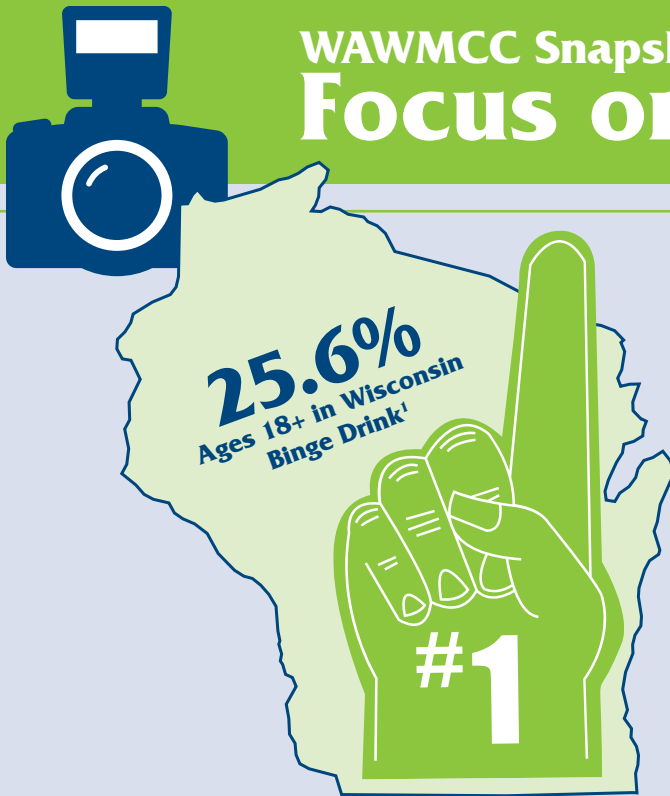


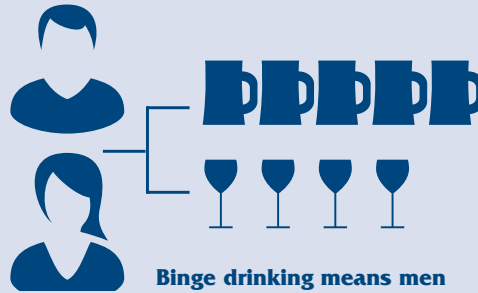
WAWMCC Snapshot Focus on Drinking

Spring 2012 Newsletter



We're #1...And we shouldn't be proud

Wisconsin continues to be the state with the greatest percentage of adults who binge drink.



1 Drink =



12 oz. Beer



5 oz. Wine



1.5 oz. Spirits



Sources

- ¹CDC Vital Signs – January 2012
- ²2009 WAWM Community Health Survey
- ³2005 WAWM Youth Risk Behavior Survey (YRBS)
- ⁴2011 WAWM Youth Risk Behavior Survey (YRBS)
- ⁵The State of Wisconsin Department of Health Services

Here's where we were



What kind of example are we setting for our youth?

When our kids look up to us, we shouldn't always have a drink in our hands.

People in West Allis/West Milwaukee who drank in the past 30 days



Unfortunately

71%

of Youth Ages 13-18 think there isn't a great risk associated with having 1 or 2 drinks nearly every day⁴

WAWMCC Snapshot

Focus on Drinking



Did you know...

- ▶ First use of alcohol at 12 or younger – lifetime alcohol dependence is 41%¹
- ▶ First use of alcohol at 21 years of age – lifetime alcohol dependence drops to 11%¹
- ▶ The West Allis - West Milwaukee Community Coalition is a group of community leaders and partners working together to prevent underage alcohol use and substance abuse in our community.
- ▶ **YOU** make a difference in our community whenever you support and encourage a teen to make positive and healthy decisions.

Source

¹http://www.cadca.org/files/resources/AAP_Policy_StatementAlcohol_Use_by_Youth_and_Adolescents_A_Pediatric_Concern.pdf
Policy Statement_Alcohol Use by Youth and Adolescents: A Pediatric Concern. COMMITTEE ON SUBSTANCE ABUSE. Pediatrics. Published online Apr 12, 2010.

The human brain is not fully developed

until
age
25



Become one of the powerful voices encouraging positive choices to create a safer and healthier community



Powerful Voices, Positive Choices

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Become Informed

- Receive email updates from the Coalition about underage substance abuse issues.
- Visit the Coalition's website (www.wawmcc.org) for Important News, Community Resources and Parent tips.
- Join the Forum on the Coalition's website.

Become Involved

- Read the Parent brochure for ways to talk with your children about alcohol and drugs.
- Sign the Family Pledge.
- Host alcohol-free parties and attend alcohol-free family events.
- Voice your ideas and concerns at Coalition meetings.
- Spread the word by sharing the Coalition's mission with others.
- Attend bi-monthly Coalition Meetings in 2012 – March 21st, May 16th, July 18th, September 19th and November 21st

Become Invested

- Know where your children are at all times.
- Meet your children's friends and introduce yourself to their parents.
- Look for signs of drug use or suspicious activity in your neighborhood.
- Join your neighborhood block watch.