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Drug-Free Action Alliance Participates in National Alcohol Awareness Month

April 10th is National Alcohol Screening Day

(Columbus, Ohio) Drug-Free Action Alliance is participating in Alcohol Awareness Month by bringing attention to the disease of alcoholism and emphasizing the health risks associated with problem drinking. Each April since 1987, the National Council on Alcoholism and Drug Dependence has designated the month of April to provide the public with information and knowledge regarding the disease of alcoholism.

Individuals who abuse alcohol are prevalent in every demographic group and cultural group throughout the United States. Studies show that nearly 14 million Americans, which is one in every 13 adults, abuse alcohol or are alcohol dependent. In addition, more than 100,000 individuals die from alcohol-related diseases and injuries each year, and less than 25% of those who need treatment will receive it in any given year.

Most adults who consume alcoholic beverages do so in safe and healthy amounts. For others, unsafe drinking patterns increase their risk of injury, illness or future health problems. Most individuals who abuse alcohol or drugs are employed and are productive members of society, creating the perception that a problem does not exist.

Current recommended guidelines suggest that adult men limit themselves to two drinks per day, while women limit themselves to one drink per day. A drink is defined as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80% distilled spirits.

Online screenings can be completed at www.AlcoholScreening.org. The Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services (US DHHS) offers a searchable database of listing treatment providers across the country. You can search for treatment programs that specialize in adolescents, older adults, women with children and other special populations. Call (800) 662-HELP (800-662-4357) or search www.FindTreatment.samhsa.gov/.

“By bringing attention to this pervasive problem, we encourage individuals to take advantage of April 10 which marks the annual observance of National Alcohol Screening Day (NASD),” said Patricia Harmon, Executive Director of Drug-Free Action Alliance. “If you or someone close to you consumes alcohol, it’s important to know if the drinking patterns are safe, risky or harmful.”

Drug-Free Action Alliance is a statewide non-profit organization providing leadership to promote safe and drug free communities throughout Ohio. To obtain more information, visit the Ohio Resource Network Clearinghouse at www.DrugFreeActionAlliance.org

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Red Ribbon Celebration

College Initiative to Reduce
High Risk Drinking

Ohio Resource Network
Clearinghouse

Statewide Prevention
Coalition Association

Parents Who Host, Lose The Most:
Don't be a party to teenage drinking

Ohio Center for
Coalition Excellence

Know!

Youth Philanthropy
Council

www.DrugFreeActionAlliance.org