



# Florence County Health Department

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## NEWS RELEASE

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### April is Alcohol Awareness month

[Florence, WI] –

The Centers for Disease Control and Prevention have examined new studies which have shown there may be no health benefits from alcohol of any kind. The guidelines now recommend that drinking in any capacity, including the recommended limits, may increase the overall risk of death from various forms of cancer and some forms of cardiovascular disease. Many people don't connect alcohol use with these serious health issues. However, the guidelines recommend that alcohol has been found to increase the risk of cancer even at low levels of alcohol consumption (less than one drink in a day).

What can you do? If you don't drink alcohol, don't start. If you do drink alcohol, try having more days per week that you don't drink at all. Finally, when you do drink, keep it to the one drink for a woman and two for a man. A standard drink is defined as twelve ounces of beer, five ounces of wine and one and half ounces of a shot.

Wisconsin Department of Health Services launched Small Talks, a campaign to reduce underage drinking. The statewide effort encourages parents and caregivers to have short, casual conversations with kids starting at age eight on the dangers of underage drinking. Many of these everyday opportunities to have a small talk are happening right now during the time spent at home or even in the car. Small talks can happen while watching a TV show, playing video games and listening to music. Help a kid sort out what they see on TV, hear from friends, and hear from their favorite bands before someone hands them a drink.

For more information, go to the Florence County Health Department webpage at <http://www.florencecountywi.com/>, or the CDC website at <https://www.cdc.gov/cancer/alcohol/index.htm>. Florence County Health Department is located on the first floor of the courthouse or call Sara Jerue at 715-528-3426.

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