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Alcohol Topic Introduction

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HLTH 205-01

#### Sources

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My introduction topic was alcohol, and I choose to specify that by researching lowering the legal drinking age. Lowering the legal drinking age has many people on both side of the argument. There has been rumors for many years about the legal drinking age dropping down to eighteen, but it has yet to officially change. Out of all the countries the U.S. has the highest drinking age- 21 years of age. Even though the legal age is 21, ninety percent of high school seniors say it is pretty easy to find/get alcohol. Nearly half of that ninety percent admitted to drinking alcohol in the last thirty days.

The fact that underage kids are forced to drink in unsafe environments is a huge factor why some people want the drinking age to be lowered. They believe that if the drinking age were to be lowered, these young adults would be able to consume alcohol in safer places and not have to try to hide it. The secret alcohol experimentations that kids partake in lead to higher levels of binge drinking. Again if their drinking was able to be out in the open and legal, it could greatly reduce their risk of binge drinking.

There are also many valid reasons to keep the drinking age at twenty one. Since teens have smaller bodies than adult, they get drunk twice as fast. Along with size simply being young means they also have more trouble knowing when to stop drinking. Teens generally tend to overdue things and alcohol is no exception, binge drinking is more prevalent in teen than adults. The biggest reason why people think the drinking age should stay the same has to do with our brains. A teenagers brain is still maturing and developing, add alcohol and it can seriously impair the growth and development of the brain.

One interesting fact I happened to find is that "moderate" drinking actually has some health benefits. Moderate drinking can lower your risk for heart disease by thirty-five percent,

increase your resistance to the common cold by eighty-five percent, and lower your risk of death by twenty-one percent. Keep in mind though, moderate drinking consists of up to one drink a day for women and up to two drinks a day for men.