



## APRIL 2021

### 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

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

\*ABV = Alcohol By Volume

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#### Sunshine Berry Spritzer

- ½ gallon orange juice
- 2 small cans pineapple juice
- 1 TBL lemon juice
- 1 sm pkg frozen sliced strawberries (with or without sugar)
- 2 cans club soda or lemon lime soda
- ice

1. In a big pitcher mix orange juice, lemon juice and pineapple juice
2. Add sliced strawberries - if too frozen, thaw it a little in the microwave
3. Mix juice and berries together
4. Add 2 cans of club soda (less sweet) or lemon lime soda (more sweet)
5. Pour over ice to serve



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/>