2020 DELAWARE STATE EPIDEMIOLOGICAL PROFILE
SUBSTANCE USE AND RELATED ISSUES

Alcohol

prepared for

 Acting Director Alexis Teitelbaum and the Delaware Division of Substance Abuse and Mental Health & The Delaware State Epidemiological Outcomes Workgroup

with funding from the Strategic Prevention Framework - Partnerships for Success Program
The Role of the Delaware State Epidemiological Outcomes Workgroup and the Purpose of the Epidemiological Profile

All states, including Delaware, have received support from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention (CSAP) to establish a Statewide Epidemiological Outcomes Workgroup (SEOW). The Division of Substance Abuse and Mental Health (DSAMH) in the Department of Health and Social Services supported the establishment of the Delaware SEOW through SAMHSA Strategic Prevention Framework grants awarded previously. The SEOW is a group of people and organizations that have and use analytical data concerning substance use and related behaviors and consequences; this information can be used to establish and monitor indicators related to substance use prevention. Formerly known as the Delaware Drug and Alcohol Tracking Alliance (DDATA), Delaware’s SEOW mission is to bring data on substance use and associated issues to the forefront of the prevention process by pursuing the following goals:

- To build monitoring and surveillance systems to identify, analyze, and profile data from state and local sources
- To provide current benchmarks, trends, and patterns of substance abuse consumption and consequences
- To create data-guided products that inform prevention planning and policies
- To train agencies and communities in understanding, using, and presenting data effectively

The annual Delaware State Epidemiological Profile was developed by the SEOW to disseminate data for strategic planning, decision-making, and evaluation. Using indicators that are available on an ongoing basis, the report describes patterns of consumption, context, consequences, and trends of substance use, as well as other risk and protective factors, especially among young people in Delaware. The report also highlights crosscutting issues that warrant attention as well as populations that may experience disproportionate risk for these concerns.

This chapter provides an overview of alcohol use throughout the state. To review the complete Delaware Epidemiological Profile, other chapters, infographics, or SEOW data products, please visit the UD Center for Drug and Health Studies Delaware Epidemiological Reports page.
SEOW Collaborators

Thank you for your participation and commitment to data-driven prevention planning, practice, and evaluation! We are especially grateful to the team at the Delaware Division of Substance Abuse and Mental Health for their guidance and collaboration.

atTAcK Addiction
Bellevue Community Center
Christiana Care Health System
Colonial School District
Delaware Academy of Medicine/Delaware Public Health Association
Delaware Afterschool Network
Delaware Center for Justice
Delaware Coalition Against Domestic Violence
Delaware Council on Gambling Problems
Delaware Courts - Office of the Child Advocate
Delaware Criminal Justice Council
Delaware Criminal Justice Information System
Delaware Department of Education
Delaware Department of Services for Children, Youth and their Families
  Division of Prevention and Behavioral Health Services
Delaware Department of Health and Social Services
  Division of Medicaid and Medical Assistance
  Division of Public Health
  Division of Services for Aging and Adults with Physical Disabilities
  Division of Substance Abuse and Mental Health
Delaware Department of Safety and Homeland Security
  Delaware State Police
  Division of Alcohol and Tobacco Enforcement
  Division of Forensic Science
Delaware Department of State
  Delaware Office of Controlled Substances
  Division of Professional Regulation, Prescription Monitoring Program
Delaware Domestic Violence Coordinating Council
Delaware Information and Analysis Center
Delaware Multicultural and Civic Organization
Delaware Prevention Coalition
Holcomb BHS/Open Door, Inc.
KIDS COUNT in Delaware, University of Delaware Center for Community Research & Service
La Esperanza Community Center
Latin American Community Center
Mental Health Association in Delaware
Milford School District
Nemours Health and Prevention Services
Planned Parenthood of Delaware
Red Clay Consolidated School District
Sussex County Health Coalition
Transitions Delaware
Trauma Matters Delaware
United Way of Delaware
Wesley College
West End Neighborhood House
University of Delaware
    College of Health Sciences
    College of Arts and Sciences
    Student Health & Wellness Promotion
Wilmington University

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Notes on Data Reporting and Interpretation

In order to protect the anonymity of respondents and to ensure that the data reported meet certain statistical standards, the Center for Drug and Health Studies (CDHS) at the University of Delaware recently updated its guidelines for reporting and interpreting data from surveys that it administers to students across the state of Delaware. As a result, in the 2020 Delaware State Epidemiological Profile, data in some tables and figures have been aggregated or otherwise reported differently than in years prior. The following notes summarize the guidelines for interpreting data presented in this report:

- **Reporting small numbers:** For any estimate where the raw number of responses is less than 30, no statistical estimates are reported. Statistics computed from such a small proportion of the total number of students may be unreliable, inflating the significance of existing relationships in the data, and among some special populations, may put individuals at risk of being identified. In some data products such as our heat maps, multiple years of data have been combined in order to increase the sample sizes to a reportable figure.

- **Rounding:** All figures from Delaware school survey data (DSS, YRBS, YTS) are rounded to the nearest whole percent. As such, in some cases the cells in a table may add up to slightly more or less than 100%.

- **Missing Observations:** In our analysis, any missing observations (responses) are not calculated into the total percentages. Because different questions have varying numbers of missing responses, the total sample size and percent missing may fluctuate slightly from question to question. This is due to a few factors:
  - Students may not answer all questions on a survey, particularly those towards the end if they run out of time or they tire of answering questions.
  - Students may also skip or decide not to respond to certain questions for various reasons (e.g., if they fear their responses will not be kept confidential; if they consider the question too personal or sensitive; if they do not understand the question; etc.)

