

ALCOHOL



FACTS ON ALCOHOL

- ➔ Alcohol is a **depressant** that is sold in many forms. It is a mood altering drug that is legal for adults over 21 to purchase.
- ➔ Active ingredient: Ethyl Alcohol or Ethanol
- ➔ Alcohol tolerance and effects are dependent on many things like weight and height; gender; how long ago someone ate; ethnicity; heredity; etc
- ➔ **"Alcopops"** sugary, fruit-flavored drinks that target women & youth contain nearly **double** the alcohol than 1 standard drink.
- ➔ Beverages like Smirnoff Ice, Mikes Hard Lemonade, Four Loko, etc. use sugar and fruit flavors (which have a lot of calories) to hide the true amount of alcohol.

Standard Drink Serving



NOTE: The typical beer contains approximately 4.8% alcohol. So a 12 oz beer is slightly greater than a standard drink.

Effects, Indicators & Symptoms of Alcohol Use

IMMEDIATE

- ➔ Increased risk-taking.
- ➔ Balance, coordination, and judgement suffer.
- ➔ Slurred speech, confusion.
- ➔ Slower reactions.
- ➔ Unexpected behavior change (violent, apathetic, accusatory, paranoid, hyper emotional).
- ➔ Drowsiness.
- ➔ Nausea and vomiting.

ALCOHOL POISONING

- Signs: blackout, vomiting, slow breathing, seizures, hypothermia (blueish skin and or paleness).

LONG TERM

- ➔ Bad skin, hair and nails.
- ➔ Irritation and inflammation of parts of the digestive system.
- ➔ Nutritional deficiency, ulcers, and gastritis.
- ➔ Increased blood pressure.
- ➔ Muscle disease and tremors.
- ➔ Increased risk of cancer of the mouth, esophagus, pharynx and larynx.
- ➔ Liver disease, including cirrhosis of the liver and cancer.

BRAIN DAMAGE

- Motor skills, inability to cope with daily situations, severe depression, insomnia, lack of pleasure, apathy, trouble concentrating or expressing ideas.

WOMEN WHO DRINK ALCOHOL DURING PREGNANCY RISK GIVING BIRTH TO INFANTS WITH FETAL ALCOHOL SYNDROME OR MENTAL RETARDATION.

ALCOHOL IN HAWAII AND NATIONALLY

- ➔ **The younger you are when you start drinking, the greater your chance of becoming addicted to alcohol earlier in your life. More than 4 in 10 people who begin drinking before age 15 eventually become alcoholics.**
- ➔ As of 2011, 31% of traffic deaths in the U.S. were a result of alcohol
- ➔ Someone in the United States dies every 51 minutes in an alcohol related traffic crash.
- ➔ 68% of children who died in alcohol-related traffic crashes were passengers of drinking drivers.
- ➔ In colleges, alcohol use is a factor in 40% of academic problems, related to 28% of drop-outs.
- ➔ In Hawaii (2011) 44% of all alcohol-related traffic fatalities, drivers were over the legal drinking limit (BAC over 0.08)

THREE LEVELS OF ALCOHOL USE

- ➔ **Current use** - At least one drink in the past 30 days (includes binge and heavy use)
- ➔ **Binge use** - Five or more drinks on the same occasion at least once in 30 days (includes heavy use)
- ➔ **Heavy use** - Five or more drinks on the same occasion on at least 5 different days in the past 30 days

ALCOHOL AND TOBACCO KILL MORE THAN 50 TIMES THE NUMBER OF PEOPLE KILLED BY EVERY OTHER ILLEGAL DRUG COMBINED

First time DUI conviction Highly Intoxicated Driver

- ➔ It is illegal in Hawaii to drive with a Blood Alcohol Level (BAC) of 0.08 or higher
- ➔ If you are found with a BAC of 0.15 or higher in Hawaii you can be charged as a "highly intoxicated driver"

➔ Penalties

- 14 hours alcohol education and/or counseling
- Up to a 90 day suspension of license.
- Any one or more of the following:
 - 72 hours community service
 - From 48 hours to 5 days in jail
 - A fine of not less than \$150 but not more than \$1,000

➔ Penalties

- 14 hours alcohol education and/or counseling
- 6 month absolute license suspension
- Any one or more of the following:
 - 72 hours community service
 - From 48 hours to 5 days in jail
 - A fine of not less than \$150 but not more than \$1,000

Alcoholics Anonymous:		Al-Anon:	
Oahu	946-1438	(Support groups for family/friends of alcoholics/addicts)	
Hilo	961-6133	Oahu	546-5647
Kailua-Kona	329-1212	Maui	242-0296
Kauai	245-6677	Molokai	213-5353
Maui	244-9673	Kauai	246-1116
Lanai	www.aamaui.org/lanai.html	Hawaii	935-0971
Molokai	www.aamaui.org/molokai.html		

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Information compiled by the Prevention Resource Center. Sources include: Center for Disease Control, Honolulu Advertiser; Dontdiedrunk.org; NIAAA Data & Statistics; ADAD Client Data System Admissions; drinkinganddriving.org; MedlinePlus Alcoholism; Standarddrinks.com; Abovetheinfluence.com; Alcoholalert.com; Centurycouncil.org; MADD.