



**Alcohol
Awareness
Month**



Did You Know?

April 2021

Alcohol Awareness Month: The month of April is dedicated to raising awareness regarding alcohol misuse and the negative consequences attributed to the use of alcohol. This awareness campaign also focuses on highlighting healthy alternatives and promoting health conscience choices. This past year has been full of unexpected stressors, increased instances of feeling isolated and circumstances that could lead to heightened depression and anxiety. Those struggling may turn to a substance to help cope, but substances like alcohol only worsen these conditions.

What You Should Know:

- Alcohol-related deaths rose by 43% between 2006 and 2018.
- The National Institute on Drug Abuse reports 85.6 percent of people ages 18 and older reported alcohol use at some point in their lifetime.
- According to the 2019 National Survey on Drug Use and Health, nearly 15 million people ages 12 and older had an Alcohol Use Disorder (AUD.)
- Alcohol use is linked to 18.5 percent of emergency room visits and 22.1 percent of overdose deaths related to prescription opioids.
- An estimated 95,000 people die from alcohol-related causes each year.
- Approximately 7.5 million U.S. children (ages 17 and younger) live with a parent suffering from an AUD.
- The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking that brings a person's blood alcohol content (BAC) levels to 0.08 g/dL or higher. This typically occurs after a woman consumes 4 drinks or a man consumes 5 drinks—in about 2 hours.

What You Can Do To Help Raise Awareness:

- **Share Info and Facts:** You can raise awareness anywhere. Start a conversation with friends and family regarding the health risks associated with alcohol use and alcohol use disorders. Support, follow and share posts and articles from health organizations and prevention agencies (like The Prevention Council @ThePreventionCouncil) on social media. Consider using and promoting the hashtags like #AlcoholAwarenessMonth. Host an alcohol free event in your community. Publish awareness information in newsletters or bulletins. Contact your local community centers and schools to inquire about what information they are sharing regarding alcohol use prevention.
- **Educate Yourself:** Visit government funded sites like cdc.gov or niaaa.nih.gov to find accurate information on the latest alcohol use trends and health risks. Consider calling or emailing the Prevention Council to receive more information: 716.831.2298 or thecouncil@thepreventioncouncil.org.
- **Be A Recovery Ally:** When hosting an event, make it alcohol free. Create fun and tasty mock-tails or beverage alternatives to celebrate safely. You do not need alcohol or any other substance to have fun.

If you or a loved one is struggling with substance use, or would like more information please contact us at:

716.831.2298 - thecouncil@thepreventioncouncil.org

Information obtained from: cdc.gov; niaaa.nih.gov; nih.gov; samhsa.gov

USE for PRESS RELEASE More info: Joshua Vacanti 716-831-2298 jvacanti@thepreventioncouncil.org

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