- **Discrepancies in Reporting:** With respect to the Delaware YRBS survey, there may be slight discrepancies in how CDHS reports some data points compared to how the Centers for Disease Control and Prevention (CDC) and their national technical advisors (Westat, Inc.) report the data. This is largely due to differing practices when conducting analysis with missing observations in the data and does not substantially impact the overall prevalence estimates, trends, and relationships among these data points.

- **Statistical Significance:** Unless otherwise indicated, all reported correlations between variables are statistically significant at the p<.05 level. Null hypothesis testing, used to estimate statistical significance, provides an estimate of the likelihood that the relationship between two indicators is not due to random chance. If the p-value for a given crosstab is less than .05, this suggests that in 95% of cases, the correlation between the relevant variables is because there is a relationship between them.
• **Weighted Data:** Weighting data is a correction technique that compensates for nonresponses, helps correct for unequal probabilities of being selected within the sample, and helps ensure that the sample drawn is representative of the Delaware student population. If data is weighted there will be a notation indicating the data is weighted for the specific fact, figure, or table. Prevalence data from the Youth Risk Behavior Survey and Youth Tobacco Survey are usually weighted, however, data is not weighted when exploring small subpopulations to ensure an accurate analysis that is not influenced due to the small number of individuals in those subpopulations.
  
  o **2019 Weighted Data:** In previous years, advisors to the CDC have provided weights with the Youth Risk Behavior Survey data, and frequencies have been estimated using weighted data. In 2019, the YRBS sample population in Delaware did not meet threshold requirements for weighting data, so any prevalence estimates relying on YRBS data for this year are unweighted.

In 2019, a total of 10,765 Delaware students responded to either the Delaware School Survey (DSS) or the Delaware Youth Risk Behavior Survey (YRBS). By survey, the total number of respondents are as follows:

<table>
<thead>
<tr>
<th>Survey Administration</th>
<th># of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DSS</strong></td>
<td></td>
</tr>
<tr>
<td>5th Grade</td>
<td>2,992</td>
</tr>
<tr>
<td>8th Grade</td>
<td>2,126</td>
</tr>
<tr>
<td>11th Grade</td>
<td>2,299</td>
</tr>
<tr>
<td><strong>Delaware YRBS</strong></td>
<td></td>
</tr>
<tr>
<td>Middle School</td>
<td>1,162</td>
</tr>
<tr>
<td>High School</td>
<td>2,186</td>
</tr>
</tbody>
</table>
1. Alcohol

National Overview

There are serious public health and social costs that stem from alcohol misuse and addiction. One national study found that approximately $250 billion in costs were associated with excessive drinking in the U.S. in 2010 (Sacks et al., 2015). More recently, a report by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) found that nearly one million people had died of alcohol-related causes between 1999 and 2017 in the U.S. (National Institutes of Health, 2020). Frequent drinking can lead to alcohol use disorder, which can reduce daily functioning, impair social relationships, and lead to critical health outcomes. Data from the National Survey of Drug Use and Health (NSDUH) indicate that approximately 5.4% of people age 12 and over in the U.S. fit the criteria for an alcohol use disorder in 2018 (Substance Abuse and Mental Health Services Administration [SAMHSA], 2019). Long-term alcohol use has been linked to a number of chronic and deadly conditions, including diseases of the liver and pancreas, various types of cancers, and risk of stroke (Rehm et al., 2009). Infants of mothers who drink during pregnancy are at great risk for developing Fetal Alcohol Spectrum Disorder which can lead to severe complications including lifelong developmental delays and disabilities (Streissguth et al., 2004). Data from the NSDUH show that adult reports of past-month use have remained relatively stable over the past six years. High school youth reports of past-month use declined from 50% in 1999 to 29.2% in 2019 (National Youth Risk Behavior Survey, Centers for Disease Control and Prevention, n.d.). While the downward trend of high school students’ past-month use is heartening, alcohol misuse and dependency continue to be a major public health concern.

Delaware Overview

Understandably, a great deal of attention in recent years has focused on opioid misuse. However, among students, alcohol remains the most commonly reported substance used. According to the 2019 Delaware School Survey (DSS), 24% of 11th graders and 8% of 8th graders report that they drank alcohol in the past month. Though alcohol use among Delaware students declined over the past five years, mirroring national trends, student surveys show that too many students still do not adequately understand the risks involved with alcohol misuse. Only 50% of 11th graders surveyed indicate that they believe there is a “great risk” in binge drinking, and 8% report binge drinking within the past two weeks. In the same survey, 5% report drinking and driving within the past month, while 14% report drinking and driving at some time in their lifetime. While high school rates of binge drinking rates have declined across both the DSS and YRBS over the past 20 years, both surveys indicate a slight uptick in the most recent findings. Nearly one in five middle school students who responded to the 2019 Youth Risk Behavior Survey (YRBS) indicated that they had used alcohol at least once in their lifetime, with Hispanic/Latino/a/x youth reporting higher rates.
Early intervention can reduce some of the risks associated with alcohol misuse. DSS data show that the average age of onset for drinking among students who drink is 12.6 years of age for 8th grade students and 15.1 years of age for 11th grade students. The use of alcohol at an early age has been linked to future alcohol dependence and a greater likelihood of using illicit substances later in life (Barry et al., 2016).

