

Alcohol Fact Sheet

- 15-7-21
If a young person starts drinking before the age of 15, they are 7 times more likely to have an alcohol-related issue as an adult than if they waited until the age of 21.
- Alcohol is the most commonly used and abused drug among youth in the United States
- Excessive drinking is responsible for more than 4,300 deaths among underage youth each year
- On average, underage drinkers consume more drinks per drinking occasion than adult drinkers
- More than 90% of this alcohol is consumed in the form of binge drinks
- Long-term health risks of excessive alcohol use can include: high blood pressure, heart disease, stroke, liver disease, digestive problems, cancer (breast, mouth, throat, esophagus, liver, and colon), learning and memory problems, mental health problems, social problems, family problems, unemployment, alcoholism dependence, and alcoholism
- In 2010, alcohol misuse cost the United States \$249 billion. Three-quarters of the total cost of alcohol misuse is related to binge drinking.
- According to a 2012 study, more than 10% of U.S. children live with a parent with alcohol problems
- In the United States, approximately 15.1 million adults ages 18 and older had an alcohol use disorder in 2015
- In 2015 the Youth Risk Behavior Survey found that 33% of teens reported drinking some amount of alcohol during the past 30 days and that 8% had operated a motor vehicle after drinking alcohol
- NJ Legislation (P.L. 2009, c133) provides immunity from prosecution for underage persons who call 911 to report alcohol poisoning and then stay with the individual who needs medical attention and work with the police when they arrive.
- Know your C.U.P.S. The four signs of alcohol poisoning you should look for are: Cold skin, Unresponsive, Puking, and Slow breathing.
- Alcohol is a depressant, which means it slows the function of the Central Nervous System. Alcohol can also block some of the messages trying to get to the brain which alters a person's perceptions, emotions, movement, vision, and hearing.
- If you or a friend are struggling with alcoholism or alcohol dependence, here are some resources: www.al-anon.alateen.org, www.aa.org, your school guidance counselor, your school SAC, a trusted teacher, and many others.

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