

SUBSTANCE ABUSE - ALCOHOL



NORTH CAROLINA FARMWORKER HEALTH PROGRAM

Office of Research, Demonstrations, and Rural Health Development
Department of Health and Human Services

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SUBSTANCE ABUSE - ALCOHOL

Self-Assessment

(to be completed before reading Alcohol content)

1. Which of the following is equivalent to “one drink” of alcohol?
 - a. one can of beer
 - b. 4 oz. glass of wine
 - c. 1 shot of hard liquor
 - d. all of the above

 2. How many drinks in one hour will produce a blood alcohol level of .05 in a 150-lb person?
 - a. 2
 - b. 4
 - c. 6
 - d. 8

 3. Which of the following is not a common effect of alcohol intoxication?
 - a. increased urination
 - b. pinpoint pupils
 - c. impaired reaction time
 - d. drowsiness

 4. True or false: the fetus of a pregnant women who only drinks heavily for the first month of her pregnancy and then stops is not at risk for fetal alcohol syndrome.
 - a. true
 - b. false

 5. Which of the following may be experienced by someone who is dependent on alcohol?
 - a. tolerance to the effects of alcohol
 - b. withdrawal symptoms if alcohol use is stopped
 - c. efforts to control alcohol use are often unsuccessful
 - d. alcohol use is continued despite related physical problems
 - e. all of the above

 6. What is the legal limit for blood alcohol concentration while driving in North Carolina?
 - a. .04
 - b. .06
 - c. .08
 - d. .10
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7. What is the correct definition of a “current” alcohol user?
 - a. anyone who has had at least one drink in the past 24 hours
 - b. anyone who drinks alcohol daily
 - c. anyone who has had at least one drink in the past 30 days
 - d. anyone who has had at least one drink in the past year

8. What does the “G” stand for in the “CAGE” questionnaire (used to assess whether someone may have an alcohol problem)?
 - a. guys (men are more likely to be problem drinkers)
 - b. guzzling (the person drinks many alcoholic beverages very quickly)
 - c. guilt (the person feels guilty about drinking)
 - d. going to the bathroom (alcohol use causes frequent urination)

9. Alcoholics Anonymous is an example of what type of treatment option?
 - a. social support organization
 - b. detoxification center
 - c. in-hospital rehabilitation facility
 - d. supervised living environment

Answers: 1(d), 2(a), 3(b), 4(b), 5(e), 6(c), 7(c), 8(c), 9(a)

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Supporting Information for Outreach Workers

How does alcohol use affect the body?

Alcohol is a drug that can cause mental and physical changes. It is usually ingested in beverages and is easily absorbed by the body, with blood levels from one drink peaking in 20 to 30 minutes. A specific amount of alcohol may affect different people in different ways, depending on their gender, body size, level of dehydration, and tolerance to alcohol; individuals who are female, small in size, dehydrated, or do not drink much alcohol may be more affected by a single drink. Drinking on an empty stomach can also result in intoxication more quickly. One “drink” of alcohol is a can or bottle of beer, a glass of wine or a wine cooler, a shot of liquor, or a mixed drink with liquor in it. The body can break down the alcohol in one drink in approximately one hour, with the percentage of alcohol in the blood (blood alcohol level, or BAL) decreasing over time. The table below shows the effects that may occur at various blood alcohol levels.

Blood Alcohol Level	Effect	# of drinks (within one hour)	
		Male	Female
.05	euphoria, uninhibited behavior, loss of motor coordination, overfriendliness, taking liberties	2	2
.10	impaired motor function and decision making, drowsiness, legally drunk in most states (limit usually .08)	4	4
.15	reaction time significantly impaired	6	5
.20	“drunk”, problems with movement	8	8
.25	“smashed”, staggering, severe problems with movement	10	9
.30	stupor (unaware of surroundings), breathing threatened	12	10
.35	surgical anesthesia; death may result after 5-10 hours of stupor and coma	14	12
.40-.60	lethal dose	20 (one quart of whiskey)	16

approximate consequences for a 150-pound person drinking on an empty stomach (Palfai T and Jankiewicz H. Drugs and human behavior, 2nd ed. Boston, MA: McGraw Hill; 1997.)

