



Did You Know?

April 2017

Alcohol Awareness Month: April is Alcohol Awareness Month. According to The National Council on Alcoholism and Drug Dependence (NCADD), alcohol is the most commonly used addictive substance in the U.S. About 88,000 deaths a year are related to excessive alcohol use.



What You Should Know:

- Alcohol-Free Weekend is March 31st through April 2nd. This weekend is designated to prove that you don't need alcohol to have a good time! This is especially important for parents to demonstrate to teens and young adults who need to learn that alcohol use doesn't have to be the norm.
- Excessive drinking causes 4,300 deaths each year among underage youth.
- Underage drinkers consume more alcohol per drinking occasion than adult drinkers on average.
- Alcohol is a factor in at least 40% of all violent crimes, including sexual assault – April is also Sexual Assault Awareness Month.

What You Can Do:

- Educate yourself about alcohol abuse. Visit www.ncadd.org or www.eccpasa.org for more information.
- If you see a situation that doesn't seem right or if someone is in need of help, speak up! We are all responsible for protecting one another and helping keep each other safe.



Sources: www.ncadd.org, www.cdc.gov

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org