



Quarterly Newsletter

April 2012

APRIL IS ALCOHOL AWARENESS MONTH

While communities are faced with a number of substance abuse issues, underage drinking continues to be among the most pervasive ones, with nearly 11 million underage drinkers today. That's why April is designated as Alcohol Awareness Month, an annual public awareness campaign that encourages local communities to focus on alcoholism and alcohol-related issues.

According to SAMSHA's National Survey on Drug Use and Health, 51.6 percent of Americans age 12 and older had used alcohol at least once in the 30 days prior to being surveyed; 23.3 percent had binge (5+ drinks within 2 hours); and 23.3 percent reported drinking heavily (5+ drinks on 5+ occasions). In the 12-17 age range, 14.6 percent had consumed at least one drink in the 30 days prior to being surveyed; 8.8 percent had binge; and 2 percent drank heavily.



Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

Alcohol Facts You'll Never Hear from Big Booze

Hazardous drinking (5 or more drinks at one sitting) accounts for more than half of the alcohol industry's \$155 billion market, and more than 75% of the beer industry's market.

Underage alcohol use is more likely to kill young people than all illegal drugs combined. More than 1,700 college students in the U.S. are killed each year—about 4.65 a day—as a result of alcohol-related injuries.

Fetal Alcohol Spectrum Disorders (FASD) are the leading preventable cause of birth defects in the U.S., affecting as many as 40,000 babies per year and costing upwards of \$5.4 billion per year.

Health risks of drinking include increased incidence of cancers of the liver, esophagus, throat, and larynx (voice box), as well as liver cirrhosis, immunosystem problems, brain damage, and heart problems.

Alcohol-related problems cost the U.S. economy an estimated \$185 billion per year in lost productivity and earnings due to alcohol-related illness, premature death, and crime.



Looking for "THAT GUY" playing cards, coasters or posters for your squadron or personal use? Visit ADAPT, DDR, or the HAWC. These items have been popular and we are keeping them in stock! Don't know what "THAT GUY" is? Visit <http://www.thatguy.com/>

Strategies to Cut Back or Quit Drinking

There are many strategies you can try to cut back or quit drinking. To get started:

- Keep track of your drinking and set a drinking limit.
- Try to avoid places where heavy drinking occurs.
- Ask for help from a doctor, family, or friends.
- If you keep alcohol in your home, keep only a limited supply.



For some people, it takes quite a few drinks to get a buzz or feel relaxed. Often they are unaware that being able to "hold your liquor" isn't protection from alcohol problems, but instead a reason for caution. They tend to drink more, socialize with people who drink a lot, and develop a tolerance to alcohol. As a result, they have an increased risk for developing alcoholism. The higher alcohol levels can also harm the liver, heart, and brain without the drinker noticing until it's too late. And all drinkers need to be aware that even moderate amounts of alcohol can significantly impair driving performance, even when they don't feel a buzz from drinking.



What's a "standard" drink?

Many people are surprised to learn what counts as a drink. In the United States, a "standard" drink is any drink that contains about 0.6 fluid ounces or 14 grams of "pure" alcohol. Although the drinks below are different sizes, each contains approximately the same amount of alcohol and counts as a single standard drink.

12 fl oz of regular beer	=	8-9 fl oz of malt liquor (shown in a 12-oz glass)	=	5 fl oz of table wine	=	3-4 oz of fortified wine (such as sherry or port; 3.5 oz shown)	=	2-3 oz of cordial, liqueur, or aperitif (2.5 oz shown)	=	1.5 oz of brandy (a single jigger or shot)	=	1.5 fl oz shot of 80-proof spirits ("hard liquor")
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about 5% alcohol



about 7% alcohol



about 12% alcohol



about 17% alcohol



about 24% alcohol



about 40% alcohol



about 40% alcohol

The examples above serve as a starting point for comparison. For different types of beer, wine, or malt liquor, the alcohol content can vary greatly.

If you want to know the alcohol content of a canned or bottled beverage, start by checking the label. Not all beverages are required to list the alcohol content, so you may need to search online for a reliable source of information, such as the bottler's Web site. For fact sheets about how to read wine, malt beverage, and distilled spirits labels, visit the consumer corner of the [U.S. Alcohol and Tobacco Tax and Trade Bureau](#).