



MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION

AODA PREVENTION

NEWSLETTER

JUNE 2022

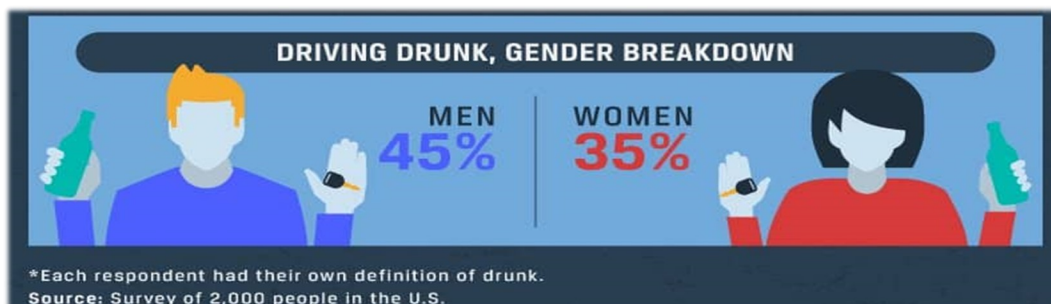
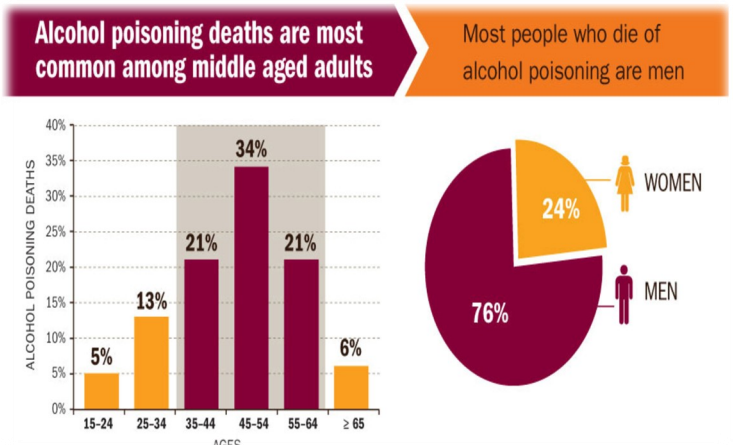
Men's Health Awareness Month

This awareness month was created by Senator Bob Dole and Congressman Bill Richardson with support from Men's Health Network as a way to bring into the spotlight preventable health problems (both mental and physical) and encourage early detection and treatment of disease among men and boys. It was at first passed by the US Congress and signed into law by President Clinton in 1994 as Men's Health Week (the week ending on US Father's Day). Men's Health Week was expanded to include the whole month of June in the late 1990s. Men's Health Week is still celebrated as a special awareness period recognized by Congress and the President and International Men's Health Week is celebrated around the globe.



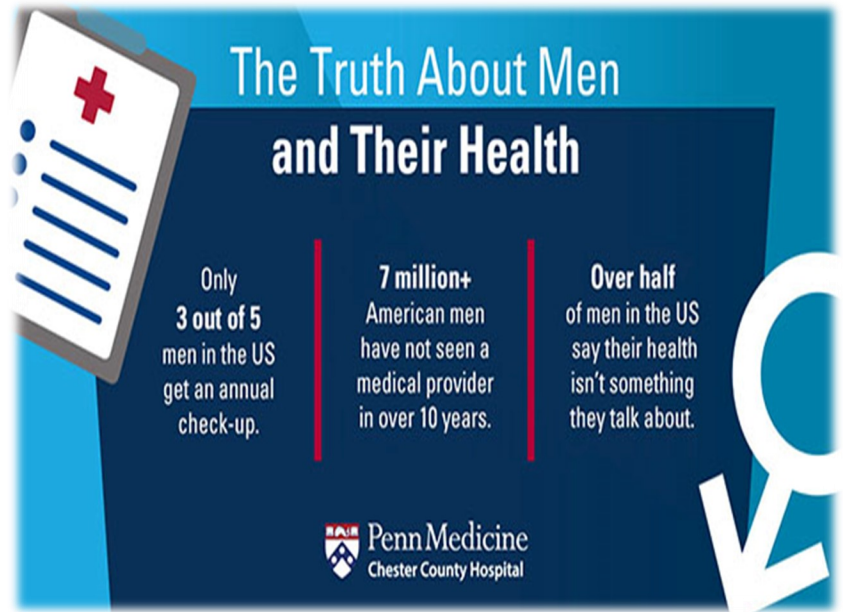
Men and Alcohol Use

In the 2019 National Survey on Drug Use and Health, it was shown that almost 59% of adult men reported drinking alcohol in the past 30 days compared 47% of adult women. Additionally, 7% of men were diagnosed with an alcohol use disorder compared with 4% of women. Another study found that men were almost two times more likely to binge drink than women and approximately 22% of men report binge drinking on average do so 5 times a month, consuming 8 drinks per binge. This has led to men having higher rates of alcohol-related hospitalizations than women.



