

MICHIGAN ALCOHOL SURVEILLANCE BRIEF



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Type of Alcohol Consumed by MI Youth

Excessive alcohol consumption contributes to an average of approximately 4,700 deaths among underage youth in the United States each year (e.g., from homicides, motor-vehicle crashes, and suicides) and an average of 60 years of life lost per death.¹ Although drinking by underage persons (<21 years) is illegal in every state, youth aged 12-20 years drink nearly 20% of all the alcohol consumed in the United States.² In 2005, a preliminary series of questions assessing the type of alcohol usually consumed were added to the Youth Risk Behavior Survey in Arkansas, Nebraska, New Mexico & Wyoming to obtain information on underage drinking. However, little is known about the specific types of alcoholic beverages currently consumed by Michigan youth. These data are important because numerous evidence-based strategies for reducing underage drinking rates are beverage-specific, including increasing alcohol excise taxes and increasing restrictions on the distribution and sale of alcoholic beverages.³

Data from the **2007 Michigan Youth Tobacco Survey (MiYTS)** can be used to determine the type of alcohol consumed in Michigan's teenagers. Among YTS respondents, the overall proportion of non-drinkers was 59.0%, while 41.0% of respondents reported being current drinkers and 31.3% reporting binge drinking. Overall, high school males and females had similar prevalence of

Alcohol Use Definitions

"Non-drinkers" were defined as not having one alcoholic drink during the past 30 days, while "current drinkers" were defined as having at least one alcoholic drink on at least 1 day during the past 30 days. "Binge drinking" was defined as having five or more drinks of alcohol in a row on at least 1 day during the past 30 days.

current (40.8% of males and 41.3% of females) & binge (32.1% of males and 30.4% of females) drinkers.

The table below indicates that alcohol consumption increases by grade level and is most common in non-Hispanic White students. Among current drinkers, liquor was the most widely used type of alcohol (38.1%) in the past 30 days for all sexes, grades and racial/ethnic groups. Beer was the next most commonly consumed type of alcoholic beverage (19.4%), followed by no usual type (15.5%) and malt beverages (15%). Wine coolers, wine and other types of alcohol were consumed at much lower frequencies in the past month compared to the alcoholic beverages listed above.

As seen in Figure 1, liquor was the most frequently consumed type of alcohol for both sexes. Beer was second most frequently consumed for males and malt beverages for females. More males than females reported 'no usual type of alcohol' consumed.

Figure 2 demonstrates that liquor was the most frequent beverage consumed for all grades and increased in prevalence with grade level. 9th graders reported more beer and malt

1. CDC. Alcohol Use Among High School Students --- Georgia, 2007. MMWR Aug 30/09 / 58(32); 885-890. 2. Foster SE, Vaughan RD, Foster WH, Califano JA Jr. Alcohol consumption and expenditure for underage drinking and adult excessive drinking. JAMA 2003;289:989-95. 3. CDC. Types of Alcoholic Beverages Usually Consumed by Students in 9th-12th Grades — Four States, 2005. MMWR July 2007 / 56(29); 737-740.

Prevalence of Type of Alcohol Usually Consumed Among Current Drinkers in 9th-12th grade - 2007 MiYTS

