

## *April is National Alcohol Awareness Month!*

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.

With this year's theme, ***"For the Health of It: Early Education on Alcoholism and Addiction,"*** the month of April 2015 will be filled with local, state, and national events aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth, and the benefits of providing early education to give kids a better understanding of the impact that alcohol can have on their lives.

Local NCADD Affiliates as well as schools, colleges, churches, and countless other community organizations will sponsor a host of activities that create awareness and encourage individuals and families to get help for alcohol-related problems.

Alcohol use by young people is extremely dangerous—both to themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction.

Adolescence is a time of heightened risk taking and young people may not be fully prepared to anticipate all the consequences of drinking alcohol, such as swigging drinks to "celebrate" a special occasion, or being in a car with a driver who has been drinking.

Alcohol is the number one drug of choice for America's youth, and is more likely to kill young people than all illegal drugs combined.

Reducing underage drinking is critical to securing a healthy future for America's youth and requires a cooperative effort from parents, schools, community organizations, business leaders, government agencies, the entertainment industry, alcohol manufacturers/retailers and young people themselves.

"Underage drinking is a complex issue," says Andrew Pucher, President and Chief Executive Officer of NCADD, "one that can only be solved through a sustained and cooperative effort. As a nation, we need to wake up to the reality that for some, alcoholism and addiction develop at a young age and that intervention, treatment, and recovery support are essential for them and their families," says Pucher. "We can't afford to wait any longer."

An integral part of Alcohol Awareness Month is Alcohol-Free Weekend (April 3-5, 2015), which is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and the community. During this seventy-two-hour period, NCADD extends an open invitation to all Americans, young and old, to participate in three alcohol-free days and to use this time to contact local NCADD Affiliates and other alcoholism agencies to learn more about alcoholism and its early symptoms.

For more information about NCADD, underage drinking, Alcohol Awareness Month and Alcohol-Free Weekend, visit the NCADD website at: [www.ncadd.org](http://www.ncadd.org).

## Alcohol & Your Body

### What kind of substance is alcohol?

Alcohol is classified as a depressant because it slows down the central nervous system, causing a decrease in motor coordination, reaction time and intellectual performance. At high doses, the respiratory system slows down drastically and can cause a coma or death.

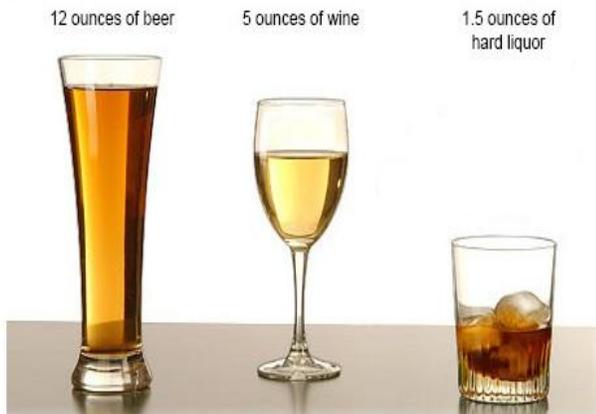
It is particularly dangerous to mix alcohol with other depressants, such as GHB, Rohypnol, Ketamine, tranquilizers or sleeping pills. Combining depressants multiplies the effects of both drugs and can lead to memory loss, coma or death.

### How does alcohol move through the body?

Once swallowed, a drink enters the stomach and small intestine, where small blood vessels carry it to the bloodstream. Approximately 20% of alcohol is absorbed through the stomach and most of the remaining 80% is absorbed through the small intestine.

Alcohol is metabolized by the liver, where enzymes break down the alcohol. Understanding the rate of metabolism is critical to understanding the effects of alcohol. In general, the liver can process one ounce of liquor (or one standard drink) in one hour. If you consume more than this, your system becomes saturated, and the additional alcohol will accumulate in the blood and body tissues until it can be metabolized. This is why having a lot of shots or playing drinking games can result in high blood alcohol concentrations that last for several hours.

