



Prevention Research Center for Healthy Neighborhoods  
at Case Western Reserve University

# 2013 Cuyahoga County Youth Risk Behavior Survey: Alcohol Use

## Introduction

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The Prevention Research Center for Healthy Neighborhoods (PRCHN) at Case Western Reserve University has administered the Youth Risk Behavior Survey (YRBS) in school districts throughout Cuyahoga County since 2000. The YRBS is a cross-sectional tool developed by the Centers for Disease Control and Prevention (CDC) to track adolescent risk behavior over time. In spring of 2013, the PRCHN conducted the YRBS among 9<sup>th</sup> through 12<sup>th</sup> grade students in Cuyahoga County high schools. A more detailed description of the methodology is available at our website, <http://prchn.org/yrbs.aspx>.

This brief report presents results from the 2013 Cuyahoga County High School Youth Risk Behavior Survey, with a particular focus on Alcohol Use. This includes questions pertaining to alcohol use behavior as well as perceptions of alcohol use. In this brief report, we present:

- Overall Prevalence
- Regional Prevalence
- Demographic Prevalence
- Trend Report
- Comparison to State and Nation

Data for similar behaviors can be found at our website, <http://prchn.org/yrbs.aspx>.

## Alcohol Use

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More young people use alcohol than tobacco or any illicit drugs in the United States.<sup>i</sup> Alcohol use among youth has been linked to unintentional injuries, physical fights, academic problems, job problems and illegal behavior.<sup>ii</sup> Alcohol use has also been identified as a major contributing factor in approximately one-third of all unintentional injury deaths, homicides and suicides, which are the leading causes of death and disability among young people.<sup>iii</sup> Research also shows that teens who begin drinking before age 15 are five times more likely to develop alcohol dependence than those who begin drinking at age 21.<sup>iv</sup>

## Healthy People 2020

Where possible, the Cuyahoga County Youth Risk Behavior Survey (YRBS) data are compared to the Healthy People 2020 benchmarks.<sup>v</sup> This allows us to consider Cuyahoga County's progress towards the 10-year national objectives aimed at improving the health of all Americans.

Healthy People 2020 Objectives	Cuyahoga County 2013
<b>SA-4.1:</b> Increase the proportion of adolescents aged 12 to 17 years perceiving great risk associated with substance abuse-consuming five or more alcohol drinks at a single occasion once or twice per week to at least 44.0%.	50.5% of Cuyahoga County high school students reported perceiving great risk of harm (physically or in other ways) in consuming five or more drinks of alcohol in a row, within a couple of hours, once or twice per week.
<b>SA-13.1:</b> Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days to no more than 16.6%.	33.4% of Cuyahoga County high school students reported using alcohol in the past 30 days.
<b>SA-14.4:</b> Reduce the proportion of adolescents aged 12 to 17 years engaging in binge drinking during the past month to no more than 8.5%.	17.0% of Cuyahoga County high school students reported that they had five or more drinks of alcohol in a row, within a couple of hours, on at least one day in the month preceding the survey.

## Overall Prevalence

The following table summarizes alcohol use among the 16,855 high school students who completed the 2013 Cuyahoga County YRBS. Prevalence estimates and 95% confidence intervals were computed for all variables.

Risk Behavior	% (95% Confidence Interval)
<b>Lifetime alcohol use</b> (Had at least one drink of alcohol on at least 1 day during their life.)	59.7 (58.0-61.4)
<b>Drank alcohol before age 13 years</b> (Other than a few sips.)	15.2 (14.1-16.2)
<b>Current alcohol use</b> (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)	33.4 (31.7-35.1)
<b>Had 5 or more drinks of alcohol in a row within a couple of hours</b> (On one or more days during the 30 days before the survey.)	17.0 (15.7-18.3)
<b>Students believe it is very wrong for someone their age to drink alcohol regularly</b>	38.4 (36.8-40.0)
<b>Students perceive that their parents believe it is very wrong for them to drink alcohol regularly</b>	66.9 (65.4-68.4)
<b>Students perceive great risk of harm from drinking alcohol</b> (Physically or in other ways, if drink one or two alcoholic beverages nearly every day.)	49.6 (48.2-50.9)
<b>Students perceive great risk of harm from drinking alcohol</b> (Physically or in other ways, if drink five or more alcoholic beverages in a row, once or twice a week.)	50.5 (49.0-52.0)

