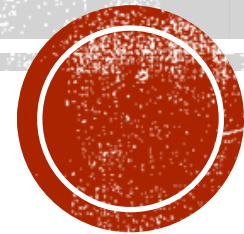


THE ABC'S

Alcoholism, Bingeing, and COVID-19

An Educational Guide To Prevent And Reduce Alcoholism,
Bingeing, And COVID-19



Improving the Health of Durham
& NC Communities since 1989



OVERVIEW

Target Population	Flyers	Alcoholism Definition	Why is Understanding Alcohol use disorder important?	Risk Factors	Risk Factors Continued..
Signs & Symptom	Treatment(s) and Prevention	Bingeing Definition	Why is Understanding binge drinking important?	Risk Factors	Signs & Symptoms
Treatment(s) and Prevention	COVID-19 Definition	Why is Understanding covid-19 important?	Risk Factors	Signs & Symptoms	Treatment(s) and Prevention
		When To See A Doctor or Emergency Help?	Where to Find Help		





TARGET POPULATION

- Adults 21 years and older who are living in marginalized communities in Durham and surrounding areas.



ALCOHOLISM

What is Alcoholism?
Alcoholism is defined as having an addiction to alcohol. Also known as Alcohol Use Disorder (AUD), AUD is divided into three categories: mild, moderate, and severe.

Reasons why one drinks.

- To relieve stress
- To feel good
- To cope with a loss
- To have fun
- To escape reality

Warning signs.

- Alcohol cravings
- Behavior change
- The urge to keep drinking
- Spending more money on alcohol

Treatments.

- Detoxification- doing a detox, usually given medication
- Rehabilitation- inpatient/ outpatient. Checking into a facility/ routine programs
- Counseling- talking with a professional

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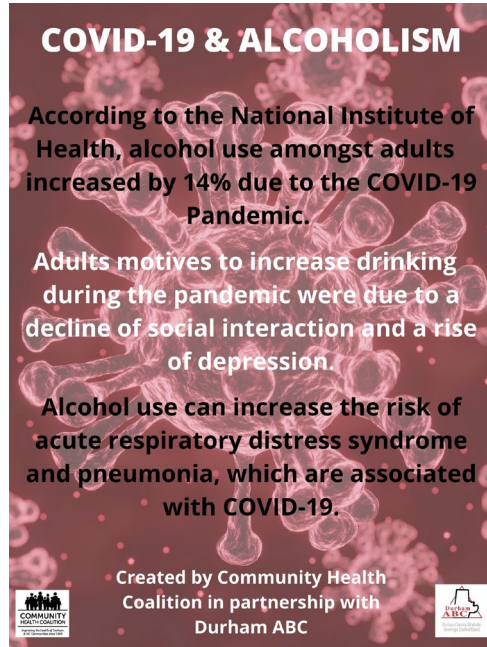


COVID-19 & ALCOHOLISM

According to the National Institute of Health, alcohol use amongst adults increased by 14% due to the COVID-19 Pandemic.

Adults motives to increase drinking during the pandemic were due to a decline of social interaction and a rise of depression.

Alcohol use can increase the risk of acute respiratory distress syndrome and pneumonia, which are associated with COVID-19.

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BINGE DRINKING

Binge drinking is defined as a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08% or higher.
normal BAC 0.00

Consequences of Binge Drinking

- Increased risk of unsafe sex
- Increased risk of sexual transmitted disease/infection (STD/STI's)
- Increased risk of chronic disease(s)
- Increased risk of deaths

** women should have no more than 4 alcoholic beverages within two hours and men should have no more than 5 alcoholic beverages within two hours**

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Substance Abuse

Substance abuse is the harmful pattern of using substances—such as tobacco, alcohol, illicit drugs, and prescription drugs.

Substance abuse among youth can lead to problems at school and/or at home, show negative effects on mental/ physical health, and also lead to chronic health problems.

For more information on youth substance abuse please visit our website at www.CommunityHealthCoalition.com or visit www.phscdf.org

Created by Community Health Coalition in partnership with Durham ABC.





