



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

April is Alcohol Awareness Month!

So far, DART has shared information and resources about underage drinking.

This week, we are focusing on excessive alcohol use, binge drinking, and the health effects of alcohol use.

Want to help spread awareness and share on your own social media?

Make sure to keep an eye out on the DART Facebook page for our posts and feel free to repost or share with your family, friends, and groups! If you want to share elsewhere, great!

EXCESSIVE ALCOHOL USE

Excessive Alcohol Use

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.



Excessive alcohol use lead to **about 178,000 deaths** each year.

Excessive drinking was responsible for **1 in 5 deaths** among adults aged 20-49 years.

Excessive alcohol use is associated with **an increased risk of** injuries, chronic diseases such as liver disease and heart disease, several cancers, and poor pregnancy outcomes.

Source <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

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[Excessive Alcohol Use](#)

HOW MUCH IS TOO MUCH?

How much is too much?

Binge Drinking: Drinking **5 or more drinks** on an occasion for **men** or **4 or more drinks** on an occasion for **women**

Heavy Drinking: Drinking **15 or more drinks** per week for **men** or **8 or more drinks** per week for **women**



CDC estimates that **1 in 6 US adults binge drinks**, with 25% doing so at least weekly, and **25% consuming at least 8 drinks** during a binge occasion.

Binge drinking is responsible **for more than 40% of the deaths** and **three-quarters of the costs** of excessive alcohol use.

Source <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

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[How Much is Too Much?](#)

SHORT TERM USE EFFECTS

Alcohol & Short Term Use Effects



- **Injuries**, such as motor vehicle crashes, falls, drownings, and burns
- **Violence**, including homicide, suicide, sexual assault, and intimate partner violence
- **Alcohol poisoning**, a medical emergency that results from high blood alcohol levels
- **Risky sexual behaviors**, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases, including HIV.
- **Miscarriage** and **stillbirth** or **fetal alcohol spectrum disorders (FASDs)** among pregnant women.

Source <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

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[Short Term Use Effects](#)

LONG TERM USE EFFECTS

Alcohol & Long Term Use Effects



- **Chronic disease:** High blood pressure, heart disease, stroke, liver disease, and digestive problems
- **Cancer** of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum
- **Weakening of the immune system**, increasing the chances of getting sick
- **Learning and memory problems**, including dementia and poor school performance
- **Mental health problems**, including depression and anxiety
- **Social problems**, including family problems, job-related problems, and unemployment
- **Alcohol use disorders**, or alcohol dependence

Source <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

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[Long Term Use Effects](#)

ALCOHOL & PREGNANCY

Alcohol & Pregnancy



Fetal Alcohol Spectrum Disorders (FSADs) **are preventable** if a baby is not exposed to alcohol before birth.

There is **no known safe amount** of alcohol use during pregnancy or while trying to get pregnant.

There is also **no safe time for alcohol use** during pregnancy. All types of alcohol are equally harmful, including all wines and beer.



Source <https://niaaoforteens.niaaa.nih.gov/alcohol-and-your-health>

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[Alcohol & Pregnancy](#)

ALCOHOL & CANCER

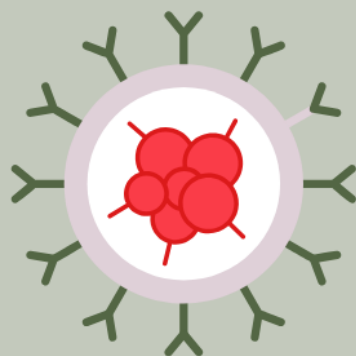


Alcohol & Cancer

When you drink alcohol, your body breaks it down into a chemical called acetaldehyde. Acetaldehyde damages your DNA and prevents your body from repairing the damage. DNA is the cell's "instruction manual" that controls a cell's normal growth and function. When DNA is damaged, a new cell can begin growing out of control and create a cancerous tumor.

Drinking alcohol raises your risk of getting several kinds of cancer:

Mouth and throat
Voice box (larynx)
Esophagus
Colon and rectum
Liver
Breast (in women)



Source: <https://niaaoforteens.niaaa.nih.gov/alcohol-and-your-health>

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[Alcohol & Cancer](#)

FUN SPRING SIPS RECIPES

Lemon Basil Breeze

INGREDIENTS

- 1-2 fresh basil leaves
- ¾ ounce simple syrup
- ¾ ounce freshly squeezed lemon juice
- Ice
- Club soda to top off
- Lemon slice and basil leaf for garnish

DIRECTIONS

In a shaker, lightly muddle basil leaves with simple syrup. Add ice, lemon juice, and nonalcoholic white rum if desired.

Shake to chill.

Strain into a glass over fresh ice.

Top off with club soda. Garnish with a lemon slice and basil leaf.



Pear & Springthyme Spritz

INGREDIENTS

- 3 ounces pear juice
- $\frac{3}{4}$ ounce thyme simple syrup
- $\frac{1}{2}$ ounce freshly squeezed lemon juice
- $\frac{1}{2}$ ounce freshly squeezed grapefruit juice
- Ice
- Pear slice and thyme sprig for garnish

DIRECTIONS

In a shaker, add ice, pear juice, thyme simple syrup, lemon juice, and grapefruit juice.

Shake to chill.

Strain into a glass over fresh ice.

Garnish with a pear slice and thyme sprig.



Peachy Tea

INGREDIENTS

- 4 ounces sweet tea
- 1 ounce freshly squeezed lemon juice
- $\frac{3}{4}$ ounce peach nectar
- $\frac{1}{2}$ ounce orgeat syrup
- Ice
- Peach slice and mint sprig for garnish

DIRECTIONS

In a shaker, add ice, sweet tea, peach syrup, lemon juice, and orgeat.

Shake to chill.

Strain into a glass over fresh ice.

Garnish with peach slices and a mint sprig.



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[Lemon Basil Breeze](#)
[Pear & Springthyme Spritz](#)
[Peachy Tea](#)

RESOURCES

[Alcohol and Your Brain: A Virtual Reality Experience](#)

>>Interactive virtual experience through National Institute on Alcohol Abuse and Alcoholism.

[Alcohol and Public Health](#)

>>CDC homepage for all things related to alcohol use.

[Alcohol Use and Your Health](#)

>>CDC page for alcohol basics, excessive drinking, binge drinking, and effects of alcohol use.

[DART Prom Fact Card](#)

>>DART Fact Card with tips for ensuring safety during Prom season.

DART Underage Drinking Fact Card

>>DART Fact Card with tips for talking to your child about underage drinking.

Amy Piacente-Desch, Prevention Manager | amy.piacentedesch@rwjbh.org

Natalia Amoroso, Prevention Specialist | natalia.amoroso@rwjbh.org

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dart@rwjbh.org | rwjbh.org/dart | facebook.com/DARTCoalition

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DART - CTC - SOCIAL | 442 Route 35 South, Third Floor, Eatontown, NJ 07724

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