## Regional Prevalence

The table below represents alcohol use by the six regions of Cuyahoga County. This division was conducted to provide a geographic representation of the prevalence of different risk behaviors in Cuyahoga County. In 2013, we were able to weight to 5 of 6 regions in Cuyahoga County. The column under Outer Ring—West does not include data because school participation within that region was insufficient to permit weighting.

Risk Behavior	CMSD-East % (95% CI)	CMSD-West % (95% CI)	Inner Ring-East % (95% CI)	Inner Ring-West % (95% CI)	Outer Ring-East % (95% CI)	Outer Ring-West % (95% CI)
<b>Lifetime alcohol use</b> (Had at least one drink of alcohol on at least 1 day during their life.)	55.8 (53.2-58.5)	56.9 (53.2-60.5)	62.3 (59.4-65.2)	62.8 (59.0-66.6)	60.7 (56.6-64.8)	n/a
<b>Drank alcohol before age 13 years</b> (Other than a few sips.)	20.7 (18.5-22.8)	20.4 (18.0-22.7)	20.8 (17.8-23.8)	14.6 (12.6-16.6)	10.3 (8.4-12.2)	n/a
<b>Current alcohol use</b> (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)	25.5 (23.5-27.5)	25.9 (23.2-28.6)	33.5 (30.2-36.9)	35.2 (30.4-40.0)	34.0 (30.4-37.7)	n/a
<b>Had 5 or more drinks of alcohol in a row within a couple of hours</b> (On one or more days during the 30 days before the survey.)	12.2 (10.7-13.8)	15.3 (12.4-18.2)	14.2 (12.0-16.4)	17.9 (14.3-21.4)	16.3 (13.7-19.0)	n/a
<b>Students believe it is very wrong for someone their age to drink alcohol regularly</b>	45.6 (43.1-48.0)	43.8 (40.3-47.2)	41.3 (38.7-43.9)	36.6 (32.7-40.5)	38.1 (35.0-41.2)	n/a
<b>Students perceive that their parents believe it is very wrong for them to drink alcohol regularly</b>	67.4 (64.9-69.8)	64.8 (61.6-67.9)	69.9 (67.0-72.8)	65.8 (62.6-69.1)	67.2 (64.1-70.3)	n/a
<b>Students perceive great risk of harm from drinking alcohol</b> (Physically or in other ways, if drink one or two alcoholic beverages nearly every day.)	43.4 (40.7-46.2)	40.4 (37.3-43.5)	49.2 (46.5-52.0)	45.4 (42.2-48.6)	55.0 (51.6-58.5)	n/a
<b>Students perceive great risk of harm from drinking alcohol</b> (Physically or in other ways, if drink five or more alcoholic beverages in a row, once or twice a week.)	43.6 (40.8-46.4)	40.6 (37.7-43.5)	48.4 (45.5-51.4)	50.1 (46.1-54.2)	55.0 (52.4-58.6)	n/a

## Demographic Prevalence

The tables below allow for further comparisons of alcohol use between demographic groups. Data are presented by gender, race/ethnicity, grade level, and family affluence (a proxy for socioeconomic status). A statistically significant difference exists between groups if the 95% confidence intervals do not overlap.

