



Navy and Marine Corps Public Health Center Health Promotion and Wellness Department Fact Sheet on Alcohol



This alcohol awareness fact sheet is designed to help service members, retirees and their families understand their alcohol use. The goal is to raise consciousness, interest and awareness about alcohol.



According to the National Institute on Alcohol Abuse and Alcoholism, approximately 17.6 million American adults abuse alcohol or become alcohol dependent and the highest alcohol related problems usually occur in 18-29 year olds. The earlier an individual begins to consume alcohol, the more likely they will develop alcohol related problems later in life. These alcohol statistics also apply to the military population. Education and awareness can change attitudes and behaviors about excessive alcohol use.

TIPS FOR CUTTING BACK ON ALCOHOL

- 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

Who Should Not Consume Alcohol

- People driving or engaging in activities that require skills and alertness
- Persons taking medications that may interfere with and contradict alcohol use
- Women who are pregnant or trying to become pregnant
- Individuals on duty or at work
- Anyone under the legal age to drink

Resources

NMCPHC Wounded, Ill, and Injured Program: http://www.nmcphc.med.navy.mil/WII/wii_substance_abuse.aspx
NMCPHC Alcohol and Drug Abuse Prevention: http://www.nmcphc.med.navy.mil/Healthy_Living/
National Institute on Alcohol Abuse and Alcoholism: <http://www.niaaa.nih.gov/Pages/default.aspx>
Military Pathways Screening: <http://www.militarymentalhealth.org/screening/default.aspx>
THAT GUY Campaign: www.thatguy.com