

Consequences of Underage Drinking in Michigan Youth

Unhealthy Weight Control Behavior

Michigan Youth have an *unrealistic* perception of their own weight.

- Current & nondrinkers described themselves as “overweight” at **higher percentages** than reported based on their self-reported Body Mass Index (BMI*)
- 14% of current & nondrinkers reported themselves as **overweight** (through self-reported BMI*)
- 51% of current drinkers were **trying to lose weight** compared to 43% of nondrinkers.

Current Drinkers were more than *two times* as likely to report unhealthy weight loss behavior.

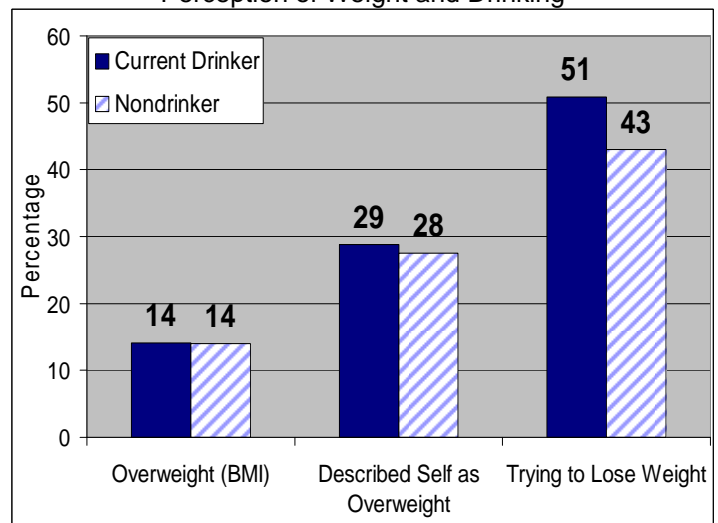
In the previous 30 days:

- 18% of current drinkers **fasted for 24 hours or longer** to lose or maintain weight compared to 8% of nondrinkers.
- 9% of current drinkers took **diet pills, powders or liquids** to lose or maintain weight compared to 4% of nondrinkers.
- 9% of current drinkers **vomited or took laxatives** to lose or maintain weight compared to 3% of nondrinkers.

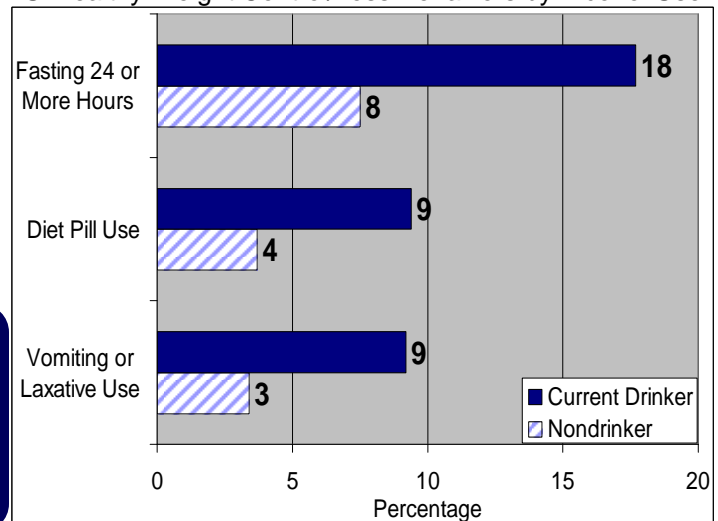
“Nondrinkers” reported not drinking any alcohol in the past 30 days. “Current drinkers” reported having at least one drink of alcohol in the past 30 days. “Youth” are 9th-12th grade students attending Michigan public high schools. **BMI” is a measure of body fat based on weight & height, for more information, visit: <http://cdc.gov/healthyweight/assessing/index.html>



Perception of Weight and Drinking



Unhealthy Weight Control/Loss Behaviors by Alcohol Use



Michigan Department of Community Health



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Bureau of Epidemiology, Alcohol Epidemiology Program. 201 Townsend Street, Lansing, Michigan 48913 (517) 335-8350. Based on the 2009 Youth Risk Behavior Survey, for more information please visit: <http://www.michigan.gov/yrebs>