Lifetime alcohol use			
Category	%	CI	
<b>Gender</b>			
Female	62.0	59.9 -	64.1
Male	57.4	55.4 -	59.5
<b>Race/Ethnicity</b>			
White	60.2	57.7 -	62.8
Black	59.3	57.3 -	61.3
Hispanic	59.4	54.9 -	63.8
Other	52.6	48.3 -	56.8
<b>Grade</b>			
9th	43.6	41.3 -	46.0
10th	55.6	53.0 -	58.2
11th	67.9	65.4 -	70.4
12th	73.4	70.8 -	76.1
<b>Family Affluence</b>			
Low	62.0	59.6 -	64.4
Medium	59.5	57.0 -	61.9
High	58.7	56.0 -	61.4
<b>Total</b>	<b>59.7</b>	<b>58.0 -</b>	<b>61.4</b>

Drank alcohol before age 13 years			
Category	%	CI	
<b>Gender</b>			
Female	13.9	12.5 -	15.2
Male	16.3	14.9 -	17.7
<b>Race/Ethnicity</b>			
White	10.7	9.4 -	11.9
Black	21.0	19.2 -	22.9
Hispanic	24.7	21.2 -	28.1
Other	15.3	12.5 -	18.0
<b>Grade</b>			
9th	18.2	16.2 -	20.1
10th	15.7	13.8 -	17.5
11th	12.9	10.8 -	15.0
12th	12.8	10.8 -	14.9
<b>Family Affluence</b>			
Low	21.9	19.8 -	24.1
Medium	14.5	13.0 -	16.1
High	11.8	10.5 -	13.2
<b>Total</b>	<b>15.2</b>	<b>14.1 -</b>	<b>16.2</b>

Current alcohol use		
Category	%	CI
<b>Gender</b>		
Female	34.9	32.8 - 37.0
Male	32.0	29.9 - 34.0
<b>Race/Ethnicity</b>		
White	37.2	34.5 - 39.9
Black	28.6	26.8 - 30.4
Hispanic	29.7	26.2 - 33.1
Other	30.2	26.1 - 34.2
<b>Grade</b>		
9th	19.6	17.7 - 21.5
10th	28.6	26.5 - 30.7
11th	40.4	37.5 - 43.3
12th	48.2	45.3 - 51.2
<b>Family Affluence</b>		
Low	31.1	28.7 - 33.4
Medium	32.8	30.3 - 35.3
High	35.4	33.1 - 37.8
<b>Total</b>	<b>33.4</b>	<b>31.7 - 35.1</b>

Had 5 or more drinks of alcohol in a row within a couple of hours		
Category	%	CI
<b>Gender</b>		
Female	15.9	14.2 - 17.6
Male	18.0	16.4 - 19.6
<b>Race/Ethnicity</b>		
White	19.8	17.7 - 21.9
Black	12.8	11.5 - 14.0
Hispanic	19.4	16.4 - 22.5
Other	16.2	13.1 - 19.3
<b>Grade</b>		
9th	8.5	7.1 - 9.8
10th	13.5	11.8 - 15.1
11th	20.4	17.8 - 22.9
12th	27.0	24.1 - 29.9
<b>Family Affluence</b>		
Low	16.7	14.8 - 18.7
Medium	16.6	14.4 - 18.7
High	17.6	15.8 - 19.3
<b>Total</b>	<b>17.0</b>	<b>15.7 - 18.3</b>

Students believe it is very wrong for someone their age to drink alcohol regularly		
Category	%	CI
<b>Gender</b>		
Female	39.1	37.1 - 41.2
Male	37.7	35.7 - 39.8
<b>Race/Ethnicity</b>		
White	34.6	32.2 - 37.0
Black	44.1	42.3 - 45.9
Hispanic	43.3	39.0 - 47.6
Other	43.8	39.9 - 47.7
<b>Grade</b>		
9th	49.2	47.2 - 51.3
10th	40.8	38.3 - 43.2
11th	32.0	29.3 - 34.8
12th	29.9	27.5 - 32.3
<b>Family Affluence</b>		
Low	39.6	37.1 - 42.0
Medium	39.4	37.2 - 41.7
High	37.0	34.5 - 39.5
<b>Total</b>	<b>38.4</b>	<b>36.8 - 40.0</b>