FLYERS

- This slide incorporates flyers that were created by our Digital Platform and Community Outreach Coordinator.
- These flyers are relevant to the Topic: **The ABC's: Alcoholism, Bingeing and COVID-19.**



WHAT IS ALCOHOLISM?

- Alcohol Use Disorder (AUD) also known as Alcohol Abuse, Alcohol Dependence and/or Alcoholism is a medical condition characterized by an impaired ability to stop and/or control alcohol despite adverse social, occupational, and/or health consequences (National Institute on Alcohol Abuse and Alcoholism, 2020).
- Alcohol use disorder (which includes a level that's sometimes called alcoholism) is a pattern of alcohol use that involves problems controlling your drinking, being preoccupied with alcohol, continuing to use alcohol even when it causes problems, having to drink more to get the same effect, and/or having withdrawal symptoms when you rapidly decrease or stop drinking (Mayo Clinic, 2018).



WHY IS UNDERSTANDING ALCOHOL USE DISORDER IMPORTANT?

- The cause of alcohol use disorder is still unknown. Alcohol use disorder develops when you drink so much that chemical changes in the brain occur. These changes increase the pleasurable feelings you get when you drink alcohol. This makes you want to drink more often, even if it causes harm.
- Excessive alcohol use increases the risk for violence, injuries, and motor vehicle crashes. It can also increase the risk of long-term health issues such as liver disease, cancer, heart disease, stroke, high blood pressure, and birth defects.

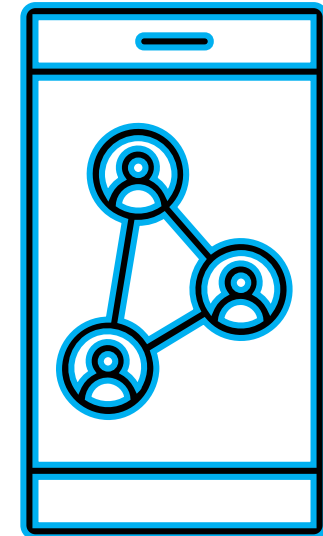
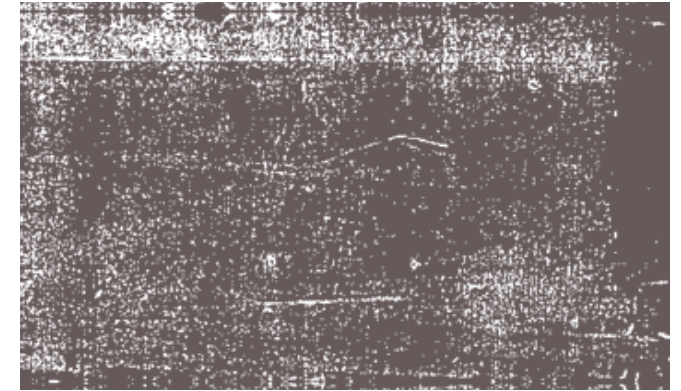
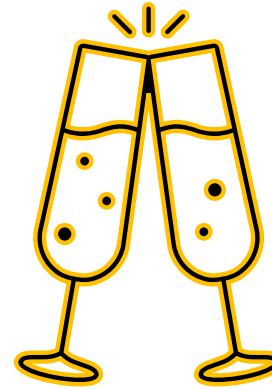


RISK FACTORS

Alcohol use may begin in the teens, but alcohol use disorder occurs more frequently in the 20s and 30s, though it can start at any age.

Risk Factors may include but not limited to the following:

- **Steady drinking over time.** Drinking too much on a regular basis for an extended period or binge drinking on a regular basis can lead to alcohol-related problems or alcohol use disorder.
- **Starting at an early age.** People who begin drinking — especially binge drinking — at an early age are at a higher risk of alcohol use disorder.
- **Family history.** The risk of alcohol use disorder is higher for people who have a parent and/or close relative who has problems with alcohol. This may be influenced by genetic factors.
- **Depression and other mental health problems.** It's common for people with a mental health disorder such as anxiety, depression, schizophrenia and/or bipolar disorder to have problems with alcohol and/or other substances.
- **History of trauma.** People with a history of emotional and/or other trauma are at increased risk of alcohol use disorder.
- **Having bariatric surgery.** Some research studies indicate that having bariatric surgery may increase the risk of developing alcohol use disorder or of relapsing after recovering from alcohol use disorder.
- **Social and cultural factors.** Having friends and/or a close partner who drinks regularly could increase your risk of alcohol use disorder. The glamorous way that drinking is sometimes portrayed in the media also may send the message that it's OK to drink too much. For young people, the influence of parents, peers and other role models can impact risk.



