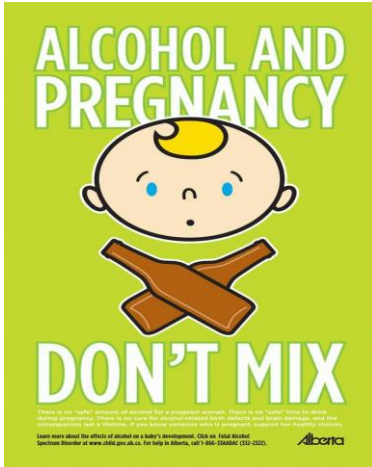


Reach-Up
Head Start
Early Head Start



The Whistler



MAY 2018

Alcohol Awareness Month

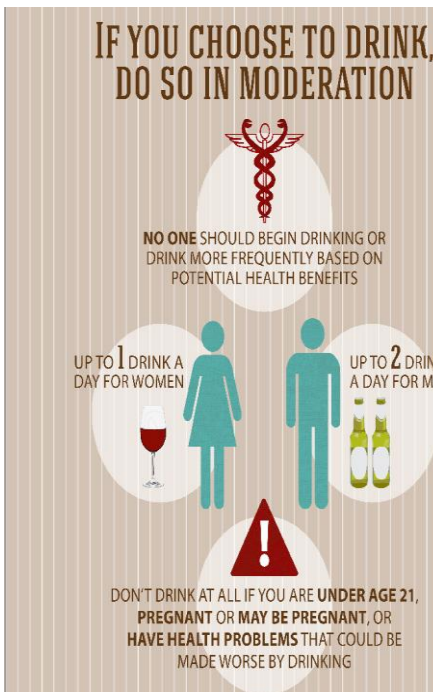
Alcohol is the most commonly used addictive substance in the United States: 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems.

More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.

Alcohol abuse and alcoholism can affect all aspects of a person's life. Long-term alcohol use can cause serious health complications, can damage emotional stability, finances, career, and impact one's family, friends and community.

Facts About Alcohol:

- *88,000 deaths are annually attributed to excessive alcohol use
- *Alcoholism is the 3rd leading lifestyle-related cause of death in the nation
- *Excessive alcohol use is responsible for 2.5 million years of potential life lost annually, or an average of about 30 years of potential life lost for each death
- *Up to 40% of all hospital beds in the United States (except for those being used by maternity and intensive care patients) are being used to treat health conditions that are related to alcohol consumption



FOR MORE INFORMATION

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.org
301-443-3860

AlAnon/AlAteen
www.al-anon.alateen.org
888-425-2666

Alcoholics Anonymous
www.aa.org
212-870-3400 or check your local phone directory under "Alcoholism"

National Institutes of Health:
Rethinking Drinking
<http://rethinkingdrinking.niaaa.nih.gov/>

