



# MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION

## AODA PREVENTION

### SPECIAL EDITION NEWSLETTER

APRIL 2023

## April is Alcohol Awareness Month

### History

Established in 1987, National Alcohol Awareness Month was founded by the National Council on Alcoholism and Drug Dependence (NCADD) as an extension to the temperance movement of the 1800s. Marty Mann founded the National Council on Alcoholism and Drug Dependence (NCADD). She founded NCADD to help people like her get counseled and treated for alcoholism and dedicated this group to key medical and scientific research for the community. Encouraged by the massive number of families going into recovery, NCADD marked April to bring about a nationwide change by using communication tools to cultivate awareness about binge drinking and how much more dangerous it can be than just a night of fun. The Council leverages traditional and social media campaigns during April to draw attention to the causes of alcoholism and the risks of alcohol dependence, and encourages people to talk about this disease.



### Importance of Alcohol Awareness

- The majority of individuals in the United States who use alcohol do so in moderation and without causing harm. However, at the same time, alcohol-related disorders represent one of the country's most serious public health challenges. In the United States, almost 17 million persons suffer with Alcohol Use Disorder ("AUD"), and 261 people die every day as a result of excessive alcohol use. Furthermore, statistics show that around 60% of people increased their alcohol intake during the COVID-19 lockdowns.
- A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. For many, denial is a common trait among those struggling with alcoholism or alcohol abuse.

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## Effects of Alcoholism:

- Excessive consumption of alcohol can cause many negative health effects including damage to your liver, breast cancer, and even heart disease.
- Excessive alcohol use in schools can be disastrous to the community and the students themselves. When alcohol consumption is high among students, there is an increased chance of drunk driving incidents, sexual assault, and violence, as well as lowered academic performance.
- Students who drink excessively are also at a higher risk of suicide.
- Alcoholism typically starts at an early age. During high school and college, many students engage in excessive drinking which can have a larger impact on their lives later down the road.
- Operating heavy machinery and vehicles while intoxicated can endanger the lives of more than just those at fault.
- Alcoholism can also affect one's job if the excessive consumption of alcohol transcends into the workplace.
- Alcoholism can destroy families. Excessive drinking can cause issues with communication, lack of empathy or concern, and, in more serious cases, violence—all of which could break a family's bond.

## Alcohol in Wisconsin

- Wisconsin ranks third in the country for the percent of adults who currently drink alcohol
- More Wisconsin adults report current alcohol use in the past 30 days (64.8%) than the U.S. average (55.1%).
- When Wisconsin adults drink, they drink more often and have more alcohol than adults in other states. They drink an average of 2.6 standard drinks when they drink.
- Wisconsin has the highest share of adults who report excessive drinking at 24.2% compared to 19.0% nationwide.
- The metro area in Wisconsin with the highest share of the adult population reporting drinking excessively is Madison. About 27.8% of adults in the city consume unhealthy amounts of alcohol. Though this is the highest share in the state, it ranks 1 among all 384 metro areas in the U.S.
- Youth in Wisconsin (12.7%) aren't binge drinking more than the U.S. youth average (13.7%).
- Wisconsin youth think binge drinking is less risky than youth across the nation.
- People who start binge drinking before age 15 are four times more likely to meet criteria for alcohol dependence at some point in their lives. Drinking alcohol also interferes with brain development.





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](mailto: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.