

2024 SUBSTANCE ABUSE PREVENTION DAY AT THE GEORGIA CAPITOL

ALCOHOL FACTS 2024



19.7%

In 2022, according to the National Survey on Drug Use and Health (NSDUH), about 19.7% of youth ages 14 to 15 reported having at least 1 drink in their lifetime.¹

5.9 MILLION

In 2022, 5.9 million youth ages 12 to 20 reported drinking alcohol beyond “just a few sips” in the past month.²



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.³

INCREASES THE RISK OF ALCOHOL PROBLEMS LATER IN LIFE

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.⁴

INTERFERES WITH BRAIN DEVELOPMENT

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.^{5 6}



SOURCES

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