

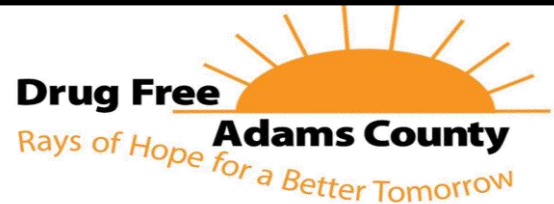
Drug Free Adams County

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Let's Not Forget about the Dangers of Alcohol

While there has been significant focus placed on the rising opioid epidemic, it's important to not lose sight of the dangers posed by alcohol and underage drinking.

Facts about Alcohol

- Alcohol is the most commonly used addictive substance in the United States.
- More than 23 million people over the age of 12 are addicted to alcohol and other drugs.
- Excessive alcohol use is responsible for 2.5 million years of potential life lost annually, or an average of about 30 years of potential life lost for each alcohol-related death.
- People age 12- to 20-years-old drink 13 percent of all alcohol consumed in the U.S. and more than 90 percent is in the form of binge drinking.
- A recent study found that approximately 10% of 9- and 10-year-olds have already started drinking, and one in three began drinking before age 13. By age 15, approximately 50% have had at least one drink.
- Alcohol use problems cost society more than \$249 billion per year due to lost productivity, health care costs, business, and criminal justice costs.



Alcohol use during the teenage years can interfere with normal adolescent brain development and increase the risk of developing an alcohol use disorder. Underage drinking contributes to consequences such as crime, injuries, sexual assaults, and even deaths. The longer youth delay drinking and drug use, the less likely they are to develop problems associated with it. Also, kids who learn about the risks of alcohol and drugs from their parents are up to 50% less likely to use.

Be mindful of the dangers of alcohol, and do what you can to be a positive influence to those around you. We all have an investment in reducing the devastating impact that alcohol can have on us as individuals, family members, and members of our communities.

For more information, please visit our website: www.DrugFreeAdamsCounty.org