Delaware—The State We’re In
Context, Consumption and Consequences of Alcohol, Marijuana, Prescription Painkillers and Heroin

Presentation to the Delaware Advisory Council
Of the Strategic Prevention Framework
State Incentive Grant
October 30, 2009
And the Delaware Prevention Network Alliance
November 10, 2009
Strategic prevention is data-driven, coordinated, plan-ful actions to stop target behaviors before they start.
Consequences (the red flag)

Consumption (the problem)

Context (risk and protective factors)

Focus of Prevention & Intervention Activities

Priority Substances: Alcohol, Marijuana, Prescription Drugs, Heroin

Deaths, Social Services, Justice/Corrections, Educational Remediation, Treatment: Medical, Mental Health, Substance Abuse
DDATA’s Needs Assessment

• Consequences of Substance Use
• Consumption of Substances
• Context of Substance Use
  – Related Needs
  – Related Resources, Services and Systems
• Criteria for Determining Priorities
• Recommendations for Priorities
Epidemiological Dimensions for Selecting Priorities

• Costs—Lives & Dollars
• Magnitude—Number, Percent, Rate of Increase
• Relative Comparisons—National, SPA, Groups
• Feasibility—Political, Fiscal, Capacity
• Documentation—Regular, Comprehensive
Consequences

• Treatment
• Mortality
• Corrections
• Health data
2008 Delaware Adult Admissions to Treatment Primary Drug Reported

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<th>Drug</th>
<th>Admissions</th>
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<td>Heroin</td>
<td>2120</td>
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<tr>
<td>Other Opiates &amp; Synthetics</td>
<td>927</td>
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Delaware Drug and Alcohol Treatment Admissions by Drug 1994-2008

% Increase:
Since 1994
Alcohol— -32%  Heroin—104%
Marijuana—745%  Other Opiates—8327%
Delaware Drug and Alcohol Treatment Admissions by Race/Ethnicity 1994-2008

Percent Increase:  
- White: 83%  
- Black: -3%  
- Hispanic: 133%
From 1994 to 2008, adult admissions to treatment of both genders, male and female, increased a little more than 50%.
Delaware Drug and Alcohol Treatment Admissions by Age Group 1994-2008

Percent Increase:

- 18-20 — 305%
- 21-24 — 114%
- 25-34 — 7%
- 35-44 — 179%
- 45-54 — 17%
- 55-64 — 72%
- 65+ — -58%
- 35-44 — 17%
Juvenile Admissions to Treatment
(Unduplicated Client Count) 7/1/08-6/30/09

3 out of 4 Juvenile admissions to treatment were for marijuana use.
Drug-induced Deaths – Rates

Five-year Age-adjusted Mortality Rates for Drug-Induced Deaths by Race
Delaware, 1980-2005

Source: Delaware Health Statistics Center
Alcohol-induced Deaths – Rates

Five-year Age-adjusted Mortality Rates for Alcohol-Induced Deaths by Race
Delaware, 1980-2005

Source: Delaware Health Statistics Center
Data Highlights – Frequencies & Rates

Five-year average Mortality Rates for Drug- and Alcohol-Induced Deaths
Delaware, 1980-2005

Source: Delaware Health Statistics Center
Drug-induced deaths – Age distribution

Distribution of Drug-induced Deaths by Race, Sex, and Age Group
Delaware 2001-2005

Source: Delaware Health Statistics Center
Alcohol-induced deaths – Age distribution

Distribution of Alcohol-induced Deaths by Race, Sex, and Age Group
Delaware 2001-2005

Source: Delaware Health Statistics Center
Delaware’s alcohol-related robbery rate is estimated to be 16% higher than the national average.

Alcohol positive fatal vehicle accidents (all ages) are 11% above the national average.
16% of Delaware 11th grade students report having sold or given someone marijuana in the past year.
Self-Reported Juvenile Suspensions/Expulsions from School

- Drank Alcohol past year
- No Alcohol past year
- Used Marijuana past year
- No Marijuana past year
- Used Painkillers past year
- No Painkillers past year

8th Grade
- Drank Alcohol: 24
- No Alcohol: 9
- Used Marijuana: 33
- No Marijuana: 11
- Used Painkillers: 14
- No Painkillers: 8

11th Grade
- Drank Alcohol: 13
- No Alcohol: 5
- Used Marijuana: 19
- No Marijuana: 5
- Used Painkillers: 22
- No Painkillers: 8
Self-Reported Juvenile Arrests

8th Grade
- Drank Alcohol past year: 9
- No Alcohol past year: 1
- Used Marijuana past year: 2
- No Marijuana past year: 3
- Used Painkillers past year: 3
- No Painkillers past year: 2

11th Grade
- Drank Alcohol past year: 18
- No Alcohol past year: 2
- Used Marijuana past year: 6
- No Marijuana past year: 2
- Used Painkillers past year: 16
- No Painkillers past year: 3
11th Graders who are current drinkers are:

