

April Is Alcohol Awareness Month

Community Behavioral Healthcare Association 4/8/2019

One in every 12 adults, or 17.6 million people, suffer from alcohol use disorder or alcohol dependence. Within these numbers is the alarming increase of problem drinking among women over the last 10 years. These increases have gone mainly unnoticed because of the focus on the current opioid crisis in the U.S. However, we must **not** lose sight of this growing public health problem. April being Alcohol Awareness Month allows us the opportunity keep this issue front and center.

- “Alcohol use is increasing among women in the United States at a time when it’s decreasing among men,” said Aaron White, a biological psychologist and senior scientific adviser to the director of the [National Institute on Alcohol Abuse and Alcoholism](#). “There has been a real shift.”
- One [recent study](#) found women are now drinking almost as much as men, closing a historically wide gap.
- Another [study](#) found rates of binge drinking increased by 17.5 percent among women between 2005 and 2012, but rose just 4.9 percent among men for that same period.
- The rate of alcohol-related visits to U.S. emergency rooms spiked by almost 50 percent between 2006 and 2014, especially among women, the [government announced](#) in January.
- From 2000 to 2015, death rates for chronic liver disease and cirrhosis — often associated with alcohol abuse — increased 57 percent for women 45 to 64 years old, and 18 percent for women ages 25-44, the [Centers for Disease Control and Prevention](#) reported.
- Problem drinking rose by 83 percent among women between 2002 and 2013, according to a study published last year in [JAMA Psychiatry](#), an increase the authors called “alarming.”

Alcohol Awareness Month

Founded and sponsored by the National Council on Alcoholism and Drug Dependence (now Facing Addiction with NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcohol addiction by encouraging communities to reach out to the American public each April with information about alcohol, alcohol addiction, and recovery. Alcohol addiction is a chronic, progressive disease, genetically predisposed and fatal if untreated. However, people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery from alcohol use!

By raising awareness about alcohol misuse and abuse, communities, organizations, and health professionals can take action to prevent it, both at home and in the community