Other effects can include aggressive behavior, suppression of REM (dreaming) sleep, increased urination, memory loss, skin flushing/redness, stomach irritation, nausea/vomiting, impaired sexual performance, and decreased sensitivity to pain. Side effects that may occur a short time after drinking alcohol include the classic “hangover” symptoms: headache, nausea, thirst, fatigue, anxiety, and generally feeling sick. Since alcohol is metabolized by the liver to produce energy, excess consumption can also result in significant weight gain over time as well as liver damage or failure. Continued moderate to heavy drinking can lead to alcohol abuse or dependence. Other long-term effects of heavy drinking can include damage to the pancreas and heart, coronary artery disease, hypertension, increased risk of strokes, and increased risk of certain types of cancer such as tongue, mouth, throat, esophagus, liver, stomach, and bladder cancer. Chronic drinkers may suffer from malnutrition and vitamin deficiency diseases because many of the calories in their diet come from alcohol, which has minimal nutritional value. Alcohol can also have dangerous interactions with prescription and over-the-counter drugs.

If a woman consumes alcohol when she is pregnant, her child is at risk of developing a set of birth defects and abnormalities known as fetal alcohol syndrome (FAS). FAS is the third leading cause of birth defects after Down’s syndrome and spina bifida. The resulting abnormalities are irreversible and may include growth retardation, mental retardation and other psychological disorders, skull and facial deformities, defects in major organ systems, and greater susceptibility to minor infectious diseases and respiratory problems. Pregnant women who consume three or more drinks a day are known to be at greater risk, but pregnant women are advised to avoid consuming any alcohol during their pregnancies because the risk of FAS caused by smaller amounts of alcohol is unknown.

Heavy drinkers who have become dependent on alcohol experience withdrawal symptoms if they stop drinking alcohol; these symptoms can be life-threatening. Symptoms such as tremors, high blood pressure, nausea, diarrhea, insomnia, sweating, pounding heartbeat, and seizures can occur, usually between 8 and 72 hours after a person’s last drink. These symptoms may lead to delirium tremens (DT), which causes disorientation, delirium, and hallucinations and may cause death if untreated. DT usually begins on the second day after a person stops drinking and may last up to a week. If someone seems to be experiencing withdrawal symptoms or symptoms suggestive of DT, he/she should be taken to the hospital immediately.

What is the difference between alcohol abuse and alcohol dependence?

Using alcohol too frequently can cause many physical, mental, emotional, and social problems whether an individual becomes physically dependent or not. A person who abuses alcohol does not always become dependent. If someone abuses alcohol but is not physically dependent on it, that person remains in

control of their alcohol use, even if their decisions are affected by poor judgment or other social or environmental factors. When someone becomes physically dependent on (addicted to) alcohol, they no longer have full voluntary control of alcohol use because brain and body functioning have been altered. Because the need to use alcohol can become as powerful as the drives of hunger and thirst, it is very difficult for dependent individuals to stop using alcohol.

The criteria that health care professionals use to diagnose alcohol abuse and alcohol dependence are as follows: (American Psychiatric Association DSM-IV Manual:

Criteria for alcohol abuse:

A maladaptive pattern of substance use, leading to clinically significant impairment or distress, as manifested by one or more of the following occurring at any time with a 12-month period:

- 1) recurrent substance use resulting in failure to fulfill major role obligations at work, school, or home (e.g. repeated absences or poor work performance related to substance use; substance-related absences, suspensions, or expulsions from school; neglect of children or household)
- 2) recurrent substance use in situations in which it is physically hazardous (e.g. driving an automobile or operating a machine)
- 3) recurrent substance-related legal problems (e.g. arrests for substance-related disorderly conduct)
- 4) continued substance use despite having persistent social or interpersonal problems caused or exacerbated by the effects of the substance (e.g. arguments with spouse about consequences of intoxication, physical fights)

Criteria for alcohol dependence:

A maladaptive pattern of substance use, leading to clinically significant impairment or distress, as manifested by one or more of the following occurring at any time with a 12-month period:

- 1) tolerance as defined by one of the following:
 - a. a need for markedly increased amounts of alcohol to achieve intoxication or the desired effect
 - b. markedly diminished effect with continued use of the same amount of alcohol
 - 2) withdrawal, as manifested by either of the following:
 - a. the characteristic withdrawal syndrome for alcohol (delirium tremens)
 - b. using alcohol can relieve withdrawal symptoms
 - 3) the substance is often taken in larger amounts or over a longer period than was intended
 - 4) there is a persistent desire or unsuccessful efforts to cut down or control alcohol use
 - 5) a great deal of time is spent in activities necessary to obtain alcohol, use alcohol, or recover from its effects
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- 6) important social, occupational, or recreational activities are given up or reduced because of alcohol use
- 7) alcohol use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by alcohol

What are some ways to tell if someone may be abusing alcohol?

