



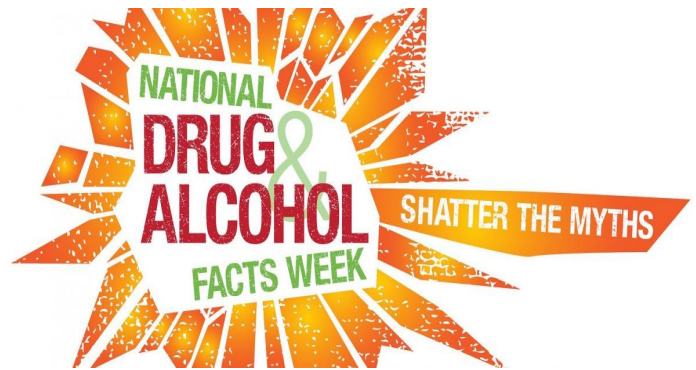
McFarland RADAR (Relevant Alcohol & Drug Awareness Resources) Coalition

AODA Prevention Special Edition Newsletter

March 2024

National Drug and Alcohol Facts Week

March 18 to March 24th is National Drug and Alcohol Facts Week. First launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) as a way to educate and inspire conversations about the science behind drug use and addiction among youth. It is also a great opportunity for scientists, students, educators, healthcare providers and community partners to come together and improve the prevention and awareness of substance misuse in local communities. In 2016, The National Institute on Alcohol Abuse and Alcoholism became a partner, and alcohol has been added as a topic area for the week. NIDA and NIAAA are part of the National Institutes of Health, and work with leading organizations, media outlets, and other Government agencies to spread the word about NDAFW.



Drug and Alcohol Quick Facts

- Underage drinking is a significant public health problem in the U.S. Excessive drinking is responsible for more than 3,900 deaths and 225,000 years of potential life lost among people under age 21 each year.
- In 2020, nearly 75% of overdose deaths in the United States involved opioids, and most of these deaths specifically involved synthetic opioids such as Illicitly manufactured fentanyl (IMF).
- One in 7 Americans reports experiencing a substance use disorder.
- Excessive drinking both in the form of heavy drinking or binge drinking, is associated with numerous health problems, including
 - Chronic diseases such as liver cirrhosis (damage to liver cells); pancreatitis (inflammation of the pancreas); various cancers, including liver, mouth, throat, larynx (the voice box), and esophagus; high blood pressure; and psychological disorders.
 - Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns, and firearm injuries.
 - Violence, such as child maltreatment, homicide, and suicide.

St. Patrick's Day

Despite its religious undertones, St. Patrick's Day is known for being one of the year's biggest drinking holidays. Sadly, the revelry is too often ruined by drunk driving, which can devastate lives both physically and financially. As a result, it's important to don green and drop your keys if you want to avoid getting pinched come March 17.

St. Patrick's Day Drinking Facts:

- St. Patrick's Day is the 3rd most popular drinking days and the 1st most popular holiday for beer drinking
- 4.2 average number of drinks consumed per person on St. Patrick's Day
- 36% of men admit to binge drinking on St. Patrick's Day
- 174% more beer is sold on St. Patrick's Day than usual
- 58 minutes is the rate at which alcohol-related car crashes claim a life over St. Patrick's Day holiday

How to Celebrate St. Patrick's Day Alcohol Free

- **Attend a Parade:** Cities across the country celebrate St. Patrick's Day by hosting parades. These are an excellent way to get into the spirit of the holiday and are not built around drinking in any way. Watching a parade is an excellent excuse for you to spend time with friends and family during the day, and parades provide entertainment for all ages.
- **Celebrate with Irish-Themed Foods or Drinks:** Perhaps the most iconic of these is the McDonald's Shamrock Shake, but it is by no means the only option. Countless restaurants offer their own special Irish twists to the menu, which can be anything from a true traditional dish to merely coloring one of their popular menu items green.
- **Go for a Run:** If running is a hobby of yours or finishing a race is a bucket list goal, St. Patrick's Day is an excellent opportunity to join a 5K race. These races are hosted all around the country on St. Patrick's Day and are not your average competition



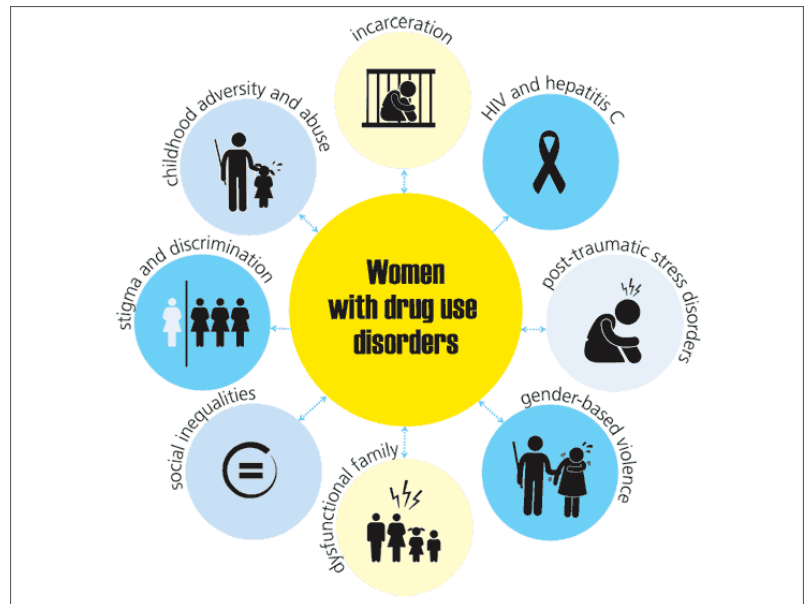
National Women's History Month

March is National Women's History Month which encourages us to annually honor the women who came before us and fought for equality amongst all races and genders.

Women and Addiction

Research has shown that there are a number of biological differences between men and women that impact the development of addiction. Women develop alcohol-related dependence faster and with a lower amount than men do. This is because women generally have more body fat and a lower volume of body water with which to dilute alcohol. Women also develop health-related problems due to substance use, such as breast cancer and nerve damage, faster than men do.

Perhaps most importantly, we know that women are more stigmatized for their substance use conditions. They report higher feelings of guilt and shame surrounding their substance use. These feelings are often related to the gender-specific roles often associated with caregiving. Many women also tend to have one parent who has also experienced problems with substance use, which may factor into the development of addiction.



How to Celebrate National Women's History Month

- Explore the history of women's rights.
- Be aware of issues women still face today: Although women have made progress, there are still areas where women face obstacles because of their gender.
- Post on social media to spread awareness of Women's History Month: An easy way to celebrate is to share articles, infographics, inspiring quotes, videos, and other women centric content on your social media
- Host an event to celebrate women.
- Watch movies directed by women and with female leads
- Decorate your space with empowering quotes by women
- Support women-owned businesses: Women-owned businesses are on the rise, but women still represent the minority of business owners. March is a perfect time to show your solidarity with these tenacious leaders, entrepreneurs, and service providers

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



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

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/>

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.”

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.

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.