

The Health Educator

Monthly information from the Tribal Health Programs
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Tribal Health Programs

April is Alcohol Awareness Month.

What is Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer.

The good news? We can all do our part to prevent alcohol misuse or abuse.

Alcohol Awareness Month is all about spreading the word about strategies for preventing alcohol abuse and encourage communities, families, and individuals to get involved.

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Alcohol Awareness Month Cont.

How can Alcohol Awareness Month make a difference?

We can use this month to raise awareness about alcohol abuse and take action to prevent it, both at home and in the community.

Here are just a few ideas:

- Encourage friends or family members to make small changes, like keeping track of their drinking and setting drinking limits.
- Share tips with parents to help them talk with their kids about the risks of alcohol use.
- Ask doctors and nurses to talk to their patients about the benefits of drinking less or quitting.

Washington State Stats

Note: In 2009, MADD rated Washington State 3 out of 5 possible stars for its implementation of drunk driving

countermeasures; there have recently been amendments to state DUI laws that will likely improve Washington's rating.

In 2010, there were 170 alcohol-related traffic fatalities in Washington State – an 18 percent decrease from the 207 fatalities in 2009. (Source: MADD)

In 2010, 37 percent of all traffic accident fatalities in Washington State involved an alcohol-impaired driver. (Source: MADD)

There were a reported 19,783 three-time DUI offenders in the State of Washington in 2010. (Source: MADD)

Drunk driving fatalities cost the state \$935 million in 2010. (Source: MADD) Doctors use this information to plan treatment and to monitor progress.



For each of the cancers...the more you drink the higher the risk

Cancers of the mouth, throat, voice box, and esophagus: Alcohol use clearly raises the risk of these cancers. Drinking and smoking together raises the risk of these cancers even more than drinking or smoking alone. This might be because alcohol can help harmful chemicals in tobacco get inside the cells that line the mouth, throat and esophagus. Alcohol may also limit how these cells can repair damage to their DNA caused by the chemicals in tobacco.

Colon and rectal cancer: Alcohol use has been linked with a higher risk of cancers of the colon and rectum. The evidence for such a link is generally stronger in men than in women, although studies have found the link in both sexes.

Liver cancer: Long-term alcohol use has been linked to an increased risk of liver cancer. Regular, heavy alcohol use can damage the liver, leading to inflammation and scarring. This might raise the risk of liver cancer.

Colon and rectal cancer: Alcohol use has been linked with a higher risk of cancers of the colon and rectum. The evidence for this is generally stronger in men than in women, but studies have found the link in both sexes.

Breast cancer: Even a few drinks a week is linked with an increased risk of breast cancer in women. This risk may be especially high in women who do not get enough folate (a B vitamin) in their diet or through supplements. Alcohol can also raise estrogen levels in the body, which may explain some of the increased risk. Cutting back on alcohol may be an important way for

ALCOHOL AWARENESS MONTH



April 2015

Strategies

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink

Healthy BMI (Body Mass Index)

BMI: 18.5-24.9

Overweight: 25-29.9

Obese: Over 30 BMI

Healthy Body Fat for Men and Women

Women:

Essential: 10-12%

Athletes: 14-20%

Fitness: 21-24%

Acceptable: 25-30%

Men:

Essential: 2-4%

Athletes: 6-13%

Fitness: 14-17%

Acceptable: 18-25%

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Upcoming Events

Alcohol Awareness Rez Run

Omak Leg– April 18, Nespelem Leg– April 19, Keller Leg– April 20, Inchelium Leg– April 21

Earth Day Celebration

April 21, 2017

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