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Alcohol addiction among Nigerian youth: a pointer to increased incidence of non-communicable diseases**Sangokoya Foluke O**

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Alcohol addiction is on the rise across the globe and youths are not exempted from this life threatening lifestyle. In Nigeria, very little study has been conducted to explore alcohol addiction among youths as a major contributory factor to Non-communicable disease (Ncds) Incidences in the country. This study therefore investigates the level of dangerous alcohol consumption among Nigerian youth, whether or not they abuse the substance, the reasons for consuming alcohol and how far addicted to alcohol they have become; in order to prefer possible solutions to curbing the devastating toll it could take on the health and socio-economic status of the country. A standardized questionnaire was distributed to youths aged 15-24 years in South West Nigeria and results indicate that 54.4% of respondents are current drinkers out of which 79.4% are daily drinkers. When asked the reasons for consuming alcohol, 37.3% agreed to be addicted to alcohol While 86.6% or current drinkers got initiated into drinking between age 11years to 20 years. Results also show that respondent's abuse alcohol as 40.8% consume more than four bottles daily, 58.9% consumed alcohol before breakfast, 45.5% before lunch and 72.2% before dinner. Conclusively, it was discovered that addiction to alcohol is becoming alarmingly prevalent among Nigerian youths.

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