

PREVENT UNDERAGE DRINKING

MCKINLEY COUNTY DWI PROGRAM



drive in beauty

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ALCOHOL USE IN MCKINLEY COUNTY

In McKinley County there is a serious health issue concerning misuse of alcohol. Working together as a community, overcoming these negative issues is possible. Preventative education can be provided in the community as well as local support, get involved with local coalitions, and participate in local alcohol and drug free events.

In 2021 in McKinley County:

- Excessive misuse of alcohol led to approximately 226 death.
- 1 in 3 deaths in adults 20-64 was alcohol related.
- Alcohol related deaths were higher than the entire state of New Mexico.
NM-102.8, McKinley County-335.7
- From 2000 -2021 death rates increased 70%.

Alcohol Misuse in America

American adults will drink at least one alcoholic drink in their lifetime. Of these adults 6.7% will develop an Alcohol Use Disorder (AUD). Men are three times more likely to die of alcohol related deaths than women. The World Health Organization (WHO) adamantly discovered that using alcohol excessively is liable for 7.1% of disease in males and 2.2% in females. The newest emerging trend is High-Intensity Drinking (HID) among binge drinkers. Binge drinking is associated with special occasion drinking such as holidays, sporting events, and most commonly 21st birthdays. HID behavior spikes at age 21 and 80%-90% of this is celebrated with alcohol.

The negative consequences of HID are most likely injuries and aggression. Young adults, 25-26 years of age, have had at least one experience with HID within the past 14 days. Every year 97,000 American college students are involved in alcohol related sexual assaults.

Approximately 100,000 deaths are due to alcohol misuse every year. Nearly half of these deaths are because of long term drinking. Liver disease is the highest killer of alcohol related deaths at 19.1%. Misuse is 53.7% of chronic alcohol related deaths. Deaths from alcohol alone is 52.4%. Chronic health issues or drug abuse attributions is 47.6%. Alcohol poisoning is the second highest cause of acute alcohol related deaths at 32%. Suicide and acute alcohol use are at 22.5% of deaths. Suicides involving alcohol

cause more deaths than vehicle accidents involving alcohol.



Deep within our culture, underage drinking has become a serious problem. It's important we stop looking the other way and act now. We need to encourage our underage children and teens that drinking is not okay. It will take hard work overtime to change the way people think about underage drinkers. Parents, schools, local groups, community leaders, and any concerned adult will need to be ready to embark on this continuing project. This subject should begin when children are young and continue through their teen years.

BENEFITS OF STOPPING OR REDUCING DRINKING

In the short-term, reducing or stopping drinking can help you:

- save money.
- boost your mood.
- sleep better.
- find time to do enjoyable things.
- improve fitness.
- strengthen relationships.
- avoid hangovers.
- support mental health and overall wellbeing.

While performing these tasks you can reduce the risk of long-term effects of cancer, heart attack, stroke, and liver disease.

Preventing Underage Drinking

Many factors must be considered to successfully prevent underage drinking.

Factors include:

- Genetics
- Personality
- Rate of maturity and development
- Level of risk
- Social factors
- Environment