RISK FACTORS CONTINUATION..

Known risk factors include having:

- More than 15 drinks per week if you're a male
- More than 12 drinks per week if you're a female
- More than 5 drinks per day at least once a week (binge drinking)
- A parent with alcohol use disorder

You may also be at a greater risk for alcohol use disorder if you:

- Are a young adult experiencing peer pressure
- Have low self-esteem
- Experience a high level of stress
- Live in a family or culture where alcohol use is common and accepted
- Have a close relative with alcohol use disorder

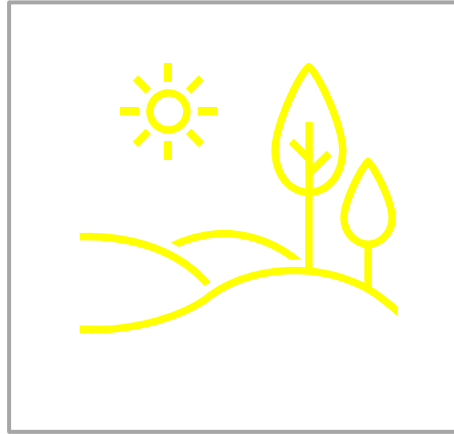


SIGNS & SYMPTOMS

Genetic, psychological, social and environmental factors can impact how drinking alcohol affects your body and behavior. Theories suggest that for certain people drinking has a different and stronger impact that can lead to alcohol use disorder.

Alcohol use disorder can be mild, moderate or severe, based on the number of symptoms you experience. Signs and symptoms may include:

- Being unable to limit the amount of alcohol you drink
- Wanting to cut down on how much you drink and/or making unsuccessful attempts to do so
- Spending a lot of time drinking, getting alcohol and/or recovering from alcohol use
- Feeling a strong craving or urge to drink alcohol
- Failing to fulfill major obligations at work, school or home due to repeated alcohol use
- Continuing to drink alcohol even though you know it's causing physical, social and/or interpersonal problems
- Giving up and/or reducing social and work activities and hobbies
- Using alcohol in situations where it's not safe, such as when driving or swimming
- Developing a tolerance to alcohol so you need more to feel its effect, or you have a reduced effect from the same amount
- Experiencing withdrawal symptoms — such as nausea, sweating and shaking — when you don't drink, or drinking to avoid these symptoms



TREATMENT(S) AND PREVENTION(S)

Treatment for alcohol use disorder varies, but each method is meant to help you stop drinking altogether. This is called abstinence. Treatment may occur in stages and can include the following:

Behavioral Treatments

- Behavioral treatments are aimed at changing drinking behavior through counseling. They are led by health professionals and supported by studies showing they can be beneficial.

Medications

- There are currently medications approved in the United States to help people stop and/or reduce their drinking and prevent relapse. These are prescribed by a primary care physician and/or health professionals and may be used alone or in combination with counseling.

Mutual-Support Groups

- Alcoholics Anonymous (AA) and other 12-step programs provide peer support for people quitting and/or cutting back on their drinking. Combined with treatment led by health professionals and mutual-support groups can offer a valuable added layer of support.
- Due to the anonymous nature of mutual-support groups, it is difficult for researchers to determine their success rates compared with those led by health professionals.

