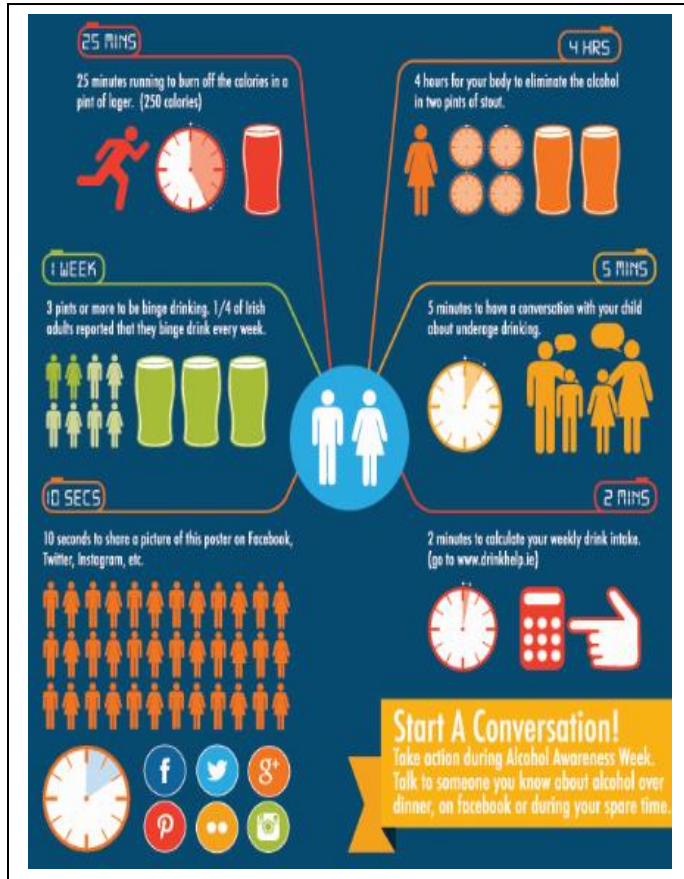




APRIL 2019



April is Alcohol Awareness Month

- Alcohol is the most commonly used addictive substance in the United States
- One in every 12 adults suffers from alcohol abuse or dependence.
- More than half of all adults have a family history or alcoholism or problem drinking.
- More than 7 million children live in a home where at least one parent is dependent on or has abused alcohol.
- 100,000 people die each year from alcohol-related causes.
- Alcohol-related problems cost America \$224 billion in lost productivity, absenteeism, healthcare costs, crime and family related problems.

According to the Centers for Disease Control (CDC):

Heavy drinking is defined as:


- ❖ 8 or more drinks per week for women
- ❖ 15 or more drinks per week for men

Binge drinking is defined as:

- ❖ 4 or more drinks during a single occasion for women
- ❖ 5 or more drinks during a single occasion for men

A Standard Drink in the US

= 18 mL or 14 g of alcohol

			
Beer (5% ABV) 12 oz (355 mL)	Wine (12% ABV) 5 oz (~150 mL)	Liqueur (24% ABV) 2.5 oz (~75 mL)	Spirit (40% ABV; 80 proof) 1.5 oz (~45 mL)

*ABV = Alcohol By Volume

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If you are drinking too much, you can improve your health by cutting back or quitting. **Here are some strategies to help you cut back or stop drinking:**

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.



If you or someone you love has a drinking problem, please get help.

Drinkaware:

<https://www.drinkaware.co.uk/selfassessment>

- Includes a self-assessment tool to take that can help screen for drinking concerns

DrinkHelp: <http://drinkhelp.ie/alcohol-and-you/>

Alcoholics Anonymous: <http://www.aa.org/>