

It's Everybody's Responsibility

The Catalyst Coalition is a broad group of community stakeholders, including parents, policy makers, law enforcement, service providers, and community members, who work together to address the problem of underage drinking in our community.

What YOU can do to help!

- Do not provide alcohol to people under 21 and encourage others to do the same.
- Encourage your elected officials to support the Social Host Ordinance modification.
- Help the Catalyst Coalition to implement their underage drinking awareness campaign.
- Come check out a Catalyst Coalition meeting.
- Join the Catalyst Coalition!

For more information about the Catalyst Coalition or local efforts to prevent underage drinking contact us at **(707) 253-6812** or info@catalystcoalition.com.

Local Catalyst Coalition members include:

Don Fraser; Jennifer Muhler; Beth Myers; Kay Wilson (Director of Health and Safety, SHUSD); Sarah Carpenter (Student Assistance Program Coordinator, SHUSD); and Emmanuel Zamora (Wolfe Center).



A Tradition of Stewardship
A Commitment to Service



<http://catalystcoalition.com/>

Definitions and References

1. Underage Drinking: When a person under the legal age of 21 drinks any alcohol, including wine, beer or liquor.
2. California Healthy Kids Survey, 2008
3. Binge Drinking: Consuming five or more drinks (male), or four or more drinks (female), in about two hours. (NIAAA, 2004)
4. Grant, B.F., & Dawson, D.A. (1997). Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence: Results from the Nation Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse* 9: 103-110.
5. American Medical Association Press Release, August, 2005: http://www.alcoholpolicymd.com/pdf/PR_Release08085.pdf
6. Surgeon General's Call to Action to Prevent and Reduce Underage Drinking, 2007: <http://www.surgeongeneral.gov/topics/underagedrinking/>

Underage Drinking ¹: A Serious Problem in St. Helena



REALITY CHECK

Among 11th graders in St. Helena, ... ²

...48% have used alcohol in the last 30 days.
Higher than the Napa County average of 39%

...39% have engaged in binge drinking ³ in the last 30 days.
Higher than the Napa County average of 26%

...64% have been very drunk or sick from drinking.
Higher than the Napa County average of 47%

...32% have driven after drinking or had a ride from a friend who had been drinking.
Higher than the Napa County average of 31%

...55% have started drinking before age 14.
Higher than the Napa County average of 44%

People who begin drinking before age 15 are 4 times more likely to develop alcohol dependence than those who start drinking at 21 years of age.⁴

It's Easy for Our Youth to Get Alcohol

30% of 7th graders, 65% of 9th graders, and 82% of 11th graders in St. Helena report that it is easy to get alcohol.²

Most underage drinkers in St. Helena report that they usually get alcohol at parties or at home.²

"While it is of great concern to see how easily teens, especially young girls, get alcohol, it is alarming to know that legal-age adults, even parents, are supplying the alcohol."⁵

J. Edward Hill, MD,
President of the
American Medical
Association



REALITY CHECK!

When adults provide alcohol to our youth they put them at risk for...

Alcoholism

Suicide

Sexual Assault

Violence

Unsafe Sex

Drinking and Driving

Death

European Myth Buster

Allowing youth to drink alcohol does NOT help them become more responsible drinkers.⁶

Myth

European youth drink alcohol more responsibly than American youth because they are allowed to drink alcohol and it is part of their home life.

Fact

Youth in European countries with lower legal drinking ages than the U.S., have more problems with alcohol than American youth do. They drink more frequently, they drink in larger amounts, and they become intoxicated more often.



What Works?

Reducing youth access to alcohol in St. Helena will help prevent underage drinking and the harm that it causes to our youth and our community.

A strong Social Host Ordinance (law) will help reduce youth access to alcohol. Under a Social Host Ordinance, adults (ANYONE OVER 18) who allow gatherings where youth are permitted to possess or consume alcohol are subject to the ordinance and fines.

Currently the Catalyst Coalition is helping to modify, promote and encourage enforcement of St. Helena's Social Host Ordinance in order to prevent underage drinking. Many other bay area communities have done the same, including San Rafael, Santa Rosa, and Petaluma.