



June- Drink Responsibly Month

Commanding Officer's Memo

June is Drink Responsibly Month, which is dedicated to promoting the responsible consumption of alcohol by Sailors and Marines. Since 2009, DUIs in the Navy have decreased; however, binge drinking rates remain elevated. In the 2011 Department of Defense Health Related Behaviors Survey, approximately 33.1% of all active duty reported binge drinking in the last 30 days.¹ For the Navy specifically, the binge drinking rate was 36.1% and the Marine Corps rate was 48.6%.² As a leader, you can promote responsible drinking to your Sailors and Marines, and in the process, reduce alcohol incidents and improve mission readiness.

What can leadership do?

1. Support environments and activities that promote responsible and legal drinking. Deglamorize alcohol consumption and do not promote practices that encourage irresponsible alcohol use.
2. Model responsible drinking. If you are going to hold an event, make sure you have adequate non-alcoholic beverages available. Also, support those who make the choice not to drink.
3. Ensure alcohol awareness activities are incorporated, where appropriate, and have resources available for those struggling with unsafe alcohol use. Engage with offices and individuals who can keep you up-to-date on alcohol trends and emerging issues. Partner with organizations across your installation, engage Drug and Alcohol Program Advisors (DAPAs), Alcohol and Drug Control Officers (ADCOs) and support agencies.
4. Complete appropriate trainings related to alcohol. Ensure your troops are completing the appropriate trainings they need as well. If alcohol incidents occur, address them immediately and appropriately.

^{1,2} Barlas FM, Higgins WB, Pflieger JC, et al. 2011 Health Related Behaviors Survey of Active Duty Military Personnel. February 2013. Report prepared for the Assistant Secretary of Defense (Health Affairs) and U.S. Coast Guard under Contract No. GS-23F-8182H.