et al., 2011; CDC 2012]

Strategies for Reducing Underage Drinking

State & Local Government

- Implement policies on availability of alcohol & enforcement of laws prohibiting access for minors
- Implement zoning ordinances to control density and location of businesses that sell and/or serve alcohol
- Educate of merchants/retailers about the laws
- Increased monitoring and enforcement of compliance
- Application of appropriate penalties for noncompliance, use of false identification
- Development of community support for enforcement
- Engage parental support and involvement
- Reduce availability of alcohol (friends, family, other adults)
 - Keg registration laws
 - ‘Shoulder tap’ activities
 - “Party patrols”

Strategies for Reducing Underage Drinking

Local

- Create community norm against underage drinking & driving
- Educate community & local businesses
- Engage in advocacy initiatives
- Support community-based substance abuse support organizations and services

[Johnston, et al., 2011; CDC 2012]

Strategies for Reducing Underage Drinking

School

- Implement policies that prohibit alcohol on school property and events
- Develop prevention curricula, peer programs, social norms programs
- “Media literacy programs” to increase minors’ awareness of advertising techniques and strategies

[Johnston, et al., 2011; CDC 2012]

Success of Minimum Age Drinking Laws

- Uniform minimum legal drinking age laws are considered one of the most successful public health policies
- Laws are credited with saving
 - ~ 24,000 lives in traffic accidents alone since 1975 (NHTSA)
 - Many thousands of other injuries
 - Preventing countless deaths and injuries

[NIAAA, 2013; CDC, 2012; Surgeon General, 2007]

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