

April is Alcohol Awareness Month

- Alcohol Awareness Month is important because there is no other substance, legal or illegal, that is more widely used, misused, and abused by Americans than alcohol.
- In 2019, 26% of people ages 18 and older reported that they engaged in binge drinking in the past month.
- Alcohol contributes to about 18% of ER visits and 22% of overdose deaths related to prescription opioids.
- An estimated **95,000 people die from alcohol-related causes annually**, making alcohol the third-leading preventable cause of death in the United States.



What is alcohol misuse?

- Drinking in a manner, situation, amount, or frequency that could cause harm to users or to those around them. For individuals younger than 21, or for pregnant females, any alcohol use constitutes alcohol misuse.

What is binge drinking?

- Binge drinking is **consuming 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females** on the same occasion on at least 1 day in the past month.

What is Alcohol Use Disorder?

- A chronic brain disorder marked by compulsive drinking, loss of control over alcohol use, and negative emotions when not drinking. AUD can be mild, moderate, or severe. Recovery is possible regardless of severity.

If you or someone you know needs help for addiction or co-occurring disorder issues, please schedule an appointment with one of our counselors today!