



Drug Demand Reduction Quarterly Newsletter

Special points of interest:

The drug testing program is the single best deterrent against illegal drug use among Active Duty and Civilian members of the military. In addition to drug testing, our program provides outreach services to: family members, retirees, school-aged children, and Active Duty members. Please visit our office in the MDG: Bldg 46, Room 1375, if you have questions or would like to prevention and education materials. Our program is available for Commanders' Calls and community events both on and off base.

May 2010, Issue 3



Drug Demand Reduction Program
481-5998

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(Left to Right) Katie Adkins, Donna Butte & Angela Petty hand out Poison Prevention materials at the CDC for National Inhalant and Poison Prevention Week.

Did You Know?

Between the ages of 9 and 13, children start to think differently about alcohol.

Many children begin to think underage drinking is OK and some even start to experiment. Over 70% of children say parents are the leading influence in their decision to drink or not.

Children become curious and some try drinking as early as 9 years old.

Before age 9, children typically view drinking negatively. Between the ages of 9 and 13, they start to view alcohol more positively.

Conversation is often more effective before children start drinking.

The reason most children choose not to drink is because their parents talked to them about it. If you talk to them directly and honestly, they are more likely to respect your rules and advice about alcohol use.

The chance that children will use alcohol increases as they get older.

Around 10% of 12 year olds say they've tried alcohol, but by age 15 that number jumps to 50%.



Children who start drinking at a young age are more likely to have problems with alcohol later in life.

Children who begin drinking before age 15 are seven times more likely to abuse alcohol or to have alcohol problems as adults.

If you don't talk about it, you're saying something.

What you say to your child about alcohol use is up to you. But remember, if you don't say anything to your child about drinking, you might give the impression that underage drinking is acceptable.

CHILDREN WHO DRINK UNDERAGE ARE MORE LIKELY TO:

Use drugs.

More than 67% of young people who start drinking before the age of 15 will try an illicit drug.

Become a victim of a violent or sexual crime.

Make Poor Decisions

Become Addicted

More than 4 in 10 people who begin drinking before age 15 eventually become dependent on alcohol.

Get bad grades

Children who use alcohol have higher rates of academic problems and poor school performance compared to nondrinkers.

Suffer injury or even death.

In the U.S., an estimated 5,000 individuals under age 21 die each year from injuries caused by underage drinking.

Engage in risky sexual activity.

Teens who use alcohol are more likely than teens who don't drink to be sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex.

Have health problems.

Young people who drink are more likely to have health issues such as depression and anxiety disorders. Even low levels of alcohol use can contribute to emotional, behavioral, and health problems in adolescence and later life.





Angela Petty reading to children at Blair Public School

Upcoming Events

1 May YoAFF Fair

2 May ADPAT & DDR “Beer Goggle” Carts at the Air show

6 & 7 May DDR/FAP/SAPR Outreach at Altus H.S.

5 May Commander’s Call Brief and Commanders’ Challenge - “Beer Goggle” Carts

13 May ASYMCA Social & “Beer Goggle” Carts at SWYS J.A.D.E. Program with ADAPT

20 May Civilian Newcomer Orientation: Drug Free Workplace Policy

27 May Prevention & Safety Story Time at the Base Library

DDR will collaborate with The Youth Center, SAPR, CDC, Library, AFRC, and off base agencies to provide youth summer prevention activities and education.



Donna Butte, McGruff the Crime Dog, and Katie Adkins at the Rivers Elementary Spring Carnival

Diet Quality Worsens as Alcohol Intake Increases

People who drink more are also likely to eat less fruit and consume more calories from a combination of alcoholic beverages and foods high in unhealthy fats and added sugars, according to a new study by researchers at the National Institute on Alcohol Abuse and Alcoholism (NIAAA), National Cancer Institute (NCI), and the U.S. Department of Agriculture (USDA).

"Heavy drinking and dietary factors have independently been associated with cardiovascular disease, certain cancers, and other chronic health problems," said NIAAA Acting Director Kenneth R. Warren, Ph.D. "This finding raises questions about whether the combination of alcohol misuse and poor diet might interact to further increase health risks."

In addition to decreased fruit consumption and increased caloric intake among both men and women, the researchers found that increased alcoholic beverage consumption was associated with a decreased intake of whole grains and milk among men.

The 2005 U.S. Dietary Guidelines define moderate drinking as no more than one drink on any day for women and no more than two drinks on any day for men. It is important for people to consume nutrient-dense foods, like whole fruits and whole grains, that provide substantial amounts of vitamins, minerals, and fiber, and relatively few calories, while limiting the consumption of alcohol, unhealthy fats, and added sugars, which provide calories but few essential nutrients.

WHAT IS FASD?

“Fetal alcohol spectrum disorders” is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy.

These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. In the United States, FASD occurs in about 40,000 babies per year.

The damage caused by prenatal alcohol exposure is permanent. The health effects cannot be reversed, but many of them can be treated with the appropriate combination of interventions and support. Maintaining an alcohol-free pregnancy is the only way to prevent FASD.

By abstaining from alcohol during pregnancy and nursing, a woman can ensure that her baby will have a chance for a healthy life.

For more information, contact Elaine Arnold, Family Advocacy Nurse, at 481-5376

Do you or someone you know have a problem with drugs or alcohol?

Contact ADAPT at 481-5376

Alcohol & Sexual Assault

It is important to remember that although a woman’s alcohol consumption may place her at increased risk of sexual assault, she is in NO way responsible for the assault. Perpetrators are legally and morally responsible for their behavior.

- Conservative Estimates of Sexual Assault prevalence suggest that 25 percent of American women have experienced sexual assault, including rape.
- Approximately one-half of those cases involve alcohol consumption by the perpetrator, victim, or both.
- Sexual Assaults involving alcohol consumption are more likely to occur between men and women who do NOT know each other well.

For more information, contact SAPR at 481-7835