Students perceive that their parents believe it is very wrong for them to drink alcohol regularly		
Category	%	CI
<b>Gender</b>		
Female	70.4	68.6 - 72.2
Male	63.6	61.6 - 65.5
<b>Race/Ethnicity</b>		
White	65.2	63.0 - 67.4
Black	70.2	68.3 - 72.2
Hispanic	62.8	59.0 - 66.6
Other	68.4	64.5 - 72.4
<b>Grade</b>		
9th	76.0	74.2 - 77.8
10th	72.6	70.7 - 74.4
11th	63.0	60.7 - 65.3
12th	55.0	52.2 - 57.8
<b>Family Affluence</b>		
Low	66.3	63.7 - 69.0
Medium	67.8	65.7 - 69.9
High	66.6	64.4 - 68.7
<b>Total</b>	<b>66.9</b>	<b>65.4 - 68.4</b>

Students perceive great risk of harm from drinking alcohol regularly		
Category	%	CI
<b>Gender</b>		
Female	53.9	52.1 - 55.6
Male	45.4	43.7 - 47.2
<b>Race/Ethnicity</b>		
White	51.2	49.3 - 53.1
Black	47.4	45.3 - 49.4
Hispanic	40.1	36.7 - 43.5
Other	51.2	47.2 - 55.2
<b>Grade</b>		
9th	49.7	47.6 - 51.8
10th	51.4	49.1 - 53.7
11th	49.9	47.1 - 52.6
12th	48.1	44.9 - 51.2
<b>Family Affluence</b>		
Low	45.1	42.6 - 47.7
Medium	50.0	47.8 - 52.2
High	51.5	49.5 - 53.6
<b>Total</b>	<b>49.6</b>	<b>48.2 - 50.9</b>

Students perceive great risk of harm from drinking 5 or more drinks of alcohol in a row, once or twice a week		
Category	%	CI
<b>Gender</b>		
Female	53.6	51.7 - 55.6
Male	47.5	45.6 - 49.5
<b>Race/Ethnicity</b>		
White	52.6	50.5 - 54.7
Black	47.6	45.5 - 49.7
Hispanic	41.5	37.7 - 45.3
Other	50.4	46.8 - 54.0
<b>Grade</b>		
9th	52.3	50.0 - 54.6
10th	53.1	50.6 - 55.6
11th	49.8	46.7 - 52.9
12th	47.0	43.7 - 50.3
<b>Family Affluence</b>		
Low	46.2	43.5 - 48.9
Medium	50.3	47.9 - 52.6
High	52.9	50.6 - 55.2
<b>Total</b>	<b>50.5</b>	<b>49.0 - 52.0</b>

## Cuyahoga County Trend Data

The following table presents the prevalence of alcohol use among Cuyahoga County high school students in 2009, 2011, and 2013. The prevalence for each year is given (when available), with 95% confidence intervals below.

Cuyahoga County, 2009	Cuyahoga County, 2011	Cuyahoga County, 2013
<b>Lifetime alcohol use</b> (Had at least one drink of alcohol on at least 1 day during their life.)		
65.4 (63.4-67.4)	61.9 (60.2-63.6)	59.7 (58.0-61.4)
<b>Drank alcohol before age 13 years</b> (Other than a few sips.)		
18.0 (15.7-20.3)	15.6 (14.5-16.7)	15.2 (14.1-16.2)
<b>Current alcohol use</b> (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)		
33.4 (31.3-35.5)	31.8 (30.3-33.3)	33.4 (31.7-35.1)
<b>Had 5 or more drinks of alcohol in a row within a couple of hours</b> (On one or more days during the 30 days before the survey.)		
15.9 (14.3-17.5)	15.3 (14.2-16.4)	17.0 (15.7-18.3)
<b>Students believe it is very wrong for someone their age to drink alcohol regularly</b>		
33.8 (31.3-36.3)	37.7 (36.3-39.1)	38.4 (36.8-40.0)
<b>Students perceive that their parents believe it is very wrong for them to drink alcohol regularly</b>		
64.5 (62.4-66.6)	65.4 (64.0-66.8)	66.9 (65.4-68.4)
<b>Students perceive great risk of harm from drinking alcohol</b> (Physically or in other ways, if drink one or two alcoholic beverages nearly every day.)		
46.5 (44.5-48.5)	47.7 (46.3-49.1)	49.6 (48.2-50.9)
<b>Students perceive great risk of harm from drinking alcohol</b> (Physically or in other ways, if drink five or more alcoholic beverages in a row, once or twice a week.)		
n/a	n/a	50.5 (49.0-52.0)