Warning Signs and Help for Underage Drinking

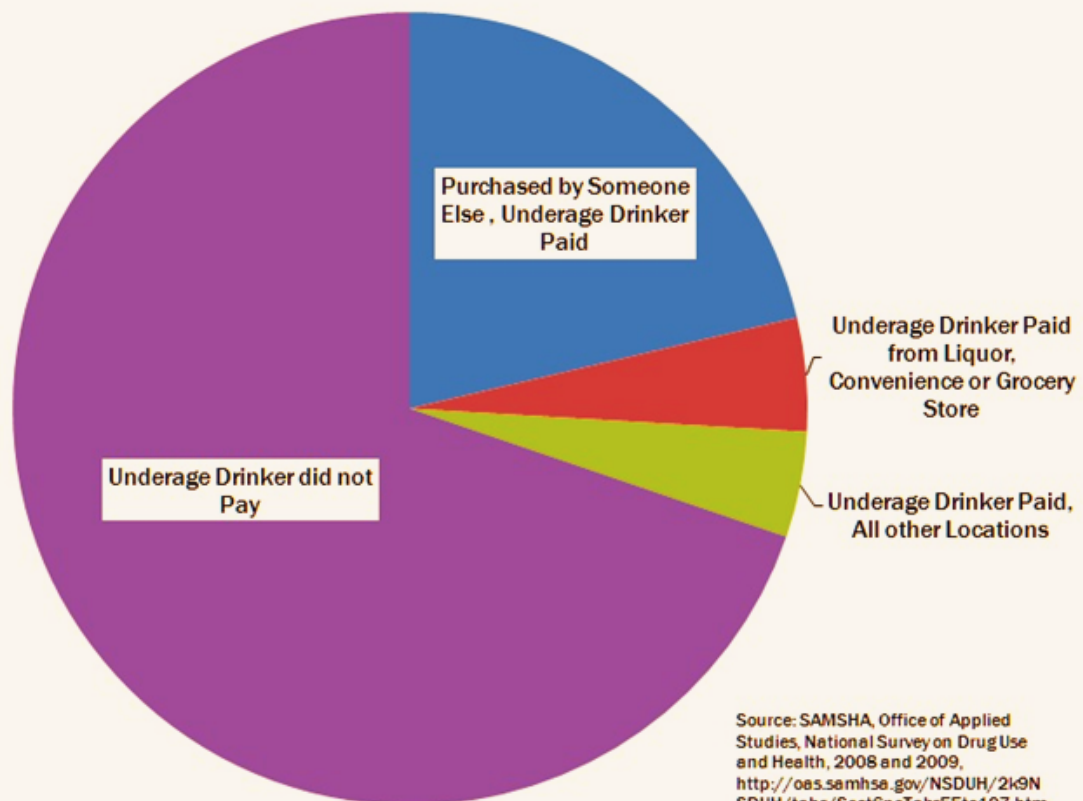
There are warning signs to indicate underage drinking. Families, teachers and parents can discover these warning signs by being observant. Mood changes, such as:

- Anger and irritability
- Problems at school with academics or behavior
- Rebellion

- Changing friends
- Low energy
- No interest in activities or personal care
- Finding alcohol in their belongings, smelling of alcohol
- Slurred speech
- Coordination problems

Regular health screenings can help prevent youth from alcohol problems in their future. The primary care provider can begin the screening and provide it routinely. If the youth experience serious problems from alcohol they may be able to seek a professional for help. They can attend individual or group therapy one or more times per week. Medication may be provided to curb alcohol cravings. Family therapy can provide a solid foundation for recovery.

Source of Alcohol for Underage Drinkers, U.S.



Teen Drinking and Your Liability

There is a great deal of information concerning health and behavioral effects of underage drinking. Some parents consider allowing minors to drink under their supervision in hopes of leading to more responsible drinking as an adult.

Other parents believe allowing their children to drink at home is a better option than having them drink outside of the home. The truth is no matter your parental perspective on underage drinking you may be liable for any incident occurring from the minor's alcohol usage. Even though you may not be home or did not give consent you can still be responsible. The department of Health and Human Services reported that teens who drink alcohol before the age of 15 are six times more likely to develop serious dependency issues later in life compared to those who waited until the legal drinking age of 21.



Social Host Liability Law

Social hosting is any adult who, knowingly or unknowingly, hosts underage drinking. Social Hosts are civilly liable for any damages or injuries that may occur due to alcohol involvement of underage drinkers. In 43 states there are criminal penalties for adults who host or permit parties with underage drinking in their homes or a property under their control.

First time violations carry a fine of up to \$500, and both minors and adults are accountable. If someone is killed due to Social Hosting, they can be charged with a felony, punishable by up to 5 years in prison and a \$2500 fine. Repeat offenders may go to prison.

Social host liability law is similar to dram shop laws, which hold bars and alcohol retailers liable for injuries or deaths related

to the actions of severely intoxicated patrons. In fact, some state's dram shop laws (which apply to businesses that provide alcohol) also cover social hosts.



The City of Gallup, in McKinley County NM has a social hosting ordinance (C2011-7). The ordinance Section, Responsibility, is as follows:

1) All owners, occupants, lessees, licensees or holders of any possessory interest, private or public property within the City

of Gallup is required to maintain, manage and supervise the property and any person thereon in a manner so as to violate the provisions of the ordinance. The Host will remain liable for such violations regardless of any contact.

2) The Host shall not conduct, aid, allow, permit or condone a loud or unruly gathering at the residence or private property.