Tips for Men's Health Month

- Schedule an annual physical (every year): Even if you are feeling okay, an annual physical is one of the best ways to promote good health. It is a good opportunity to check cholesterol, glucose, and blood pressure levels—three leading indicators of overall health.
- Get Physical: Take care of your heart and reduce with at least 30 minutes of physical activity every day. It can be as simple as taking a brisk walk or playing with your children, grandchildren, or animals.



- Get Rest: Men need between 7 and 9 hours of sleep per night in order to perform at their best. If you're not getting enough restorative slumber, you're putting yourself at risk for certain respiratory diseases, type 2 diabetes, stroke, or heart disease.
- Stop smoking: Each time you smoke, you're increasing your risk of respiratory disease, lung cancer, and emphysema. Ask your doctor to help you quit.
- Eat the rainbow: Fill your plate with colorful fruits, vegetables, and lean meats. Not only will these foods give you more energy than fast or processed foods, they are also helpful in preventing certain diseases, like prostate cancer.
- Stay Hydrated: Drink 6 to 8 cups of water every day. Limit caffeine and alcohol consumption as these could upset your bladder.
- Prioritize your mental health: Taking care of your health means focusing on your mental health too. And unfortunately, men are less likely than women to get help for conditions like depression, substance abuse, and stressful life events due to factors like social norms, downplaying symptoms, and being reluctant to talk.
 - Talk to your healthcare provider, who is trained to support you both mentally and physically. They can direct you to useful resources and help you navigate any mental health concerns.
 - You can also implement small ways to boost your mental health, like taking a small vacation, taking a walk in nature, committing to technology-free time each day or watching a funny television show.

Beginning of Summer: Underage Drinking

Summer vacation is finally here!

It is a time of freedom, fun and friendship that many youth look forward too. Unfortunately, sometimes a single summer can change everything for the worse, especially as children enter their teen years and the free time and relative lack of supervision that come with summer vacation mix with peer pressure and pitfalls of the teens years, including alcohol.

Research shows on an average day in June or July, more than 11,000 youth will start drinking alcohol. For other months, the average is between 5,000 and 9,000 new users per day. Alcohol initiation during the long summer break is not the only concern for adults. Underage drinking can be dangerous and have consequences that could shape a young teens life. Teens who decide to start drinking over summer break may continue to drink once September rolls around. This can have consequences on a student's grades and it can increase the rates of absences. Additionally, social problems can occur such as fighting or lack of participation in school activities.



Outside of consequences with school other consequences that can occur:

- Legal problems, such as arrest for driving or physically hurting someone while drunk.
- Physical problems, such as hangovers or illnesses.
- Unwanted, unplanned, and unprotected sexual activity.
- Disruption of normal growth or sexual development.
- Physical and sexual violence.
- Increased risk of suicide and homicide.
- Memory problems.
- Misuse of other substances.
- Changes in brain development that may have life-long effects.
- Alcohol poisoning.
- Alcohol-related motor vehicle crashes and other unintentional injuries, such as burns, falls, or drowning.

Annually, about 5,000 people under the age of 21 die from alcohol-related injuries involving underage drinking:

- 1,900 of the 5,000 deaths involve vehicle accidents,
- 1,600 result from homicides, and
- 300 result from suicides

Preventing Summer Underage Drinking:

What Parents Can Do:

- Set Rules:
 - Be clear about a zero-tolerance policy against underage drinking and explain the consequences for breaking the rules and underage drinking
 - Even though many parents think their kids don't listen to them, parental disapproval is still the number one reason youth choose not to drink alcohol
- Understand and Communicate:
 - Keep lines of communication open. Significant parent involvement is the most important factor in preventing drug use. Other adults can also provide support and encouragement.
- Monitor Activities:
 - Know each day what your child has planned, where they will be, with whom, and what their schedule is. Have planned "check-ins." Cell phones make this easy. Unmonitored kids are four times more likely to engage in drug use or other risky behaviors
- Make sure you stay involved:
 - Know who their friends are and have a relationship with them. Talk to other parents, coaches and adults involved in your kid's life. Without being intrusive, stay connected to let your child know you care.
- Encourage involvement in summer activities:
 - Kids who are involved in youth activities/summer jobs/sleep away camps have a focus for the summer.
- Reserve time for family:
 - Even though kids may seem like they don't want to spend time with their family, it is beneficial to have meals together, take a vacation and do other family activities. In a survey, when asked "What makes you happy?" The most frequent answer was spending time with family.

What Communities Can Do:

- Share Knowledge:
 - Get the word out about policies to prevent underage drinking. This includes alcohol compliance checks for people buying alcohol, including on the Internet.
 - Teach young people about the dangers of underage alcohol use. Support programs that help teens already involved with drinking.
- Change the teen scene:
 - Create friendly, alcohol-free places where teens can gather.
 - Create programs, including volunteer work, where young people can grow, explore their options, succeed, and feel good about themselves without alcohol.
- Take Action:
 - Work to change community attitudes about underage drinking.
 - Make it easier for young people who are involved with or at risk for underage drinking to get help.

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.