

LOOK AGAIN

Be the Difference.

Brought to you by the
Kansas Alliance for Drug
Endangered Children

Alcohol

Alcohol use is widespread across our society, and many people are unaware of the serious health risks associated with overconsumption. Alcohol misuse can impact your relationships with friends and family, and is especially harmful to children.

Harms from Alcohol Misuse

Knowing the harms associated with alcohol use can help inform your plan to quit or reduce your consumption.

- ▶ Around 178,000 people die from excessive alcohol use each year in the U.S.
- ▶ Alcohol use increases the risk of harm from high blood pressure, heart disease, liver disease, strokes and other health issues
- ▶ Even moderate use can increase mental health disorders such as depression and anxiety
- ▶ Drinking to excess can increase the prevalence of risky behaviors, physical and sexual violence, and motor vehicle crashes resulting in death

“Not every danger leaves a mark. Look again.”



Nationally, substance abuse contributes to 75% of incidents of children placed in foster care.

Impacts of Alcohol Misuse on Children

Modelling an alcohol-free lifestyle for your children creates healthy behaviors and positive outcomes later in life. Just over 10% of U.S. children live with a parent who has alcohol use disorder.

Kids who are exposed to alcohol misuse are at risk of:

- ▶ Unpredictable and inconsistent parenting behaviors, leading to trust and safety issues
- ▶ Increased risk of physical and emotional abuse
- ▶ Higher rate of underage drinking and substance misuse

Make a Change for Good

Quitting or reducing your alcohol use can have positive impacts on the health of your family. Creating alcohol-free environments sets children up for success later in life.



- ▶ Store alcohol out of reach of children
- ▶ Monitor your drinking habits and try to drink less
- ▶ If you're pregnant, taking certain medications or can't manage your alcohol use, you should avoid alcohol entirely

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