## Comparison to State and Nation

The following table presents the prevalence of alcohol use among Cuyahoga County high school students, the state of Ohio high school students, and United States high school students. The columns provide the prevalence for Cuyahoga County as reported in 2013 and the state of Ohio and the United States as reported in 2011 (when available).

Cuyahoga County, 2013	Ohio, 2011	United States, 2011
<b>Lifetime alcohol use</b> (Had at least one drink of alcohol on at least 1 day during their life.)		
59.7 (58.0-61.4)	70.7 (65.5-75.5)	70.8 (69.0-72.5)
<b>Drank alcohol before age 13 years</b> (Other than a few sips.)		
15.2 (14.1-16.2)	18.1 (14.8-21.9)	20.5 (19.2-21.8)
<b>Current alcohol use</b> (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)		
33.4 (31.7-35.1)	38.0 (32.1-44.3)	38.7 (37.2-40.3)
<b>Had 5 or more drinks of alcohol in a row within a couple of hours</b> (On one or more days during the 30 days before the survey.)		
17.0 (15.7-18.3)	23.7 (19.9-28.0)	21.9 (21.0-22.8)
<b>Students believe it is very wrong for someone their age to drink alcohol regularly</b>		
38.4 (36.8-40.0)	n/a	n/a
<b>Students perceive that their parents believe it is very wrong for them to drink alcohol regularly</b>		
66.9 (65.4-68.4)	n/a	n/a
<b>Students perceive great risk of harm from drinking alcohol</b> (Physically or in other ways, if drink one or two alcoholic beverages nearly every day.)		
49.6 (48.2-50.9)	n/a	n/a
<b>Students perceive great risk of harm from drinking alcohol</b> (Physically or in other ways, if drink five or more alcoholic beverages in a row, once or twice a week.)		
50.5 (49.0-52.0)	n/a	n/a

## Contact Information

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Prepared by:  
Prevention Research Center for Healthy Neighborhoods  
Case Western Reserve University  
10900 Euclid Avenue  
Cleveland, Ohio 44106-7069  
www.prchn.org

For more information please contact:  
Erika S. Trapl, PhD  
Assistant Professor, Department of Epidemiology and Biostatistics  
Associate Director, Prevention Research Center for Healthy Neighborhoods  
Case Western Reserve University  
Erika.trapl@case.edu  
216-368-0098

Jean L. Frank, MPH  
Manager of Community Initiatives  
Prevention Research Center for Healthy Neighborhoods  
Case Western Reserve University  
Jean.frank@case.edu  
216-368-5913

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CUYAHOGA COUNTY  
BOARD OF HEALTH

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<sup>i</sup> Substance Abuse and Mental Health Services Administration. *Results from the 2010 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-41, HHS Publication No. (SMA) 11-4658. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2011.

<sup>ii</sup> Substance Abuse and Mental Health Services Administration. 1999. *The relationship between mental health and substance abuse among adolescents*. Rockville, MD: Substance Abuse and Mental Health Services Administration.

<sup>iii</sup> Hingson, R., Kenkel, D. 2004. *Social, Health, and Economic Consequences of Underage Drinking*. Reducing Underage Drinking: A Collective Responsibility. Washington, DC: The National Academy of Sciences.

<sup>iv</sup> U.S. Department of Health and Human Services. 2007. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking*. U.S. Department of Health and Human Services, Office of the Surgeon General.

<sup>v</sup> U.S. Department of Health and Human Services. *Substance Abuse*. Retrieved from 2020 Topics & Objectives: <http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=40>