- 16 times more likely to get in a car with a driver who is a minor and has been drinking
- More than twice as likely to hit someone and to vandalize someone’s property
- 5 ½ times more likely to smoke marijuana and 6 times more likely to use other drugs
- 3 times more likely to be forced to have unwanted sexual intercourse
- 4 times more likely to have been arrested
Health data

- Sixth in the nation in HIV-AIDS rates
- High levels of liver disease
- High rates of cancer and heart disease
- Youth who report alcohol or drug use on state surveys are much more likely to also report mental health problems, intentional and unintentional injuries as well as aggression
28% of Delaware 11th Graders meet the criteria for alcohol dependence and or abuse:

- 21% abuse only
- 1% dependence only
- 6% dependence and abuse
Consumption

• Age of Onset
• Trends and Rates of Use
Age of Onset

- Delaware is 9th out of 39 states participating in the YRBS in the percentage of students who report using alcohol before the age of 13—25%. The average age of onset reported by 8th graders is 11.9 years.

- Delaware is 10th out of 39 states participating in the YRBS in the percentage of students who report marijuana use before age 13—10%. The average age of onset reported by 8th graders is 12.3 years.
TRENDS IN DELAWARE STUDENTS' CIGARETTE USE BY GRADE
SELF-REPORTED REGULAR USE*, 1989-2009

Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.
TRENDS IN DELAWARE STUDENTS’ ALCOHOL USE BY GRADE
SELF-REPORTED REGULAR USE*, 1989-2009

Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.
TRENDS IN DELAWARE STUDENTS' ALCOHOL USE BY GRADE
SELF-REPORTED REGULAR USE*, 1989-2009

Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.
Source: Data Base/DiagnosticsPlus (1989-1993); Department of Public Instruction, 1994; 1995-2009
Delaware School Survey, Center for Drug and Alcohol Studies, University of Delaware. College Risk
Past 30 Day Alcohol Use by Age Group—Delaware BRFSS 2001-2008
Binge Drinking, Delaware 8th Grade-College

- 8th Grade:
  - 1999: 14%
  - 2000: 14%
  - 2001: 12%
  - 2002: 12%
  - 2003: 11%
  - 2004: 12%
  - 2005: 11%
  - 2006: 11%
  - 2007: 11%
  - 2008: 11%
  - 2009: 11%

- 11th Grade:
  - 1999: 29%
  - 2000: 27%
  - 2001: 29%
  - 2002: 27%
  - 2003: 28%
  - 2004: 27%
  - 2005: 23%
  - 2006: 27%
  - 2007: 26%
  - 2008: 26%
  - 2009: 24%

- College:
  - 1999: 56%
  - 2000: 56%
  - 2001: 60%
  - 2002: 63%
  - 2003: 57%
  - 2004: 59%
  - 2005: 60%
  - 2006: 61%
  - 2007: 63%
  - 2008: 64%
  - 2009: 61%
University students binge drink at a rate nearly 50% higher than the national rate of 45%.
Delaware is in the top quartile for drinking and binge drinking among women aged 18-44 (child bearing age). There is no data on the number of children born with Fetal Alcohol Spectrum Disorder.
8th Grade Alcohol Use (Past 30 Days) Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Alcohol Use (Past 30 Days) Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Alcohol Use (Past 30 Days) with Monitoring the Future Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
The Monitoring the Future Study, The University of Michigan
8th Grade Alcohol Use (Past 30 Days) Trends by Statewide Planning Area

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Alcohol Use (Past 30 Days) Trends by Statewide Planning Area

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
8th Grade Binge Drinking Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Binge Drinking Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Binge Drinking with Monitoring the Future Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
The Monitoring the Future Study, The University of Michigan
8th Grade Binge Drinking Trends by Statewide Planning Area

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Binge Drinking Trends by Statewide Planning Area

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
TRENDS IN DELAWARE STUDENTS' MARIJUANA USE BY GRADE
SELF-REPORTED REGULAR USE*, 1989-2009

Note:  *Regular use is defined as reports of about once a month or more often; see note, page 20.
8th Grade Marijuana Use Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Marijuana Use Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Marijuana Use with Monitoring the Future Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
The Monitoring the Future Study, The University of Michigan
8th Grade Marijuana Trends by Statewide Planning Area

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Marijuana Trends by Statewide Planning Area

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Marijuana Use with Monitoring the Future Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
The Monitoring the Future Study, The University of Michigan
TRENDS IN DELAWARE 8TH GRADE STUDENTS' SUBSTANCE USE
SELF-REPORTED REGULAR USE*, 1989-2009

Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.
TRENDS IN DELAWARE 11TH GRADE STUDENTS' SUBSTANCE USE
SELF-REPORTED REGULAR USE*, 1989-2009

Note: *Regular use is defined as reports of about once a month or more often; see note, page 20.
Of the 39 states participating in the CDC’s 2007 Youth Risk Behavior Survey, Delaware ranked 1st in the percentage of high school students who smoked marijuana in the past 30 days.
Adult Prevalence

