



# Navy & Marine Corps Public Health Center “Quick Hits”



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## Preventing Excessive Alcohol Use



According to the [National Prevention Strategy](#), excessive alcohol use is a leading cause of preventable death in the U.S. among all adult age groups, contributing to more than 79,000 deaths per year. Excessive alcohol use includes binge drinking (5 or more drinks during a single occasion for men, 4 or more drinks during a single occasion for women), underage drinking, drinking while pregnant and alcohol impaired driving. The earlier in life an individual begins to consume alcohol, the more likely they will develop alcohol related problems later in life. The Navy and Marine Corp Public Health Center (NMCPHC) supports the prevention of alcohol abuse through awareness and education which helps change attitudes and behaviors about excessive alcohol use.



NMCPHC is committed to providing you with the tools you need to fight this harmful addiction. We have educational materials and resources to help you understand the negative effects of excessive alcohol use. To learn how our programs can help keep you fit for service and improve your overall health, visit us at: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/](http://www.nmcphc.med.navy.mil/Healthy_Living/)

### Tips for Responsible Drinking

- ▶ Keep track of how much you drink
- ▶ Write a list of reasons why you want to cut back
- ▶ Count and measure your drinks accurately
- ▶ Set limits as to how many times per day or days per week you will drink
- ▶ Get support from friends and family to help you reduce drinking
- ▶ Talk to a professional if you have difficulty cutting back or quitting alcohol
- ▶ Pace yourself and sip slowly; ensure you drink no more than one standard drink per hour
- ▶ Eat food while drinking so the alcohol is absorbed into your body at a slower rate
- ▶ Find alternatives to drinking: healthy activities, hobbies or socializing with non drinkers
- ▶ Identify and avoid triggers such as people, places or things that contribute to your alcohol use
- ▶ Develop a plan to deal with urges; talk to someone that is encouraging and motivating
- ▶ Never give up, keep trying and you are likely to succeed with addressing your alcohol use.

### POC and Links

- NMCPHC Homepage: <http://www.nmcphc.med.navy.mil/>
- National Institute on Alcohol Abuse and Alcoholism: <http://www.niaaa.nih.gov/>
- Military Pathways Screening: <http://www.militarymentalhealth.org/>
- THAT GUY Campaign: [www.thatguy.com](http://www.thatguy.com)

