Alcohol

Approximately 51% of Delaware women reported regular alcohol use and about 12% reported binge drinking (BRFSS, 2022).

Alcohol: Mortality & Morbidity

- Alcohol-related deaths increased by 14.7% per year between 2018 and 2020 for women in the U.S. (Karaye et al., 2023).

- The Alcohol-Related Disease Impact from 2015-2019 estimates that each year there are more than 43,000 female deaths attributable to excessive alcohol use, making alcohol one of the leading preventable causes of death in the U.S. behind tobacco, poor diet/physical inactivity, and illegal drugs (CDC).

Alcohol: Women, Pregnant People, & Girls

According to the CDC (2022):

Approximately 14% of pregnant adults in the U.S. reported current drinking.

Approximately 5% of pregnant adults reported binge drinking in the past month.

The CDC warns that there is no safe amount of alcohol use during pregnancy, as it can cause harm to a developing fetus, along with other long-lasting impacts (CDC, 2023).

Sources:
- https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2807706
Alcohol in Middle School

17% of Delaware female middle school students report they have ever had a drink. (YRBS, 2021)

Alcohol Consumption Rates (%) Reported by Delaware Female High School Students (YRBS, 2021)

<table>
<thead>
<tr>
<th>Binge Drinking Past Month</th>
<th>Drinking Past Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>26</td>
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</tbody>
</table>

The percentage of Delaware female high school students who currently drank alcohol decreased from 2011 to 2021 (YRBS).

Alcohol: Women, Pregnant People, & Girls

Alcohol & Age at First Drink

15% of Delaware high school females report having their first drink before age 13 and 6% of Delaware middle school females report having their first drink before age 11. (YRBS, 2021)

Alcohol can alter young people's development, potentially affecting both brain structure and function.

Research shows that people who start drinking before the age of 15 are 4x more likely to meet the criteria for alcohol dependence at some point in their lives. (National Institute on Alcohol Abuse and Alcoholism, 2020)

Sources:

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