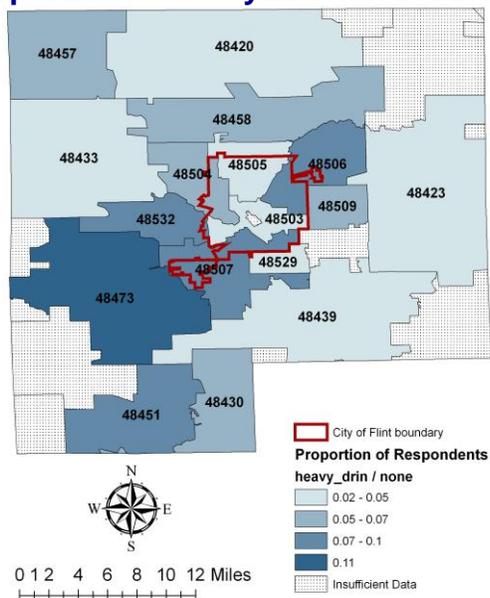


Speak to Your Health! Alcohol Awareness Month

April is Alcohol Awareness Month. Drinking too much alcohol (binge drinking) is not good for your health and can increase your risk for things such as heart disease and stroke. Drinking while pregnant can harm your baby by making them more likely to have poor physical and mental health outcomes. For women, having 4 or more drinks at one time is considered binge drinking and for men it means having 5 or more drinks.¹

Proportion of Heavy Alcohol Drinkers*



*BRFSS definition of "heavy drinking": more than 60 drinks a month for men, or more than 30 drinks a month for women

DID YOU KNOW?

The Speak to Your Health! Community Survey is a resource that provides information about alcohol use in Genesee County. The results of the 2009 survey found that some people drink alcohol in moderation, but alcohol is a problem for many people in Genesee County:

- 50% of Genesee County residents respond that they drink alcohol
- When Genesee County residents ages 25 and older drink alcohol, they usually have 2-3 drinks per night, but when 18-24 year olds drink, they usually have 5 drinks per night
- 18-24 year olds living in Flint typically binge drink 2 times a month and 18-24 year olds living outside of Flint binge drink 11 times a month

WHAT CAN YOU DO?

Limit your number of drinks. If you know someone who drinks heavily, help them limit the number of drinks they have

Control your surroundings. Avoid places where you know heavy drinking will occur

Ask for help. If you know someone who has a hard time limiting drinks, talk to them and encourage them to seek help from a doctor or other professional

Keep alcohol out of the house. If there isn't alcohol around, drinking is less likely to occur

WHERE CAN YOU GET MORE INFORMATION?

- **Flint Odyssey House** (810) 238-0333
- **Genesee County Community Mental Health; 24-hour crisis hotline** (810) 257-3740
<http://www.genecmh.org/Home/tabid/36/Default.aspx>
- **Genesee County Alcoholics Anonymous** <http://geneseecountyaa.org/>
- **MDCH Substance Abuse and Addiction Services**
http://www.michigan.gov/mdch/0,4612,7-132-2941_4871---,00.html

Please take time to Speak to Your Health!

Visit www.gchd.us/survey to complete the 2011 survey

The Speak to Your Health! Community Survey is funded by CDC grants to the Prevention Research Center of Michigan (PRC/MI) and Michigan Youth Violence Prevention Center (MI-YVPC) and by the Crim Fitness Foundation.

¹Centers for Disease Control and Prevention, (2011). *April is Alcohol Awareness Month*. Retrieved from website: <http://www.cdc.gov/Features/AlcoholAwareness/>