### What is "one drink"?



[http://brown.edu/Student\\_Services/Health\\_Services/Health\\_Education/alcohol,\\_tobacco,\\_&\\_other\\_drugs/alcohol/alcohol\\_and\\_your\\_body.php#3](http://brown.edu/Student_Services/Health_Services/Health_Education/alcohol,_tobacco,_&_other_drugs/alcohol/alcohol_and_your_body.php#3)

## Knowing your Blood Alcohol Content (BAC)

### For Males

Body weight (lbs)	1 drink	2 drinks	3 drinks	4 drinks	5 drinks	6 drinks	7 drinks	8 drinks	9 drinks	10 drinks
100	.043	.087	.130	.174	.217	.261	.304	.348	.391	.435
125	.034	.069	.103	.139	.173	.209	.242	.278	.312	.346
150	.029	.058	.087	.116	.145	.174	.203	.232	.261	.290
175	.025	.050	.075	.100	.125	.150	.175	.200	.225	.250
200	.022	.043	.065	.087	.108	.130	.152	.174	.195	.217
225	.019	.039	.058	.078	.097	.117	.136	.156	.175	.198
250	.017	.035	.052	.070	.087	.105	.122	.139	.156	.173

### For Females

Body weight (lbs)	1 drink	2 drinks	3 drinks	4 drinks	5 drinks	6 drinks	7 drinks	8 drinks	9 drinks	10 drinks
100	.050	.101	.152	.203	.253	.304	.355	.406	.456	.507
125	.040	.080	.120	.162	.202	.244	.282	.324	.364	.404
150	.034	.068	.101	.135	.169	.203	.237	.271	.304	.338
175	.029	.058	.087	.117	.146	.175	.204	.233	.262	.292
200	.026	.050	.076	.101	.126	.152	.177	.203	.227	.253
225	.022	.045	.068	.091	.113	.136	.159	.182	.204	.227

**150**  
 ...the number of pounds of refined sugar that average American consumes every year

**UPTOWN'S RIVERFEST** May 8-9, 2015  
 The Swon Brothers  
 Dragon Boat Races Boy Scout Expo  
[uptownriverfest.com](http://uptownriverfest.com)

***Sitting too much at work or at home?***

- [Blood clots](#)—also known as venous thromboembolism—can be caused by not moving around for long periods of time, but they can be prevented and [treated](#).
- US healthcare costs for blood clots can reach up to [\\$10 billion per year](#).
- Doctors and nurses can help their patients [prevent blood clots](#) [PDF-175KB] by teaching them about risk factors, symptoms, and [what to do during long-distance travel](#).

<http://www.cdc.gov/stltpublichealth/didyouknow/index.html>

**DID YOU KNOW?**

05 APRIL 2015 @ 0700

**EASTER SUNRISE SERVICE**

Field of Four Chaplains (Sigerfoos Rd & Wold Ave)  
 For Information 706.545.2289

***Workplace Safety & Health***

- Comprehensive worksite health promotion programs can reduce sick leave, health plan costs, and workers' compensation and disability insurance costs by about 25%, according to an [evaluation of 62 studies](#) [PDF-541KB].
- Only 6.9 percent of employers offer comprehensive worksite health promotion programs, according to a [national survey](#).
- [The CDC Worksite Health ScoreCard](#) is one of the few validated tools that can help employers assess and choose evidence-based strategies to build comprehensive [worksite health promotion programs](#).

<http://www.cdc.gov/stltpublichealth/didyouknow/topic/workplace.html>

## Healthy Recipe of the Month

### *Shrimp Rolls*

Have a bag of frozen shrimp on hand?

Serve it on a hot dog roll!

Shrimp is a good-for-you food—low in calories and high in protein.

#### Ingredients

- 1 pound shrimp, cooked, peeled, and deveined
- 1 ½ tablespoons reduced fat mayonnaise
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh
- Salt and pepper, to taste
- 4 whole wheat hot dog buns, toasted
- Tomato slices
- Lettuce leaves
- Garnish: lemon wedges (optional)



#### Preparation

Chop shrimp, and mix with mayonnaise, fresh lemon juice, chopped fresh basil, and salt and pepper, to taste. Top each hot dog bun with tomato slices and lettuce leaves. Spoon shrimp salad into buns; serve immediately, garnished with lemon wedges (if you have some).

<http://www.health.com/health/recipe/0,,10000001918605,00.html>



[Benning/Community/Health](#)

Check out our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

