

April 2018

# Church Partnerships News

## April is Alcohol Awareness Month

### Alcohol Facts and Statistics

#### Prevalence of Drinking:

According to the 2015 National Survey on Drug Use and Health (NSDUH), 86.4 percent of people ages 18 or older reported that they drank alcohol at some point in their lifetime; 70.1 percent reported that they drank in the past year; 56.0 percent reported that they drank in the past month.

#### Prevalence of Binge Drinking and Heavy Alcohol Use:

In 2015, 26.9 percent of people ages 18 or older reported that they engaged in binge drinking in the past month; 7.0 percent reported that they engaged in heavy alcohol use in the past month.

#### Alcohol-Related Deaths:

An estimated 88,000 people (approximately 62,000 men and 26,000 women) die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States. The first is tobacco, and the second is poor diet and physical inactivity. In 2014, alcohol-impaired driving fatalities accounted for 9,967 deaths (31 percent of overall driving fatalities)

Resource: <https://pubs.niaaa.nih.gov/publications/AlcoholFacts&Stats/AlcoholFacts&Stats.pdf>

#### By the Numbers: College Student Drinking Statistics

- 4 out of 5 students drink alcohol (2 out of 5 binge drink)
- 1,825 students die due to drinking
- 97,000 students are sexually assaulted or raped due to alcohol
- 2.8 million students drive drunk

Resource: National Institute on Alcohol Abuse and Alcoholism ([www.niaaa.nih.gov](http://www.niaaa.nih.gov))



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## Overview of Alcohol Consumption

Alcohol's effects vary from person to person, depending on a variety of factors, including:

- How much you drink
- How often you drink
- Your age
- Your health status
- Your family history

While drinking alcohol is itself not necessarily a problem – drinking too much can cause a range of consequences, and increase your risk for a variety of problems.

### Consequences of drinking too much

Alcohol enters your bloodstream as soon as you take your first sip. Alcohol's immediate effects can appear within about 10 minutes. As you drink, you increase your blood alcohol concentration (BAC) level, which is the amount of alcohol present in your bloodstream. The higher your BAC, the more impaired you become by alcohol's effects. These effects can include:

- Reduced inhibitions
- Slurred speech
- Motor impairment
- Confusion
- Memory problems
- Concentration problems
- Coma
- Breathing problems
- Death



Other risks of drinking can include:

- Car crashes and other accidents
- Risky behavior
- Violent behavior
- Suicide and homicide

People who drink too much over a long period of time may experience alcohol's longer-term effects, including Alcohol Use Disorder and other health problems.

In addition, long-term alcohol use disorder may result in Wernicke-Korsakoff syndrome, a brain disorder due to thiamine (vitamin B1) deficiency. Lack of vitamin B1 is common in people with alcohol use disorder.

Resource: <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption>



## Alcohol Use Disorder

Problem drinking that becomes severe is given the medical diagnosis of “alcohol use disorder” or AUD. AUD is a chronic relapsing brain disease characterized by compulsive alcohol use, loss of control over alcohol intake, and a negative emotional state when not using.

An estimated 16 million people in the United States have AUD. Approximately 6.2 percent or 15.1 million adults in the United States ages 18 and older had AUD in 2015. This includes 9.8 million men and 5.3 million women. Adolescents can be diagnosed with AUD as well, and in 2015, an estimated 623,000 adolescents ages 12–17 had AUD.

To assess whether you or loved one may have AUD, here are some questions to ask. In the past year, have you:

- Had times when you ended up drinking more, or longer than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of time drinking? Or being sick or getting over the aftereffects?
- Experienced craving — a strong need, or urge, to drink?
- Found that drinking — or being sick from drinking — often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?

The more symptoms you have, the more urgent the need for change. A health professional can conduct a formal assessment of your symptoms to see if AUD is present. Unfortunately, less than 10 percent of them receive any treatment.

Resource: <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-use-disorders>



## Alcohol's Effects on the Body

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:

### Brain:

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move.

