HCC THIRD ANNUAL CARIBBEAN ALCOHOL REDUCTION DAY | THURSDAY NOVEMBER 29, 2018

YOUTH AND ALCOHOL DON'T MIX

Early drunkenness has been shown to increase the risk of a number of negative outcomes later in life, such as other substance use and substance use disorders, low academic performance, or legal conflicts.

In addition, alcohol use in adolescence may also be associated with psychosocial consequences such as reduced school performance, conflicts in social relationships with peers and parents, and sexual risk behavior.

THE LONG-TERM EFFECTS OF DRINKING ALCOHOL

Affects BRAIN DEVELOPMENT: memory and educational attainment[1]

Increased risk of alcohol DEPENDENCE in underage drinkers[1]

VULNERABILITY to being a victim of crime[2,3]

Higher chance of VEHICULAR ACCIDENTS, unintentional injuries and violent acts, risky sexual behaviour[2,3]

Increases your ADULT RISK of ALCOHOLISM later in life

Increases your risk for developing cancers and cardiovascular DISEASES, communicable diseases such as TB and HIV/AIDS.

Increased risk of premature DEATH

Increased risk of social problems, DEPRESSION and suicidal thoughts.

Sources:

1. WHO Global Status Report (GSR) on Alcohol and Health 2018
2. Institute of Alcohol Studies. Factsheet series: Underage Drinking. www.ias.org.uk/uploads/pdf/Factsheets/FS%20underage%20drinking%20082016.pdf
3. Chief Medical Officer Report, Guidance on the Consumption of of Alcohol by children and Young people. Department of Health. 2009 Available at:www.cph.org.uk/wp-content/uploads/2013/09/Guidance-on-the-consumption-of-alcohol-by-children-and-young-people.pdf
4. National Research Council (US) and Institute of Medicine (US) Committee on Developing a Strategy to Reduce and prevent Underage Drinking: Bonnie RJ, O'Connell ME, editors. Reducing Underage Drinking: A Collective Responsibility. Washington (DC): National Academies Press (US); 2004. Available from: www.ncbi.nlm.nih.gov/books/NBK37589/doi: 10.17226/10729
5. HCC 2nd Annual Caribbean Alcohol Reduction Day 2017 Infographic on Alcohol and Cancer. www.healthycaribbean.org/wp-content/uploads/2017/11/Caribbean-Alcohol-Reduction-Day-2017-Drink-Less-Reduce-Cancer-Infographic.pdf

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