

## APRIL IS ALCOHOL AWARENESS MONTH

For the last year we've heard it and felt it, "*we are living in unprecedented times*". With the closing of social events and shelter in place it changed the way we gather. Usually drinking for many people is associated with celebrations and in-person gatherings.

However, during the early phases of the pandemic the use of alcohol moved venues from restaurants, bars and pubs to drinking at home. The stressors of living through the many unknowns have left many of us feeling anxious and frustrated. Subsequently, some are using alcohol to hide these negative feelings and drinking at home away from others and sometimes alone.

According to the September 29, 2020; 3 (9) of the JAMA Network:

"As stay-at-home orders began in some US states as a mitigation strategy for coronavirus disease 2019 (COVID-19) transmission, Nielsen reported a 54% increase in national sales of alcohol for the week ending March 21, 2020, compared with 1 year before; online sales increased 262% from 2019.<sup>1</sup> Three weeks later, the World Health Organization warned that alcohol use during the pandemic may potentially exacerbate health concerns and risk-taking behaviors.<sup>2</sup> "

How much do you know about alcohol? (True or False)

- 1- T or F One 12 oz. beer has the same amount of alcohol as one glass of wine (5 oz.) or one 1.5 oz. shot of "hard" liquor?
- 2- T or F In order to suffer from alcoholism, you have to drink every day?
- 3- T or F Moderate use of alcohol is 1 drink in a day for women and up to 2 drinks in a day for men?
- 4- T or F Alcoholism only effects the individual who drinks?

In an article titled: *The Death Toll from Excessive Alcohol Consumption: What You Need to Know*, Dr. Todd Sontag, physician from Orlando Health Physicians Associates in Florida was quoted:

"Many people have always turned to alcohol as a way of relieving stress. With the pandemic going on, it is only natural that more people are experiencing more stressors than usual".

When should you be concerned?

- ☐ Increased frequency of drinking
- ☐ Continued use despite concerns expressed by others
- ☐ Had times when you ended up drinking more, or longer, than you intended
- ☐ Using an increased amount to achieve the desired effect
- ☐ Wanted to cut down or stop drinking or tried to but were unsuccessful

- ☐ Drank or were sick from drinking which interfered with home, family or your job

If you answered “yes” to any of these questions the EAP is available for free confidential guidance and support at 845.638.8880 or contact us at [eap@montefiorenyack.org](mailto:eap@montefiorenyack.org).

Answers: (1) True, (2) False, (3) True, (4) False

Resources:

- September 29, 2020; 3 (9) of the JAMA Network:  
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975>
- [www.niaaa.nih.gov](http://www.niaaa.nih.gov)
- [www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much](http://www.rethinkingdrinking.niaaa.nih.gov/How-much-is-too-much)