

Press Release

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FOR IMMEDIATE RELEASE

CONTACT:

Dr. Sharon Harris

516- 676-2008

[safeglencove@yahoo.com](mailto:safeglencove@yahoo.com)

**SAFE Glen Cove Coalition- NIAAA Says Stay Mindful of Alcohol's Adverse Effects on Youth this Fall**

The arrival of the fall season turns the spotlight on several alcohol-related topics. High school, college and university students have returned to another academic year where peers can influence drinking behaviors.

For High School students and college freshmen, the first 6 weeks of the school year are typically a vulnerable time for underage drinking due to social pressures, increased freedom, and other factors. Underage and binge drinking are both serious public health problems and are common on many college campuses and in the surrounding neighborhoods. Binge-drinking rates are higher among college students than their noncollege peers.

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) to 0.08%—or 0.08 grams of alcohol per deciliter—or more. This typically happens if a woman has 4 or more drinks, or a man has 5 or more drinks, within about 2 hours. Research shows that fewer drinks in the same timeframe result in the same BAC in youth: only 3 drinks for girls, and 3 to 5 drinks for boys, depending on their age and size.

According to the 2023 National Survey on Drug Use and Health

- Approximately 90% of all beverages containing alcohol consumed by youth are consumed by youth who engage in binge drinking.
- In 2023, 3.3 million youth ages 12 to 20 reported binge drinking at least once in the past month
- Approximately 663,000 youth ages 12 to 20 reported binge drinking on 5 or more days over the past month.

- Adolescent alcohol use differs by race and ethnicity. For example, at age 14, White, Black, and Hispanic youth are equally likely to drink. By age 18, White and Hispanic youth are twice as likely to drink than Black youth.

Underage drinking is one such behavior that attracts many adolescents. They may want to try alcohol but often do not fully recognize its effects on their health and behavior. Other reasons youth drink alcohol includes peer pressure, increased independence or the desire for it or stress.

Additionally, many youths have easy access to alcohol. In 2023, among adolescents ages 15 to 17 who reported drinking alcohol in the past month, 84.3% reported getting it for free the last time they drank. In many cases, adolescents have access to alcohol through family members or find it at home.

Alcohol is a significant factor in the deaths of people younger than age 21 in the United States each year. This includes deaths from motor vehicle crashes, homicides, alcohol overdoses, falls, burns, drowning, and suicides. Research shows that people who start drinking before the age of 15 are at a higher risk for developing alcohol use disorder (AUD) later in life. For example, adults ages 26 and older who began drinking before age 15 are 3.5 times more likely to report having AUD in the past year than those who waited until age 21 or later to begin drinking.

Alcohol interferes with brain development. NIAAA research shows that people's brains keep developing well into their 20s. Alcohol can alter this development, potentially affecting both brain structure and function. This may cause cognitive or learning problems as well as may increase vulnerability for AUD, especially when people start drinking at a young age and drink heavily.

The SAFE Glen Cove Coalition was formed in 2003 to change societal norms about alcohol and substance use. The Coalition is concerned about excessive alcohol use in youth and adults and seeks to educate the community about its negative effects on one's health and wellness. The Glen Cove Police Department has been a longstanding member of the Coalition and works diligently to monitor alcohol sales to minors and provide prevention education to youth and adults about Social Host Law and its consequences throughout the year. To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit SAFE's website to learn more about Alcohol and its negative consequences please visit [www.safeglencove.org](http://www.safeglencove.org).

The National Institute on Alcohol Abuse and Alcoholism (NIAAA), as part of the U.S. National Institutes of Health, supports and conducts biomedical and behavioral research on the causes, consequences, treatment, and prevention of alcoholism and alcohol-related problems. For more information please visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov).

To find evidence-based treatment or to learn about treatment options and the signs of quality care, visit the [NIAAA Alcohol Treatment Navigator](#)