

# Mendocino County Health and Human Services Agency

*Healthy People, Healthy Communities*

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Contact: Mendocino County Health and Human Services

## **PRESS RELEASE** **ALCOHOL AWARENESS MONTH, April 2011**

Communities across the United States are currently experiencing several substance abuse issues. And hands down, alcohol continues to be the most widely abused substance.

To support communities who want to address the issue, the federal government has designated April as Alcohol Awareness Month; an annual national awareness campaign that empowers local communities to focus on alcoholism, alcohol-related issues and underage drinking.

According to the California Health Interview Survey, 36% of Mendocino County adults report binge drinking in the past year compared to 30% statewide. The California Healthy Kids Survey indicates Mendocino County's 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> graders exceed the State's past 30-day alcohol use rates.

The consequences of drinking and driving can be devastating. CHP Officer Randy England advises, "For the sake of your family, yourself, and the public, please take the time and responsibility to designate a sober driver before making an inexcusable mistake that you can never take back."

If you suspect that you might have a drinking problem, or you know someone who abuses alcohol, please contact the resources below:

For National Clearinghouse for Alcohol and Drug Information (NCADI) call the Federal Substance Abuse & Mental Health Services Administration office at 1-800-729-6686.

Youth: <http://www.thecoolspot.gov/>

Adults: <http://www.healthfinder.gov/nho/aprtoolkit.aspx>

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