Alcohol: Women, Pregnant Women, & Girls

According to the World Health Organization, 2.1% of deaths among US females in 2016 were related, in part, to alcohol use (WHO, 2018).

Alcohol related deaths increased dramatically among women (by 85%) between 1999 and 2017 (White et. al, 2020).

Unsafe alcohol consumption can affect a woman's heart, liver, reproductive system, and brain (CDC, 2019).

The CDC also reports (2019):

- Approximately 12% of women reported drinking alcohol while pregnant.
- Approximately 4% of pregnant women reported binge drinking in the past month.

Sources:
- Aaron White, PhD, I-Jen P. Castle, PhD, Ralph Hingson, ScD, Patricia Powell, PhD. Using death certificates to explore changes in alcohol-related mortality in the United States, 1999–2017 Alcoholism: Clinical and Experimental Research. Published online January 8, 2020.
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Alcohol in Middle School

26% of Delaware female middle school students report they ever had a drink and 9% report drinking alcohol in the past month.

Alcohol Consumption Rates (%) Reported by Delaware Female High School Students (YRBS, 2017)

- Binge Drinking Past Month: 15%
- Drinking Past Month: 31%
- Ever Drank Alcohol: 65%

School Survey Data:
2017 Youth Risk Behavior Survey administered by University of Delaware Center for Drug and Health Studies.

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Sources:

In a survey of over 43,000 individuals, adolescents who started drinking before age 14 were more likely to report lifelong and past year dependence and multiple alcohol related episodes (Hingson, Heeren & Winter, 2006).

Alcohol & Age at First Drink

15% of Delaware high school females report having their first drink before age 13 and 8% of Delaware middle school females report having their first drink before age 11.