Using too much alcohol is a very common problem, and it is important to try to find out how much and how often someone drinks when assessing the potential for abuse. The terms “current use”, “binge use”, and “heavy use” may be used to describe general drinking patterns. A current user is anyone who has had at least one drink in the past thirty days, and a binge user is someone who has had five or more drinks on the same occasion at least once in the past 30 days. Heavy use is defined as having had five or more drinks on the same occasion on at least five different days in the past 30 days. The National Survey on Drug Use and Health conducted by the U.S. Dept. of Health and Human Services reports that in 2003, about half of Americans over age 12 reported being current drinkers, and 22.6 percent participated in binge drinking in the past 30 days. 6.8 percent of those surveyed reported heavy drinking in the past 30 days. Since these numbers are from voluntary reports, the actual percentages may be much higher.

One way to determine if someone may be using alcohol excessively in a non-accusatory manner is with the CAGE questionnaire:

- 1) Have you felt you ought to Cut down on your drinking?
- 2) Have people Annoyed you by criticizing your drinking?
- 3) Have you felt Guilty about your drinking?
- 4) Have you ever had a drink first thing in the morning to steady your nerves, to get rid of a hangover, or to get the day started? (Eye opener)

One “yes” answer to any of these questions may indicate a cause for concern and should be discussed further; an individual with two or more “yes” answers should see a health care provider for evaluation and treatment if necessary.

Recurrent social or medical problems can also indicate that someone may be using alcohol excessively. Social problems may include arrest for driving under the influence, loss of job due to alcohol use, domestic violence, child abuse/neglect, family instability, frequent unplanned absences from work, personal isolation, and mood swings; some medical indicators are history of drug addiction, withdrawal symptoms, other psychiatric illnesses, liver or pancreas malfunction, nerve problems, tremor, mild hypertension, gastrointestinal problems, sleep disturbances, sexual dysfunction, and malnutrition. An individual who drinks frequently may also be able to tolerate large amounts of alcohol at a single time without showing any effects. If someone exhibits several of these signs, the person should be approached with sensitivity and advised to seek help, although he/she may initially refuse.

What are the laws in North Carolina regarding alcohol use?

Migrant and seasonal farmworkers who do not live in North Carolina or the U.S. year-round may be unaware of the laws regarding alcohol use. The following is a brief summary of the legal restrictions and consequences related to the use of alcohol:

- The legal drinking age in North Carolina is 21. Possession, purchase or attempted purchase of liquor (fortified wine, spirits, mixed drinks) by anyone under age 21 is illegal. The penalties include fines, court costs, and possible imprisonment. Providing alcohol to an underage person or buying it for them can result in a fine of up to \$2,000, court costs, possible imprisonment for up to 2 years, and loss of a driver's license for one year. Using a fake or borrowed ID to buy alcohol or lending your ID to an underage person for the purpose of buying alcohol can result in having your own driver's license suspended.
- Driving with a blood alcohol concentration of .08% (Driving While Impaired, or DWI) carries a range of sentences and fines, from 24 hours to two years in prison, between \$100 and \$2000 in fines, and driver's license suspension for at least a year or permanent revocation. Injuring or killing someone while driving drunk results in much more severe penalties. A person can be charged with driving while impaired with blood alcohol concentrations under 0.08% if police observe erratic driving. Driving with any amount of alcohol in the body is illegal for anyone under 21 and results in a one-year license suspension. People 18-20 may receive an alternative sanction of limited driving privileges. (*Healthy People 2000: National Health Promotion and Disease Prevention Objectives* calls for all states to lower legal blood alcohol concentration tolerance levels to **0.04%** for motor vehicle drivers older than 20 with "zero tolerance" for younger drivers because noticeable impairment of driving ability starts around that level.)
- It is illegal to have an open container of alcohol in a vehicle's passenger area if the driver has been drinking at all; a second conviction carries a six-month license revocation, and a third conviction results in license revocation for a year.
- Becoming disruptive in public (insulting others or being violent, using profanity, urinating) as a result of being drunk can result in a fine of up to \$50 dollars and spending up to a month in jail.
- Local laws may restrict the possession or consumption of alcohol on public property and charge a fine for violations.