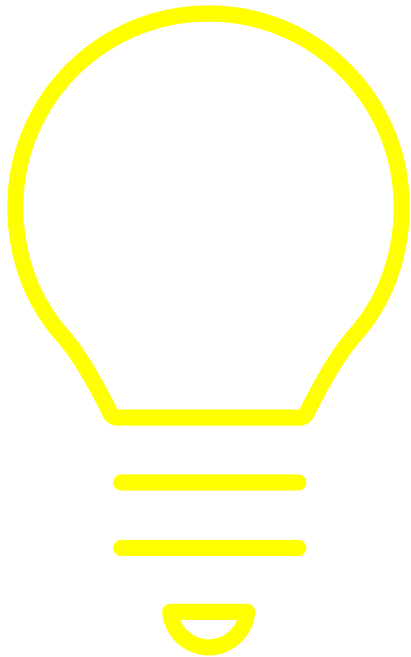


WHAT IS BINGEING?



- Binge drinking is drinking so much at once that your blood alcohol concentration (BAC) level is 0.08% or more.
- For a man, this usually happens after having 5 or more drinks within a few hours.
- For a woman, it is after about 4 or more drinks within a few hours.
- Not everyone who binge drinks has an alcohol use disorder, but they are at higher risk for getting one (Medline Plus, 2016).





WHY IS UNDERSTANDING BINGE DRINKING IMPORTANT?

- Binge drinking has serious risks. According to the 2019 National Survey on Drug Use and Health, about 66 million, or about 24 percent of people in the United States ages 12 and older reported binge drinking during the past month.
- Binge drinking is important because it also increases the likelihood of unsafe sexual behavior and the risk of sexually transmitted infections and unintentional pregnancy.





RISK FACTORS

There is no singular cause of alcoholism. In fact, there are dozens of risk factors that play a role in the development of an alcohol addiction. These risk factors interact differently in every individual, leading to alcohol use disorders in some and not in others.

Here are a few risk factors:

- **Psychological factors (example):** Individuals who suffer from depression, bipolar disorder and social anxiety are much more likely to develop alcoholism.
- **Personality factors (example):** Individuals who are more likely to pursue or disregard risk are more likely to engage in heavy drinking; Those who are less inhibited may drink more.
- **Personal choice factors (example):** Someone who has decided that they would never have a drink is less likely not going to develop alcoholism.
- **Drinking history factors (example):** Individuals with a long history of drinking are more likely to become alcoholics than those who been drinking alcohol for a short period of time.
- **Genetic factors (example):** Biological children of alcoholics are substantially more likely to become alcoholics, whether they are raised by alcoholics or non-alcoholics.



SIGNS & SYMPTOMS

Signs and Symptoms of recent alcohol use can include:

- Drinking more than you planned
- Drinking more often
- Drinking early in the day
- Feeling defensive about your drinking
- Not being able to slow down or stop your drinking
- Needing more alcohol to get the same effect
- Giving up activities you enjoy to spend more time drinking
- Feeling shaky, weak, or nauseated when you haven't had a drink in a while
- Taking part in dangerous activities when you drink
- Having "blackouts," or gaps in your memory, after drinking



TREATMENT(S) AND PREVENTION(S)

Take these steps to lower your risk while drinking:

- Limit how much you have at one time. If you drink, experts recommend an average of no more than one drink per day for women and two for men.
- Drink slower
- Have some food while you drink.
- Alternate alcoholic drinks with nonalcoholic ones. Water is best.
- Arrange a Plan. Drink with people you trust and know how you'll get home safely.

