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### Underage Drinking and the Holidays

The holiday season is a time to enjoy family gatherings, festivities, and exchange gifts. For teens, it is a time of fun and celebration, especially since school is out for winter break. However it is during this time that teens are at risk for underage alcohol use.

In a report by The Substance Abuse and Mental Health Services Administration (SAMHSA) more than 11,000 young people aged 12 to 17, will use alcohol for the first time on an average December day. Unfortunately, some of these young adults will not make it to the New Year, as nearly 400 young people under age 21 die from alcohol-related causes every month.

As mentioned above, youth are at risk when it comes to underage drinking. According to the Centers for Disease Control (CDC) alcohol is the most commonly used and abused drug among youth in the United States. In addition, people aged 12 to 20 years drink 11% of all alcohol consumed in the United States. More than 90% of this alcohol is consumed in the form of binge drinks.

Although adolescents and young adults drink less often than adults, they tend to drink more than adults, frequently drinking as many as 5 or more drinks on a single occasion.

"Underage drinking affects youth in all races and ethnicities. According to SAMHSA, for young people between the ages of 12 and 20, the reported rates of alcohol use in the past month in 2014 were: 13.5% of Asian Americans, 17.3% of African-Americans, 21.1% of people reporting two or more races, 21.2% of Hispanics, 21.9% of American Indians/Alaska Natives, 26% of whites.

The impact of underage drinking on youth can be very adverse. The SAMHSA reports that underage drinking contributes to the likelihood of risky sexual behavior, including unwanted, unintended, and unprotected sexual activity, and sex with multiple partners. In addition, it increases the risk of encountering legal problems, such as being arrested for drunk driving or physically hurting someone while drunk."

For more information or to read the rest of the article featured, visit:

<https://cosancadd.org/underage-drinking-is-common-during-the-holiday-season/>

### Carteret County Task Force Partnering With Community Prevention Services on "Lock Your Meds Campaign"

67% of people who misuse prescription medications get them from family and friends. The NC Lock Your Meds is statewide campaign focused on the importance of properly storing and disposing of prescription medications, thus helping to prevent prescription drug misuse. This campaign offers educational resources, rack cards, posters, digital ads, tv commercial and more at no cost to organizations through out the state.

CCSAP's Carteret County Task Force is partnering with Community Prevention Services to raise awareness of the importance of locking medications. They will be placing the billboards in several locations in Carteret County.

Pictured below are examples of two of the billboard images. Be on the lookout for them if you are in the Carteret area!



## Results of the Craven County Alcohol Purchase Surveys for 2018:

**Total Stores  
Surveyed: 87**

**Asked For ID: 58.62%**

**Didn't Ask for ID:  
40.23%**



### Craven County Task Force Planning Sticker Shock Campaign



The Craven County Task Force is currently getting ready to start its **"Sticker Shock Campaign"** by working with retail outlets to raise awareness about Flavored Alcoholic Beverages (FAB). In 2006, legislation was passed that increased from 6% to 15% the amount of alcohol that beverages marketed as "malted beverages" could contain. This has led to a new brand of drink, Flavored Alcoholic Beverages, that are sold alongside beer. These drinks are full of sugar and fruit flavorings and can contain up to 5 "drinks" per non-resealable can or bottle. These drinks are targeted to youth.

The stickers and hangers placed on the products throughout the store act as "warning" labels to inform the public of the consequences they can face if they provide or purchase alcohol for minors. The message comes in loud and clear when minors are the ones spreading the word and taking action. Parents, older siblings, older friends, etc. are often unaware that they themselves can get into trouble along with the individual that is not of age. Underage drinking is a serious issue and can be harmful to the individual.

According to SAMHSA (the Substance Abuse and Mental Health Services Administration), adults who had their first drink before the age of 15 were 7 times more likely to experience alcohol problems than those who had not started drinking before the age of 21.

### Got Any Submissions For Our Newsletter or Website?



We are always looking for new, fresh ideas you may have to include in our monthly newsletters and online. We want to reach as many parents and youth as we can about our CCSAP mission. If you any submissions, please forward them to Catherine via email at: [media@ccsap.org](mailto:media@ccsap.org).

HAPPY  
*Thanksgiving*



**CCSAP**  
COASTAL COALITION FOR SUBSTANCE ABUSE PREVENTION

PROUDLY SERVING  
THE EASTERN NC  
COUNTIES OF  
CARTERET, CRAVEN  
JONES, ONLSOW,  
AND PAMLICO