How can someone get help in cutting back or stopping alcohol use?

Some people who drink too much alcohol but have not reached the level of abuse or dependence may simply be unaware of how much alcohol they are consuming. The recommended limits on alcohol use for adults are 0-1 drinks per day (7 or less per week) for women and 0-2 drinks per day (14 or less per week)

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for men, and pregnant women should not consume any alcohol. However, if someone had had a problem in the past with abusing alcohol, he/she may need to abstain from alcohol completely.

Because both environmental and hereditary factors can influence alcohol dependence, it may be very difficult for a person who is abusing or is dependent on alcohol to stop drinking and can take several attempts. Treatment resources include detoxification facilities, in-hospital rehabilitation centers, outpatient medical treatment, family counseling, supervised living environments, social support organizations, and drug therapy. Alcoholics Anonymous (AA) is a social support organization for the treatment of alcohol dependence that promotes total abstinence from alcohol. AA has typically shown the best long-term results of any long-term treatment option for alcoholism, with a success rate over one year of 25-50%, although many of these individuals may relapse later.

It is often difficult to approach someone suspected of having an alcohol problem because the person may get angry and almost always initially denies having a problem. However, it is important to keep trying to get the person to accept medical help, since the long-term effects of alcohol abuse and dependence affect not only that person's mental and physical health but also the social well-being of his/her family and friends.

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Self-Assessment

(to be completed after reading Alcohol content)

1. What are some factors that may change the degree to which someone is affected by alcohol?
 2. Give some examples of physical or mental effects that may occur at various blood alcohol levels.
 3. Describe the health effects that can occur due to alcohol use immediately after drinking (“hangover” symptoms) and over the long term.
 4. Why should pregnant women avoid drinking alcohol?
 5. What kinds of symptoms might someone in alcohol withdrawal experience?
 6. In general, what is the difference between alcohol abuse and alcohol dependence?
 7. What are some ways to tell if someone may have an alcohol problem?
 8. What are some treatment options for someone with alcohol dependence?
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SUBSTANCE ABUSE - ALCOHOL

Self-Assessment

(Answers)

1. What are some factors that may increase the degree to which someone is affected by alcohol?
[gender (female), body size (small), level of dehydration (high), tolerance to alcohol (low), and drinking on an empty stomach]

2. Give some examples of physical or mental effects that may occur at various blood alcohol levels.

Blood Alcohol Level	Effect	# of drinks (within one hour)	
		Male	Female
.05	euphoria, uninhibited behavior, loss of motor coordination, overfriendliness, taking liberties	2	2
.10	impaired motor function and decision making, drowsiness, legally drunk in most states (limit usually .08)	4	4
.15	reaction time significantly impaired	6	5
.20	"drunk", problems with movement	8	8
.25	"smashed", staggering, severe problems with movement	10	9
.30	stupor (unaware of surroundings), breathing threatened	12	10
.35	surgical anesthesia; death may result after 5-10 hours of stupor and coma	14	12
.40-.60	lethal dose	20 (one quart of whiskey)	16

