



ILCAAAP

Illinois Church Action on Alcohol & Addiction Problems

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Alcohol Alert - July 21, 2022



Bombshell alcohol study funded by Bill & Melinda Gates Foundation finds only risks, zero benefits for young adults

People under the age of 40 start risking their health if they consume any more than two teaspoons of wine or two and a half tablespoons of beer per day, a new study suggests.

The analysis—part of the wider Global Burden of Disease study—was funded by the Bill & Melinda Gates Foundation and **published in The Lancet medical journal** on Thursday.

It found that for young adults between the ages of 15 and 39, there were zero health benefits—only risks—associated with drinking alcohol.

Globally, almost 60% of people who consumed unsafe amounts of alcohol in 2020 fell into this age bracket, according to the findings.

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Childhood Loneliness Linked to Stress and Problem Drinking in Young Adults

Newswise — Before the pandemic, over **1 in 10 children** aged 10-12 years reported being lonely.

New research has shown that experiencing loneliness as a pre-adolescent child predicts problem drinking years later, in early adulthood.

Alcohol misuse is not the only health problem connected to

loneliness. In older adults, **loneliness** contributes to poor physical health, including dementia, heart disease and stroke. Researchers from Arizona State University examined the effects of experiencing childhood loneliness on current stress levels and drinking behaviors in young adults. The **study** will be published in Addictive Behaviors Reports.

“In young adults, childhood loneliness before age 12 was associated with perceived stress right now and affected dysregulated drinking,” said Julie Patock-Peckham, assistant research professor in the ASU Department of Psychology. [READ](#)

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1132 West Jefferson,
Springfield, IL 62702
217-546-6871

[Contact Us](#)

