



Did You Know?

January 2018

New Year's Resolutions: From all of us at ECCPASA, **Happy New Year!** The start of a new year brings new opportunities. Many people choose to embrace them by setting New Year's Resolutions with the goal of living a happier and healthier lifestyle. Common Resolutions include improving diet, increasing exercise and saving money, but evaluating and changing the way we respond to stress is often overlooked. Our responses to stress affect many aspects of our well-being, and can become even more significant if they lead to alcohol and other drug use.

What You Should Know:

- According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), it is estimated that 16 million people in the U.S. have an Alcohol Use Disorder, but less than 10% receive treatment.
- Alcohol Use Disorders come in many forms. Some of the criteria used to diagnose this disorder includes drinking more than planned, continuing to drink even after getting into dangerous situations, experiencing cravings for alcohol and continuing to drink despite it causing problems with personal relationships.
- Binge drinking (consuming 4 or more drinks for women and 5 or more drinks for men on one occasion), even just once in a while, can lead to serious health and safety problems. Infrequent binge drinking can still indicate an Alcohol Use Disorder.

What You Can Do:

- Make this your New Year's Resolution: If you consume alcohol, even on occasion, take some time to reflect on your consumption. You can find a tool to assess alcohol use here: <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-use-disorders>
- If you think that you or someone you know might have a substance use disorder, there are many resources available to help. There is a list of links to webpages available on ECCPASA's website: <http://www.eccpasa.org/links/popular-links/>. Individuals concerned about a Substance Use Disorder should also talk with their doctor.



Information obtained from: <https://www.niaaa.nih.gov/>, www.cdc.gov

USE for PRESS RELEASE More info: Allexia Mergenhagen 716-831-2298 amergenhagen@eccpasa.org

The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org