



APRIL ALCOHOL AWARENESS MONTH 2018

“BINGE DRINKING”

STATISTICS:

- One in six people binge drink about four times a month, and consume about eight drinks per binge.
- Mega-Drinks, such as Long Island Ice Tea's, DO NOT equal 1 drink (3 Long Island Ice Tea's = 15 drinks).
- Approximately 52% of people who drink excessively report binge drinking in the past 30 days.
- The prevalence of binge drinking among men is twice the prevalence among women.
- Binge drinkers are 14 times more likely to report alcohol impaired driving than non-binge drinkers.
- About 90% of the alcohol consumed by those under the age of 21 in the United States are in the form of binge drinks.

** In a 1-hour time frame for binge drinking considered:*

MEN

5 or more drinks for WOMEN

4 or more drinks

MON 2

1000-1300

MARINE CORPS EXCHANGE
BOOTH

THU 5

1000-1300

CSACC AND SEMPER FIT EVENT
@ MARSH CENTER LOBBY

6, 13, 20 & 27

0800-1230

PRIME FOR LIFE 4.5 @ED
CENTER RM-12

TUE 10

0800-1230

PRIME FOR LIFE 4.5 @ED
CENTER RM-12

THU 12

1100-1300

NAVAL HEALTH CLINIC
LOBBY BOOTH

MON 16

1000-1245

QUANTICO MIDDLE/HIGH
SCHOOL

WED 18

1500-1800

SEMPER FIT WOMEN'S HEALTH

WED 25

1800-1930

SEMPER FIT AND CSACC YOGA
FAMILY DAY GLOW CLASS

WED 26

0800-1330

RUSSELL-KNOX BUILDING, IT IS
BRING YOUR CHILD TO WORK
DAY EVENT

THU 19

1600-1630

SECURITY BATTALION
BARRACKS BRIEF

SAT 28

1000-1400

CSACC AND SECURITY
BATTALION DRUG TAKE BACK
@ MCX

While we make every effort to conduct professional learning events on the dates and locations advertised, they are subject to change without prior notice. This could be due to low enrollment or factors beyond our control. We will attempt to notify registrants to limit inconvenience.