



Meeker, McLeod, Sibley
Healthy Communities

Home to healthier communities, schools, workplaces, childcare and health care organizations

Hello Meeker-McLeod-Sibley Community Partners and Stakeholders,

As a collaborative we are working hard to provide you with the most current information related to the work we are doing in our community. Each quarter, Healthy Communities will distribute a media toolkit that will be shared with those we work with.

This quarter we are sharing information about what we have learned about Binge Drinking and how it affects our communities. Please look through the attached materials. Feel free to distribute this to your staff, partners and clients to educate them on the work we are doing to make the communities we provide services in a healthier place to be.

Also remember to share the work you're doing around this topic or an event related to this topic with us via our website [Share a Story](#) or [Share an Event](#).

If you have questions about the content of this toolkit or want to become involved with the Healthy Communities Collaborative you can contact Kerry Ward at kerry.ward@co.mcleod.mn.us or via phone at 320-864-1512

Thank you,

Nancy Mellesmoen
Interim Meeker-McLeod-Sibley Healthy Communities Chair

What is inside this quarter's toolkit?

- Newspaper article
- Newsletter article/blog post
- Facebook Post
- Twitter Post
- Healthy Communities Binge Drinking Infographic



Partners Call to Action: Alcohol is the most frequently used substance in adults and in youth nationally and statewide, and is associated with a number of adverse health and social consequences. A higher percentage of young people between the ages of 12 and 20 use alcohol than use tobacco or illicit drugs. Binge (High risk) drinking is the consumption of alcohol to the extent that harmful consequences - health, academic, legal, and others - may be expected. To prevent and reduce binge drinking in adults and youth is crucial to a healthy community environment.

Newspaper Article: Alcohol is the most widely used substance and binge drinking can be dangerous for everyone. It is important to understand what alcohol is, why it's a problem and understand ways to help reduce the risks of binge drinking. Moderate drinking is defined as no more than one drink per day for women and no more than two drinks per day for men. Binge drinking is four drinks in two hours for women, and five drinks in two hours for men. Binge drinking can lead to impaired judgement, making impulsive decisions and can lead to alcohol poisoning which can be a dire health situation. Even college students 21 and older, should be aware of the dangers of binge drinking. It is important to communicate the risks of binge drinking to college students, and challenge the notion that drinking alcohol has to be part of the college experience. Choosing healthy choices over time will help a person reduce their risks related to alcohol in many ways. At-risk or problem drinking begins when these limits are passed. And with heavy and continued use, alcohol can cause potentially serious physical, psychological and social problems, and can lead to other substance use disorders, anxiety and even depression. It also becomes a safety concern to that person and others on the roadways. If an adult 21 years or older is going to be drinking alcohol, it is important to drink in moderation and have a safe ride home through a designated driver. Safe and Sober, always.

With summer approaching and high school graduations occurring, it is also important to remember to nobody under the age of 21 should be consuming alcohol and nobody should be providing alcohol for minors. Many of our communities have social host ordinances or are working on zero adult provider (ZAP) initiatives. At least 108 cities and 25 counties have adopted a Social Host Ordinance. More than 50 % of Minnesota's population is covered by a social host ordinance. The Social Host ordinance holds individuals (social hosts) criminally responsible for hosting or allowing a party, on public or private property, where persons under the age of 21 possess or consume alcohol, regardless of who supplied the alcohol to the minors.

Zero Adult Providers mission is to bring people in the community together to prevent underage drinking by changing the environment that facilitates its use. The goal of this initiative is to stop adults from providing underage people with alcohol. Newly enacted legislation carries felony status if an adult provides alcohol for an underage person who sustains alcohol related serious injury or death. ZAP activists believe that it's not enough to hold young people accountable for underage drinking. The adults who illegally provide alcohol to youth must also be held accountable and stopped. ZAP's goals are prevention through stronger deterrence and public awareness, coalition building, and finding a way for this effort to be sustained.



It's simple. Don't allow minors to drink alcohol. Here are some steps to prevent consumption of alcohol by anyone under the age of 21. Those steps include:

- Control access-keep alcohol away from minors at your party
- Control quantity-Don't buy so much you lose track of who has what
- Verify age-you have a responsibility to know how old everyone is at your party
- Supervise the activities of minors in attendance and ensure they are not drinking.

