

The Alarming Binomial Alcohol and Youth

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Abstract

In Europe, alcohol consumption is responsible for approximately 1 million deaths each year and 5.1% of life years lost worldwide when adjusted for disability. In Italy, in 2021 there are almost 8 million consumers at risk, 3 and a half million binge drinkers who drink to get drunk, 750 thousand those who have consumed alcohol causing damage to their health, already in need of treatment and not yet intercepted only 63,000 alcohol addicts are cared for by the NHS structures, 8.5% of those who would require diagnosis, therapy and rehabilitation (data collected by the National Alcohol Observatory and the Istituto Superiore di Sanità). They concern women, the elderly, but above all minors who certainly represent the most vulnerable target, also because more often than not, the evidence of a real addiction comes to light in a fortuitous and occasional way. Already at the age of 11-12, pre-adolescents show an anomalous curiosity for drinks with a low alcohol content, and then move on to the consumption of the by now sadly famous "shottini" which is sometimes praised, with a sneaky and hidden induction, in the texts of rappers idolized by young people, precisely because of their tendency to transgression, to divergence, to a painful and painful creativity. WHO together with professional associations and academia worked on the implementation of the global action plan on alcohol 2022-2030. The Plan is part of the broader global strategy to fight chronic-degenerative diseases, the main action of the United Nations 2030 Agenda and the Sustainable Development Goals, which provide for a 10% reduction in the risky and harmful consumption of alcohol by 2025. An absolutely necessary but highly ambitious goal if we consider the widespread diffusion of the phenomenon among the youngest. Build solid DAMAGE through targeted actions aimed above all at FAMILIES, who often underestimate the problem (-my child doesn't drink or smoke!-), the SCHOOL, as an educating community that must operate in terms of information and prevention, and the broader government both central and regional which acts with Local Health Authorities, Municipalities, Associations and Cooperatives. Some projects are already underway and operational: "Enjoy your choice: drink simple, drink non-alcoholic!"; "I don't skid"; "Don't get lost in a glass" and "Some people drink and some have fun. And you?". Titles with a strong communicative impact that shake the conscience of adults and children.

Keywords: alcohol consumption data, pre-adolescence' interest in alcohol, WHO's action plan, Sustainable Development Goals, families and school role