Alcohol consumption also remains prevalent among Delaware adults with more than half reporting current use, although data from the Delaware Behavioral Risk Factor Surveillance System (BRFSS) show an overall decrease in adult drinking since 2011 from 59.5% to 54.3% in 2018. Data from the National Survey of Drug Use and Health (NSDUH) indicate that drinking rates among Delaware adults are comparable to national rates. Delaware adults between the ages of 18-25 have the highest rates of binge drinking with approximately 37% in this age range reporting binge drinking within the past month on the NSDUH. Sixteen percent of all adults in Delaware responding to the 2018 BRFSS report binge drinking in the past 30 days, and 6.4% meet the criteria for heavy drinking (consuming 14 drinks a week for men and seven drinks a week for women). In 2019, the Treatment Episode Data Set (TEDS) indicates that alcohol was the substance upon admission among 10.7 % of clients receiving publicly funded treatment in Delaware, and it was identified with a secondary substance in another 8.2% of admissions (Figure 135 of this report).

Even a one-time excessive use of alcohol can have dangerous repercussions. In 2019, more than one-third of fatal traffic crashes and 4% of all crashes in Delaware were alcohol-related, and 2,657 driving under the influence (DUI) arrests were made statewide (Delaware State Police Delaware Information and Analysis Center, 2020). Binge drinking, in particular, is associated with an increased risk of victimization. Data from the 2018 College Risk Behavior Survey show that approximately one out of five University of Delaware students who report that they frequently binge drink alcohol (consume five or more drinks in a single sitting) also report being a victim of assault, compared to approximately one in 16 students who report abstaining from alcohol use. Students who report binge drinking also report higher rates of sexual assault (Center for Drug and Health Studies, 2017). Nationally, researchers have consistently shown a clear association between alcohol use and intimate partner violence (Deveries et al., 2013), and this is also true in Delaware. For example, data from the 2017 Delaware YRBS found experiences of teen dating violence to be correlated with higher rates of drinking among high school students (Delaware State Epidemiological Report, 2019). However, it is important to note that this type of survey data does not allow us to draw conclusions that binge drinking causes victimization or that being victimized causes binge or frequent drinking; it simply shows that students who experience one are more likely to experience the other.
In response to the global coronavirus pandemic that began in early 2020, by mid-March local and state governments across the U.S. began issuing stay-at-home orders and mandating the temporary closure of non-essential businesses as well as imposing restrictions on gathering sizes. In every state except for Pennsylvania, liquor stores were considered as essential businesses and allowed to remain open during the initial shutdowns. Medical professionals and harm reduction experts argue that keeping alcohol available during the pandemic is important so that people with Alcohol Use Disorders (AUD) who cannot otherwise access treatment are not forced to abruptly quit drinking, which could cause dangerous withdrawal symptoms and potentially overburden already strained healthcare systems (Tiako and Priest, 2020). As restaurants and bars were closed to dine-in service and people prepared to stay at home for an unknown period of time, retail sales of alcohol spiked across the U.S (Bremner, 2020; Micallef, 2020). Many states, including Delaware, made exceptions during the pandemic that allowed restaurants serving carry out meals to also sell alcoholic beverages to-go (Cormier, 2020).

We do not yet know the long-term impacts of some of these policy changes regarding alcohol sales, and so far, there is limited data on how actual consumption of alcohol has changed in this context. Some experts are concerned that conditions of the pandemic may trigger riskier drinking habits as formerly social drinkers are now drinking at home alone or to cope with stress and uncertainty (Smith, 2020). Others suggest that many are drinking less because they are no longer attending social gatherings where they would normally drink alcohol (Furnari, 2020). The World Health Organization recommended limiting or even eliminating alcohol use entirely during the pandemic, as alcohol can weaken the immune system and contribute to riskier decision-making (WHO, 2020). Data collected by researchers with RTI (Barbosa, Cowell, and Dowd, 2020) that surveyed people about their drinking habits in February 2020, prior to the pandemic and government-issued stay-at-home orders in U.S. states, and then again in April, found that overall drinking had increased from pre- to post-pandemic. However, not all adults have increased their drinking. A majority of those surveyed either drank at the same levels in April as they did in February or drank significantly less. The overall increases in drinking were driven by a minority of respondents who substantially increased their alcohol consumption after the onset of the pandemic, particularly women and people with children.
# National Survey on Drug Use and Health

## Alcohol Use in Delaware, by Age Group, 2017-2018

(annual average percentages)

<table>
<thead>
<tr>
<th>Measure</th>
<th>Total 12 or Older</th>
<th>12-17</th>
<th>18-25</th>
<th>26 or Older</th>
<th>12-20&lt;sup&gt;c&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALCOHOL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Past-Month Alcohol Use</td>
<td>52.91</td>
<td>9.43</td>
<td>56.41</td>
<td>57.02</td>
<td>17.72</td>
</tr>
<tr>
<td>Past-Month Binge Alcohol Use&lt;sup&gt;b&lt;/sup&gt;</td>
<td>23.48</td>
<td>4.87</td>
<td>37.25</td>
<td>23.46</td>
<td>10.20</td>
</tr>
<tr>
<td>Perceived Great Risk of Drinking 5 or More Drinks Once or Twice a Week</td>
<td>42.31</td>
<td>43.34</td>
<td>38.30</td>
<td>42.78</td>
<td>--</td>
</tr>
</tbody>
</table>

Figure 1: Alcohol use in Delaware by age group

Notes:

“--” Not available, estimates have not been released by NSDUH.

<sup>a</sup> Estimates are based on a survey-weighted hierarchical Bayes estimation approach.

<sup>b</sup> Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least one day in the past 30 days. In 2015, the definition for females changed from five to four drinks.

