

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:

1. Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men. One drink consist of... 12 ounce bottle of beer; 5 ounce glass of wine; or 1.5 ounces of liquor.
2. Keep track of how much you drink.
3. Don't drink when you are upset.
4. Avoid places where people drink a lot.
5. Make a list of reasons not to drink.

*You don't drown by  
falling in the water.  
You drown by  
staying there.*

If you are concerned about someone else's drinking, offer to help.

For most adults, moderate drinking doesn't cause any serious health problems.



Screening and counseling for alcohol misuse are covered under the Affordable Care Act, the health care reform law passed in 2010.

Depending on your insurance plan, you may be able to get these services at no cost to you.



*It takes courage to talk to a family member or friend about a drinking problem...*

[mtprospectbaptist.org](http://mtprospectbaptist.org)

*APRIL 18*



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

This April during Alcohol Awareness Month, **Mt. Prospect Baptist Church** encourages you to educate yourself and your loved ones about the dangers of drinking too much.

In **Georgia** alone, there have been more than 9,040 drunk driving **accidents** including **301 fatalities** within the past year.

To spread the word and prevent alcohol abuse, **Mt. Prospect** is joining other organizations across the country to honor **Alcohol Awareness Month.**

**Mt. Prospect Baptist Church  
Health Ministry**

## Drinking in moderation or not drinking at all can help:

- Lower your blood pressure.
- Lower your risk of injury, heart disease, stroke, some types of cancer, and liver problems.
- Lose weight.
- Save money .
- Get along better with your family



## Don't drink at all if you:

- Are pregnant or trying to get pregnant.
- Are under age 21.
- Plan to drive a car or use machines.
- Take certain over-the-counter or prescription medicines (list available on the MPBC website).
- Recovering from alcoholism.
- Have a health condition like liver or kidney disease that can be made worse by drinking.

**Talk to your child about the dangers of tobacco, alcohol, and**

## **What do I need to say?**

When you talk about tobacco, alcohol, and drugs...

- Teach your child the facts.
- Give your child clear rules.
- Find out what your child already knows.
- Be prepared to answer your child's questions.

Talk with your child about how to say "no!"



## *Start early...*

By preschool, most children have seen adults smoking cigarettes or drinking alcohol, either in real life, on TV, or on the Internet.



Remind your child that alcohol is a powerful drug that slows down the body and brain.

## *What if my child is older?*

It's never too late to start the conversation about avoiding drugs. Even if your teen may have tried tobacco, alcohol, or drugs, you can still talk about making healthy choices and how to say "no" next time.

Use everyday events to start a conversation. For example, if you see a group of kids smoking, talk about how tobacco hurts the body.

Give your child your full attention. Turn off your TV, radio, cell phone, and computer, and really listen.

Try not to "talk at" your child. Encourage your child to ask questions. If you don't know the answer to a question, look it up together.

## Knowing the facts will help your child make healthy choices.

\*Many kids start using tobacco by age 11 and are addicted by age 14.

\*Between ages 9 and 13, some children start to think that using alcohol is okay.