Characteristic	Current Drinker		Liquor		Beer		Malt Beverage		Wine Cooler		Wine		Other		No Usual Type	
	%	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)
Total	41.0	(38.7-43.2)	38.1	(27.6-48.7)	19.4	(15.7-23.0)	15	(11.1-18.8)	6.4	(0.8-11.9)	2.5	(1.0-4.0)	3.1	(2.1-4.2)	15.5	(10.8-20.2)
Sex																
Male	40.8	(37.9-43.7)	39.5	(29.1-49.8)	25.4	(21.9-28.8)	9.3	(7.5-11.1)	1.4	(0.1-2.6)	0.5	(0.0-1.1)	1.1	(0.7-2.2)	22.9	(12.7-33.1)
Female	41.3	(38.1-44.4)	36.7	(24.6-48.8)	13.1	(7.8-18.5)	21	(12.9-29.0)	11.7	(0.0-24.0)	4.7	(2.0-7.4)	5.3	(2.6-7.9)	7.6	(5.1-10.0)
Grade																
9th	33.8	(29.7-37.8)	29.7	(13.7-45.8)	23.1	(4.5-41.8)	23.6	(16.9-30.3)	6.6	(0.0-13.3)	4.5	(0.0-10.7)	3.2	(0.0-6.6)	9.1	(1.3-17.0)
10th	37.2	(33.5-40.9)	39.4	(26-52.8)	11.9	(3.5-20.3)	11	(0.8-21.3)	10.6	(0.0-22.8)	0.1	(0.0-0.4)	6.9	(1.8-12.1)	20	(7.6-32.5)
11th	52.4	(45.0-59.8)	38.7	(27.3-50.2)	20.3	(13.1-27.4)	10.5	(1.5-19.5)	4.9	(2.5-7.3)	4.2	(1.9-6.5)	1.5	(0-3.3)	19.8	(11.8-28.5)
12th	44.1	(38.6-49.7)	44.8	(35.6-54)	22.6	(16.6-28.6)	16.1	(12.0-20.2)	3.5	(0.9-6.2)	1	(0.0-2.2)	1	(0.2-1.8)	10.9	(5.0-16.9)
Race/Ethnicity																
White, non-																
Hispanic	43.9	(40.9-46.9)	38.2	(26.7-49.6)	20.4	(16.0-24.8)	15.5	(12.9-18.7)	6	(0.8-11.2)	3.1	(1.2-5.0)	3.5	(1.9-5.1)	13.3	(10.5-16.2)
Black, non-																
Hispanic	35.1	(28.1-42.2)	34.8	(15.4-54.2)	12.1	(5.9-18.3)	12.8	(0.0-27.2)	10.3	(1.8-18.7)	0.4	(0.0-1.4)	2	(0.0-5.1)	27.6	(10.3-45)
Hispanic	31.1	(11.9-50.3)	48	(18.1-77.9)	21.2	(5.4-37.1)	12.8	(0.6-25.0)	1.2	(0.0-3.1)	-	-	-	-	16.8	(0.0-34.8.2)

Type of Alcohol Consumed by MI Youth (Cont)

beverage than older students. Liquor was the most frequently consumed type of alcohol for all racial/ethnic groups. Hispanics reported higher liquor consumption prevalence than non-Hispanic Whites and Blacks. Beer was the second most commonly consumed beverage for non-Hispanic Whites and Hispanics, while for non-Hispanic Blacks, 'no usual type' was second most frequent. Consumption of wine and other types of alcohol were reported at very small frequencies for all sexes, grades and racial/ethnic groups.

In 2007, liquor was the most prevalent type of alcohol usually consumed by students in 9th-12th grades reporting current alcohol use in Michigan. It also was the most prevalent type across sex, grade and racial/ethnic groups. Binge drinkers reported the same preference in types of alcoholic beverages as current drinkers. Liquor use was reported at higher percentages by binge drinkers than current drinkers (data not shown.) This report provides convincing evidence of the need for policies and interventions to reduce the accessibility of alcohol by Michigan youth and the excessive consumption of alcohol. Understanding beverage type and brand consumption preferences are crucial in developing targeted interventions for youth.

This report's findings are similar to the 2005 MMWR "Types of Alcoholic Beverages Usually Consumed by Students in 9th--12th Grades --- Four States".⁴ Previous studies provide consistent evidence that increases in alcohol prices and alcohol taxes are associated with decreases in both excessive alcohol consumption and related harms, such as alcohol-impaired driving, non-motor vehicle mortality outcomes, and violence outcomes.¹ Alcohol excise taxes and greater enforcement of laws prohibiting sales to minors and prohibiting adults from supplying alcohol to underage youth would help to reduce the excessive alcohol consumption patterns reported in Michigan high school students.

