Alcohol Effects on Development

Our brain is still developing into our mid-20's. In particular, development of our pre-frontal cortex, responsible for executive functions, judgment, and decision making, is disrupted by alcohol consumption.

Our Hippocampus is affected far more when we are young. Alcohol inhibits systems crucial for storing and recalling new information. A process inherent and vital to college life.

Most alcohol is processed by an enzyme in the liver called Alcohol Dehydrogenase. About 95% of alcohol you drink is broken down by ADH into Acetaldehyde-then by ALDH-into Acetate which eventually leaves your body as CO₂ and H₂O. Your liver is not mature until around age 22 1/2, which makes this process less efficient and takes the body longer than the standard hour it takes for a mature adult.

Alcohol blocks the absorption of calcium, inhibiting bone growth and ability to reach full stature.

Alcohol consumption affects our hormones especially prior to the full maturation of our bodies. It can upset the balance needed for proper development. Drinking alcohol can also cause irregular periods in women & reduced testosterone in males.