<sup>c</sup> Underage drinking is defined for persons aged 12 to 20

Source: “National Survey on Drug Use and Health: Comparison of 2016-2017 and 2017-2018 Population Percentages.” Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration
### 2019 Delaware School Survey

Alcohol Use among Delaware 5th Graders

(in percentages)

![Bar charts showing alcohol use among Delaware 5th graders](chart.png)

<table>
<thead>
<tr>
<th></th>
<th>Lifetime Use</th>
<th>Past Year Use</th>
<th>Past Month Use</th>
<th>Perceived a lot of Risk from Trying</th>
<th>Perceived a lot of Risk from Daily Use</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Statewide</strong></td>
<td>9</td>
<td>3</td>
<td>12</td>
<td>12</td>
<td>45</td>
</tr>
<tr>
<td><strong>Male</strong></td>
<td>10*</td>
<td>3*</td>
<td>-</td>
<td>12*</td>
<td>45*</td>
</tr>
<tr>
<td><strong>Female</strong></td>
<td>8*</td>
<td>3*</td>
<td>-</td>
<td>12*</td>
<td>46*</td>
</tr>
</tbody>
</table>

Figure 2: Alcohol use, 5th graders

Notes:
- “-“ indicates that the prevalence estimate was not reported because the unweighted sample size represented fewer than 30 students.
- *Estimates are not statistically significant at the p<.05 level.


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2019 Delaware School Survey
Alcohol Use among Delaware 8th Graders
(in percentages)

Figure 3: Alcohol use, 8th graders

Notes:
*a Binge drinking defined as four or more drinks of alcohol in a row for female students and five or more drinks of alcohol in a row for male students in the past two weeks
*Estimates are not statically significant at the p<.05 level.

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2019 Delaware School Survey
Alcohol Use among Delaware 11th Graders
(in percentages)

Figure 4: Alcohol use, 11th graders

Notes:

*Binge drinking defined as four or more drinks of alcohol in a row for female students and five or more drinks of alcohol in a row for male students in the past two weeks

*Estimates are not statically significant at the p<.05 level.

2019 Delaware Youth Risk Behavior Survey
Middle School Students, Past Month Drinking and Age of Onset
(in percentages)

![Bar chart showing past month alcohol use and age of onset for MS students.]

Figure 5: Past month alcohol use and age of onset, MS


2019 Delaware School Survey
Average Age of Onset for Alcohol Use

<table>
<thead>
<tr>
<th></th>
<th>8th Grade</th>
<th>11th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12.6 years</td>
<td>15.1 years</td>
</tr>
</tbody>
</table>

Figure 6: Average age of onset of alcohol use, 8th and 11th grades


Back to table of figures
### 2019 Delaware Youth Risk Behavior Survey
Middle School Students Who Report Ever Drinking Alcohol
(in percentages)

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>6th grade</th>
<th>7th grade</th>
<th>8th grade</th>
<th>Male*</th>
<th>Female*</th>
<th>Non-Hispanic White</th>
<th>Non-Hispanic Black</th>
<th>Hispanic or Latino/a/x</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19</td>
<td>17</td>
<td>15</td>
<td>23</td>
<td>19</td>
<td>20</td>
<td>16</td>
<td>18</td>
<td>29</td>
</tr>
</tbody>
</table>

Figure 7: Lifetime alcohol use, by sex, grade, and race/ethnicity, MS

**Notes:**
*Estimates are not statically significant at the p<.05 level.


[Back to table of figures]
2019 Delaware Youth Risk Behavior Survey
High School Students Who Had at Least One Drink of Alcohol on One or More of the Past 30 Days (in percentages)

![Bar chart showing alcohol use by gender and grade.]

Figure 8: Alcohol use, at least 1 drink of alcohol on 1+ days in past 30 days, HS

Notes:
Unless otherwise noted, all estimates are statically significant at the p<.05 level.

Back to table of figures
2019 Delaware Youth Risk Behavior Survey
High School Students Who Reported Binge Drinking\textsuperscript{a} on One or More of the Past 30 Days
(in percentages)

![Graph showing binge drinking rates by gender, race, and grade.]

Figure 9: Alcohol use, binge drinking 1+ days in past 30 days, HS

Notes:

\textsuperscript{a} Binge drinking defined as four or more drinks of alcohol in a row for female students and five or more drinks of alcohol in a row for male students in the past two weeks.

*Estimates are not statically significant at the p<.05 level.


[Back to table of figures](#)
2019 Delaware Youth Risk Behavior Survey
High School Students Who Used Alcohol before Age 13
(in percentages)

Figure 10: Alcohol use before age 13, HS

Notes:
Unless otherwise noted, all estimates are statistically significant at the p<.05 level.

[Bar chart showing alcohol use by demographics and grade level]
2018 Delaware Behavior Risk Factor Surveillance System (BRFSS)
Alcohol Use by Sex Among Delaware Adults

<table>
<thead>
<tr>
<th>Sex</th>
<th>Current Drinking</th>
<th>Binge Drinking</th>
<th>Heavy Drinking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>54.3%</td>
<td>16.4%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Male</td>
<td>59.8%</td>
<td>21.2%</td>
<td>6.9%</td>
</tr>
<tr>
<td>Female</td>
<td>49.2%</td>
<td>11.9%</td>
<td>6.0%</td>
</tr>
</tbody>
</table>

Figure 11: Alcohol use by sex, DE adults

Alcohol Use by Race and Ethnicity Among Delaware Adults

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Current Drinking</th>
<th>Binge Drinking</th>
<th>Heavy Drinking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>54.3%</td>
<td>16.4%</td>
<td>6.4%</td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>57.8%</td>
<td>17.3%</td>
<td>7.0%</td>
</tr>
<tr>
<td>Black, non-Hispanic</td>
<td>46.8%</td>
<td>13.9%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>45.0%</td>
<td>17.1%</td>
<td>-</td>
</tr>
<tr>
<td>American Indian or Alaskan Native, non-Hispanic</td>
<td>40.1%</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Figure 12: Alcohol use by race and ethnicity, DE adults

Note: Prevalence estimate not available if the unweighted sample size for the denominator was < 50 or the Relative Standard Error (RSE) is > 0.3 or if the state did not collect data for that calendar year.