### Heart:

Drinking a lot over time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

### Liver:

Heavy drinking can lead to a variety of problems in the liver including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis



### Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

### Cancer:

Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the Mouth, Esophagus, Throat, Liver or Breast.

### Immune System:

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much.

Resource: <https://www.niaaa.nih.gov/alcohol-health/alphabets-effects-body>

## What You Can Do

First, ask yourself what type of drinker you are? Ask yourself the questions on page 3.

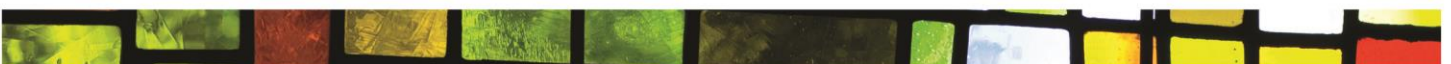
Even if you are a responsible drinker, drinking too much just once can be harmful.

Be aware of your drinking patterns. Learn ways to cut back on drinking.

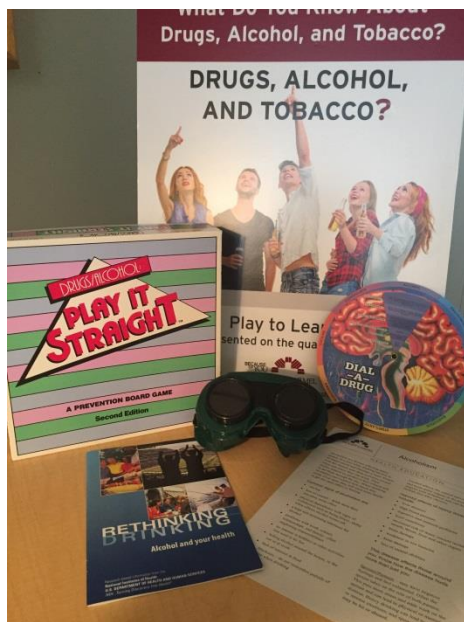
If you cannot control your drinking or if your drinking is becoming harmful to yourself or others, seek help from:

- Your doctor
- Support and self-help groups for people who have drinking problems

Resource: <https://medlineplus.gov/ency/patientinstructions/000494.htm>







## Alcohol Awareness Resources

Available from Church Partnerships

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## Congregational Happenings

AED training at St Thomas More Newman Center



***\*Send us pictures of your events to be featured in our next "Congregational Happenings"***



## Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

## Congregational Partners

Faith communities that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Advent United Church of Christ  
Brookwood Presbyterian Church  
Christ United Methodist Church  
Clair United Methodist Church  
Ephesus Seventh Day Adventist Church  
First Church of God  
Fruit of the Spirit Seventh Day Adventist  
Harlem Road United Methodist Church  
J. Jireh Ministries  
Mifflin Presbyterian Church  
Mount Olivet Missionary Baptist Church  
New Mt. Sinai Church of God in Christ  
Refuge Missionary Baptist Church  
Reynoldsburg United Methodist Church  
St. Andrew Episcopal Church  
St. Paul A.M.E. Church, Columbus  
Second Community Church  
Tabernacle Missionary Baptist Church  
Unity Baptist Church  
Wesley Church of Hope

Briggs Road Baptist Church  
Christ Memorial Missionary Baptist Church  
Church of Christ of the Apostolic Faith  
Come As You Are  
Faith Lutheran Church  
First Presbyterian Church  
Grace Missionary Baptist Church  
In His Presence  
Love Zion Baptist Church  
Mount Hermon Baptist Church  
New Fellowship Baptist Church  
Redeemer Lutheran Church  
Resurrection Missionary Baptist Church  
Sacred Heart Catholic Church  
St. Augustine and Gabriel Catholic Church  
St. Peter Catholic Church  
Stonybrook United Methodist Church  
United Methodist Church for All People  
Vineyard Christian Fellowship – Grove City

## Partnering Community Agencies

Catholic Diocese Office for Social Concerns

Catholic Social Services

The Martin de Porres Center

Westerville Area Resource Ministries (W.A.R.M.)

Ohio Living