To learn more about binge drinking, alcohol use, social ordinances or zero adult provider work, check out the Meeker McLeod Sibley Healthy Communities website under Collective Action and the Binge Drinking tab. www.mmshealthycommunities.org

Newsletter/Blog Article:

A Healthy Reminder: The Dangers and Risks of Binge Drinking

Alcohol is the most widely used substance and binge drinking can be dangerous for everyone. It is important to understand what alcohol is, why it's a problem and understand ways to help reduce the risks of binge drinking. Moderate drinking is defined as no more than one drink per day for women and no more than two drinks per day for men. Binge drinking is four drinks in two hours for women, and five drinks in two hours for men. Binge drinking can lead to impaired judgement, making impulsive decisions and can lead to alcohol poisoning which can be a dire health situation. If an adult 21 years or older is going to be drinking alcohol, it is important to drink in moderation and have a safe ride home through a designated driver.

Even college students 21 and older, should be aware of the dangers of binge drinking. It is important to communicate the risks of binge drinking to college students, and challenge the notion that drinking alcohol has to be part of the college experience. With summer approaching and high school graduations occurring, it is also important to remember to nobody under the age of 21 should be consuming alcohol and nobody should be providing alcohol for minors.

Facebook Post: With summer approaching and high school graduations occurring, it is important to remember to nobody under the age of 21 should be consuming alcohol and nobody should be providing alcohol for minors. Alcohol is the most widely used substance and binge drinking can be dangerous for everyone. Binge drinking is four drinks in two hours for women, and five drinks in two hours for men. Binge drinking can lead to impaired judgement, making impulsive decisions and can lead to alcohol poisoning which can be a dire health situation. If an adult 21 years or older is going to be drinking alcohol, it is important to drink in moderation and have a safe ride home through a designated driver.



Alternative post: Many people are surprised to learn what counts as a drink. The amount of liquid in your glass, can, or bottle does not necessarily match up to how much alcohol is actually in your drink. Different types of beer, wine, or malt liquor can have very different amounts of alcohol content.

That's why it's important to know how much alcohol your drink contains. In the United States, one "standard" drink (or one alcoholic drink equivalent) contains roughly 14 grams of pure alcohol, which is found in:

- 12 ounces of regular beer, which is usually about 5% alcohol
- 5 ounces of wine, which is typically about 12% alcohol
- 1.5 ounces of distilled spirits, which is about 40% alcohol



<https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/what-standard-drink>

Twitter Post:



At-risk or problem drinking begins when these limits are passed. And with heavy and continued use, alcohol can cause potentially serious physical, psychological and social problems, and can lead to other substance use disorders, anxiety and even depression.

<https://www.mentalhealthfirstaid.org/2019/04/how-much-is-too-much/>



Additional Resources:

Coalitions and Groups that work in the field of Alcohol in Meeker McLeod Sibley Counties

- McLeod Education and Drug Awareness (MEADA) <http://mcleodmeada.org/>
- McLeod County McLeod Zero Adult Provider (ZAP) Initiative
<http://mcleodmeada.org/programs/zap/>
- Meeker Area Partners in Prevention (MAPP) <https://www.facebook.com/MAPPMN/>
- Sibley County Partnering in Prevention Coalition
<https://www.sibleyeast.org/page/7339/venue/sibley-county-public-health/>
- Alcoholics Anonymous <https://www.aa.org/>

Minnesota Prevention Resource Center

A provider within a system of support services for people and organizations to engage in addressing the root causes of substance abuse. Together, this system provides the information, in-person support, and data.

<https://mnprc.org/tag/alcohol/>

Substance Abuse and Mental Health Services Administration

SAMHSA is committed to improving prevention, treatment, and recovery support services for mental and substance use disorders. This new Evidence-Based Practices Resource Center aims to provide communities, clinicians, policy-makers and others in the field with the information and tools they need to incorporate evidence-based practices into their communities or clinical settings.

<https://www.samhsa.gov/ebp-resource-center>

Substance Use Prevention: A Resource Guide for School Staff

Preventing and reducing substance use among students will allow them to thrive and reach their full potential. As a teacher, school nurse, social worker, school administrator, or other school staff member, you have the power to intervene early to prevent and confront substance abuse and foster safe learning environments for students. <https://www.whitehouse.gov/ondcp/additional-links-resources/resource-guide-for-school-staff/>

Prevention Toolkit

Knowing what works in prevention, and what doesn't, is vital to keeping young people from developing serious and life-long issues with addiction, as alcohol and other drug abuse remain the problem behaviors contributing to the most serious problems facing our communities today. This toolkit can give your agency guidance regarding how to address the topic of Alcohol.