Current drinking is defined by the BRFSS as at least one drink of alcohol within the past 30 days.

Binge drinking is defined in the BRFSS as 4 or more drinks for a woman or 5 or more drinks for a man on an occasion during the past 30 days.

Heavy drinking is defined by the BRFSS as more than 7 drinks per week for women or more than 14 drinks per week for men.


Back to table of figures
### 2018 Delaware Behavior Risk Factor Surveillance System (BRFSS)
#### Alcohol Use by Educational Attainment Among Delaware Adults

<table>
<thead>
<tr>
<th>Educational Level</th>
<th>Current Drinking</th>
<th>Binge Drinking</th>
<th>Heavy Drinking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>54.3%</td>
<td>16.4%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Less Than High School</td>
<td>29.3%</td>
<td>11.1%</td>
<td>-%</td>
</tr>
<tr>
<td>High School / G.E.D.</td>
<td>47.7%</td>
<td>18.1%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Some Post-H.S.</td>
<td>57.5%</td>
<td>16.6%</td>
<td>6.8%</td>
</tr>
<tr>
<td>College Graduate</td>
<td>68.1%</td>
<td>16.4%</td>
<td>6.7%</td>
</tr>
</tbody>
</table>

Figure 13: Alcohol use by educational attainment, DE adults

### Alcohol Use by Age Group Among Delaware Adults

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Current Drinking</th>
<th>Binge Drinking</th>
<th>Heavy Drinking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>54.3%</td>
<td>16.4%</td>
<td>6.4%</td>
</tr>
<tr>
<td>18 - 24</td>
<td>52.6%</td>
<td>26.6%</td>
<td>5.3</td>
</tr>
<tr>
<td>25 - 34</td>
<td>62.0%</td>
<td>24.3%</td>
<td>8.8</td>
</tr>
<tr>
<td>35 - 44</td>
<td>60.2%</td>
<td>24.5%</td>
<td>8.6</td>
</tr>
<tr>
<td>45 - 54</td>
<td>56.0%</td>
<td>15.8%</td>
<td>5.8</td>
</tr>
<tr>
<td>55 - 64</td>
<td>50.2%</td>
<td>11.8%</td>
<td>6.5</td>
</tr>
<tr>
<td>65 and Older</td>
<td>47.9%</td>
<td>4.8%</td>
<td>4.2</td>
</tr>
</tbody>
</table>

Figure 14: Alcohol use by age group, DE adults

Note: Prevalence estimate not available if the unweighted sample size for the denominator was < 50 or the Relative Standard Error (RSE) is > 0.3 or if the state did not collect data for that calendar year.

- **Current drinking** is defined by the BRFSS as at least one drink of alcohol within the past 30 days.
- **Binge drinking** is defined in the BRFSS as 4 or more drinks for a woman or 5 or more drinks for a man on an occasion during the past 30 days.
- **Heavy drinking** is defined by the BRFSS as more than 7 drinks per week for women or more than 14 drinks per week for men.

Delaware School Survey
Trends in Delaware Students’ Self-Reported
Past Month Use of Alcohol Use by Grade, 1999-Present
(in percentages)

Figure 15: Trends in past month alcohol use, 8th and 11th graders

Note: Prevalence estimates for past month alcohol use by 5th graders were too small (n<30) to report.
Delaware School Survey

Trends in Students’ Self-Reported Binge Drinking\textsuperscript{a}, 2002-2019

(in percentages)

<table>
<thead>
<tr>
<th>Year</th>
<th>11th Grade</th>
<th>8th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>18</td>
<td>6</td>
</tr>
<tr>
<td>2003</td>
<td>18</td>
<td>6</td>
</tr>
<tr>
<td>2004</td>
<td>18</td>
<td>7</td>
</tr>
<tr>
<td>2005</td>
<td>15</td>
<td>6</td>
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<td>2006</td>
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<td>2007</td>
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<td>2008</td>
<td>17</td>
<td>5</td>
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<td>2009</td>
<td>15</td>
<td>4</td>
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<tr>
<td>2010</td>
<td>14</td>
<td>4</td>
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<tr>
<td>2011</td>
<td>13</td>
<td>3</td>
</tr>
<tr>
<td>2012</td>
<td>13</td>
<td>3</td>
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<td>2013</td>
<td>11</td>
<td>4</td>
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<td>2014</td>
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<td>2015</td>
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<td>2016</td>
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<tr>
<td>2017</td>
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<td>2</td>
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<td>2018</td>
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<td>2</td>
</tr>
<tr>
<td>2019</td>
<td>8</td>
<td>2</td>
</tr>
</tbody>
</table>

Note:
\textsuperscript{a} Binge drinking defined as 4 or more drinks of alcohol in a row for female students and 5 or more drinks of alcohol in a row for male students in the past two weeks (Previously binge use was reported as 3 or more drinks)


Back to table of figures
Youth Risk Behavior Survey
National and Delaware
High School Students’ Past Month Use of Alcohol, 1999-2019
(in percentages)

Figure 17: Trends in alcohol use, past-month, HS
Notes: *National data is weighted; Delaware data is weighted except for in 2019.

