

Alcohol is one of the most commonly used substances during adolescence. Though underage drinking is against the law, alcohol may be easily accessible to many teens. Binge drinking (defined by the Youth Risk Behavior Survey as drinking five or more drinks within a couple of hours on at least one day in the past 30 days) can be especially dangerous as it may lead to other risky behaviors.

- Alcohol use among youth has been linked to unintentional injuries, physical fights, academic problems, job problems and illegal behavior.¹⁷
- Alcohol use has been identified as a major contributing factor in approximately one-third of all unintentional injury deaths, homicides and suicides which are the leading causes of death and disability among young people.¹⁸
- Underage persons who reported heavy drinking were 10 times more likely to report illicit drug use during the past month than underage persons who did not drink.¹⁹

HP 2010 Objectives:

26-10a: Increase proportion of adolescents not using alcohol or any illicit drugs during the past 30 days to 89 percent.

26-11d: Reduce the proportion of persons engaging in binge drinking of alcoholic beverages to no more than 2 percent for teens aged 12-17 years.