

Lake County Underage Drinking Prevention Task Force January 2008 Resource Page

Networking Opportunity!!

Lake County Underage Drinking Prevention Task Force Networking Dinner

Wednesday, January 30, 2008

College of Lake County – Southlake Campus

We started last June and it is time to continue the conversation! Please join us for dinner and networking with groups in Lake County that are focusing their efforts on underage drinking prevention. “Parents as a Prevention Strategy” is the topic for this evening’s discussion and networking. Please bring your group’s experiences to share – a display table will be available for all partnership materials.

Cost: \$10/person (checks payable to The College of Lake County)

Send to: Kim Zambole
19351 W. Washington St. L227
Grayslake, IL 60030

Questions: (847) 543-2853

Parenting Resource: Time To Talk

“Talking to your kids about the risks of drugs and alcohol is important and it isn’t as hard as you think. By having regular conversations with your children, they are up to 50% less likely to use. We’re here to help make talking even easier. We’ve got free, easy-to-use, research-based tools and tips to help you have ongoing conversations with your kids to keep them healthy and drug-free.

Last year, more than half of parents of teens in our national study wished they knew better what to say to their child about drugs and alcohol and that they wanted advice on how to have these conversations.

Time to Talk provides parents and caregivers the tools, tips and resources they want and need.”
From The Partnership for a Drug-Free America.

www.timetotalk.org

The Dangers of Binge Drinking

Binge drinking -- commonly defined as having four to five drinks in a row within a short period -- can lead to short-term problems in concentrating, memory lapses, and mood changes, according to HealthDay News. But the Nemours Foundation says binge drinking also can cause more serious, longer-lasting problems, including:

- Alcohol poisoning, which can hinder involuntary functions like breathing and a person's gag reflex.
- Impaired judgment, which can lead to risk taking like having unprotected sex.
- Health issues, including an increased risk of obesity and high blood pressure.
- Mental health concerns, including moodiness and personality changes.
- Increased risk of becoming an alcoholic.

<http://parenting.ivillage.com/teen/tbehavior/0,,bssvn7r4,00.html>

Teen Binge Drinking: Common and Risky

Nearly 2 in 3 Teen Drinkers Admit Binge Drinking, Risking Their Health

Almost two-thirds of high school students who drink alcohol admit binge drinking and may be at risk of other serious health problems, says the CDC. The CDC estimates that 7.4 million high school students drink alcohol, including 2.6 million binge drinkers. Most students said they hadn't drunk alcohol in the past month.

Compared to nondrinkers, teen binge drinkers were:

- 11 times more likely to ride with a driver who had been drinking alcohol in the past 30 days.
- 19 times more likely to be current smokers (smoked on one or more days in the past 30 days).
- Four times more likely to be in a physical fight in the past 12 months.
- Nearly four times more likely to have ever been raped or subjected to dating violence in the past 12 months.
- Four times more likely to have attempted suicide during the past 12 months.
- More than five times more likely to be sexually active with one or more persons during the past three months.

Teen binge drinkers were also more likely to use marijuana, cocaine, and inhalants, the study shows. Binge drinking was more commonly reported by boys than by girls, and by older teens than by younger teens. Binge drinkers tended to have worse grades, based on the students' self-reported grades.

Student drinkers who denied binge drinking shared many of the same health risks, but to a lesser extent. "Our study clearly shows that it's not just that students drink alcohol, but how much they drink that most strongly affects whether they experience other health and social problems," researcher Jacqueline Miller, MD, says in a CDC news release.

"It also underscores the importance of implementing effective strategies to prevent underage and binge drinking," Miller notes. Some students may have been reluctant to report underage drinking, so the estimates may be too low, Miller's team notes.

SOURCES: Miller, J. *Pediatrics*, January 2007; vol 119: pp 76-85. News release, CDC