<table>
<thead>
<tr>
<th>Year</th>
<th>National</th>
<th>Delaware</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>50</td>
<td>47</td>
</tr>
<tr>
<td>2001</td>
<td>47</td>
<td>46</td>
</tr>
<tr>
<td>2003</td>
<td>45</td>
<td>45</td>
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<tr>
<td>2005</td>
<td>43</td>
<td>43</td>
</tr>
<tr>
<td>2007</td>
<td>45</td>
<td>45</td>
</tr>
<tr>
<td>2009</td>
<td>42</td>
<td>44</td>
</tr>
<tr>
<td>2011</td>
<td>39</td>
<td>41</td>
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<tr>
<td>2013</td>
<td>35</td>
<td>36</td>
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<tr>
<td>2015</td>
<td>33</td>
<td>33</td>
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<tr>
<td>2017</td>
<td>30</td>
<td>29</td>
</tr>
<tr>
<td>2019*</td>
<td>29</td>
<td>25</td>
</tr>
</tbody>
</table>

Back to table of figures
Youth Risk Behavior Survey
National and Delaware
Students’ Past Month Binge Drinking\(^a\), 1999-2019
(in percentages)

<table>
<thead>
<tr>
<th>Year</th>
<th>National</th>
<th>Delaware</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>32</td>
<td>27</td>
</tr>
<tr>
<td>2001</td>
<td>30</td>
<td>27</td>
</tr>
<tr>
<td>2003</td>
<td>28</td>
<td>27</td>
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<tr>
<td>2005</td>
<td>26</td>
<td>24</td>
</tr>
<tr>
<td>2007</td>
<td>26</td>
<td>25</td>
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<tr>
<td>2009</td>
<td>24</td>
<td>24</td>
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<td>2011</td>
<td>22</td>
<td>23</td>
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<tr>
<td>2013</td>
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<td>20</td>
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<tr>
<td>2015</td>
<td>18</td>
<td>16</td>
</tr>
<tr>
<td>2017</td>
<td>14</td>
<td>10</td>
</tr>
<tr>
<td>2019*</td>
<td>14</td>
<td>14</td>
</tr>
</tbody>
</table>

Figure 18: Alcohol use, binge drinking, national and Delaware, past month, HS

Note:
\(^a\)National YRBS data is weighted, Delaware data was unweighted in 2019

National Survey on Drug Use and Health
Past Month Alcohol Use by Age Group and Region
2016-2017 and 2017-2018
(in percentages)\textsuperscript{a}

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total U.S.</td>
<td>51.21</td>
<td>51.37</td>
<td>.495</td>
<td>9.54</td>
<td>9.43</td>
<td>.568</td>
<td>56.74</td>
<td>55.73</td>
<td>.012</td>
<td>55.22</td>
<td>55.57</td>
<td>.228</td>
</tr>
<tr>
<td>Northeast</td>
<td>56.44</td>
<td>55.62</td>
<td>.053</td>
<td>10.64</td>
<td>10.37</td>
<td>.451</td>
<td>63.24</td>
<td>61.60</td>
<td>.077</td>
<td>60.30</td>
<td>59.48</td>
<td>.107</td>
</tr>
<tr>
<td>Delaware</td>
<td>51.38</td>
<td>52.91</td>
<td>.226</td>
<td>8.38</td>
<td>9.43</td>
<td>.235</td>
<td>54.78</td>
<td>56.41</td>
<td>.372</td>
<td>55.51</td>
<td>57.02</td>
<td>.332</td>
</tr>
</tbody>
</table>

Figure 19: Alcohol use, past month, by age group and region

Notes:
\textsuperscript{a}Estimates are based on a survey-weighted hierarchical Bayes estimation approach
\textsuperscript{b}p value: Bayes significance levels for the null hypothesis of no change between the 2016-2017 and 2017-2018 population percentages
Source: “National Survey on Drug Use and Health: Comparison of 2016-2017 and 2017-2018 Population Percentages.” Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration

[Back to table of figures]
### National Survey on Drug Use and Health

**Past-Month Binge* Alcohol Use by Age Group and Region**

2016-2017 and 2017-2018

(in percentages)a

<table>
<thead>
<tr>
<th>State</th>
<th>12 or Older</th>
<th>AGE GROUP (Years)</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total U.S.</td>
<td>24.37</td>
<td>24.49</td>
<td>.512</td>
<td>5.06</td>
<td>4.97</td>
<td>.539</td>
<td>37.62</td>
<td>35.89</td>
<td>.000</td>
<td>24.49</td>
<td>24.95</td>
</tr>
<tr>
<td>Northeast</td>
<td>26.45</td>
<td>26.04</td>
<td>.248</td>
<td>5.83</td>
<td>5.45</td>
<td>.142</td>
<td>43.73</td>
<td>41.66</td>
<td>.014</td>
<td>25.92</td>
<td>25.78</td>
</tr>
<tr>
<td>Delaware</td>
<td>22.51</td>
<td>23.48</td>
<td>.288</td>
<td>4.30</td>
<td>4.87</td>
<td>.278</td>
<td>37.87</td>
<td>37.25</td>
<td>.724</td>
<td>22.19</td>
<td>23.46</td>
</tr>
</tbody>
</table>

Figure 20: Alcohol use, binge drinking, past month, by age group and region

Notes:

* Binge drinking is defined as drinking 5 or more drinks for males/4 or more drinks for females on an occasion during the past 30 days.
a Estimates are based on a survey-weighted hierarchical Bayes estimation approach
b p value: Bayes significance levels for the null hypothesis of no change between the 2016-2017 and 2017-2018 population percentages

