



## Broward County Government Newsletter

April 2019

Volume 2, Issue 4

### Community Care Plan, “the health plan with a heart”

#### April is Alcohol Awareness Month

86.4% of people ages 18 and older reported that they drank alcohol at some time in their life according to a 2015 National Survey on Drug Use and Health. It is estimated that 88,000 people die each year in the US from alcohol related causes. Alcohol is the 3rd leading preventable cause of death in the US.

Levels of alcohol use:

1. Low Risk for Developing Alcohol Use Disorder (AUD): 3 drinks on one day and no more than 7 drinks a week for women, and 4 drinks on one day and only 14 drinks a week for men.
2. Moderate: 1 drink a day for women, 2 drinks a day for men.
3. Binge: 4 or more drinks at the same occasion for women, 5 or more drinks at the same occasion for men.
4. Heavy: 5 or more days of binge drinking in the past month.

Source: [www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics](http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics)  
[www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking](http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking)

Drinking a lot increases your risk for the following:

- Fatal car accidents
- Fatal burns
- Drowning
- Suicide
- Liver Disease
- Heart Disease
- Stroke
- Some Cancers
- Contracting Sexually Transmitted Infections
- Birth Defects
- Alcohol Use Disorder (AUD)

Source:

[www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/What-Are-The-Risks.aspx](http://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much/Whats-the-harm/What-Are-The-Risks.aspx)

#### Alcohol Use Disorder (AUD)

AUD is defined as causing distress and harm. A person with AUD may have either alcoholism or alcohol abuse. Alcoholism causes a need to drink, not being able to stop drinking once started, withdrawal when not drinking, and the need to drink more to cause the same effect. Alcohol abuse does not cause a physical addiction, but could lead to problems in your daily life.

Source: [www.cdc.gov/visionhealth/healthyvisionmonth/index.html](http://www.cdc.gov/visionhealth/healthyvisionmonth/index.html)



Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST.

For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.