



Ounce of Prevention Newsletter

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Message to Coalition Members:



*From the Steuben Prevention
Coalition*

“Featured” Member Statement

(Joseph Rumsey, Superintendent of Schools – Bath Central School District/Steering Committee Co-Chair)

Since taking the position of Superintendent of Schools at Bath (Haverling) in 2013, I have considered it a mission field to be part of the team that returns the greater Bath area back to the glory it held during my childhood in this very same community. Whether the positive impacts from the Haverling school community, the economic development through the Central Steuben Chamber of Commerce, the service-above-self attitude of the local Bath Rotary, or through the many other service organizations, the youth of our community are the core of our future. Of all the organizations I work with, the Steuben Prevention Coalition is one of the most key players in our future. I believe the efforts of these community leaders will provide the vehicle for educating the citizens, both young and old, on the dangers of drug use and more importantly, improve the quality of life in our region for years to come. I am so proud to be part of this team!

Article: Marijuana Industry Concerned About Trump's Pick for Attorney General

December 1, 2016
Partnership for Drug-Free Kids

The multibillion-dollar marijuana industry is concerned about Donald Trump's choice for Attorney General, Senator Jeff Sessions, according to NPR. Sessions has made comments indicating he is not in favor of marijuana legalization.

As Attorney General, Sessions would oversee the Drug Enforcement Administration and federal prosecutors. In April, Sessions noted in a Senate hearing, "We need grown-ups in Washington to say marijuana is not the kind of thing that ought to be legalized, it ought not to be minimized, that it is in fact a very real danger." He added that "good people don't smoke marijuana."

While marijuana is illegal under federal law, a growing number of states have legalized its use. Last month, eight states approved marijuana-related initiatives.

Article: New Poll Finds 60% of American Adults Say Marijuana Should be Legal

October 20, 2016
Partnership for Drug-Free Kids

A new Gallup poll finds 60 percent of American adults believe marijuana should be legal. Last week a study released by the Pew Research Center found 57 percent of U.S. adults say they support legalizing marijuana.

In 1969, only 12 percent of Americans supported marijuana legalization, according to Gallup. Support for legalization has risen among almost every demographic group in the past decade, according to The Washington Post. Almost 80 percent of young adults ages 18 to 34 favor legalization, up from 44 percent in 2005.

Five states—California, Arizona, Massachusetts, Maine and Nevada—will vote on marijuana legalization in November. Marijuana is legal for personal use in Colorado, Washington, Oregon, Alaska and the District of Columbia.

Article: Drunk, Drugged and Distracted Driving Awareness Month (Continued)

National Drunk and Drugged Driving Prevention Month is celebrated annually in December. For many, it's impossible to understand why such a proclamation and celebration month is necessary. For many, it's a surprise to know how little it takes.

Based on the weight variable alone, a person's BAC (blood alcohol content) will likely be .08 or higher with the following quantities/time period:

- 110-129 lbs: 2 drinks in an hour or less
- 130-149 lbs: 3 drinks in 2 hours or less
- 170-189 lbs: 4 drinks in 2 hours or less

Many people ask, "How is it that a person can even 'think' they're good to drive once they've been drinking?" And it's that question that also carries part of the answer – the word, 'think.'

When a person drinks more than the liver can process (metabolize), that person can no longer "think" straight. Why? Because alcohol is not processed like other foods and liquids. It bypasses the digestive system and moves into the small intestine and from there into the bloodstream where it travels to body organs and tissue high in water content and highly vascularized (meaning lots of blood vessels) – like the brain. Alcohol leaves the body (is metabolized) by the liver. It takes the liver approximately one hour to metabolize one standard drink. Therefore, 4 drinks will take 4 hours, and while each drink waits its turn out the liver, it "sits" in the brain where it impairs neural networks and therefore a person's ability to "think" straight and act responsibly. [Note: gender, age, medications, weight, stage of brain development all influence how quickly alcohol is metabolized and how alcohol impairs one person's brain vs. another person's. Therefore, the one drink per hour is a very rough average.]

What Can You Do to Support National Drunk and Drugged Driving Prevention Month?

Beyond the obvious admonition, "Don't drink and drive," here are five suggestions for doing your part to raise awareness and support National Drunk and Drugged Driving Prevention Month:

1. Familiarize yourself with the definition of [a standard drink](#) of each of the various alcoholic beverages, as well as the numbers of [standard drinks/cocktail](#) or drink container. This can help you decide when to intervene on a friend's behalf, for example. It can also be a point of conversation leading up to a celebratory night on the town.
2. Understand how alcohol changes the brain and why staying within [low-risk drinking limits](#) is so important. These limits, for example, help a person's liver keep up with metabolizing the quantity of alcohol consumed and thereby allowing the person to stay in control of his/her brain and therefore his/her thoughts and actions.
3. Understand how brain changes are caused by binge drinking or heavy social drinking, in addition to alcoholism (addiction). In fact, most people who drive while impaired are NOT alcoholics. Rather, they are alcohol abusers. "[How Much is Too Much? At-Risk Drinking Patterns Explained.](#)"
4. Learn how it's possible for a person to drink and "choose" to drive. "[DUI – Is It a Choice or an Accident?](#)" This can help you protect yourself from the drinking behaviors that occur when a person who drinks too much.
5. Advocate for standard drink labels on alcoholic beverage containers and on restaurant and bar menus.