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3. Describe the health effects that can occur due to alcohol use a few hours after drinking (“hangover” symptoms) and over the long term.
[a few hours after drinking: headache, nausea, thirst, fatigue, anxiety, and generally feeling sick; over the long term: weight gain, alcohol abuse or dependence, damage to the pancreas and heart, coronary artery disease, hypertension, increased risk of strokes, malnutrition and vitamin deficiency diseases, increased risk of certain types of cancer such as tongue, mouth, throat, liver, stomach, and bladder cancer]
 4. Why should pregnant women avoid drinking alcohol?
[alcohol can cause fetal alcohol syndrome in the fetus; birth defects and abnormalities include growth retardation, mental retardation and other psychological disorders, skull and facial deformities, defects in major organ systems, and greater susceptibility to minor infectious diseases and respiratory problems]
 5. What kinds of symptoms might someone in alcohol withdrawal experience?
[tremors, high blood pressure, nausea, diarrhea, insomnia, sweating, pounding heartbeat, and seizures; delirium tremens (DT) causes disorientation, delirium, and hallucinations]
 6. In general, what is the difference between alcohol abuse and alcohol dependence?
[alcohol abusers remain in control of their alcohol use, even if their decisions are affected by poor judgment or other social or environmental factors; individuals who are dependent on alcohol no longer have full voluntary control of alcohol use because brain and body functioning have been altered, creating a “drive” for alcohol use]
 7. What are some ways to tell if someone may have an alcohol problem?
[frequency of alcohol use; CAGE questionnaire; tolerance level; combination of social and medical problems related to alcohol]
 8. What are some treatment options for someone with alcohol dependence?
[detoxification facilities, in-hospital rehabilitation centers, outpatient medical treatment, family counseling, supervised living environments, social support organizations (e.g. Alcoholics Anonymous), and drug therapy]
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SUBSTANCE ABUSE - ALCOHOL

Teaching Objectives

The facilitator and farmworker participants will discuss:

- 1. How does alcohol use affect the body?**
 - a. different side effects with different blood alcohol levels; can cause death
 - b. short-term and long-term negative health effects
 - c. interactions with prescription and over-the-counter drugs
 - d. fetal alcohol syndrome (FAS)
 - e. withdrawal symptoms and delirium tremens (DT)

 - 2. What problems can result from excessive long-term alcohol use?**
 - a. alcohol abuse
 - b. alcohol dependence
 - c. long-term health problems

 - 3. How can you determine if someone may be abusing alcohol?**
 - a. frequency of use
 - b. CAGE questionnaire
 - c. tolerance
 - d. social and medical problems

 - 4. How can someone get help with cutting back or stopping alcohol use?**
 - a. awareness of appropriate limits
 - b. treatment options: detoxification facilities, in-hospital rehabilitation centers, outpatient medical treatment, family counseling, supervised living environments, social support organizations (e.g. Alcoholics Anonymous), and drug therapy
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SUBSTANCE ABUSE - ALCOHOL

Motivating/Learning Activity

The motivating / learning activity is an opportunity to support knowledge acquisition and comprehension among participants on a given health topic. These activities should be interactive and should begin to engage farmworkers in critical thought about the application of health information.

This is an opportunity to engage the group and to assess the comfort level and knowledge on the subject. You may find that the workers are very familiar with the topic and only require a review, or you may find that this topic is new or that there are misconceptions or mistaken ideas among the group. For this reason, it is a good idea to briefly note comments by the workers for further discussion.

A few suggested activities are:

- Cabbage game with questions related to alcohol use, effects, consequences, treatment, control, etc.
 - Discuss alcohol-related health problems and brainstorm ways to prevent these from occurring (limiting alcohol consumption)
 - If you know anyone who is a recovering alcoholic and would be willing to talk about his/her experiences, invite that person to talk to the group
 - Use “Jeopardy” game to review specifics about alcohol use
 - Distribute Alcoholics Anonymous brochures and information about the time and location of local meetings; encourage anyone who is interested to check out a meeting or ask you (confidentially) for more information
 - Review the laws about alcohol use and design a short quiz to reinforce information
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Empowerment Activity

The goal of an empowerment activity is to develop skills, learn a new task, consider action to change one's situation, and / or begin exploring how to help oneself.

This is an important opportunity to identify what the farmworkers can do to reduce the likelihood of abusing alcohol themselves or to help others who may have alcohol problems.

- Are they aware of the suggested limits for alcohol consumption?
- Do they know about the treatment options that are available in case they or a friend needs to seek help for an alcohol problem?
- Do they have a plan to approach and talk to someone who they think may have an alcohol problem?

