

# Increasing the age to 25 when purchasing alcohol

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In today's society, alcohol consumption has been taken on as a norm. It can be seen in every arena of life from been seen through the media or through our own personal eyes. When consumed in moderation, alcohol consumption can have some positive effects on individuals. One can get livelier, easier and relaxed. One can also talk more easily and feel less tired. According to some researchers, moderate alcohol use protects against cardiovascular diseases (Carlson, 2009).

Socially, some people claim that it also has positive effects. It provides a lot of employment in the production, catering and retail of products and services in which alcohol plays a part. Also, people claim that alcoholic beverages help people socialize. However, if consumed when young, alcohol consumption can have a negative effect. Increasing the age limit on alcohol purchasing to 25 can decrease the consumption rate, misuse rate, and addiction rate among individuals.

First, increasing the age limit on alcohol purchasing to 25 can decrease the overall consumption rate. By increasing the drinking age to 25, it can reduce consumption amongst young people because it will be harder to buy alcohol. According to U. S. Department of Health and Human Services for the Centers for Disease Control survey, approximately 52% of Americans over the age of 18 are regular drinkers (Sondik, 2010). The percentage of alcohol consumption can decrease with the increase of the age limit.

Secondly, increasing the age limit on alcohol purchasing to 25 can decrease the overall misuse rate of alcohol among the younger crowd. By increasing the drinking age to 25, the group of impaired driver accidents and deaths

may decrease. According to the U. S. Drunk Driving Car Accident Statistics, approximately 34% of individuals between the age of 21 and 24 die from vehicle accidents each year (NHTSA, 1997). The percentage of death from motor vehicle accidents and alcohol can decrease with the increase of the age limit.

Thirdly, increasing the age limit on alcohol purchasing to 25 will decrease the percentage of individuals that become addicted to alcohol at a young age. The younger a person begins using alcohol, the greater the chance of developing alcohol dependence or abuse some time in their life. Of those who begin drinking at age-18, 16.6% subsequently are classified with alcohol dependence and 7.8% with alcohol abuse. If a person waits until age-25 before taking his or her first drink, these risks can decrease by over 60% (Grant, 1997).

The percentage of individuals that become addicted to alcohol can decrease with the increase of the age limit. In conclusion, by increasing the age limit on alcohol purchasing to 25 can decrease the consumption rate, misuse rate, and addiction rate among individuals. The overall rates decreasing will benefit every individual in every age group. This can also allow individuals to experience the positive effects of alcohol consumption by being livelier, easier and more relaxed.

## **Work Cited**

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