

# Prevention... What's the 4-1-1?

## Children of Alcoholics Week: February 12-18, 2011

The purpose of this week is to raise awareness of the problems faced by children of alcohol-dependent parents. During the week, it is important to let the children know that there is support available.

There are approximately 26.8 million (28%) children of alcoholics (COAs) in the United States, with over 11 million being under age 18.

One in five (18%) adult Americans have lived with an alcoholic relative while growing up.

Seventy percent of children of alcoholics develop a pattern of compulsive behavior as an adult, such as alcoholism, overeating, or drug abuse.

Children of alcoholics are four times more likely than other children to become alcoholics themselves. They are also at increased risk for a range of problems, including physical illness, emotional disturbances, behavioral problems, lower educational performance, and susceptibility to other addictions later in life.

Other feelings that children of alcoholics possess include: guilt, anxiety, embarrassment, inability to have close relationships, confusion, anger, depression, and chaos.

Sources: 1) [http://www.nacoa.org/coaweek\\_tools.html](http://www.nacoa.org/coaweek_tools.html); 2) <http://www.nacoa.net/impfacts.htm>;  
3) [http://www.aamft.org/imis15/content/Consumer\\_Updates/Children\\_of\\_Alcoholics.aspx](http://www.aamft.org/imis15/content/Consumer_Updates/Children_of_Alcoholics.aspx);

*In health there is freedom. Health is the first of all liberties.*  
~Henri Frederic Amiel



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