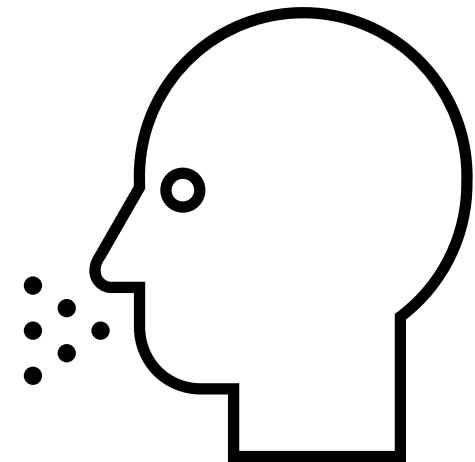
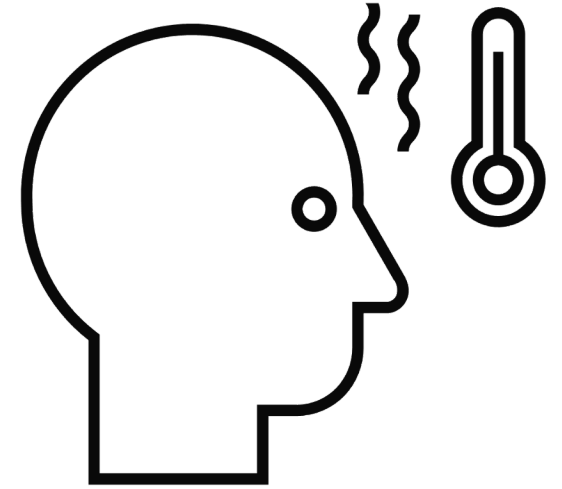


WHAT IS COVID-19?

- COVID-19 is a disease caused by a virus called SARS-CoV-2. Most people with COVID-19 have mild symptoms, but some people can become severely ill. Although most people with COVID-19 get better within weeks of illness, some people experience post-COVID-19 conditions.
- **Post-COVID-19 conditions can** include a wide range of new, returning, and/or ongoing health problems. People can experience **more than four weeks of symptoms** after first being infected with the virus.

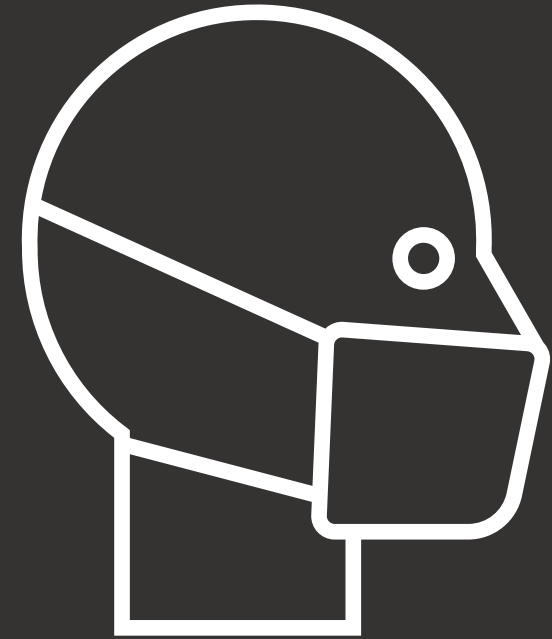
COVID-19 is spread in **three** main ways:

- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain virus land on the eyes, nose, and/or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.



WHY IS UNDERSTANDING COVID-19 IMPORTANT?

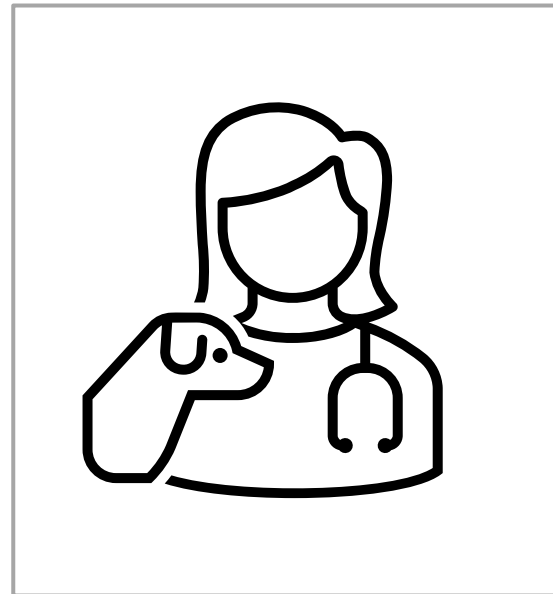
- COVID-19 is a public health issue and important because it is an infectious disease that spreads rapidly.
- According to the Center of Disease Control and Prevention, drinking alcohol does not protect you from COVID-19.
- Drinking alcohol weakens your body's ability to fight infections, increasing the risk of complications and making it harder to get better if you are sick.
- Alcohol use can increase the risk of acute respiratory distress syndrome and pneumonia, which are sometimes associated with COVID-19.



