



## Myth Buster Quiz: KEY

1. TRUE Thirty-five percent of U.S. adults do not drink alcohol. Twenty-seven percent of adults drink at heavy or high-risk levels.<sup>1</sup>
2. FALSE Only about one third (30 percent) of high school students have had one or more drinks in the past 30 days.<sup>2</sup> However, those who drink often drink excessively. About 11% of alcohol consumed in the United States is consumed by youth ages 12 to 20, most often through binge drinking.<sup>3</sup>
3. FALSE Early drinking too easily leads to problem drinking. Parents should not provide alcohol to underage youth. Youth are most likely to from using alcohol when their parents do not condone any underage drinking.<sup>4</sup>
4. FALSE Many light beers have about 85 percent as much alcohol as regular beers (4.2 percent versus 5 percent alcohol).<sup>1</sup>
5. TRUE The total cost for underage drinking was \$24 billion in 2010.<sup>3</sup>
6. FALSE Levels of underage cigarette smoking have declined significantly. In 1991, 70 percent of high school youth had ever tried cigarettes. In 2017, 29 percent of youth had done so. Currently, 15 percent of youth use any kind of tobacco product. However, there is an increase in use of e-cigarettes, with 12% of youth now using this product.<sup>5</sup>
7. FALSE Studies have consistently found that higher cigarette prices reduce the chances that youth start smoking, keep smoking, and smoke more frequently.<sup>6</sup>
8. TRUE Adults often purchase and provide alcohol to underage drinkers for parties or events, sometimes with parents' permission and help.<sup>4</sup> This not only is illegal, but it reinforces negative and dangerous behaviors for teenagers.
9. TRUE More than 480,000 people die prematurely in the United States each year from tobacco use. That's about 1 in every 5 U.S. deaths. Another 16 million people suffer from a serious illness caused by smoking.<sup>7</sup>
10. FALSE Though some people perceive e-cigarettes to be safe, they still contain nicotine, which is addictive, as well as other toxins. Their perceived value in helping to quit smoking is also disputed.<sup>8</sup>
11. TRUE Nine out of 10 adult smokers started smoking by age 18, and 99 percent started by age 26. Among adult smokers, 69 percent want to stop smoking, and 43 percent have tried to quit in the past year.<sup>9</sup>
12. FALSE Youth who start drinking before age 15 years are five times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21.<sup>4</sup>



## MYTH BUSTER QUIZ: SOURCES

1. National Institute on Alcohol Abuse and Alcoholism (2010). *Rethinking drinking: Alcohol and your health* (NIH Pub. No. 13-3770). Washington, DC: National Institutes of Health, U. S. Department of Health and Human Services.
2. Kann, L., McManus, T., Harris, W. A., Shanklin, S. L., Flint, K. H., Queen, B., Lowry, R., Chyen, D., Whittle, L., Thornton, J., Lim, C., Bradford, D., Yamakawa, Y, Leon, M., Brener, N. & Ethier, K. A. (2018). *Youth risk behavior surveillance—United States, 2017. Morbidity and Mortality Weekly Report, 67(8), 1-114.*
3. Centers for Disease Control (2018). Underage drinking (fact sheet). Accessed from [www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm](http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm)
4. Bonnie, R. J., & O'Connell, M. E. (Eds.). (2004). *Reducing underage drinking: A collective responsibility*. Washington, DC: National Academies Press.
5. Wang, T. W., Gentzke, A., Sharapova, S., Cullen, K. A., Ambrose, B. K. & Jamal, A. (2018). *Tobacco product use among middle and high school students — United States, 2011–2017*. *Morbidity and Mortality Weekly Report, 67(22), 629-633.*
6. U.S. Department of Health and Human Services (2012). *Preventing tobacco use among youth and young adults: A report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.
7. National Institute on Drug Abuse (2014). *Cigarettes and tobacco products. Drug Facts*. Washington, DC: U. S. Department of Health and Human Services, National Institutes of Health.
8. Grana, R., Benowitz, N., & Glantz, S. A. (2014). *E-cigarettes: A scientific review. Circulation, 129, 1972-1986.* doi:10.1161/CIRCULATIONAHA.114.007667
9. U.S. Department of Health and Human Services (2014). *The health consequences of smoking—50 years of progress. A report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

Copyright © 2018 by Search Institute, Minneapolis, MN. May be reproduced for nonprofit, educational use.