

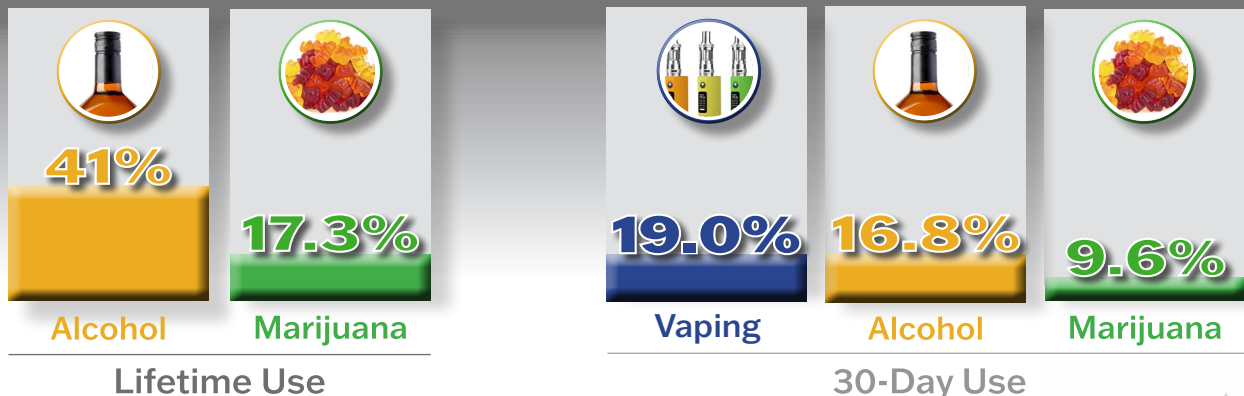
**Underage drinking affects the health and well-being of not only the adolescents who drink alcohol, but also their families, communities, and society overall.** <sup>1</sup>

**PA adolescents report the following sources and methods of acquiring alcohol.** <sup>2</sup>

- 25%** get their alcohol from parents
- 34%** took it from their home or a friend's home without permission
- 41%** took it from a family member living in the same house



**Alcohol continues to be one of the leading substances of choice for adolescents.** <sup>2</sup>



**Some teenagers regularly use drugs or alcohol to compensate for anxiety, depression, or a lack of positive social skills.** <sup>3</sup>



1: [https://store.samhsa.gov/sites/default/files/SAMHSA\\_Digital\\_Download/PEP21-03-11-002.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-03-11-002.pdf)  
2: <https://www.pccd.pa.gov/Juvenile-Justice/Documents/2019%20PAYS/State%20of%20Pennsylvania%20Profile%20Report.Final.pdf>  
3: [https://www.aacap.org/aacap/Families\\_and\\_Youth/Glossary\\_of\\_Symptoms\\_and\\_Illnesses/Alcohol\\_and\\_Drug\\_Abuse.aspx](https://www.aacap.org/aacap/Families_and_Youth/Glossary_of_Symptoms_and_Illnesses/Alcohol_and_Drug_Abuse.aspx)

# Community Education Talking Points

## Talking Point 1: Consumption and COVID-19

A national survey of U.S. adults on their drinking habits found that excessive drinking\* increased 21% during the COVID-19 pandemic. <sup>1</sup> For a typical adult, excessive drinking means consuming 4 or more drinks (female), or 5 or more drinks (male) in about 2 hours. <sup>5</sup>

- Reasons participants gave for the increase in their drinking habits: <sup>2</sup>
  - 45.7% Increased Stress
  - 34.4% Increased Alcohol Availability
  - 30.1% Boredom
- The number and rate of alcohol-related deaths among individuals 16 and older increased approximately 25% between 2019 and 2020, the first year of the COVID-19 pandemic. <sup>3</sup>

We are seeing a disproportionate effect of the pandemic on women's alcohol use. <sup>2</sup>

- There was a 41% increase of excessive drinking in 2020. <sup>4</sup>
- There was a 39% increase of adverse consequences associated with alcohol use in the past 3 months in 2020. <sup>4</sup>



- 1: <https://news.harvard.edu/gazette/story/2022/01/covid-related-drinking-linked-to-rise-in-liver-disease/#:~:text=Scientists%20estimate%20that%20a%20one,of%20liver%20cancer%20by%202040.>
- 2: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7763183/>
- 3: [https://jamanetwork.com/journals/jama/fullarticle/2790491?guestAccessKey=f004c6d0-6a89-4b10-836f-6935bdf67a76&utm\\_source=silverchair&utm\\_medium=email&utm\\_campaign=article\\_alert-jama&utm\\_content=olf&utm\\_term=031822](https://jamanetwork.com/journals/jama/fullarticle/2790491?guestAccessKey=f004c6d0-6a89-4b10-836f-6935bdf67a76&utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jama&utm_content=olf&utm_term=031822)
- 4: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975>
- 5: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/binge-drinking>



## Talking Point 2: Adolescent Use In

There is an association between alcohol use and youth who report having depressive symptoms. <sup>1</sup>

- No Symptoms: alcohol use in the past 30 days
- Moderate Symptoms: alcohol use in the past 30 days
- High Symptoms: alcohol use in the past 30 days
  - students who reported high or moderate depressive symptoms reported alcohol use.

There is no single reason why adolescents use alcohol, but access plays a role. <sup>2</sup>

- Access methods for adolescents <sup>1</sup>
  - get their alcohol from parents
  - took it from their home or a friend's home without permission
  - took it from a family member living in the same house

- 1: <https://www.pccd.pa.gov/Juvenile-Justice/Documents/2019%20PAYS/State%20of%20Pennsylvania%20Profile%20Report.Final.pdf>
- 2: <https://drugfree.org/article/top-8-reasons-teens-try-alcohol-drugs/>

**Start Taking Action.**  
**Protect Our Children.**

Scan this code to access  
our alcohol information toolkit.

**Learn More.**  
**PAStart.org**

 Commonwealth Prevention Alliance