Discuss the suggested limits for alcohol consumption for men and women and show examples of “one drink”, such as one can or small bottle of beer, one 4-oz. glass of wine, one shot of liquor, and one mixed drink. Ask the farmworkers to make personal goals for reducing their alcohol consumption if necessary and, if able, to write down the goals on a piece of paper that they can keep with them. Make a list of the treatment options and facilities available in the area and discuss the advantages and disadvantages of each option with the group. Talk about how farmworkers might approach someone with an alcohol problem and brainstorm effective ways to suggest that the person seek treatment. Choose pairs of volunteers to act out how they might choose to approach someone and discuss whether the group believes each approach could be successful or whether it needs to be modified.

Reality check

- Tailor activities to the comfort level of the farmworkers; some individuals may be unwilling to talk about their drinking habits and should be allowed to just sit and listen or opt out of the activity.
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Sample Class Plan

Subject: alcohol use

Date:

Time:

Topic: How does alcohol use affect the body?
(teaching objective 1 from substance abuse – alcohol module)

Key points, information, skills, or activities

As a result of this health education session, participants will:

1. Identify the short-term and long-term health effects of alcohol, including fetal alcohol syndrome and withdrawal.
2. Increase their perceived susceptibility, the perceived cost, and the perceived severity of alcohol abuse/dependence, increasing the likelihood of behavior change.

Teaching methods

- Use of visual aids and drawing
- Discussion of handout materials
- Interactive discussion
- Brainstorming
- Personal sharing
- Self-empowerment
- Cabbage game/Jeopardy game

Materials and preparation needed

- large sheets of paper, markers or crayons, and stickers
- “Drinking and Your Pregnancy” handouts
- photographs or price information from grocery and liquor stores
- “cabbage” with questions (if using)
- “Jeopardy” question cards (if using)
- brochures from clinics, health department, or AA groups

Supporting media

Brochures or flyers appropriate for language and reading levels to distribute
NCFHP-approved content in case of questions

To begin, invite participants to reflect on their experiences with alcohol use. What do participants already know? What would they like to learn?

1. Identify the short-term and long-term health effects of alcohol, including fetal alcohol syndrome and withdrawal.

Alcohol use can produce immediate mental and physical effects depending on the level of intoxication (see table in “Content” section), and moderate to heavy use can cause many short-term and long-term health problems. Short-term effects may include aggressive behavior, suppression of REM (dreaming) sleep, increased urination, memory loss, skin flushing/redness, stomach irritation, nausea/vomiting, impaired sexual performance, decreased sensitivity to pain, headache, nausea, thirst, fatigue, and anxiety. Over the long term, individuals can experience weight gain, alcohol abuse or dependence, damage to the pancreas and heart, coronary artery disease, hypertension, increased risk of strokes, malnutrition and vitamin deficiency diseases, and increased risk of certain types of cancer such as tongue, mouth, throat, liver, stomach, and bladder cancer. Alcohol consumption during pregnancy can result in fetal alcohol syndrome, and dramatic withdrawal symptoms can occur if someone with alcohol dependence tries to stop using alcohol.

▼ **Learning activities**

- Use a large sheet of paper to draw your own table and list various blood alcohol concentrations and the associated number of drinks for men and women. Ask the farmworkers to brainstorm the effects that occur with various BAL/# of drinks and correct any misconceptions.
- Draw a large picture of a person or bring a large doll and ask farmworkers to put stickers on the areas of the body that can be harmed by long-term alcohol use. Provide details about the damage that can be caused in each of the areas of the body.
- Review “Drinking and Your Pregnancy” pamphlets with families for information about fetal alcohol syndrome.
- Discuss withdrawal symptoms and what farmworkers should do if they think someone is experiencing alcohol withdrawal.

2. Increase farmworkers’ perceived susceptibility, the perceived cost, and the perceived severity of alcohol abuse/dependence, increasing the likelihood of behavior change.

According to the Health Belief Model, increasing farmworkers’ awareness of their susceptibility to overuse of alcohol, the cost of purchasing alcohol, and the severity of the conditions that can result from alcohol abuse or dependence can increase the likelihood that they will be willing to make lifestyle changes to decrease their risk of developing alcoholism.

▼ ***Learning activities***

- Take photographs at a grocery store and a liquor store (with permission) or write down the prices of various alcoholic beverages and common foods and bring the photographs/information with you. Discuss the relative costs of each and the benefits of purchasing one over the other, stressing the health benefits of a varied diet and the number of empty calories in alcoholic beverages.
- If activities are done in a group setting, invite a physician or other health care professional to discuss the severity of alcohol-related problems with the group and to answer any questions they may have.

