



Ways to Wellness

December Health Initiative:

Preventing Excessive Alcohol Use

Excessive alcohol use is a leading cause of preventable death in the USA among all adult age groups. Over half of the alcohol consumed by adults and 90 percent of the alcohol consumed by youth occurs while binge drinking. According to the National Institute on Alcohol Abuse and Alcoholism, binge drinking is defined as a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to 0.08% or more. This pattern of drinking usually corresponds to five or more drinks on a single occasion for men or four or more drinks on a single occasion for women, generally within about two hours.

Binge drinking can lead to:

- Motor Vehicle Crashes
- Violence Against Others
- Spread of HIV and Sexually Transmitted Diseases
- Unplanned Pregnancy
- Fetal Alcohol Disorders and Sudden Infant Death Syndrome
- Alcohol Dependence

If you drink alcoholic beverages, do so in moderation. Moderation is defined as up to two drinks per day for men or 1 drink for women. Even moderate levels of drinking can be too much in some circumstances.

It is safest to avoid alcohol if you are:

- planning to drive a vehicle or operate machinery.
- taking medications that interact with alcohol.
- managing a medical condition that can be made worse by drinking.
- pregnant or trying to become pregnant.

What can be done to prevent abuse?

- Choose not to binge drink. Drink in moderation as previously mentioned if you do drink.
- Avoid driving and drinking.
- Have a designated driver assigned.
- Refrain from supplying underage youth with alcohol and ensure that youth cannot access alcohol in their home.

Effective excessive alcohol use prevention includes:

- Implementing and enforcing policies to reduce access.
- Identifying alcohol abuse early and providing people with necessary treatment.
- Creating environments that empower young people not to drink.

Sources:

SAMSHA (Substance Abuse and Mental Health Services Administration)

www.samsha.gov

Center for Disease Control and Prevention www.cdc.gov

NIAA (National Institute on Alcohol Abuse and Alcoholism)

Upcoming Classes/Events

Healthy Holiday Cooking Class

Wed, 5 Dec @ 1130

Happy Holiday Happy Hour

Wed, 12 Dec @ 1100-1300

Tobacco Cessation Class

Wed, 12 Dec @ 1100-1300

Pre-registration required for classes.

**BE SURE
to have a
Designated
Driver and
please
DRINK
RESPONSIBLY**

Staff Contacts

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Program Highlight:

Holiday Happy Hour

- What?** Non-Alcoholic Drink Taste testing and CSACC information table
Who? Open to all Active Duty, Retirees, Reservists, Contractors, and DoD Civilians aboard Quantico.
When? Wednesday, 12 December 1100-1300
Where? Barber Physical Activity Center
Why? Join HP staff and CSACC in learning how to enjoy the holidays without alcohol!



Want more information? Visit online at www.quantico.usmc-mccs.org
or Find us on Facebook, search: Semper Fit Health Promotion

Recipe of the Month:

Roasted Root Vegetables

Serving Size: 1 ¼ cups

Yield: 4 servings

Ingredients:

- 2 medium-sized sweet potatoes, cut into large chunks
- 2 medium-sized root vegetables of your choice (ex. white potatoes, rutabagas, turnips, parsnips, beets), cut into large chunks
- 2 carrots, chopped
- 1 medium onion, chopped
- ¼ cup vegetable oil
- 3 tablespoons Parmesan cheese
- Season with your favorite spices (ex. rosemary, thyme)

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, add all chopped vegetables and pour oil over top.
3. Add Parmesan cheese and spices; mix well.
4. Pour vegetable mixture into 9x13 baking dish and cover loosely with aluminum foil.
5. Bake for 1 hour or until tender.

Nutrition Facts (serving size: 1 ¼ cups)

Calories 250	Total Fat 15 g
Saturated Fat 2 g	Cholesterol 5 mg
Sodium 150 mg	Carbohydrate 30 g
Fiber 6 g	Protein 5 g
Vitamin A 190%	Vitamin C 80%
Calcium 15%	Iron 8%