3) If the Host of the gathering is under 18 years of age, then his/her parents or guardians and the person under 18 are jointly and severally liable for the response costs incurred pursuant to this ordinance.

4) To incur liability for response costs imposed by this ordinance, the Host of the loud or unruly gathering need not be present at such gathering resulting in the response giving rise to the imposition of response cost. This ordinance imposes vicarious as well as direct liability upon a responsible person.

Full Ordinance, C2011-7, can be found at:

<http://www.co.mckinley.nm.us/DocumentCenter/View/1086/Social-Host-Ordinance>

MYTH VS FACT:

UNDERAGE DRINKING

MYTH

All other Kids my age drink alcohol

Most young people don't drink alcohol. Research shows 80% of 12-20yr. old's have not had a drink in the last month.

MYTH

Alcohol is not as harmful as other drugs

Drinking alcohol at an early age can affect brain development. Drinking before 21 has a higher risk of dependency.

MYTH

It is not a big deal for me to drink

Underage drinking is a big deal. Drinking under 21 is against the law. Punishment maybe fines, DWI school, community service, or jail time.

MYTH

Drinking is a good way to loosen up at gatherings.

Drinking can make you behave foolishly. Can cause you to do or say things you normally would not.

MYTH

Beer and wine are safer than whiskey.

A 12 oz. beer, a 5 oz. glass of wine with 5% alcohol, or a 1.5 oz. shot of whisky all contain 14 grams of pure alcohol.

MYTH

You can sober up quickly by showering or drinking coffee

The only thing that can sober you up is time. It takes 2-3 hours for a single drink to leave your blood stream.

Health Risks of Alcohol

A standard size drink contains 0.6 oz. (14.0 grams or 1.2 tablespoons) of pure alcohol. Where is this much pure alcohol found?

- 12 oz. of beer (5% alcohol content)
- 8 oz. of malt liquor (7% alcohol content)
- 5 oz. of wine (12% alcohol content)
- 1.5 oz. of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, or whiskey)

Excessive and Moderate Drinking

Binge drinking and heavy drinking are the most common forms of excessive drinking. Drinking by pregnant women, anyone under age 21, women who consume 4 or more drinks in 2 hours, or men who consume 5 or more drinks in 2 hours are considered excessive drinkers.

When women drink 8 or more drinks in a week or men have 15 or more drinks in the same time period it is considered heavy drinking.

Moderate drinking is when an adult decides to have a drinking day and a woman has one or less drinks in a day. For a male they can have 2 or less drinks in a day. If a person does not normally drink, they are encouraged not to start.

Those that should never drink alcohol are:

- Younger than 21.
- Pregnant or might be pregnant.
- Driving, planning to drive, or being involved in any activity involving required skills, coordination, and alertness.
- Taking prescriptions or over-the-counter meds that can react with alcohol.
- Suffer from medical conditions.

- Recovering from alcoholism or unable to control the amount being consumed.

Short Term Health Risks

- Injury such as motor vehicle accidents, falls, drowning or burns.
- Violence which includes homicide, suicide, sexual assault, or domestic violence.
- Alcohol poisoning, medical emergencies from high blood alcohol content.
- Risky sexual behaviors which include unprotected sex or multiple partner sex. (The consequence of which is unintended pregnancy and sexually transmitted diseases (STD)).
- Pregnant women can experience miscarriages or stillbirths due to fetal alcohol spectrum disorder (FASDs).

Long Term Risks

Excessive alcohol use over time can cause chronic diseases and other serious problems. The health problems could be:

- Cirrhosis or liver disease, high blood pressure, heart disease, stroke, and digestive problems.
- Cancer- breast, mouth, throat, esophagus, voice box, liver, colon, and rectum.
- Weaken immune system.
- Dementia and poor school performance due to learning problems and memory loss.
- Mental health- depression and anxiety.
- Social, family, and job-related problems.
- Alcohol dependency or disorders.

The risk of these short- and long-term health risks can be reduced by not drinking extreme amounts of alcohol.

If you or someone you know is suffering from the misuse of alcohol, please contact our office for more information.

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-Rob Lowe

"Remember that just because you hit bottom does not mean you have to stay there."

-Robert Downey Jr.

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"Remember that just because you hit bottom does not mean you have to stay there."

-Robert Downy Jr.

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