

NATIONAL
DRUG & ALCOHOL
FACTS WEEK

SHATTER THE MYTHS

#NDAFW



The MYTH

What's the big deal?
It's just a little drinking...



The TRUTH

7x more Americans (*age 12+*)
suffer from alcoholism (*14.8 million*)
than opioid addiction (*2 million*)

Source: NSDUH, NIAAA Fact Sheet 2018



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The MYTH

There's no reason to wait until you're 21 to drink...



The TRUTH

Youth who drink before age 15 are **4x** more likely to develop alcoholism as adults than those who wait until age 21

Source: NIAAA Alcohol Alert



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The MYTH

It's just a few beers.
It's harmless...



The TRUTH

**90% of adults who suffer
with addiction began
using alcohol, nicotine or
marijuana before
the age of 18**

Source: NSDUH, DuPon et al 2018



Drug-Free Communities

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The MYTH

Alcohol is "safer" than other drugs...



The TRUTH

Underage drinking *significantly* increases the risk of:

- Mental health issues/depression/suicide
- Violence or sexual assault
- Serious injury or death from accidents
- Lower academic achievement

Source: National Center on Addiction & Substance Abuse, 2011, DuPont et al 2013



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The MYTH

Alcohol is not a
"gateway" drug



The TRUTH

Youth who...

Drink any alcohol are **5x** more likely,
Binge drink are **7x** more likely,
Binge drink often are **17x** more likely
...to use other drugs than their peers
who don't drink at all

Source: NSDUH, DuPont et al 2018