Source: “National Survey on Drug Use and Health: Comparison of 2016-2017 and 2017-2018 Population Percentages.” Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration

[Back to table of figures](#)
## National Survey on Drug Use and Health
### Past-Month Alcohol Use and Binge* Alcohol Use among Persons Ages 12 to 20, by Region
#### 2016-2017 and 2017-2018
#### (in percentages) 

<table>
<thead>
<tr>
<th>State</th>
<th>Alcohol Use in Past Month</th>
<th>Binge Alcohol Use in Past Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total U.S.</td>
<td>19.50</td>
<td>19.25</td>
</tr>
<tr>
<td>Northeast</td>
<td>22.91</td>
<td>22.01</td>
</tr>
<tr>
<td>Delaware</td>
<td>17.47</td>
<td>17.72</td>
</tr>
</tbody>
</table>

### Notes:
* Binge Alcohol Use is defined as drinking five or more drinks on the same occasion for males and four or more drinks for females (i.e., at the same time or within a couple hours of each other) on at least 1 day in the past 30 days.

\( a \) Estimates are based on a survey-weighted hierarchical Bayes estimation approach.

\( b \) p value: Bayes significance levels for the null hypothesis of no change between the 2016-2017 and 2017-2018 population percentages

### Source:
National Survey on Drug Use and Health: Comparison of 2016-2017 and 2017-2018 Population Percentages. Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration

[Back to table of figures](#)
Monitoring the Future
National Trends in Past 30-day Alcohol Use
8th, 10th, and 12th Grade
(in percentages)

Figure 22: National trends in past 30-day alcohol use, 8th, 10th, and 12th grade


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Delaware School Survey, 1999-2019
Students’ Perception of a “Lot of Risk” from Drinking Daily, 5th Grade
(in percentages)

Figure 23: Trends in perception of a “lot of risk” from drinking daily, 5th graders


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Delaware School Survey, 1999-2019
Students’ Perception of “Great Risk” from Having 5 or More Drinks Once or Twice a Week (in percentages)

Figure 24: Trends in perception, “great risk” from having 5 or more drinks, 8th & 11th graders


Back to table of figures
National Survey of Drug Use and Health
Perceptions of Great Risk from Having 5 of More Drinks Once or Twice a Week
by Age Group and Region
2016-2017 and 2017-2018
(in percentages)\(^a\)

<table>
<thead>
<tr>
<th>State</th>
<th>12 or Older</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total U.S.</td>
<td>44.50</td>
<td>44.78</td>
<td>.198</td>
<td>43.83</td>
<td>43.39</td>
<td>.218</td>
<td>37.53</td>
<td>37.69</td>
<td>.643</td>
<td>45.72</td>
<td>46.08</td>
<td>.180</td>
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<tr>
<td>Northeast</td>
<td>43.05</td>
<td>43.45</td>
<td>.323</td>
<td>43.83</td>
<td>42.43</td>
<td>.029</td>
<td>34.58</td>
<td>34.70</td>
<td>.863</td>
<td>44.32</td>
<td>44.93</td>
<td>.219</td>
</tr>
<tr>
<td>Delaware</td>
<td>43.30</td>
<td>42.31</td>
<td>.400</td>
<td>44.43</td>
<td>43.34</td>
<td>.529</td>
<td>38.59</td>
<td>38.30</td>
<td>.870</td>
<td>43.88</td>
<td>42.78</td>
<td>.448</td>
</tr>
</tbody>
</table>

Figure 25: Perception of great risk from having five or more drinks once or twice a week, age group and region

Notes:
\(^a\) Estimates are based on a survey-weighted hierarchical Bayes estimation approach.
\(^b\) p value: Bayes significance levels for the null hypothesis of no change between the 2016-2017 and 2017-2018 population percentages

Source:
“National Survey on Drug Use and Health: Comparison of 2016-2017 and 2017-2018 Population Percentages.” Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration

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2019 Delaware School Survey
Students’ Reported Drinking and Driving
among Delaware 11th Graders
(in percentages)

<table>
<thead>
<tr>
<th></th>
<th>Lifetime</th>
<th>Past-Year</th>
<th>Past-Month</th>
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<tr>
<td>Statewide</td>
<td>14</td>
<td>11</td>
<td>5</td>
</tr>
<tr>
<td>Male</td>
<td>16</td>
<td>12</td>
<td>7</td>
</tr>
<tr>
<td>Female</td>
<td>12</td>
<td>9</td>
<td>3</td>
</tr>
</tbody>
</table>

Figure 26: Drinking and driving, 11th graders


Back to table of figures
2019 Delaware Youth Risk Behavior Survey
Middle School Students Who Reporting Riding in a Car with Someone Who has been Drinking (in percentages)

![Bar chart showing the percentages of middle school students who have ridden in a car with someone who has been drinking.]

Figure 27: Ever ridden in a car with someone who has been drinking, MS


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Delaware School Survey
Trends in Delaware Students’
Past-Month Reports of Drinking and Driving
among Delaware 11th Graders, 1999-2018
(in percentages)

Figure 28: Trends in reported drinking and driving in past month, 11th graders


Back to table of figures
Delaware State Police
Driving Under the Influence Arrests, 2019