Suggested review activities (choose one or two)

- play the cabbage game with a variety of questions to assess learning
 - play “Jeopardy” or other competitive game with prizes
 - ask if there were any points that were unclear
 - invite questions from the group
 - distribute written/pictorial information to reinforce the information learned
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Support for Learning Activities

These are a few suggested questions for the cabbage game. Feel free to write your own questions in addition to or instead of these. If the question is true/false, have the worker or another participant restate the sentence so that it will be true.

- What might make someone more vulnerable to the effects of alcohol?
- Give some examples of “one drink” of alcohol.
- What are some “hangover” symptoms?
- How many drinks in one hour can kill a person?
- Name some long-term health effects caused by drinking too much alcohol.
- Why should pregnant women not consume alcohol?
- Why is alcohol withdrawal dangerous for someone who is dependent on alcohol?
- What is the difference between alcohol use and alcohol dependence?
- Define “current use”, “binge use”, and heavy use.
- What are some social or medical problems that someone who is abusing alcohol might have?
- List some North Carolina laws regarding alcohol.
- What are some ways that someone who is dependent on alcohol can get help?
- How much alcohol use is considered safe?

Possible “Jeopardy” questions (with suggested point values):

- 100: Is alcohol a legal or illegal drug?
- 100: True or false: drinking too much alcohol can kill a person.
- 100: True or false: drinking during the first month of pregnancy is okay.
- 200: Name three common “hangover” symptoms.
- 200: True or false: alcohol improves sexual performance.
- 200: How often does a “current user” drink alcohol?
- 300: Why are alcoholics more at risk for nutritional problems?
- 300: What is the CAGE questionnaire used for?
- 300: What is Alcoholics Anonymous?
- 400: What is the difference between alcohol abuse and alcohol dependence?
- 400: Name three potential alcohol withdrawal symptoms.
- 400: True or false: women can drink more alcohol than men before becoming drunk.
- 500: What is delirium tremens?
- 500: How long does it take for the body to break down the alcohol in one drink?
- 500: What is the legal limit for blood alcohol concentration when driving?
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Recommended Resources for Outreach Workers

- Brochure **Hope, Help, and Healing: A Guide to Helping Someone Who Might Have a Drug or Alcohol Problem**
Partnership for a Drug-Free America
2005
Available in English/Spanish
Outreach workers and farmworkers

This brochure provides information on how to tell if someone might have an alcohol problem and what to do to help.

Available online from:

<http://store.health.org/catalog/productDetails.aspx?ProductID=17247>

- Brochure **How to Help Your Patients or Clients Be Alcohol-Free Mothers-to-Be**
Partnership for a Drug-Free America
2005
Available in English/Spanish
Health care providers and outreach workers

This brochure provides information on counseling women who are pregnant or planning a family about alcohol use and its effects on the fetus.

Available online from:

<http://store.health.org/catalog/productDetails.aspx?ProductID=16952>

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- Pamphlets:
 1. **AgePage - Alcohol Use and Abuse**
 2. **Alcohol: A Women's Health Issue**
 3. **Alcohol: What You Don't Know Can Harm You**
 4. **Alcoholism: Getting the Facts**
 5. **A Family History of Alcoholism - Are You at Risk?**
 6. **Drinking and Your Pregnancy**
 7. **Harmful Interactions: Mixing Alcohol with Medicines**
 8. **How Does Alcohol Affect the World of a Child?**
 9. **How to Cut Down on Your Drinking**
 10. **Keep Kids Alcohol Free: Strategies for Action**

National Institute on Alcohol Abuse and Alcoholism
2006

Available in English/Spanish

Outreach workers, farmworkers and their families

Available online from:

<http://www.niaaa.nih.gov/Publications/PamphletsBrochuresPosters/English/>

- Web Site **Alcoholics Anonymous**
2006
Available in English
Health care providers and outreach workers

Official Internet site of the Alcoholics Anonymous organization. Provides information about AA meetings, resources for members, and links to find out when and where meetings are held in your area.

Available online from:

<http://www.aa.org/>
