



ABC (ALWAYS BE IN CONTROL)

AN EDUCATIONAL GUIDE TO PREVENT AND REDUCE ALCOHOLISM



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**TARGET
POPULATION:
ANYONE AGED 15-24
YEARS OLD WHO ARE
LIVING IN DURHAM,
NC AND THE
SURROUNDING
AREAS.**

FLYERS

BINGE DRINKING

Facts About Binge Drinking

-Binge drinking is defined as consuming 5 or more drinks on an occasion for men or 4 or more drinks for women (typically in a 2 hour time period)

-Most people who binge drink are not dependent on alcohol

-1 in 6 adults in the U.S. binge drink and 25% do so at least weekly

-Over 90% of U.S. adults who drink excessively reported binge drinking

-Binge drinking is drinking so much at once (typically in a 2 hour time period) that ones blood alcohol concentration (BAC) level is 0.08% or more (0.0% - 0.5% BAC is considered not intoxicated)



about 5% alcohol

4-5 beers (12oz) on average to have a .08% BAC



about 7% alcohol

3-5 hard seltzers (8-10oz) on average to have a .08% BAC



about 12% alcohol

3-4 glasses (5oz) of wine on average to have a .08% BAC



about 40% alcohol

3-4 shots (1.5oz) of hard liquor on average to have a .08% BAC

Durham ABC
If you need help contact:
Substance Abuse and Mental Health Service Administration (SAMHSA) Helpline 1-800-662-HELP (4357) or visit <https://www.samhsa.gov/>

Visit Community Health Coalition at www.communityhealthcoalition.com

You can also call us at (919) 470-8680



TOBACCO / VAPING AND ALCOHOL USE



Both alcohol and tobacco/vaping can be highly addictive and have health risks.

One danger of using both at the same time is that alcohol is a depressant and tobacco/vaping is a stimulant. This means people may not be able to feel the full effects of alcohol causing people to drink more.

Mixing alcohol and vaping can cause:

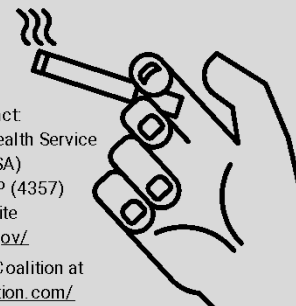
- A shortened life span
- Relationship problems
- Breathing problems
- Increase risk of certain cancer
- Lung disease
- Heart disease.

Many alcoholics or people with AUD (Alcohol Use Disorder) tend to smoke and/or vape

Since both tobacco/vaping and alcohol are widely available it is easy to abuse

If you need help contact Substance Abuse and Mental Health Service Administration (SAMHSA) Helpline at 1-800-662-HELP (4357) or visit SAMHSA website <https://www.samhsa.gov/>

Also visit Community Health Coalition at www.communityhealthcoalition.com/



! Alcoholism !

- Is a chronic disease where people crave drinks that contain alcohol and are unable to control their drinking
- People with this disease need to drink a larger amount to get the same effect
- If they stop drinking alcohol, they can experience withdrawal symptoms

Risk Factors:

- Starting to drink at an early age
- Having a family history of alcoholism
- Depression and other mental health problems
- Having a history of trauma
- Certain social and cultural factors (example: how drinking is portrayed on social media)

If you need help, contact the Substance Abuse and Mental Health Service Administration (SAMHSA) Helpline- 1-800-662-HELP (4357)



Visit SAMHSA at <https://www.samhsa.gov/>. Also visit Community Health Coalition at www.communityhealthcoalition.com



WHAT IS ALCOHOLISM?

A chronic disease where a person craves drinks that contain alcohol and are unable to control their drinking

Typically, a person with this disease needs to drink a greater amount to get the same effects

If the person stops drinking alcohol, they may experience withdrawal symptoms

RISK FACTORS OF ALCOHOLISM

- Starting to drink at an early age
- Having a family history of alcoholism
- Depression and other mental health problems
- Having a history of trauma
- Certain social and cultural factors (Examples: having friends who drink regularly, drinking being portrayed on social media, or influence or parents/peers/other role models)



SIGNS AND SYMPTOMS OF ALCOHOLISM

Being unable to limit the amount of alcohol you drink

Wanting to cut down on how much you drink but being unsuccessful

Spending lots of time drinking, buying or recovering from alcohol use

Strong cravings or urge to drink alcohol

Unable to fulfill obligations at work, school or home due to alcohol use

Continuing to drink regardless of the physical, social, work, or relationship problems