Figure 1. Type of Alcohol Consumed by Current Drinkers by Sex

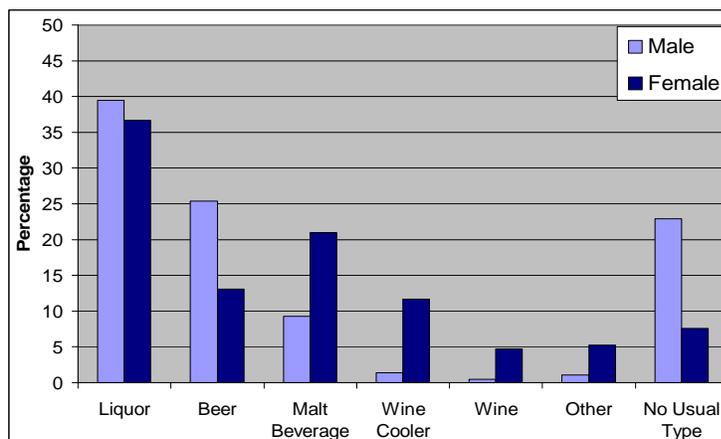


Figure 2. Type of Alcohol Consumed by Current Drinkers by Grade

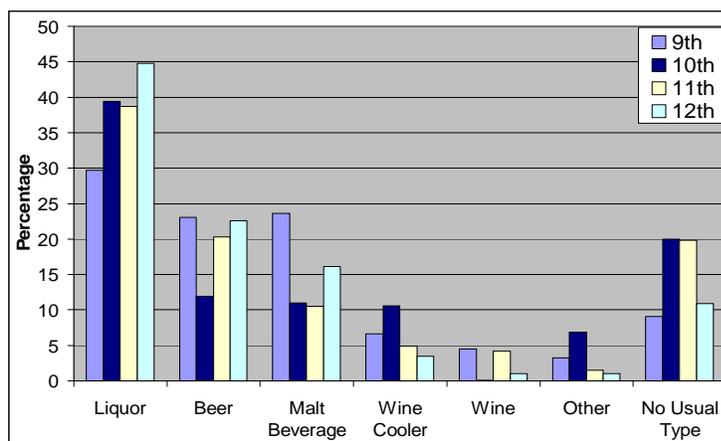
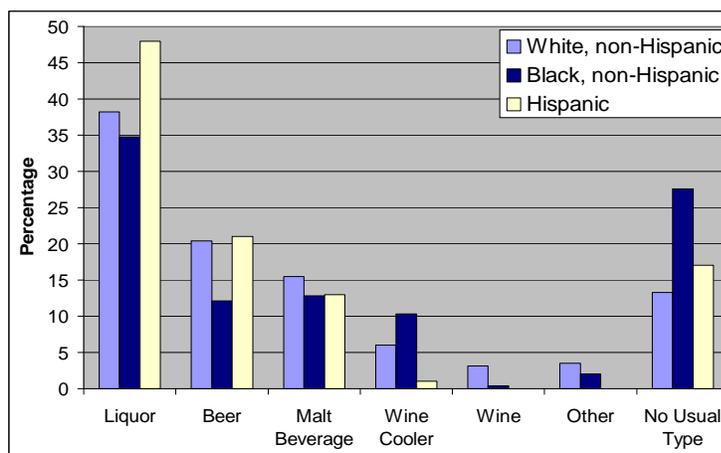


Figure 3. Type of Alcohol Consumed by Current Drinkers by Race/Ethnicity



4. MMWR July 2007 / 56(29); 737-740 (<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5629a3.htm>) 5. The Community Guide. Preventing Excessive Alcohol Consumption: Increasing Alcohol Taxes. Available at: <http://www.thecommunityguide.org/alcohol/index.html>

The 2007 Michigan Youth Tobacco Survey was designed by the Centers for Disease Control and Prevention for Michigan Department of Education and MDCH as part of the National Youth Tobacco Survey (NYTS). The Michigan YTS was completed by 2,645 13- to 18- year old students in grades 9-12 in 53 public high schools in Michigan during the 2007 academic school year. The 2007 overall response rate in Michigan was 69% compared to the 2006 national overall response rate of 80%. Prevalence estimates are representative of all students in grades 9-12 attending public schools in the state of Michigan. For more information on the YTS, visit: http://www.cdc.gov/tobacco/data_statistics/surveys/nyts/index.htm