National Consortium on Alcohol & NeuroDevelopment in Adolescence - Adulthood (NCANDA-A)

Duke University • Oregon Health & Science University • SRI International • UC San Diego • University of Pittsburgh

2025 Newsletter | ncanda.org

A Letter from the NCANDA Director

Thank you so much for your continued involvement in NCANDA-A! We are deeply grateful that you have been part of this unique study for over 10 years now! Studies like NCANDA are *longitudinal* -- working with the same volunteers over many years. Longitudinal studies are critical for determining how the brain and body change over time, and how behaviors affecting health influence maturation and well-being over time. Thanks to your involvement, NCANDA has made discoveries about sleep, alcohol, cannabis, and the impact of the COVID-19 pandemic on the health of adolescents and young adults. Whether you have been at our Durham, Menlo Park, Portland, Pittsburgh, or San Diego research location, we hope each visit was meaningful. Thank you for your time, effort, and commitment to NCANDA-A and for your contribution to science! - *Dr. Susan Tapert*

Big Data: NIH Data Archive

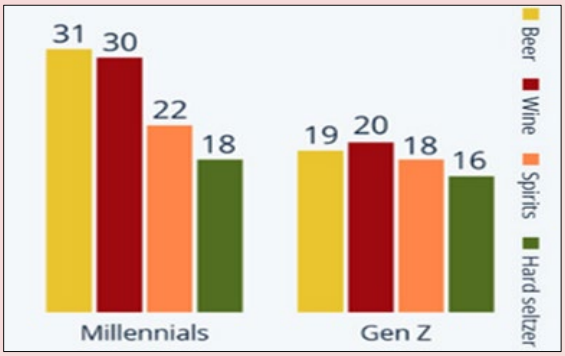
In the era of Big Data, combining datasets from multiple studies allows researchers to work with large sample sizes, improving the reliability of findings and fostering innovative research.

With the NCANDA dataset – combined with data from over 500,000 research participants in the NIH National Data Archive – researchers can test novel and creative research hypotheses using substantial amounts of data.

By making these vast data sets accessible, the archive accelerates discoveries and enables researchers to identify certain subgroups of patients for whom treatment may be particularly beneficial.
https://grants.nih.gov/grants/guide/notice-files/NOT-AA-17-005.html

Millennials vs Gen Z Drinking Trends

Recent national surveys show a decrease in Gen Z drinking patterns as compared to Millennials: Gen Z looks like a more sober generation. Only 20% of Americans 21-28 years-old report regularly drinking beer, wine or spirits. Among Millennials, consumption was higher – especially for beer and wine, nearly 30%, of respondents consuming the beverages regularly.



https://www.statista.com/chart/30783/alcohol-consumption-by-generation/

Risk Factors for Heavy Drinking in Youth

NCANDA investigates the effects of alcohol use on the developing adolescent brain and brain and behavioral characteristics predicting alcohol use problems.

NCANDA data analysis explored risk factors associated with heavy drinking in high school graduates who joined the workforce, military, or community colleges compared to those who attended 4-year residential college programs.

Factors predicting heavy drinking onset for those who did not go to 4-year colleges included childhood sexual and physical abuse for females and extraverted personality types for males.

Risk factors for those who went to 4-year colleges included ability to recognize facial emotions and greater openness for males.

Thus, post-high school choices present divergent paths toward initiating heavy alcohol use in youth. This highlights the need to develop prevention programs unique to post high school activities.
https://www.sciencedirect.com/science/article/pii/S1878929324000744?via%3Dihub

The Remarkable 3lb Organ

- The brain generates ~20 watts of power (enough to power a light bulb).
- With ~75% of the brain made of water, dehydration can negatively effect memory and attention.
- Brain information travels up to 350 miles per hour.

https://www.nm.org/healthbeat/healthy-tips/11-fun-facts-about-your-brain

To learn more about the effects of drinking, go to *https://www.niaaa.nih.gov*

Please let us know your new contact information!
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