

Use of Alcohol: Not Safe at Any Level

Alina Baltazar, PhD

*Associate Professor, and Master of Social Work Program Director in the Social Work Department,
Andrews University*

INTRODUCTION

Alcohol is known to be a risk factor for early death and disability. It has been linked to some 60 diseases. Although some studies have indicated that certain types of alcohol, in moderation, could help prevent heart disease, other research has challenged those results.

A groundbreaking study examined alcohol use and its effect on health in 195 countries over a period of 25 years. This meta-analytic study covered a total of 28 million individuals. The results show that the safest level of alcohol consumption is zero.

STUDY RESULTS

- The main finding of the study is that alcohol consumption is globally the seventh leading risk factor for death and disability.
- Worldwide, it is the number-one risk factor of early death for persons aged 15-49 years. These are not old people who are already at risk but include the typical university student.
- As the amount of alcohol consumed increases, so does the risk of mortality.

SAFEST LEVEL OF USE

When the researchers looked at the amount of alcohol that could be considered safe, **they found that the safest level of alcohol use was zero.**

Zero! Even half a glass of an alcoholic beverage a day was related to a shorter life span.

WHY SHOULD A STUDENT CARE?

- University students are more likely to consume alcohol than their non-university peers.
- About one in four university students report academic problems due to alcohol use.
- Others experience a higher risk of suicide attempts, health problems, injuries, unsafe sex, vandalism, property damage, and more involvement with the police.
- Heavy use can lead to an alcohol use disorder experienced by 20 percent of U.S. college students.

THREE SIMPLE STEPS FOR ADVENTIST STUDENTS

- 1. De-normalize alcohol consumption.** Not “everybody’s doing it!” even on public campuses and especially not on Adventist campuses.
- 2. Be a caring friend.** When you have social get-togethers, avoid alcoholic drinks. Make your parties wholesome. Get creative and have fun! Whatever you do, do to the glory of God.
- 3. Develop healthy coping tools in dealing with emotional or social stress:** go for a walk, exercise, get enough sleep, learn to manage stress, and talk with friends.



LINK TO REFERENCES

[Use of Alcohol: Not Safe at Any Level – Dialogue
\(adventist.org\)](https://www.adventist.org/dialogue/2019/04/use-of-alcohol-not-safe-at-any-level)



SCAN ME