

# Alcohol Consumption and Teen Pregnancy

## 2013 Michigan Youth Risk Behavior Survey

Teen births in Michigan have declined to the lowest level ever recorded, however, in 2012, there were almost 9,000 live births among teens aged 15 to 19.

A strong association exists between alcohol use and risky sexual behavior, such as having unprotected sex, multiple sexual partners, transmission of sexually transmitted infections and unintended pregnancy.

Preventing excessive alcohol use among high school students may reduce risky sexual behaviors and outcomes, such as teen pregnancy.

Among Michigan high school students who binge drink:

- 3 out of every 4 report having sex in their lifetime
- 1 in 5 report having 6 or more sexual partners
- Almost half report using alcohol or drugs the last time they had sex
- Significantly more report having sex before the age of 13, being forced to do sexual things, including being forced to have sex, compared to nondrinkers.

### Definitions

**Nondrinker:** Reported no alcohol consumption in past 30 days

**Nonbinge drinker:** Reported consuming at least 1 drink, but less than 5 or more drinks on an occasion in past 30 days

**Binge drinker:** Reported consuming at least 1 drink and 5 or more in a row in past 30 days

**95% CI:** a range of values describing the uncertainty surrounding an estimate; the larger a confidence interval is for a particular estimate, more caution should be used when using the estimate

	Nondrinker	Nonbinge Drinker	Binge Drinker
	% (95% CI)	% (95% CI)	% (95% CI)
Lifetime Sex	24 (21, 28)	55 (49, 60)	76 (72, 80)
Had Sex before Age of 13	2 (1, 3)	3 (2, 5)	9 (7, 11)
Number of Lifetime Sexual Partners			
1	57 (52, 62)	52 (44, 59)	32 (28, 36)
2	20 (15, 24)	21 (15, 28)	15 (11, 18)
3	10 (7, 13)	12 (6, 19)	18 (13, 23)
4	4 (2, 5)	6 (3, 9)	10 (7, 13)
5	3 (1, 4)	1 (0, 2)	6 (3, 8)
6+	7 (5, 10)	9 (4, 14)	20 (15, 26)
Had sex with 1 or more people in last 3 months	16 (13, 19)	36 (30, 42)	59 (55, 64)
Used a condom during last time having sex	65 (58, 72)	65 (58, 73)	55 (48, 63)
Used alcohol/drugs before last time having sex	7 (5, 9)	13 (7, 18)	42 (37, 48)
Forced to do sexual things by dating partner, 1 or more times in last year	7 (6, 8)	11 (7, 16)	14 (11, 18)
Physically forced to have sex in lifetime	6 (4, 7)	12 (9, 15)	15 (13, 18)

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### To reduce excessive alcohol consumption among youth,

the Community Preventive Services Task Force recommends the following evidence-based strategies:

- Enhance enforcement of laws prohibiting sales to minors
- Regulate alcohol outlet density
- Increase alcohol taxes
- Maintain limits on days and hours of alcoholic sales
- Enforce commercial host liability

### To prevent teen pregnancies,



Doctors, nurses & health care providers can:

- Encourage teens to delay sexual activity
- Encourage sexually active teens to consider the most effective reversible methods of birth control.

- Talk about using condoms correctly every time during sex to prevent sexually transmitted diseases, including HIV/AIDS, even if another birth control method is used.



Parents, guardians, and caregivers can:

- Talk with teens about normal sexual development, and how and when to say "no" to sex.

- Talk about using birth control and a condom every time they have sex.
- Know where their teens are and what they are doing, particularly after school.
- Be aware of their teen's use of social media and digital technology (e.g., cell phones, computers, tablets).

Created by the Alcohol Epidemiology Program, Michigan Department of Community Health. For additional information on excessive alcohol use, please visit: [www.michigan.gov/substanceabusepi](http://www.michigan.gov/substanceabusepi).



For additional information on the Community Guide Recommendations, please visit: [www.thecommunityguide.org/alcohol](http://www.thecommunityguide.org/alcohol).

Data provided by the Michigan Department of Education. For more information, please visit: [www.michigan.gov/yrbs](http://www.michigan.gov/yrbs).