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 and under</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>16</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>17</td>
<td>8</td>
<td>1</td>
<td>9</td>
</tr>
<tr>
<td>18</td>
<td>15</td>
<td>0</td>
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<td>19</td>
<td>31</td>
<td>7</td>
<td>38</td>
</tr>
<tr>
<td>20</td>
<td>41</td>
<td>6</td>
<td>47</td>
</tr>
<tr>
<td>21-24</td>
<td>231</td>
<td>88</td>
<td>319</td>
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<tr>
<td>25-34</td>
<td>695</td>
<td>230</td>
<td>925</td>
</tr>
<tr>
<td>35-44</td>
<td>462</td>
<td>114</td>
<td>576</td>
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<tr>
<td>45-54</td>
<td>258</td>
<td>83</td>
<td>341</td>
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<tr>
<td>55-64</td>
<td>220</td>
<td>58</td>
<td>278</td>
</tr>
<tr>
<td>65 &amp; older</td>
<td>71</td>
<td>35</td>
<td>106</td>
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<tr>
<td>Total</td>
<td>2034</td>
<td>623</td>
<td>2657</td>
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</table>

Figure 29: Delaware DUI arrests by age and sex

Source: Delaware's Annual Traffic Statistical Report, 2019. Delaware State Police, Delaware Information and Analysis Center

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Figure 30: Trends in Delaware traffic fatalities/alcohol use by county
Note: Fatalities per 100,000 population

Back to table of figures
Figure 31 Map of alcohol use, past month, 8th grade
Figure 32 Map of alcohol use, past month, 11th grade
Reported Past Two Week Binge Drinking* Among Delaware 8th Grade Public School Students: 2018-2019

Legend
- New Castle County
- Kent County
- Sussex County
- PO Box/Company Zip Codes
- Too Few to Estimate (N<30)

Rate of Binge Drinking
- Less than 1%
- 1-2.9%
- 3-5.9%
- 6-13%

State Rate: 2%

Data Note:
*Binge drinking is defined as four drinks for females and five drinks for males in a row.

Certain zip codes were combined to protect the confidentiality of the participating schools and districts.

Source:
2018-2019 Delaware School Survey
Center for Drug and Health Studies
University of Delaware
www.cchs.udel.edu/seow

Figure 33 Map of binge drinking, past two weeks, 8th grade
Figure 34 Map of binge drinking, past two weeks, 11th grade
2. References

Alcohol


## Data Sources

<table>
<thead>
<tr>
<th>Data Instrument</th>
<th>Administered/Compiled by</th>
<th>Most Recent Data</th>
<th>Trend Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware Annual Traffic Statistical Report</td>
<td>Delaware State Police/Delaware Statistical and Analysis Center</td>
<td>2019</td>
<td>-</td>
</tr>
<tr>
<td>Delaware Behavioral Risk Factor Surveillance System (BRFSS)</td>
<td>DE Division of Public Health (sponsored by the CDC)</td>
<td>2018</td>
<td>-</td>
</tr>
<tr>
<td>Delaware Prescription Monitoring Program (PMP)</td>
<td>DE Department of State, Division of Professional Regulation</td>
<td>2018</td>
<td>2012-2018</td>
</tr>
<tr>
<td>Delaware School Survey (DSS) – 5th, 8th, and 11th grades</td>
<td>Center for Drug and Health Studies, UD</td>
<td>2019</td>
<td>1999 - 2019</td>
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<td>Delaware Youth Risk Behavior Survey (YRBS) – High School</td>
<td>Center for Drug and Health Studies, UD (sponsored by DE Division of Public Health and the CDC)</td>
<td>2019</td>
<td>1999 - 2019</td>
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<tr>
<td>Delaware Youth Risk Behavior Survey (YRBS) – Middle School</td>
<td>Center for Drug and Health Studies, UD (sponsored by Nemours)</td>
<td>2019</td>
<td>1999 - 2019</td>
</tr>
<tr>
<td>Delaware Youth Tobacco Survey – 6th – 12th grades</td>
<td>Center for Drug and Health Studies, UD (sponsored by DE Division of Public Health)</td>
<td>2018</td>
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<td>Monitoring the Future – 8th, 10th, and 12th grades</td>
<td>University of Michigan (sponsored by the National Institute on Drug Abuse)</td>
<td>2019</td>
<td>1999 - 2019</td>
</tr>
<tr>
<td>Performance Measures, Delaware</td>
<td>National Highway Safety Administration</td>
<td>2018</td>
<td>2014-2018</td>
</tr>
<tr>
<td>National Survey on Children’s Health (NSCH)</td>
<td>US Health Resources &amp; Services Administration</td>
<td>2018</td>
<td>2016 - 2018</td>
</tr>
<tr>
<td>National Survey on Drug Use and Health (NSDUH)</td>
<td>US Substance Abuse and Mental Health Services Administration</td>
<td>2016 - 2018</td>
<td>2002 - 2018</td>
</tr>
<tr>
<td>Substance-Exposed Infant Program</td>
<td>Office of the Child Advocate</td>
<td>2019</td>
<td>2017-2019</td>
</tr>
<tr>
<td>Treatment Admissions Data</td>
<td>US Substance Abuse and Mental Health Services Administration, collected by Delaware Division of Substance Abuse and Mental Health</td>
<td>2019</td>
<td>2002 - 2019</td>
</tr>
</tbody>
</table>

In addition to the data sources for the figures and tables in the 2020 report, the following data sources are also cited throughout the narrative:

- America’s Health Rankings
- Bureau of Labor Statistics
- Centers for Disease Control and Prevention
- Delaware Department of Education
- Delaware Department of Safety and Homeland Security, Division of Forensic Science
- Delaware Health Tracker
- Delaware Household Health Survey
- Drug Enforcement Administration
- Health Resources and Services Administration
- KIDS COUNT in Delaware
- National Center for Health Statistics
- National Conference of State Legislatures
- National Institute on Drug Abuse
- National Institute on Mental Health
- RTI International
- State of Delaware Economic Development Office
- The Trevor Project
- U.S. Census Bureau