

QUESTION: Is Underage Drinking a Problem?

ANSWER: Yes!

Underage Drinking

Alcohol use by persons under age 21 years is a major public health problem.¹ Alcohol is the most commonly used and abused drug among youth in the United States, more than tobacco and illicit drugs¹, and is responsible for more than 4,300 annual deaths among underage youth². Although drinking by persons under the age of 21 is illegal, people aged 12 to 20 years drink 11% of all alcohol consumed in the United States.³ More than 90% of this alcohol is consumed in the form of binge drinks.³ On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.⁴ In 2010, there were approximately 189,000 emergency rooms visits by persons under age 21 for injuries and other conditions linked to alcohol.⁵

The Power of Prevention is in OUR Hands!



Resources and information regarding underage drinking

<https://www.stopalcoholabuse.gov/>

<http://www.madd.org/underage-drinking/>

<http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teen-drinking/art-20047947>

<http://www.samhsa.gov/underage-drinking/parent-resources>

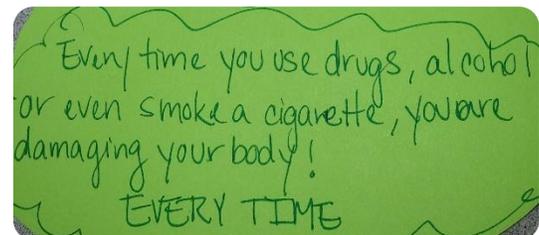


The Voice of One,
the Power of All

MAY 17 - 23, 2015

Consequences of Underage Drinking: Youth who drink alcohol^{1,4,9} are more likely to experience:

- School problems, such as higher absence and poor or failing grades.
- Social problems, such as fighting and lack of participation in youth activities.
- Legal problems, such as arrest for driving or physically hurting someone while drunk.
- Physical problems, such as hangovers or illnesses.
- Unwanted, unplanned, and unprotected sexual activity.
- Disruption of normal growth and sexual development.
- Physical and sexual assault.
- Higher risk for suicide and homicide.
- Alcohol-related car crashes and other unintentional injuries, such as burns, falls, and drowning.
- Memory problems.
- Abuse of other drugs.
- Changes in brain development that may have life-long effects.
- Death from alcohol poisoning.



A personal "Message to our Youth" above is handwritten message from an incarcerated woman, age 34.

National Prevention Week 2015
Tuesday—Prevention of Underage Drinking & Alcohol Abuse
ADMH Office of Prevention Services
Footnote references can be viewed by clicking this link:
<http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>