

# DFCC

ACTION TEAM TO PREVENT  
UNDERAGE DRINKING &  
TOBACCO USE



# UNDERAGE & BINGE DRINKING FACT SHEET

## Statistics:

- 36% of Garrett County high school youth drank alcohol in the past 30 days. (MD YRBS 2016)
- 23.3% of Garrett County high school youth reported binge drinking in the past 30 days. (MD YRBS 2016)
- Garrett County's underage drinking trends are slowly decreasing, but are still consistently higher than the state rates.
- Most Garrett County high school youth (77.3%) believe their parents would disapprove if they used alcohol regularly. (Garrett County Core Measure Survey, 2017)

## Core Messages:

- Alcohol is the most commonly used and abused drug among youth in the United States.
- More than 90% of alcohol consumed by youth is consumed in the form of binge drinking. On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.
- Youth who start drinking before age 15 years are five times more likely to develop alcohol dependence later in life than those who begin drinking at or after age 21 years.
- Youth report that the most common source for alcohol is from social sources such as friends, relatives, or other adults.



For more information, resources, and community tools, visit

**[drugfreegarrettcountry.org](http://drugfreegarrettcountry.org)**



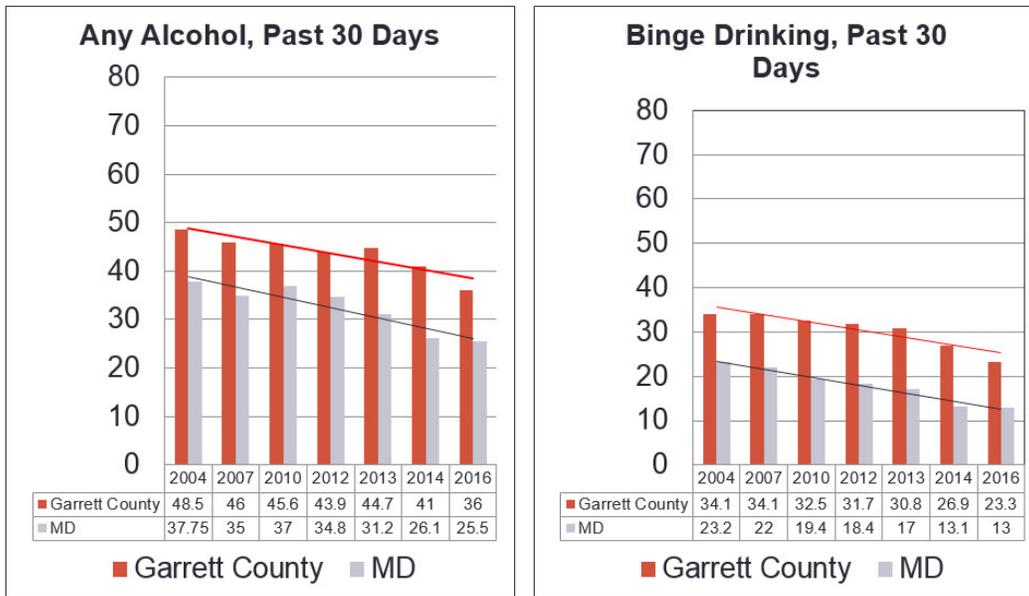
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## Alcohol Use, High School



Source: Maryland Youth Risk Behavior Survey



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