

Are you worried about your drinking or that of someone you know? Come in to Laytonville Healthy Start (707-984-8089) for resources or counseling options, or talk to your doctor about counseling at the Long Valley Health Center (707-984-6131). For information about Alcoholics Anonymous meetings in Laytonville call 984-8339.

For more detailed information about how drugs and alcohol work with the teen brain check out

<http://teens.drugabuse.gov/>

Brought to you by Laytonville Healthy Start Coalition's Drug Free Communities Project

Not Everyone is Doing It:

According to the 2013-14 CA Healthy Kids Survey: Fewer than one third of LHS students report binge drinking in the past 30 days.

Nearly 88,000 people (approximately 62,000 men and 26,000 women) die from alcohol related causes annually, making it the third leading preventable cause of death in the United States.^{3,4}

About 90% of the alcohol consumed by youth under the age of 21 in the United States is in the form of binge drinks.¹

IN THE KNOW! Binge Drinking

The Centers for Disease Control define Binge Drinking as: **Drinking five alcoholic drinks (for men) or four alcoholic drinks (for women) in a short period of time (two hours or less).²**

Binge drinking is the kind of drinking that more often results in drunken stupidity and long term health problems:

- Unintentional injuries (car crashes, falls, burns, drowning)
- Intentional injuries (gunshots, rape, fights, domestic violence)
- Alcohol poisoning (including death)
- Sexually transmitted diseases
- Unintended pregnancy
- Liver disease
- Neurological damage
- Sexual dysfunction



Binge drinkers are 14 times more likely to report alcohol impaired driving than non-binge drinkers.⁵

¹Office of Juvenile Justice and Delinquency Prevention. *Drinking in America: Myths, Realities, and Prevention Policy* [PDF-1.08MB]. Washington, DC: U.S. Department of Justice, Office of Justice Programs, Office of Juvenile Justice and Delinquency Prevention, 2005.

²National Institute of Alcohol Abuse and Alcoholism. *NIAAA council approves definition of binge drinking* [PDF-1.62MB]. *NIAAA Newsletter* 2004; No. 3, p. 3.

³Centers for Disease Control and Prevention. Alcohol use and health. Available at: <http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

⁴Centers for Disease Control and Prevention. Alcohol and Public Health: Alcohol-Related Disease Impact (ARDI). Available at: <http://www.cdc.gov/Alcohol/>

⁵Naimi TS, Brewer RD, Mokdad A, Clark D, Serdula MK, Marks JS. *Binge drinking among US adults*. *JAMA* 2003;289(1):70-75.