

# A Guide to Wellness

Municipal Alliance

3/1/2011

## *Children of Alcoholics*

It is estimated that one in four children in the United States under the age of 18 is affected by family alcohol abuse or alcoholism. Children of alcoholics are two to four times more likely to develop alcoholism than children of non-alcoholic parents.

Children of alcoholics also

If you are worried about a child or if you are a child of an alcoholic, it is important to find someone to talk to regarding your experiences. Alateen is a group for teens who are affected by someone else's alcohol or drug use. If you would like more information regarding

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deal with significantly more issues of neglect and abuse. There is a correlation between parents who abuse alcohol and drugs and their children's health care cost. Young children of alcoholics often exhibit symptoms of depression and anxiety, and they find school more difficult.

meeting dates and times or regarding the organization, please visit [www.alateen.org](http://www.alateen.org) or call 1-888-425-2666.

## *High School Students and Binge Drinking*

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According to the Centers for Disease Control and Prevention, 25% of high school students reported binge drinking in the month of September. The number of students and adults binge drinking has not declined in the past 15 years even with our growing knowledge of its effects.

Alcohol is the third highest cause of preventable deaths. More than 79,000 people in the United States alone die each year. This number does not include tendencies towards violence, car crashes, STDs such as HIV, which would increase the numbers.

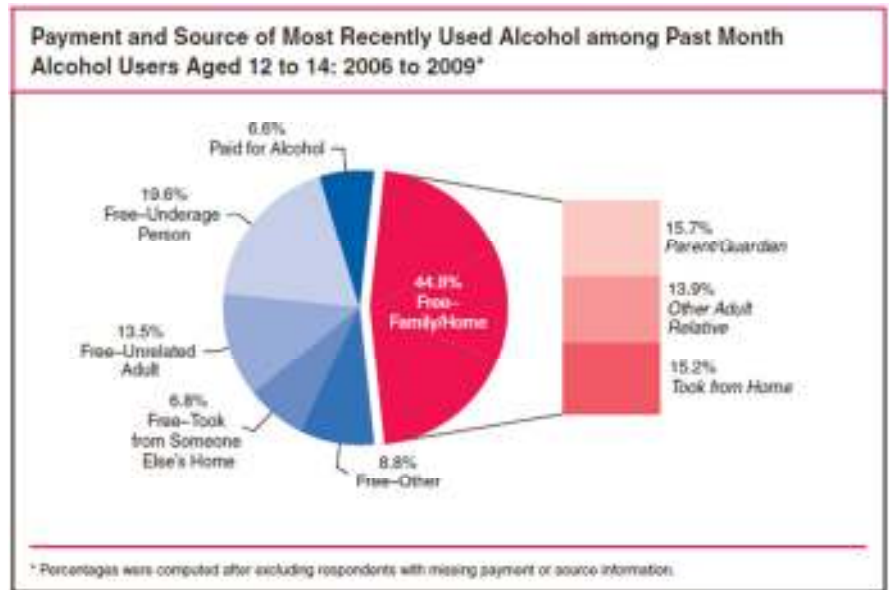
For more information regarding binge drinking please visit [www.cdc.gov.vitalsigns](http://www.cdc.gov.vitalsigns).

## Young Teens Most Often Get Alcohol from Home and Family

Alarmingly, 5.9% of young teens aged 12 – 14 drank alcohol in the month of January. The National Survey on Drug Use and Health digs deeper by analyzing how the youth receive the alcohol.

Nearly all youth (93.4%) received their alcohol for free. 44.8% of the young teens reported that they received their alcohol from their family or from their home.

All of these figures suggest that the greatest fight against our youths' abuse of alcohol exist in our own home. Family members hold the greatest influence over



middle school children through their actions and by providing accessibility to alcohol.

If you would like more information regarding SAMHSA's efforts to prevent underage alcohol abuse,

please visit <http://www.stopalcoholabuse.gov/> or <http://oas.samhsa.gov>.



*The Haddonfield Municipal Alliance promotes a culture of wellness in Haddonfield by sponsoring and supporting activities and events that promote healthy behaviors, foster enlightened attitudes, warn of the perils of addiction, and condemn irresponsible practices.*

