



**Alcohol
Awareness
Month**

APRIL

April is Alcohol Awareness Month – Educate Yourself and Others

Does it seem like every month of the year is dedicated to awareness to some cause? That’s probably because it’s pretty much true. While this may seem like an obvious deduction, there is a reason for this – It helps! It works! It’s another chance to make a difference in your life or the life of a loved one! And this month we dedicate our focus to alcohol awareness and the encouragement to others to focus on the prevention, intervention, treatment and recovery of alcohol-related problems.

What is Alcohol Awareness Month?

Beginning April 1987 and each month of April thereafter, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) sponsors Alcohol Awareness Month to increase awareness and understanding to those who struggle with alcoholism. It is also about reducing the stigma and negativity surrounded around being called an alcoholic (because let’s face it, it hurts, especially when the name caller doesn’t even begin to understand what the struggle actually is like) and doing so by encouraging local communities to focus on alcoholism and alcohol-related issues. This April, NCADD highlights the important public health issue of underage drinking, a problem with devastating individual, family, and community consequences.

Whether you’re currently struggling with an alcohol use disorder, newly sober, a friend or family member of an individual struggling with alcohol use disorder, or just want to do what you can to raise awareness, what better time to start than right now. While some of us may be aware that drinking too much increases risks of injuries, violence, diseases and some types of cancer, others may not be as

informed and may not be aware of all of the vast resources out there to help aid in treatment recovery. Get involved. Get educated. After all, whether you realize it or not, the risks associated with consuming too much alcohol directly impacts individuals as well as local communities.

How much do you know about alcohol misuse? To raise awareness about the dangers of alcohol, it's time to get educated and share the facts.



What is binge-drinking? The Substance Abuse and Mental Health Services Administration ([SAMHSA](#)), defines binge drinking as 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past month. In 2015, 25 percent of people ages 18 or older reported that they engaged in binge drinking in the past month; 7 percent reported that they engaged in heavy alcohol use in the past month.

HOW MANY PEOPLE DIE FROM ALCOHOL-RELATED INCIDENTS? IN THE UNITED STATES, AN ESTIMATED 88,000 PEOPLE DIE FROM ALCOHOL-RELATED CAUSES ANNUALLY, MAKING ALCOHOL THE FOURTH LEADING PREVENTABLE CAUSE OF DEATH IN THE UNITED STATES. IN 2014, ALCOHOL-IMPAIRED DRIVING FATALITIES ACCOUNTED FOR 9,967 DEATHS (31 PERCENT OF OVERALL DRIVING FATALITIES).

How can alcohol affect you physically? In 2013, 45 percent of the 72,000 liver disease deaths involved alcohol. Among all cirrhosis deaths in 2013, 47 percent were alcohol related. In 2009, alcohol-related liver disease was the primary cause of almost one in three liver transplants in the United States. Drinking alcohol [increases the risk](#) of cancers of the mouth, esophagus, pharynx, larynx, liver and breast.

HOW CAN DRINKING MAKE AN IMPACT BEYOND PHYSICAL REPERCUSSIONS? IN 2010, ALCOHOL MISUSE COST THE UNITED STATES \$249 BILLION. THREE-QUARTERS OF THE TOTAL COST OF ALCOHOL MISUSE IS RELATED TO BINGE-DRINKING. MORE THAN 10 PERCENT OF US CHILDREN LIVE WITH A PARENT WITH ALCOHOL PROBLEMS, ACCORDING TO A 2012 STUDY.

How much do you know about alcohol misuse? Are you wondering if you have a problem with alcohol or are worried about how a family member, friend or co-worker might be abusing alcohol? To raise awareness about the dangers of alcohol, let's use this month as a platform to get educated and share the facts.

For more information, please visit:

<https://www.cadca.org/blog/april-alcohol-awareness-month-get-educated>

<https://www.cadca.org/resources/get-involved-alcohol-awareness-month>

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