

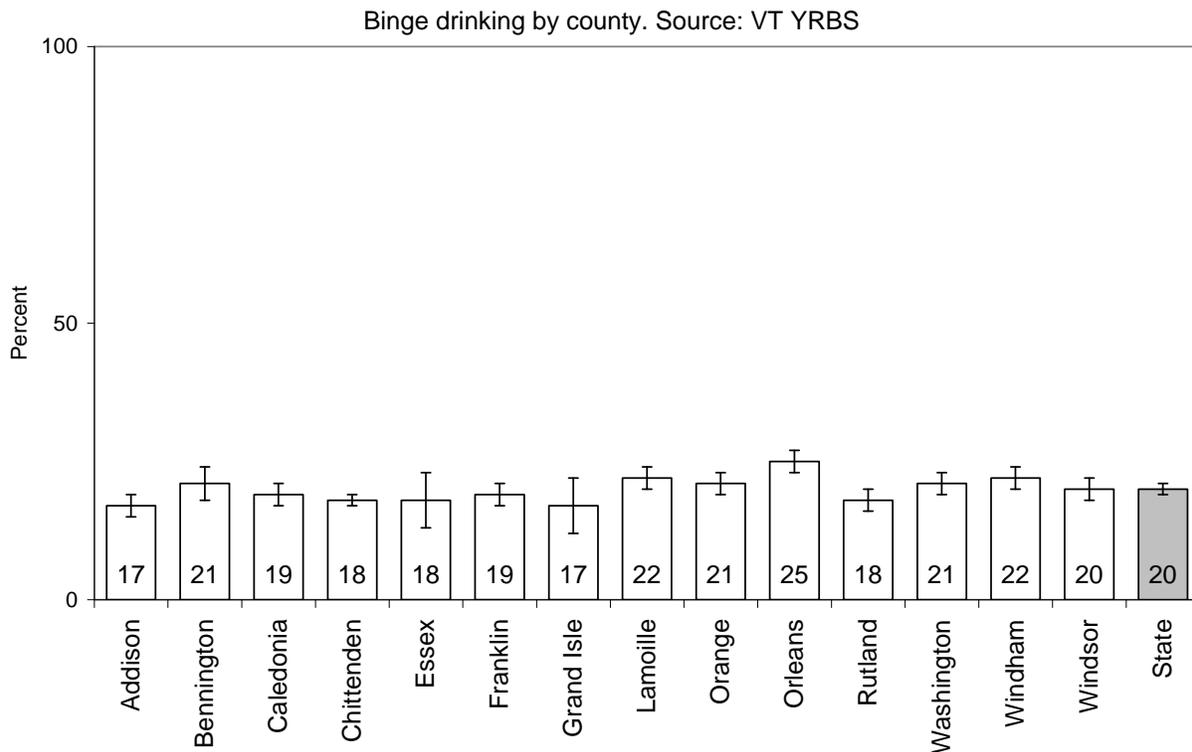
# Vermont Youth Risk Behavior Survey

## Data Brief

### Binge Drinking

One in five public school students in grades 8-12 reported binge drinking, or having “5 or more drinks of alcohol in a row, that is, within a couple of hours,” at least once in the past 30 days.

Binge drinking increases as students get older — 34% of students in 12th grade reported binge drinking, compared to 6% of students in 8th grade. Students whose mothers did not graduate from high school were more likely to report binge drinking (30%) than students whose mothers graduated from college (18%). There were no differences by sex or by county of residence.



Students who binged in the past 30 days were more likely to report participating in other risky behaviors, such as smoking cigarettes, marijuana and other illicit drug use, and driving under the influence. Those who binged were more likely to start drinking before age 13, and to report drinking at school in the past 30 days.

Students who binged in the past 30 days were less likely to perceive great risk from alcohol, tobacco, or marijuana use, less likely to think that their parents would disapprove of use of these substances, and less likely to express disapproval of peer use than other adolescents. Those who binged were more likely to think that it is easy or very easy to obtain cigarettes, alcohol, and marijuana.

Students who binged in the past 30 days were less likely to report that they talked to their parents about school at least weekly, less likely to get As or Bs, less likely to agree that students help decide what goes on in school, and less likely to feel that they “matter” to their communities than other adolescents. There were no differences in volunteering or club participation.

**Distribution of youth assets by binge drinking**

	Students who binged in the past 30 days	Students who did not binge in the past 30 days
Parents talk about school at least weekly	69%	80%
Earn mostly As or Bs	65%	77%
Agree or strongly agree that students help decide what goes on in school	42%	52%
Agree or strongly agree that in your community you feel like you matter	41%	48%
Volunteer 1+ hours	41%	43%
Participate in clubs 1+ hours	24%	28%

Among students who drank in the past 30 days, those who binged were most likely to report usually drinking liquor or beer, and that they gave someone money to buy alcohol for them or that someone gave it to them. Students who didn’t binge were most likely to drink liquor, beer, or malt beverages and to report that that someone gave the alcohol to them or that they got it or stole it from home.

**Usual source and type of alcohol consumed among students who drank in the past 30 days**

	Students who binged in the past 30 days	Students who drank in the past 30 days but didn’t binge
<b>Usual type of alcohol consumed</b>		
Beer	34%	25%
Malt beverages	14%	26%
Wine or wine coolers	2%	13%
Liquor	50%	37%
<b>Usual source for alcohol consumed</b>		
Purchased	8%	3%
Gave someone money to buy it	42%	13%
Someone gave it to me	37%	59%
Got it from home	9%	25%
Stole it from a store or restaurant	4%	1%

Finally, it is important to recognize that although 20% of students reported binge drinking in the past 30 days, 40% of students have never consumed alcohol. Among ever drinkers, 34% of students binged in the past month. Among those who drank in the past 30 days, 58% binged.

For more information, please contact Erika Edwards (802-863-7246; erika.edwards@ahs.state.vt.us) or visit: <http://healthvermont.gov/research/yrbs.aspx>