



Alcohol

50% of Delaware women reported regular alcohol use and

12% reported binge drinking (BRFSS, 2018).



Alcohol: Mortality & Morbidity

- According to the World Health Organization, 2.1% of deaths among US females in 2016 were related, in part, to alcohol use (WHO, 2018).
- Alcohol related deaths increased dramatically among women (by 85%) between 1999 and 2017 (White et. al, 2020).
- Unsafe alcohol consumption can affect a woman's heart, liver, reproductive system, and brain (CDC, 2019).



Alcohol: Women, Pregnant Women, & Girls



The CDC cautions that drinking alcohol while pregnant is unsafe for the developing fetus and can have lasting effects (CDC, n.d.).

The CDC also reports (2019):

Approximately 12% of women reported drinking alcohol while pregnant.

Approximately 4% of pregnant women reported binge drinking in the past month.

Sources:
 "Alcohol-Related Deaths Increasing in the United States." National Institutes of Health, U.S. Department of Health and Human Services, 10 Jan. 2020, www.nih.gov/news-events/news-releases/alcohol-related-deaths-increasing-united-states.
 Denny CH, Acero CS, Naimi TS, Kim SY. Consumption of Alcohol Beverages and Binge Drinking Among Pregnant Women Aged 18–44 Years — United States, 2015–2017. MMWR Morb Mortal Wkly Rep 2019;68:365–368. DOI: <http://dx.doi.org/10.15585/mmwr.mm6816a1>.
 Aaron White, PhD, I-Jen P. Castle, PhD, Ralph Hingson, ScD, Patricia Powell, PhD. Using death certificates to explore changes in alcohol-related mortality in the United States, 1999–2017 Alcoholism: Clinical and Experimental Research. Published online January 8, 2020.
 Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2018].
 World Health Organization (WHO). Global Status Report on Alcohol and Health 2018, p367. Available at <https://apps.who.int/iris/bitstream/handle/10665/274603/9789241565639-eng.pdf?ua=1>

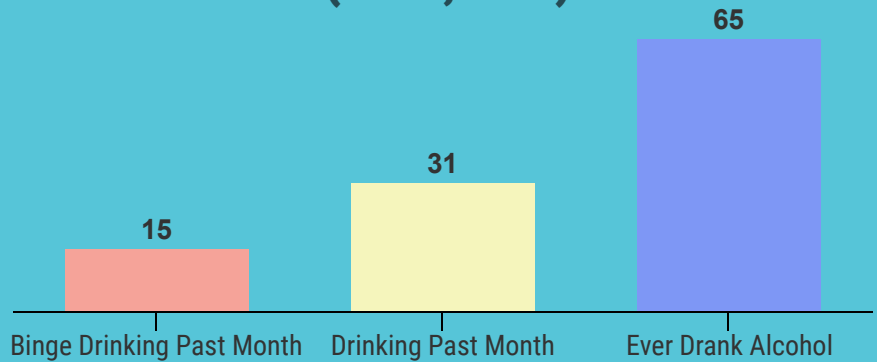


Alcohol in Middle School

26% of Delaware female middle school students report they ever had a drink and

9% report drinking alcohol in the past month.

Alcohol Consumption Rates (%) Reported by Delaware Female High School Students (YRBS, 2017)



Alcohol: Women, Pregnant Women, & Girls



Alcohol & Age at First Drink

15% of Delaware high school females report having their first drink before age 13 and

8% of Delaware middle school females report having their first drink before age 11.



In a survey of over 43,000 individuals, adolescents who started drinking before age 14 were more likely to report lifelong and past year dependence and multiple alcohol related episodes (Hingson, Heeren & Winter, 2006).

Sources: Hingson, R. W., Heeren, T., & Winter, M. R. (2006). Age at Drinking Onset and Alcohol Dependence. Archives of Pediatrics & Adolescent Medicine, 160(7), 739. doi:10.1001/archpedi.160.7.739 "Underage Drinking." National Institute on Alcohol Abuse and Alcoholism, U.S. Department of Health and Human Services, pubs.niaaa.nih.gov/publications/AA67/AA67.htm.

School Survey Data: 2017 Youth Risk Behavior Survey administered by University of Delaware Center for Drug and Health Studies.

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