Using alcohol in unsafe situations (Ex: driving)

Developing a tolerance to alcohol

Experiencing withdrawal symptoms when you don't drink

UNDERSTANDING ALCOHOL USE DISORDERS

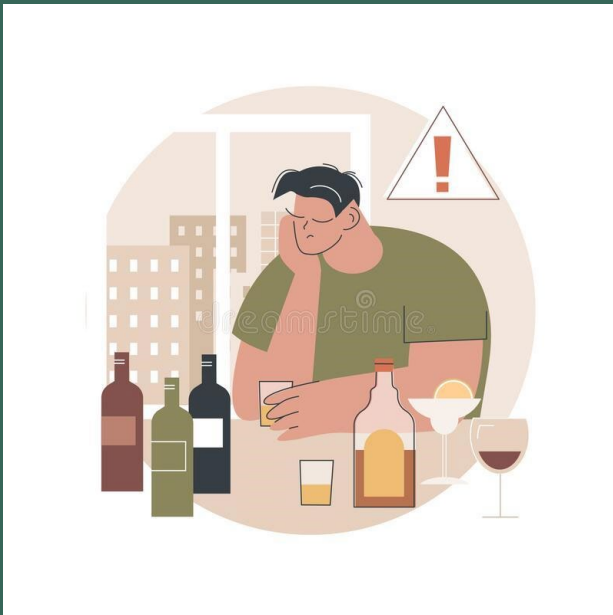
SPECTRUM OF ALCOHOL USE DISORDER



Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. Considered a brain disorder, AUD can be mild, moderate, or severe.

- This is also known as AUD
- It is a medical condition characterized by an impaired ability to stop or control alcohol use despite the consequences (social, occupational, and health)
- This includes the conditions alcohol dependence, alcohol addiction, and alcoholism
- AUD can be mild, moderate, or severe
- A person's risk for developing AUD depends on how much, how often and how quickly alcohol is consumed

WHAT IS BINGE DRINKING?



- Binge drinking is drinking so much at once that your blood alcohol concentration (BAC) level is 0.08% or more (typically in a two-hour time period)
- Defined as consuming 5 or more drinks on an occasion for men or 4 or more drinks for women
- Most common and costly pattern of excessive alcohol use in the United States
- Most people who binge drink are not dependent on alcohol
- 1 in 6 adults in the US binge drink and 25% do so at least weekly
- Over 90% of US adults who drink excessively report binge drinking

RISK FACTORS OF BINGE DRINKING



Living or socializing in a drinking culture (Example: colleges or in families with heavy drinkers)

Peer pressure, especially among young adults

Low cost and easy access to alcohol

Having poor coping skills

Experiencing trauma

Depression and anxiety

SIGNS AND SYMPTOMS OF BINGE DRINKING

Having strong cravings for alcohol

Inability to cut down on alcohol use

Significant efforts to get alcohol, drink, or an increase amount of time needed to recover from drinking

Alcohol use causes the inability to complete tasks at home, school, and/or work

Using alcohol despite it causing social and interpersonal issues

Avoiding social, work, and other activities due to alcohol

VAPING AND TOBACCO USE RELATING TO ALCOHOL USE

- Both alcohol and tobacco/vaping can be highly addictive and have health consequences
- Mixing these can cause a shortened life span, interpersonal problems, respiratory problems, increase risk of certain cancers, lung disease and heart disease
- Many alcoholics or people with AUD tend to smoke or vape
- One danger of using both at the same time is that one is a depressant (alcohol), and the other is a stimulant (tobacco/vaping)
- Since alcohol is a depressant and the tobacco a stimulant, people may not feel the full affects of the alcohol causing people to drink more
- Since both tobacco/vaping and alcohol are widely available it is easy to abuse



