

ALCOHOL

Alcohol is a colorless liquid that is usually produced through fermentation of organic sources such as grapes, berries, corn, rice, and barley. Ethyl alcohol is the psychoactive drug in alcoholic drinks that acts on the body as a depressant and produces a sedative effect. Alcohol is a very accessible drug, although it is only legal for sale and consumption for those over the age of 21. Alcoholic beverages come in many forms, including beer, wine, tequila, brandy, whiskey, gin, rum, wine coolers, and mixed drinks.



EFFECTS

When alcohol is consumed, it is carried throughout the body via the bloodstream. It is absorbed quickly, within a few minutes, and is capable of staying in the body for several hours, depending on the amount consumed. The effects that alcohol has on the central nervous system can vary; it is capable of making users more comfortable and relaxed, but can also make other users more aggressive. The short-term effects of alcohol consumption include impaired motor coordination, impaired memory recollection including blackouts, slower heart rate and respiration, lowered inhibitions, and impaired decision-making capacity, which can lead to risky behaviors. Long term effects of excessive alcohol consumption include cirrhosis, cancers, cardiac illnesses, gastritis, and permanent damage to the brain.



SCHOOL OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

INDIANA UNIVERSITY
Bloomington

DEPARTMENT OF APPLIED HEALTH SCIENCE

INDIANA UNIVERSITY
School of Health, Physical Education, and Recreation
Bloomington

The Indiana Prevention Resource Center is operated by the Department of Applied Health Science, School of Health, Physical Education and Recreation at Indiana University. Funded, in part, by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction, financially supported through Health and Human Services/Substance Abuse Mental Health Services Administration, Center for Substance Abuse Prevention, Substance Abuse Prevention and Treatment Block Grant.

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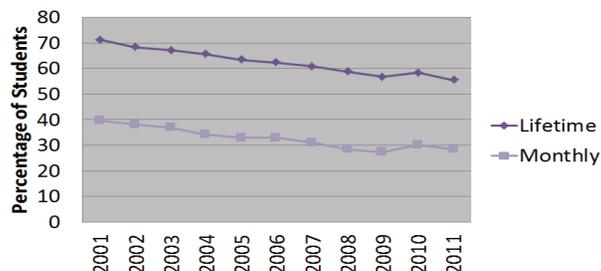
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INCIDENCE & PREVALENCE

According to the SAMHSA 2010 National Survey on Drug Use & Health (NSDUH), 51.8 percent of Americans ages 12 and older reported being current drinkers. In addition, nearly one fourth (23.1 %) of persons 12 and over reported that they had participated in binge drinking (five or more drinks in one sitting) at least once in the preceding thirty days. Among Indiana youth, the rates of alcohol use are decreasing. According to the IPRC 2011 Alcohol, Tobacco, and Other Drug Use by Indiana Children and Adolescents Survey, the prevalence rates of lifetime, annual, monthly, and daily consumption of alcohol have been holding steady or declining for the past several years. An estimated 13.6 % of Indiana 10th graders tried alcohol for the first time in 2011.

Prevalence of Alcohol Use Among Indiana 10th Graders, 2001-2011



Source: IPRC 2011 ATOD Use By Children & Adolescents Survey*

LAW & CRIMINAL JUSTICE

In Indiana, the legal blood alcohol concentration (BAC) while operating a vehicle is a maximum of 0.08. An individual who operates a vehicle with a BAC higher than 0.08 is committing a misdemeanor under Indiana State laws. In regards to minors and alcohol, it is a misdemeanor for a minor (under the age of 21) to knowingly possess or consume an alcoholic beverage. In addition, it is illegal for a person to knowingly or intentionally sell, barter, exchange, provide, or furnish an alcoholic beverage to a minor.

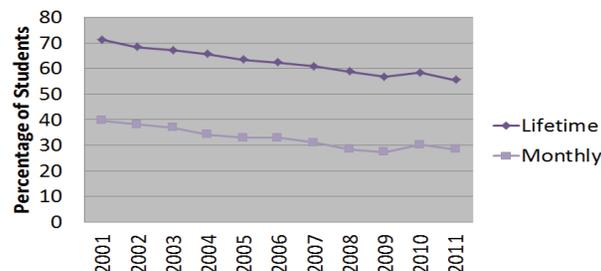
Indiana Prevention Resource Center

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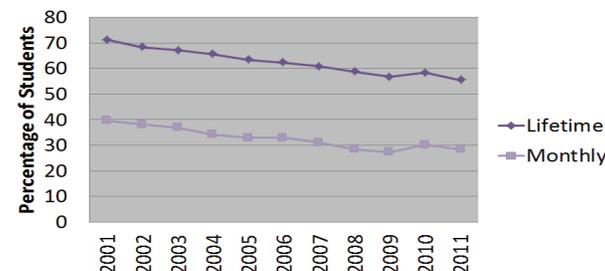
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