



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](#))