



The California Governor's Prevention Advisory Council (GPAC) and the California Department of Alcohol and Drug Programs (ADP) have identified adolescent binge drinking as a priority prevention need area in California. This site provides a comprehensive and cutting edge resource for information and evidence-based policies, programs and practices to effectively reduce binge drinking across California's culturally diverse youth population.

Preventing Adolescent Binge Drinking is an initiative to reduce binge drinking among youth ages 9 to 20. The initiative is a product of the California Governor's Prevention Advisory Council (GPAC), a multi-agency task force that provides policy guidance and implementation support to California's prevention system. Binge drinking is typically defined as five or more drinks at a sitting. In 2005, over 23 percent of California high school juniors reported binge drinking at least once during the past month. Binge drinking is a high risk activity, associated with a variety of health, economic and social problems. Recent brain research has clearly demonstrated the harm that binge drinking poses for adolescent development.

For more information, contact the Center for Applied Research Solutions (CARS) at 916-983-9506 or go to: www.cars-rp.org.