• 18-25 year olds are highest for past month alcohol use—65% and binge drinking 45%
• 18-25 year olds are highest for past month marijuana use—19%
• 18-25 year olds are highest for other illicit drug use—8%
• 18-25 year olds are highest for non-medical pain reliever use—12%
• All of the above are higher than national norms
8th Grade Painkiller Use Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Painkiller Use Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Painkiller Use with Monitoring the Future Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies

The Monitoring the Future Study, The University of Michigan
8th Grade Painkiller Trends by Statewide Planning Area

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
11th Grade Painkiller Trends by Statewide Planning Area

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
8th and 11th Grade Painkiller Use Trends

Source: Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
Prescription Pills vs. Prescription Painkillers

13% of 8th grade students have used prescription drugs without a prescription in the past year. Of them:

- 40% used painkillers,
- 60% didn't use painkillers.

21% of 11th grade students have used prescription drugs without a prescription in the past year. Of them:

- 48% used painkillers,
- 52% didn't use painkillers.
### Youth Substance Use by Race/Ethnicity

**N=5148**

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<th>BLACK</th>
<th>LATINO</th>
<th>WHITE</th>
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<tbody>
<tr>
<td><strong>PAST MONTH ALCOHOL USE</strong></td>
<td>409 (30%)</td>
<td>51 (39%)</td>
<td>1302 (45%)</td>
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<tr>
<td><strong>PAST MONTH MARIJUANA USE</strong></td>
<td>291 (21%)</td>
<td>28 (21%)</td>
<td>703 (24%)</td>
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<tr>
<td><strong>PAST YEAR PRESCRIPTION DRUG ABUSE</strong></td>
<td>195 (14%)</td>
<td>22 (16%)</td>
<td>729 (25%)</td>
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## Contexts

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<th><strong>HOME</strong></th>
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<th><strong>COMMUNITY</strong></th>
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<tr>
<td><strong>Availability/access</strong></td>
<td>Rules Enforcement Accessibility (locks) Siblings as pushers Lack of supervision Economic status</td>
<td>Policy Enforcement Lighting Scheduling</td>
<td>Laws Crime Enforcement Economic factors Gathering places Lighting</td>
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<td><strong>Acceptability/Attractiveness</strong></td>
<td>Parents as models Siblings as models Families as stressors</td>
<td>Peer influence Policy Enforcement Stress relief Sponsorship</td>
<td>Health factors Media Economic costs Legal costs Signs &amp; Density</td>
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<tr>
<td><strong>Alternatives</strong></td>
<td>After-school supervision Family activities Family-supported activities</td>
<td>After-school School-based activities Evening/weekend activities Sports teams</td>
<td>Sports Youth centers Youth activities Religious activities Volunteerism</td>
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</table>
In the past year . . .

• 22% of 11th grade students have been to a party where parents bought alcohol for the kids
• 43% have been to a party with alcohol and no adults present
• 33% have had someone over 21 buy them alcohol
• 17% have taken alcohol from the house without permission, and 7% have taken it with permission
The more schooling students expect to complete, the less likely they are to report past month drinking. Among those who expect to complete high school, 31% drank, but among those who expect to complete college, 15% drank.
In the average Delaware 5th grade classroom:

- 20% of students will have tried an alcoholic drink (not just a sip) this represents about 5 children in the average classroom; only 29% perceive risk in trying alcohol, and fewer than half (46%) will perceive great risk in daily use.
• 40% of Delaware 8th graders in the average classroom (about 10 students) drank alcohol in the past year

• More than half (53%) do not see great risk in binge drinking

• 1 in 4 know where they can buy alcohol
In the 11th grade, 45% have used alcohol, marijuana, or other illegal drugs in the past month.
Costs of Underage Drinking in Delaware = $172 Million Annually

- Medical = $10,000,000
- Work Lost = $44,000,000
- Pain & Suffering = $118,000,000

NIAAA 2005
Delaware’s Bottom Line:

- Costs of underage drinking = $172,000,000
- Industry profits on underage (from total sales of $51,000,000) = 25,000,000
- Funds for combatting = 11,000,000

Total Loss = $136,000,000

Who gets the profit?
Who pays the remainder?
Costs are shared in:

- Health Insurance
- Car Insurance
- Property Insurance
- State Taxes
- Municipal Taxes
Federal Taxes on Alcohol, when adjusted for inflation, have declined 33% since 1992 (beer tax is 63% lower than 1970 rates):

• Federal beer and wine taxes are currently 7-10 cents per drink
• Federal liquor tax is currently 20-25 cents per drink
Alcohol sales in Delaware were 41% higher per capita than national sales.
Mapping Prevention Resources
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<th>ALCOHOL</th>
<th>MAR IJUANA</th>
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<td><strong>Magnitude</strong></td>
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<td>Number/Percent Rate</td>
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<td>Youth+Old</td>
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