Risk Factors for Alcoholism (Mayo)

- Steady drinking over time: Drinking too much on a regular basis for an extended period.
- Age: Drinking at an early age.
- Gender: Men are more likely to become dependent on alcohol; however, women are at greater risk of developing certain complications (e.g., liver disease).
- Family history: Having a parent who abused alcohol.
- Mental health: Having a mental health disorder (e.g., anxiety or depression).
- Other factors: Having a partner or friend who drinks regularly; exposure to excessive drinking in the media.

*Teens that start drinking before age 15 are four times more likely to develop alcoholism than someone who waits until they are 21.* (CESAR)

More than half of all adults have a family history of alcoholism or problem drinking. (NCADD)