



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# ADULT HEALTH BULLETIN



**APRIL 2018**

Download this and past issues  
of the Adult, Youth, Parent and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

## THIS MONTH'S TOPIC: ALCOHOL AWARENESS MONTH



**D**id you know that alcohol is considered the most commonly used addictive substance in the United States? Alcohol Awareness Month, founded by the National Council on Alcoholism and Drug Dependence, is meant to build awareness, understanding and reduce the stigma of alcoholism and alcohol-related issues. It is important to remember that drinking too much can harm your health. Excessive alcohol use, including underage drinking and binge drinking (drinking 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women), can lead to increased risk of health problems such as injuries, violence, liver diseases and cancer. The good news? We can all do our part to prevent alcohol misuse or abuse.

**Continued on the back** ➔



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## ***Certain prescription or over-the-counter medications can interact with alcohol.***



➔ **Continued from page 1**

### **What is a “drink”?**

In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12 ounces of beer (5% alcohol content)
- 8 ounces of malt liquor (7% alcohol content)
- 5 ounces of wine (12% alcohol content)
- 1.5 ounces of 80-proof (40% alcohol content) distilled spirits or liquor (gin, rum, vodka, whiskey)

### **What is moderate drinking?**

The Dietary Guidelines for Americans defines moderate drinking as up to one drink per day for women and up to two drinks per day for men. Some people should not drink any alcohol, including those who are:

- Younger than age 21.
- Pregnant or may be pregnant.
- Driving, planning to drive or participating in other activities requiring skill, coordination and alertness.
- Taking certain prescription or over-the-counter medications that can interact with alcohol.
- Suffering from certain medical conditions.

- Recovering from alcoholism or are unable to control the amount they drink.

Alcohol Awareness Month coincides with Alcohol-Free Weekend, which takes place on March 30-April 1, 2018. During Alcohol-Free Weekend, the National Council on Alcoholism and Drug Dependence extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and Al-Anon to learn more about alcoholism and its early symptoms.

#### **REFERENCES:**

- [https://www.aa.org/pages/en\\_US/find-aa-resources](https://www.aa.org/pages/en_US/find-aa-resources)
- <https://www.cdc.gov/alcohol/index.htm>
- <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>
- U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition, Washington, DC; 2015.
- <http://healthinsight.org/files/Improving%20Behavioral%20Health%20for%20Older%20Adults/Tools/Depression%20Alcohol%20Toolkit.pdf>

**ADULT**  
**HEALTH BULLETIN**

**Written by:** Natalie Jones  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com

