

# Tips and Alerts

## Oneida County Prevention Council Bulletin

### Contact Us

(315) 733-1709  
502 Court Street, Suite 401  
Utica, New York, 13502

### Office Hours

Monday – Friday, 8:30AM to 4:00PM

### Website

[www.WhenTheresHelpTheresHope.com](http://www.WhenTheresHelpTheresHope.com)



## April is Alcohol Awareness Month

Did you know that drinking too much can harm your health? Excessive alcohol use, including underage drinking and binge drinking, can lead to increased risk of health problems such as injuries, violence, liver disease, and cancer.

In a 2014 study of alcohol dependence among US adult drinkers, researchers for the Centers for Disease Control and Prevention (CDC) found that excessive alcohol consumption accounted for nearly 1 in 10 deaths among working-age US adults aged 20-64. The study also revealed that excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost each year during this period, shortening the lives of those who died by an average of 30 years. These deaths were due to health effects from drinking too much over time, such as breast cancer, liver disease, and heart disease, and health effects from consuming a large amount of alcohol in a short period of time, such as violence, alcohol poisoning, and motor vehicle crashes.

Alcohol dependence is a serious medical problem, and it is important to assure that high-quality treatment for this condition is available to those who need it. However, most excessive drinkers are not alcohol dependent; therefore, it is also important to implement effective community and clinical prevention strategies for excessive drinking, such as increasing the price of alcohol, reducing alcohol availability, and screening and counseling for excessive drinking among all adults in primary care. All of those strategies begin with awareness, which is why we each need to support Alcohol Awareness Month efforts.

Note: On April 26, Oneida County Communities that Care Coalition is hosting a Town Hall meeting on underage drinking. The event will be held at 502 Court Street, Suite 401 and will begin at 6:30 PM.

## Did you know?

Binge drinking, the most common form of excessive drinking, is defined as consuming:

- For women, 4 or more drinks during a single occasion.
- For men, 5 or more drinks during a single occasion.

Heavy drinking is defined as consuming:

- For women, 8 or more drinks per week.
- For men, 15 or more drinks per week.

In the 2015 TAP Survey, binge drinking amongst Oneida County teens dropped back down to only 29% of teen drinkers that had five or more drinks within two to three hours in the past month. This is a significant decrease from the last two previous findings. In 2007 and 2011, this number was around 35%.

If you are interested in learning more about how you can get involved with Oneida County Communities that Care Coalition, or if you have any questions, please contact Judith H. Reilly, CPP, Services Director, at (315) 733-1709 or [jreilly@cflrinc.org](mailto:jreilly@cflrinc.org).