

# Binge drinking: hype of the Belgian youth?


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A significant amount of adolescents are admitted to hospital due to overdose of alcohol in Antwerp every year, with severe risks to their health

## Methods

 Retrospective hospital chart study in Antwerp, Belgium

 10-18-year-olds with AAI presenting at emergency room between 2015-2021

 Prevalence, medical characteristics, demographics, context of AAI

AAI = Acute Alcohol Intoxication



1016 patients between 2015-2021

→ 3/weekend



Median age = 16.6 y/o

Boys 16.8 Girls 16.4

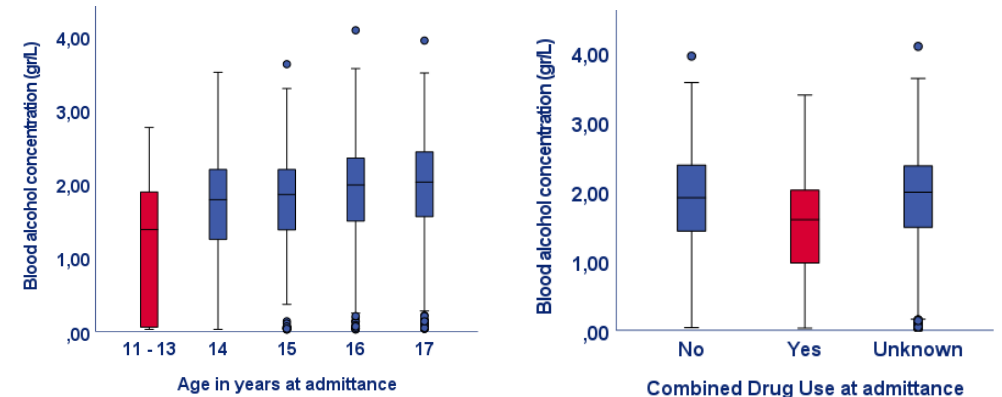


56.3% boys  
43.7% girls



Median Blood Alcohol Concentration (BAC) = 1.95‰

## Results



Multiple Regression Analysis of BAC: Age at admittance, combined drug use and reason for admittance predict blood alcohol concentration:  $F(4, 840) = 82,16, p < 0.001$ , with  $R^2 = 0.282$

## Conclusion

- ✓ High prevalence of AAI in adolescents in Antwerp
- ✓ 1/3 below the legal alcohol age of 16 y/o
- ✓ Earlier admittance at the hospital if young age or combined drug use
- ✓ The prevalence of AAI needs to decrease

## Future recommendations

- ✓ More suitable preventive measures
- ✓ Raising legal alcohol age Belgium
- ✓ Youth & alcohol outpatient clinic in Antwerp, including prospective data collection

18+