

# PREVALENCE AND FACTORS ASSOCIATED WITH ALCOHOL USE IN ADOLESCENTS 13 TO 18 YEARS IN THE PROVINCE OF VALLADOLID (SPAIN)

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## INTRODUCTION

Alcohol consumption by adolescents is a growing problem of multifactorial origin, which exceeds the scientific, with significant social and health impact,. The problem is complex and needs careful and deep analysis.

## RESULTS

77.2% had drunk alcohol at least once. The age of starting alcohol consumption was between 13 and 14 years (Graph 1). 64% of the answers reported having had an acute intoxication in the past year. Drunkenness was more common in older students, with no differences in gender. Mostly, they drank at the weekend, in bars or pubs. The most popular drinks were mixed or combined drinks.

8.3% of students drove (bike or car) under the influence of alcohol, and 20.4% got in a car or motorcycle when the driver had been drinking.

The final regression model showed that alcohol consumption was associated with consumption in groups of friends, smoking, drug use and other factors (Table 1). However, keeping good relationships with fathers and teachers behaved as a protective factor.



Graph 1. Age of starting alcohol consumption, according to sex

## AIMS

To study the prevalence of consumption and attitudes towards alcohol among adolescent students in the province of Valladolid.

## METHODS

From a total of 18,888 high school students in our province, we selected a sample of 2,412. We conducted an extensive anonymous survey, extracting data related to alcohol consumption.

		p-value	OR	CI 95% to OR	
				Lower	Upper
Course you belong to	2º E.S.O (Reference) (13-14 years old)	0,000			
	3º E.S.O (14-15 years old)	0,164	1,37	0,88	2,12
	4º E.S.O (15-16 years old)	0,000	2,32	1,52	3,52
	1º Baccalaureate (16-17 years old)	0,000	2,20	1,41	3,42
	2º Baccalaureate (17-18 years old)	0,001	2,42	1,47	3,99
Have you ever smoked? (Yes/No)		0,000	1,69	1,30	2,18
Have you ever taken drugs? (Yes/No)		0,000	2,22	1,65	2,99
Have you ever had penetrative sex (Yes/No)		0,000	1,62	1,25	2,10
Going out with friends (Almost every day/ 1 or 2 times a week or less)		0,001	1,58	1,21	2,07
Most of my friends drink alcohol (Agreement/Disagreement)		0,000	4,52	2,41	8,49
Check back home (After one o'clock/ Before one o'clock)		0,000	1,73	1,32	2,28
Have you been riding a motorcycle or gotten in a car driven by someone under the influence of alcohol? (Ever/Never)		0,000	2,09	1,60	2,73
Do you often steal things?(Yes/No)		0,035	1,84	1,04	3,24
Positive assessment of the relationship with...	... your father	0,011	0,94	0,90	0,99
	... your teachers	0,000	0,89	0,84	0,95
	... your friends	0,000	1,30	1,16	1,46

Table 1. Multivariate logistic regression model.

## CONCLUSIONS

The results show that we need to focus our effort on education in order to change habits among adolescents.

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### LITERATURE CITED:

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