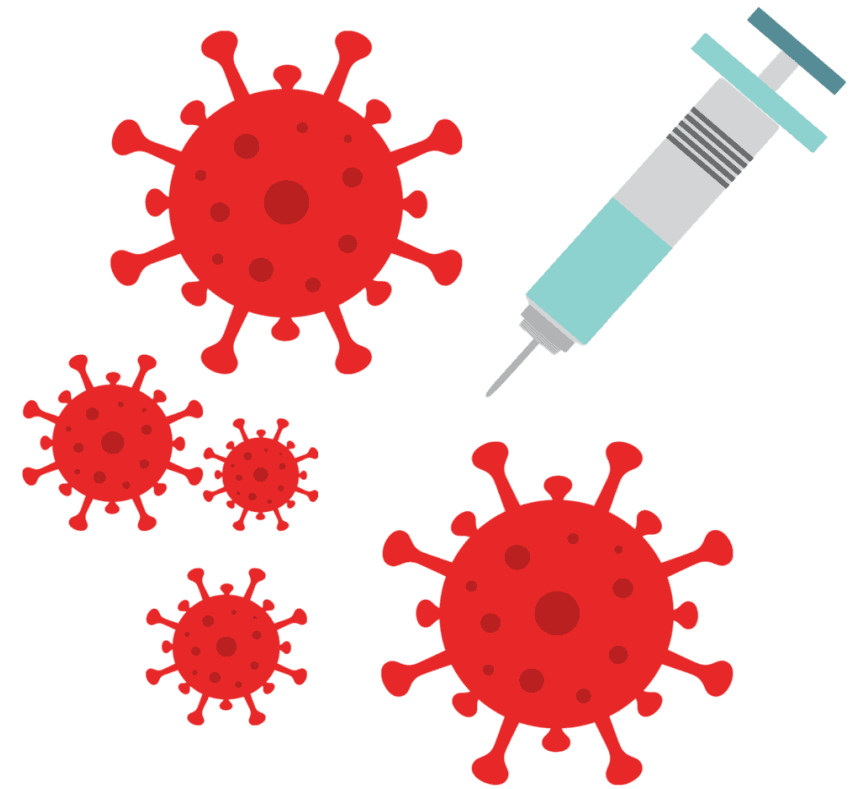
SUBSTANCE USE RELATING TO ALCOHOL USE



- Using alcohol with other substances (opioids, marijuana, medications not prescribed) is unsafe because the effects may be stronger and more unpredictable
- Polysubstance use is when two or more substances are being used together or within a short time period
- Health risks include overdose, injuries, violence, risky sexual behaviors, chronic disease, and developing an AUD or substance use disorder
- If using another depressant (opioids or others) together or within a few hours of drinking can result in difficulty breathing, and damage to the brain, heart, and other organs.

COVID-19 RELATING TO ALCOHOL USE

- During the pandemic alcohol consumption increased
- Due to the year long increase it is estimated to cause 8,000 additional deaths from alcohol related liver disease, 18,700 cases of liver failure, and 1,000 cases of liver cancer by the year 2040
- By this year, 2023, this is expected to cause 100 additional deaths, and 2,800 additional cases of liver failure
- Using alcohol to cope with the stress and anxiety of Covid-19 may cause more anxiety, loneliness (isolation/quarantine), and alcohol negatively affects the immune system



MENTAL HEALTH RELATING TO ALCOHOL USE



- Men and women who report high levels of stress tend to drink more
- Men tend to turn to alcohol to cope with stress more than women do
- Anxiety and AUD are common co-occurring disorders
- AUD can make an already existing anxiety disorder worse or lead to new anxiety symptoms
- Chronic alcohol use can affect the ability to respond to stress in a healthy way
- Alcohol can also make depression symptoms worse

TREATMENT



- Behavioral treatments- aimed at changing drinking behavior through counseling led by health professionals
- Medications- there are 3 medications currently approved in the US to help reduce drinking and prevent relapse (can be used alone or in combination with counseling)
- Support groups- Alcoholics Anonymous (AA) and other 12-step programs that provide peer support

WHERE TO FIND HELP

- Substance Abuse and Mental Health Service Administration (SAMHSA)
National Helpline: 1-800-662-HELP (4357)
- Suicide and Crisis Hotline: call or text 988
- Emergency assistance: 911
- Poison Control: 1-800-222-1222
- Talk to a Primary Care provider if you need help



COMMUNITY HEALTH COALITION



**COMMUNITY
HEALTH COALITION**

- CHC provides FREE health tips, blood pressure checks, glucose screenings, community health education workshops and lots of brochures and pamphlets about chronic diseases
- Email contact@communityhealthcoalition.com or visit <https://www.communityhealthcoalition.com/> for more information!

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