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Many of us have enjoyed the nice perks which come along with serving in the military such as traveling abroad, experiencing different cultures, and consuming local food and drinks. Often times, these drinks are comprised of the alcoholic variety which add a nice flavor (pun intended) to the event. So, what does this have to do with “**TACTICAL DRINKING**”? Fundamentally, it is [deliberately consuming alcohol responsibly](#). This means focusing less on simply *getting drunk* and more on *getting sober*. Ask yourself these “**5 W’s & 1 How**” as part of pre-gaming a fun night out:

- ×**Who** am I drinking with? (*Friends, family, co-workers, strangers at a bar, etc.*)
- ×**What** am I drinking? (*Type, amount, and percentage of alcohol*)
- ×**When** am I drinking? (*Night time, day time, lunch time, etc.*)
- ×**Where** am I drinking? (*At home, at a club, at a promotion ceremony, etc.*)
- ×**Why** am I drinking? (*Do you have to drink or do you want to drink?*)
- ×**How** will my drinking tonight stop me from getting things done tomorrow? (*Plan ahead!*)

Along these lines, the month of **April** is **National Alcohol Awareness Month** with **April 7th** being **National Alcohol Screening Day**. According to the *Substance Abuse and Mental Health Services Administration* (SAMHSA), “the misuse and abuse of alcohol, tobacco, illicit drugs, and prescription medications affect the health and well-being of millions of Americans. Overall, 19.3 million people aged 18 or older had a substance use disorder in the past year (*2020 National Survey on Drug Use and Health*).” So, remember **TACTICAL DRINKING** the next time you go out to enjoy a few drinks and avoid becoming another statistic!

ALCOHOL USE FACTS & RESOURCES

ALCOHOL USE **FACTS**

88,000

alcohol-related DEATHS per year (2006-2010)

WHAT IS A STANDARD DRINK?

12 fl oz of beer	= 8-9 fl oz of malt liquor 12 oz glass	= 5 fl oz of wine	= 1.5 fl oz shot gin, rum, whiskey, vodka, etc.
about 5% alcohol	about 7% alcohol	about 12% alcohol	about 40% alcohol

UNDERAGE DRINKING IS RISKY DRINKING in 2016 ages 12 to 20

- 19.3% (7.3 Mil) reported alcohol use
- 12.1% (4.5 Mil) were binge drinkers
- 2.8% (1 Mil) were heavy drinkers

\$249 BILLION

Cost of excessive alcohol use in the U.S. in 2010

- Workplace productivity: **\$179 billion**
- Medical expenses: **\$28 billion**
- Criminal justice: **\$25 billion**
- Motor vehicle collisions: **\$13 billion**

ALCOHOL USE AGE 21 OR OLDER in 2016

- 55.8% (129 Mil) reported alcohol use
- 6.2% (60 Mil) were binge drinkers
- 6.6% (15 Mil) were heavy drinkers

EXCESSIVE DRINKING

WOMEN

- ▶ Binge drinking is having **4** or more drinks in one occasion
- ▶ Heavy drinking is having **8** or more drinks per week

MEN

- ▶ Binge drinking is having **5** or more drinks in one occasion
- ▶ Heavy drinking is having **15** or more drinks per week

An occasion is one sitting or within two to three hours.

• Centers for Disease Control and Prevention [CDC]. Alcohol-Related Disease Impact [ARDI]. Retrieved from <http://www.cdc.gov/ARDI>. • Sacks JJ, Gonzales KR, Bouchery EE, Tomedi LE, Brewer RD. (2010). national and state costs of excessive alcohol consumption. Am J Prev Med. 2015;49(5):e73-e79. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/26477807>. • Center

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Photo Credit: <https://www.samhsa.gov/sites/default/files/alcohol-use-facts-resources-fact-sheet.pdf>