

ALCOHOL USE IN TEXAS YOUTH



People who are younger than 21 should not drink any alcohol.

The [minimum legal drinking age of 21](#) saves lives and protects everyone from alcohol-related harms. - CDC

Texas Youth

Trends for Texas youth are moving in the right direction!

The percentage of Texas students who drink alcohol has declined over the last 20 years

Yet, there is more work to be done!



In 2024, **2 in 5 students** have drunk alcohol at least once in their lifetime

Student Binge Drinking

In 2024, 7% of students binge drank in the past month

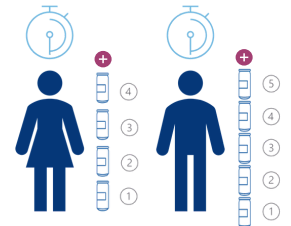
Among them, nearly 20% **REPORTED DRIVING A CAR AFTER 'DRINKING A GOOD BIT' OF ALCOHOL** in the past year



Definitions

What is binge drinking?

Consuming 4+ drinks on an occasion for a woman, 5+ drinks on occasion for a man.



Parents can make a difference

Alcohol use is significantly lower when teens know that their parents disapprove

Parents disapprove of teen drinking



Parents don't disapprove of teen drinking



What counts as one drink?

- 12oz beer 5% ABV*
- 5oz wine 12% ABV*
- 8oz malt liquor 7% ABV*
- 1.5oz distilled spirits 40% ABV*

*ABV stands for Alcohol by Volume.

Access to Alcohol

More than 50% of Texas youth think that **ALCOHOL WAS "VERY" OR "SOMEWHAT EASY" TO GET**

Their 3 biggest sources of alcohol are:



What You Can Do



Adults

Limit alcohol intake and support public health policies to limit youth access to alcohol



Parents

Talk to your children about why it's better to wait until age 21



Everyone

Use CDC's [Check Your Drinking Tool](#) to reduce your risk of alcohol-related harms

Sources

NCCDP, CDC 2023
BRFSS, 2023
NHTSA, FARS 2019-2023
Texas Student Health Survey of Drugs and Alcohol, 2004 - 2024

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