<https://www.dshs.wa.gov/sites/default/files/SESA/publications/documents/22-1662.pdf>

Evidence-based Practice Workbook

This workbook was created by Minnesota's Evidence-based Practices Workgroup (EBPW) to help local colleges/universities and prevention professionals answer some of the most common questions that arise about evidence-based programming.

<http://www.evaluatod.org/assets/resources/pfs-evaluation-materials/phase-i/mn-evidence-based-practices-workbook2015.pdf>



Social Ordinance Information

Social host policies provide another tool for law enforcement to use in keeping our neighborhoods and youth safe. These policies encourage a consistent message to young people, from all caring adults in the community, about the importance of choosing not to drink alcohol before age 21.

https://mnprc.org/wp-content/uploads/2018/11/MN-Social-Host-Ordinances_Info-Brief.pdf

Talk to your teens about alcohol

Below are two different links in regards to

<https://www.drugpolicy.org/sites/default/files/SafetyFirst-8-Tips-for-Talking-Tip-Sheet.pdf>

https://pubs.niaaa.nih.gov/publications/makeadiff_html/MakeAdiff.pdf

How to help some one with an Alcohol Use Disorder

This article will help you determine if you or someone you know is struggling with alcohol use disorder and how you can reach out to get them the support they need.

<https://www.mentalhealthfirstaid.org/2019/04/how-to-help-someone-with-alcohol-use-disorder/>

5 ways to support a family member

It can be hard to recognize if someone's drinking is a serious problem and how to help them. But as a family member of someone who is struggling, you are who they will trust most to support them. By taking these simple steps, you can help open the door to a road to recovery.

<https://www.mentalhealthfirstaid.org/2019/04/5-ways-to-support-a-family-member-with-a-drinking-problem/>



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Healthy Communities

2017 Community Health Assessment

COLLECTIVE ACTION PLAN: BINGE DRINKING

Alcohol use is reported by over half of all adults in the United States and is the most widely used drug in MN - even more prevalent than tobacco.

Excessive alcohol consumption contributes to a number of negative consequences, including unintentional injuries, violent acts, chronic diseases and unintended or unhealthy pregnancies.

The economic costs associated with alcohol use in MN are estimated at over \$5 billion annually - 17 times greater than the tax revenues collected from alcohol sales. Increasing the price of alcohol through a small tax increase has been shown to reduce excessive drinking and alcohol related injuries.

Local Data



18% of MMS students in grades 8,9, and 11 reported that they used alcohol in the past year. (2016 MN Student Survey)

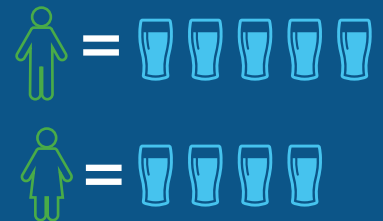


2.2% of MMS students in grades 8, 9, and 11 reported that they frequently binge drank in the past year (typically drank 5 or more drinks at a time and drank on 10 or more occasions during the past year). (2016 MN Student Survey)



30.7% of MMS residents reported binge drinking compared to Minnesota as a whole at 19.5% of adults who are binge drinking.

(MMS Community Health Survey)



IN 2015...



There were **295** DWI incidents within Meeker, McLeod, and Sibley counties

(MN Dept. of Public Safety)

5 alcohol related traffic deaths occurred within Meeker, McLeod, and Sibley counties

(MN Dept. of Public Safety)



State Data

MN Dept. of Public Safety

IN **2015...**

There were **137** alcohol related traffic deaths
and over **25,027** DWI incidents



National Data

Centers for Disease Control (CDC)

IN **2014...** **9,967** people were killed in
alcohol-impaired driving crashes accounting for nearly one-third (31%)
of all traffic-related deaths in the United States



One in six

adults binge drink about four times per month,
consuming about 8 drinks per binge

The person **gives up or reduces** important social, occupational, or recreational **activities** because of substance use

A lot of time spent getting the substance, using it, or recovering from its effects

The person **continues using** the substance despite knowing that use has negative consequences

Use of **larger amounts** over longer periods than intended

≡ SYMPTOMS OF ≡
SUBSTANCE —
— DEPENDENCE

Problems cutting down
or **controlling use**

Tolerance for the **substance**

Problems with withdrawal

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