



## Institutional Position on Use of Alcohol by Youth

March 7, 2019

WHEREAS, alcohol is the most commonly used substance among youth in America<sup>1</sup>, Illinois and Chicago<sup>2</sup>; and

WHEREAS, alcohol use is a major contributing factor in the leading causes of deaths for young people: unintentional injuries, homicides and suicides<sup>3</sup>; and

WHEREAS, the first use of alcohol at an earlier age increases the chance of developing alcohol related problems or alcohol use disorder<sup>4</sup>; and

WHEREAS, the delayed use of alcohol by youth significantly lowers prevalence of lifetime alcohol dependence and risk of alcohol use disorder<sup>4</sup>; and

WHEREAS, initiation of alcohol use at earlier ages has been associated with greater risk taking behavior, academic problems, dating violence, teen pregnancy and other problem behaviors<sup>5</sup>; and

WHEREAS, alcohol use by youth causes changes in the structure and function of the developing adolescent brain which impact learning and memory<sup>6</sup>.

NOW, LET IT THEREFORE BE RESOLVED:

That Ann & Robert H. Lurie Children's Hospital of Chicago supports efforts to reduce use of alcohol by youth through: (i) prevention education programming for youth and parents/caregivers; (ii) training

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<sup>1</sup>Johnston, L. D., Miech, R. A., O'Malley, P. M., Bachman, J. G., Schulenberg, J. E., & Patrick, M. E. (2018). *Monitoring the Future national survey results on drug use, 1975-2017: Overview, key findings on adolescent drug use*. Ann Arbor: Institute for Social Research, The University of Michigan, pp. 116

<sup>2</sup>The Illinois Department of Human Service. Illinois Youth Risk Behavior Survey. State Reports. Retrieved January 9, 2019, from <https://iys.cprd.illinois.edu/results/state>

<sup>3</sup>National Institute on Alcohol Abuse and Alcoholism. April 2003. *Underage Drinking: A Major Public Health Challenge*, (59) [Accessed 5/25/18]

<sup>4</sup>Grant, B. F. Dawson, D. A. (1997). *Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence: results from the National Longitudinal Alcohol Epidemiologic Survey*. Journal of Substance Abuse. (9) pp. 103–110

<sup>5</sup>Ellickson, P. L, Tucker, J. S, Klein, D. J. (2003). *Ten-year prospective study of public health problems associated with early drinking*. Pediatrics. (111)(5 pt 1) pp. 949–955

<sup>6</sup>Squeglia, L. M., Gray, K. M. (2016). *Alcohol and Drug Use and the Developing Brain*. Current Psychiatry Reports, 18(5) pp. 46. <http://doi.org/10.1007/s11920-016-0689-y>



providers on proper alcohol use screening, brief therapeutic interventions, and treatment referrals; (iii) prohibiting advertising and other promotion of alcohol, especially towards children, adolescents, and young adults before use starts; and (iv) supporting effective policies and enforcement regulating the availability of alcohol to youth.