Lisa Frederiksen
Breaking The Cycles

Trending: House Approves Bill Providing \$1 Billion in New Funding to Curb Opioid Addiction

December 1, 2016
[Partnership for Drug-Free Kids](#)

The U.S. House on Wednesday approved the [21st Century Cures Act](#), which includes \$1 billion in new funding for the prevention and treatment of [opioid addiction](#). The bill will now go to the Senate, where it is expected to pass by next week, [USA Today](#) reports. The White House, in a [statement](#) supporting passage of the measure, said, “The resources included in the bill will allow states to expand access to treatment to help individuals seeking help to find it and to start the road to recovery, with preference given to states with an incidence or prevalence of opioid use disorders that is substantially higher relative to other states.”

Trending: Almost 19 Million Americans Misused Prescription Drugs Last Year

A [new government survey](#) finds 18.9 million people ages 12 and older—7.1 percent—misused prescription drugs such as pain relievers, tranquilizers, stimulants and sedatives last year. The survey found 45 percent of Americans take one or more of these drugs, [NPR](#) reports. The widespread use of these drugs could be contributing to the high rate of misuse, experts say. Most people who misused prescription drugs obtained them from prescription, but took more drugs than prescribed. “Just like any drug, the more it’s out there, the more it’s available, the more likely it is to be abused,” Kim Johnson, Director of the Center for Substance Abuse Treatment at the Substance Abuse and Mental Health Services Administration, told NPR.

<http://www.samhsa.gov>
 National Survey on Drug Use and Health
 September 2016

Article: A New Report on the Dangers of Deregulation

By Pamela Erickson

An update to the report "The Dangers of Alcohol Deregulation: The UK Experience" is now available.

The original report was written in 2009 following five decades of deregulation in the UK. Consumption had doubled, and drinking rates among women had increased greatly. "Pre-loading" at home with less expensive store-bought booze put the traditional British pub at a disadvantage and many closed. Alcohol could now be sold in more locations and could be purchased 24 hours a day.

Alcohol-related hospital admissions and liver cirrhosis doubled in just 10 years. Underage drinking rates were almost twice that of the United States. Violence and high rates of intoxication in entertainment centers drained resources for enforcement and emergency services.

The first attempts to deal with these issues were tax increases. Higher prices can be a good strategy to curb drinking among price conscious younger drinkers and habitual users, but the cost was not passed on to consumers and cheap booze was still widely available at more locations and for longer hours.

By the time of the 2012 update, consumption had gone down but was still very high. The effort to create a moderate-drinking, 24-hour café culture like that of European countries had not materialized; binge drinking and alcohol-fueled violence grew in entertainment districts. Municipalities tried to use Late Night Levies and Early Morning Restriction Orders to pay for the extra services needed in the late-night economy, with limited success.

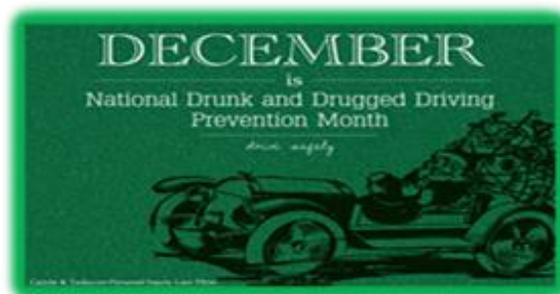
The health effects of heavy drinking can take a while to become apparent and are a great burden on families and the health care system. The National Health Service spends £3.5 billion each year on alcohol-related illnesses and injuries.

But there is some good news. Young people are drinking less. The number of 11-15-year-olds that have tried alcohol is the lowest it has been since the survey started in 1988.

The organized charity event "Dry January" now has over a million participants who abstain or lower their alcohol consumption for the month of January to raise awareness about the positive effects of drinking less. Funds raised go to a national charity that works on reducing alcohol harm.

Although business opportunities are created when rules are loosened, the cost to society in the form of healthcare, emergency services and lost productivity cannot be overlooked. This is an important lesson for us in the United States.

The report can be found at: <http://healthyalcoholmarket.com/>



Myth vs. Fact (Alcohol)

- **Beer and wine are safer than liquor.**
- ✓ Alcohol is alcohol. It can cause problems no matter how you consume it. One 12 ounce bottle of beer or one 5 ounce glass of wine has as much alcohol as one 1.5 ounce shot of liquor.

Myth vs. Fact: (Marijuana)

- **Driving while high is safer than driving drunk.**
- ✓ Marijuana use affects alertness, concentration, perception, coordination and reaction time which are essential skills required for safe driving.

**MISSION:**

To promote healthy and safe communities in Steuben County by reducing alcohol and drug use among youth!

Trending: American Teens Have Higher Rates of Illicit Drug Use than European Peers

September 28, 2016
Partnership for Drug-Free Kids

American 10th graders have a higher rate of illicit drug use than their European peers, researchers at the [University of Michigan](#) have found. American teens have lower rates of drinking and smoking.

The researchers compared data from the U.S. Monitoring the Future study's national survey of 10th graders with data from the European School Survey Project on Alcohol and Other Drugs, which includes 35 countries.

On average, only 18 percent of the European students had used an illicit drug in their lifetime, compared to 35 percent of U.S. students the same age, the study found. Only the Czech Republic ranked higher than the U.S. at 37 percent.

Choose Your Friends Wisely!

**Upcoming Events:**

Next Coalition Meeting
January 11, 2017

11:00 a.m. – Steuben County Sheriff's Building

Underage Drinking Task Force Town Hall Meeting
January of 2017 - TBD

Tall Cop Program
March 29, 2017
Haverling Central School

Corning-Painted Post Health Fair
April of 2017 - TBD

Maple City Kids Health Fair
May of 2017 - TBD

Reaching communities through
prevention,
education
and support