

ALCOHOL, TOBACCO AND MARIJUANA USE AMONG LANE COUNTY 8TH AND 11TH GRADERS AND THE CONSEQUENCES OF THEIR USE

2003 HEALTHY TEENS DATA:

Underage drinking is a major problem in Lane County

- One in four 8th graders (24.6%) have already been drunk at least once by age 14.
 - Almost one in three 11th graders (27.2%) have already been drunk at least once by age 14.
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- More than 1 in 10 eighth graders (11%) have binge drunk alcohol (more than 5 glasses of alcohol in one setting) in the last 30 days.
 - More than 1 in 5 eleventh graders (21%) have binge drunk alcohol (more than 5 glasses of alcohol in one setting) in the last 30 days.
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- Almost one in four 8th graders (23%) drank alcohol (most likely beer) at least once during the last 30 days.
 - More than 4 in ten 11th graders (42%) drank alcohol (most likely beer) at least once during the last 30 days.
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Source: 2003 Oregon Healthy Teens Survey information on Lane County 8th and 11th graders

Tobacco use among youth is a problem in Lane County

- 10% of Lane County 8th graders smoked cigarettes in the last 30 days.
 - 19% of Lane County 11th graders smoked cigarettes in the last 30 days;
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- 18% of Lane County 8th graders began smoking before age 13.
 - 23% of 11th graders began smoking before age 13.
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Source: 2003 Oregon Healthy Teens Survey information on Lane County 8th and 11th graders

Marijuana use among youth is a problem in Lane County

- 14% of 8th graders began using marijuana before age 13.
 - 9% of 11th graders began using marijuana before age 13.
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- 14% of 8th graders used pot in the last 30 days.
 - 26% of 11th graders used pot in the last 30 days.
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- Almost one in seven of 8th graders (14%) were offered illicit drugs on school property.
 - More than 1 in five 11th graders (22%) were offered illicit drugs on school property.
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Source: 2003 Oregon Healthy Teens Survey information on Lane County 8th and 11th graders

OTHER IMPORTANT DATA & TIPS:

A major indicator of adult problem drinking or alcoholism is early onset of use of alcohol.

Two children in five, (40%) who begin abusing alcohol prior to age 15 will become alcoholics at some point in their lives. Source: NIAAA

If the onset of drinking is delayed by 5 years, the child's risk of serious alcohol problems diminishes by 50%. Source: NIAAA

Of the 6333 adults enrolled in Lane County's publicly funded alcohol and drug treatment programs in 2003, 39% of them (2475) began their substance abuse prior to their 16th birthday. Source: CPMS data 2003 OMHAS

In Lane County, one in 8 of us (43,000 Lane County citizens) has alcohol/other drug problems. Source: 2002 Lane County Data Book - OMHAS

Nationally, one in four youth (25%) has a parent who drinks or does drugs too much. Source: NIAAA

Youth at highest risk for alcohol-related problems are those who:

- Begin using alcohol or other drugs prior to age 15
 - Have a parent who is a problem drinker or an alcoholic
 - Have close friends who use alcohol and/or other drugs
 - Have been aggressive, anti social, or hard to control from an early age
 - Have experienced child hood abuse and/or other major traumas
 - Have current behavioral problems and /or are failing at school
 - Have parents who do not support them, do not communicate openly with them, and do not keep track of their behavior or whereabouts.
 - Experience ongoing hostility or rejection from parents and/or harsh, inconsistent discipline.
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Note: The more of the above experiences a child has had, the greater the chances that s/he will develop problems with alcohol. Having one or more risk factors does not mean that a child will develop a drinking problem. It does suggest that parents/ caregivers need to act now to help protect the youngster from later problems. Source: National Institute on Alcohol Abuse and Alcoholism

Drug Prevention Works. Here are a few ideas for parents.

- Children are 36% less likely to use pot if their parents or caregivers talk early and often about the risks of drug abuse (theantidrug.com)
 - Teens cite their parents as one of the largest influences in their decision not to use drugs (PDF)
 - Remind your child how important s/he is to you. Say "I love you" often. Help your child understand that you will do anything to protect him or her from tobacco, alcohol or other drugs (theantidrug.com)
 - Wait up or wake up to greet a child who has been out with friends. A hug, kiss and a look into your child's eyes are effective ways to determine if s/he has been smoking, drinking or doing drugs (theantidrug.com)
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- Adults: Examine your own behavior. If you abuse drugs or alcohol, know that your kids are inevitably going to pick up on it. . Let your child see that you have other healthier ways to cope with stress such as exercise, listening to music, talking things over with your family members. (theantidrug.com)
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- Don' be afraid to ask where your kids are going, who they'll be with and what they will be doing. Get to know your kids' friends -so you're familiar with their activities (theantidrug.com)
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- Know where your child is going when s/he leaves the house. If you have any doubts, verify (theantidrug.com).
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- Make it clear that your child's use of alcohol, tobacco or other drugs is unacceptable - in any situation (theantidrug.com)
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