



ALCOHOL AWARENESS MONTH

APRIL 2017

Bringing public awareness to those affected by addiction, the facts about alcohol abuse, and what we can do as a community to help!

Let's look at the facts:

- ◆ **Alcohol is the most commonly used addictive substance in the United States**
- ◆ Excessive drinking is responsible for more than **4,300 deaths** among underage youth each year
- ◆ More than **23 million people over the age of 12** are addicted to alcohol and other drugs
- ◆ Alcohol and drugs are the **leading causes of crime** among youth
- ◆ Alcohol and drugs are the **leading factors in teenage suicide**
- ◆ Nearly 10 million young people, ages 12 to 20, report that they've consumed alcohol in the past 30 days
- ◆ Young people who begin drinking **before age 15** are four times more likely to develop alcohol dependence than those who begin drinking at age 21
- ◆ Drinking by persons under the age of 21 is illegal, yet people **aged 12 to 20 drink 11% of all alcohol consumed in the United States**
- ◆ The typical American will see 100,000 beer commercials before he or she turns 18
- ◆ Kids who drink are more likely to be **victims of violent crime**, to be involved in alcohol-related **traffic crashes**, and to have serious school-related problems
- ◆ A **supportive family environment** is associated with lowered rates of alcohol use for adolescents
- ◆ Kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are **50% less likely to use alcohol and drugs than those who don't have such conversations.**

DEFINITIONS/TYPES OF ALCOHOL ABUSE

Alcohol Use Disorder (AUD):

- ◆ When a patient's drinking causes distress or harm
- ◆ Two distinct disorders in one – alcohol abuse and alcohol dependence
- ◆ Mild, moderate, and severe sub classifications

Binge Drinking:

- ◆ NIAAA defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL
- ◆ Typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours

Heavy Alcohol Use:

- ◆ SAMHSA defines heavy alcohol use as binge drinking on 5 or more days in the past month

NIAAA's Definition of Drinking at Low Risk for Developing AUD:

- ◆ Women – low-risk drinking is defined as no more than 3 drinks on any single day and no more than 7 drinks per week
- ◆ Men – no more than 4 drinks on any single day and no more than 14 drinks per week

Alcohol-Impaired-Driving Fatality:

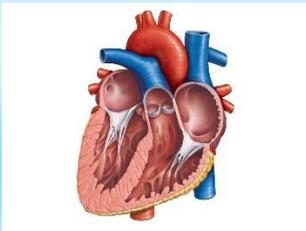
- ◆ A fatality in a crash involving a driver or motorcycle rider (operator) with a BAC of 0.08 g/dL or greater



EFFECTS OF ALCOHOL USE



Brain: Alcohol can affect the way the brain looks and works. Some manifestations are changes mood and behavior, and make it harder to think clearly and move with coordination

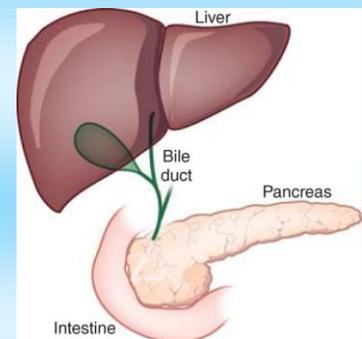


Heart: Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

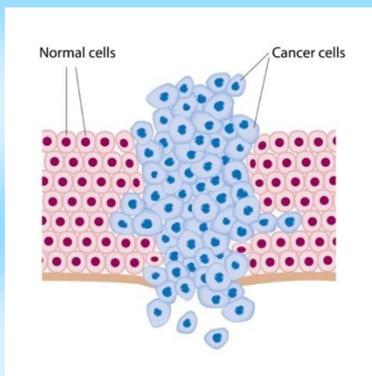
- ◆ **Cardiomyopathy – Stretching and drooping of heart muscle**
- ◆ **Arrhythmias – Irregular heart beat**
- ◆ **Stroke**
- ◆ **High blood pressure**

Liver: Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- ◆ **Steatosis, or fatty liver**
- ◆ **Alcoholic hepatitis**
- ◆ **Fibrosis**
- ◆ **Cirrhosis**



Pancreas: Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis – inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion



Cancer: Drinking too much alcohol can increase your risk of developing certain cancers, including cancers:

- ◆ **Mouth**
- ◆ **Esophagus**
- ◆ **Throat**
- ◆ **Liver**
- ◆ **Breast**

COMMUNITY



RESOURCES

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC. (NCADD):

WWW.NCADD.ORG

- Offers self-tests to monitor for an alcohol or drug problem
- Has advice to approach many issues such as:
 - helping a family member struggling with alcoholism or drug dependence
 - how to deal with addiction as a whole family
 - leading an intervention for friends or family members
 - talking with children in order to help them grow up alcohol and drug-free
- There is local assistance, from 90 NCADD Affiliates across the United States

