

What are the effects of alcohol access on risky behaviors in young adults?

September 6 2018



Credit: CC0 Public Domain

Results from a recent analysis reveal that the availability of alcohol associated with turning 21 years old may have relatively large effects on risky behaviors, especially in men. The findings are published in

Contemporary Economic Policy.

The analysis of national survey data from the Add Health (a school-based study of the health-related behaviors of adolescents and their outcomes in young adulthood) found evidence that Minimum Legal Drinking Age (MLDA) laws produce sharp differences in [alcohol consumption](#) and a variety of [risky behaviors](#) related to alcohol use for youths on either side of the age 21 cutoff. The MLDA reduces binge drinking by approximately 5 percentage points as well as a variety of other consumption measures. For males, there are marked increases in reports of drunk driving, risky sexual activities, violence, and interpersonal problems with friends.

More research is needed to determine whether these results indicate a need to change the MLDA to age 18 or 25 or some other age.

More information: Jason M. Fletcher, ESTIMATING CAUSAL EFFECTS OF ALCOHOL ACCESS AND USE ON A BROAD SET OF RISKY BEHAVIORS: REGRESSION DISCONTINUITY EVIDENCE, *Contemporary Economic Policy* (2018). [DOI: 10.1111/coep.12405](#)

Provided by Wiley

Citation: What are the effects of alcohol access on risky behaviors in young adults? (2018, September 6) retrieved 8 May 2024 from <https://medicalxpress.com/news/2018-09-effects-alcohol-access-risky-behaviors.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.