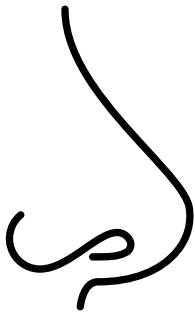
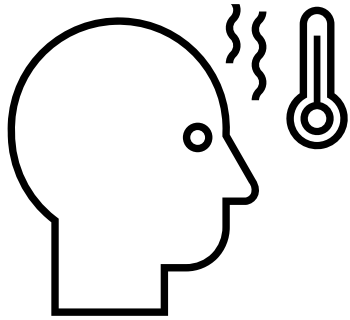
RISK FACTORS

Since COVID-19 is a new disease, more work is needed to better understand the risk factors for severe illness and/or complications. Potential Risk Factors that have been identified to date include (CDC, 2021):

- Age
- Race/ethnicity
- Gender
- Some medical conditions
- Use of certain medications
- Poverty and crowding
- Certain occupations
- Pregnancy



SIGNS & SYMPTOMS



Signs and Symptoms may include but not limited to:

- Fevers
- Cough
- Shortness of breath/Difficulty breathing
- Fatigue
- Muscle or Body aches
- Headache
- New loss of taste and/or Smell
- Sore throat
- Congestion and/or Runny nose
- Nausea and/or Vomiting
- Diarrhea



TREATMENT(S) AND PREVENTION(S)

Get Vaccinated! Authorized COVID-19 vaccines can help protect you from COVID-19.



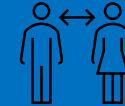
Wear a Mask! If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.



Stay 6 feet away from others!

Inside your home: Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.

Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.



Avoid crowds and/or poorly ventilated spaces! Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.



Wash your hands! Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Also use hand sanitizer if soap and water is not available.



Cover coughs and sneezes!

If you are wearing a mask: You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.

If you are not wearing a mask: Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.



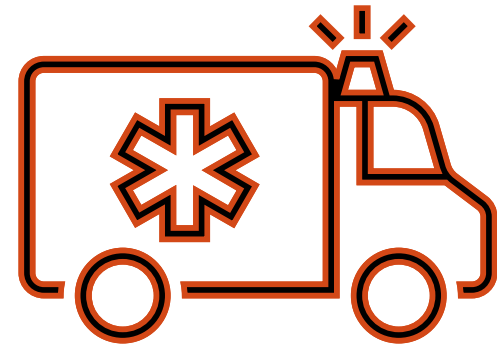
WHEN TO SEE A DOCTOR OR SEEK EMERGENCY HELP

If your alcohol use is out of control or causing problems, get HELP!

If you feel that you sometimes drink too much alcohol, or your drinking is causing problems, and/or your family is concerned about your drinking, talk with your doctor.

Make an appointment to your primary doctor and/or mental health professional IF:

- You're being reckless
- The alcohol affects your speech, muscle coordination and vital centers of your brain.
- You continue to drink despite the harm it causes you, your family and/or friends.
- Your alcohol use has led to unsafe behavior, such as sharing needles and/or having unprotected sex.
- If you pass and/or blackout.



WHERE TO FIND HELP?

If you or someone you know may be experiencing or struggling with alcoholism, please contact help lines or hotlines.

- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline 1(800)-662-HELP(4537)
- Alcohol Recovery Helpline 1(866)-235-4572
- The National Poison Control Center, 1(800)-222-1222
- Emergency Assistance 9-1-1
- Talking with your Primary Care Doctor





COMMUNITY HEALTH COALITION

COMMUNITY HEALTH COALITION

- Community Health Coalition provides FREE health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases.
- You can donate to Community Health Coalition through State Employee Credit Union or PayPal. If you are a state employee or retiree, choose (CODE 3770) to send your SECU gift to us!
- Call 1 (919)-470-8680, email to contact@communityhealthcoalition.com or visit our website at communityhealthcoalition.com for more information!

*Improving the Health of Durham
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