ALCOHOLICS ANONYMOUS (AA):

WWW.AA.ORG

- “Nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere”
- Membership is welcome for everyone with meetings available all over
- Has 12 Steps
 - 1. admit to being powerless over alcohol
 - 2. believe a Power greater than yourself can restore sanity
 - 3. turn will and lives over to care of God
 - 4. make moral inventory for yourself
 - 5. admit your wrongs
 - 6. be ready to have God remove all defects of character
 - 7. ask God to remove shortcomings
 - 8. make a list of people you have harmed, be willing to make amends to them
 - 9. make direct amends whenever you can
 - 10. take inventory when wrong and admit it
 - 11. use prayer and meditation to improve contact with God
 - 12. having a spiritual awakening is a result of these steps

AL-ANON FAMILY GROUPS:

WWW.AL-ANON.ALATEEN.ORG

- ◆ Offer 20 question self-quizzes to see if Al-Anon can help you
- ◆ Members share their own experiences, strengths, and hopes with each other
- ◆ Can go if you are affected by an alcohol problem or if your life has been affected by someone else's drinking
- ◆ Spiritual fellowship, but not a religious one
- ◆ In meetings, everyone works as a mutual support group
 - You can share your experiences
 - You can just listen and say "I pass"

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM (NIAAA):

WWW.NIAAA.NIH.GOV

- ◆ Supports and conducts research on alcohol and health
- ◆ leads in national effort to reduce alcohol-related problems
- ◆ "The mission of the National Institute on Alcohol Abuse and Alcoholism is to generate and disseminate fundamental knowledge about the effects of alcohol on health and well-being, and apply that knowledge to improve diagnosis, prevention, and treatment of alcohol-related problems, including alcohol use disorder, across the lifespan."

COLLEGE DRINKING: CHANGING THE CULTURE (NIAAA):

WWW.COLLEGEDRINKINGPREVENTION.GOV

- ◆ Can find college drinking statistics here
- ◆ Helps identify strategies to reduce drinking and its consequences
- ◆ Selecting a combination of approaches to meet the needs of students and campuses
- ◆ Steps for college prevention programs:
 - ASSESS the problem and set priorities
 - SELECT STRATEGIES using evidence-based interventions
 - PLAN how to carry out chosen strategies
 - TAKE ACTION to implement the program

STOP UNDERAGE DRINKING: PORTAL OF FEDERAL RESOURCES:

WWW.STOPALCOHOLABUSE.GOV

- ◆ Federal interagency to prevent underage drinking
 - state, territory, and local levels
- ◆ Focuses on understanding the issue
 - factors that affect underage drinking
- ◆ Prevention and Intervention
 - environmental prevention: changing the environment that makes alcohol less appealing and available
 - alcohol screenings and interventions for youth

CENTERS FOR DISEASE CONTROL AND PREVENTION: ALCOHOL AND PUBLIC HEALTH:

WWW.CDC.GOV/ALCOHOL

- ◆ Mission: "To strengthen the scientific foundation for preventing excessive alcohol consumption."
- ◆ Improve public health surveillance on alcohol use, increase research on alcohol and health-impacts, provide leadership for preventing excessive drinking

CENTER ON ALCOHOL MARKETING AND YOUTH:

WWW.CAMY.ORG

- ◆ Their projects:
 - Monitoring and Reducing Youth Exposure to Alcohol Marketing
 - Alcohol Brand Research Among Underage Drinkers
 - Social and Health Effects of Changes in Alcohol Prices
 - Maryland Collaborative to Reduce College Drinking and Related Problems

ALCOHOL POLICY INFORMATION SYSTEM (APIS):

WWW.ALCOHOLPOLICY.NIAAA.NIH.GOV/UNDERAGEDRINKING.HTML

- ◆ The website provides information on ten policy topics that are relevant to underage drinking

References

National Council on Alcoholism and Drug Dependence, Inc. (NCADD): www.ncadd.org

Alcoholics Anonymous (AA): www.aa.org

Al-Anon Family Groups: www.al-anon.alateen.org

National Institute on Alcohol Abuse and Alcoholism (NIAAA): www.niaaa.nih.gov

College Drinking: Changing the Culture (NIAAA): www.collegedrinkingprevention.gov

Stop Underage Drinking: Portal of Federal Resources: www.stopalcoholabuse.gov

Centers for Disease Control and Prevention: Alcohol and Public Health:

www.cdc.gov/Alcohol

Center on Alcohol Marketing and Youth: www.camy.org

Alcohol Policy Information System (APIS):

www.alcoholpolicy.niaaa.nih.gov/UnderageDrinking.html