

Prevention Professionals of Northern Middlesex



July 9, 2021

The summer is here and as we welcome it and our new found social freedom, there are many aspects that we can incorporate into our daily life to create healthy wellness. As our prevention efforts evolve to meet community and social change, keep us in mind for resources and support. Here is to a healthy summer for one and all!

Facts. No Filters.

<https://www.mass.gov/facts-no-filters>

It's summer, the Commonwealth is opening up, people are socializing and now is a good time to talk with your teens about vaping. The MA Department of Public Health, in collaboration with the Office of Consumer Affairs and Business Regulation, recently launched a vaping education campaign for youth: *Facts. No Filters.* The campaign gives youth facts about the dangers of vaping, tips to help them talk to friends, and resources to quit. For more information reach out **Ashley Hall, Northeast Tobacco-Free Community Partnership**, at (978) 722-2864 or ashley.hall@glfhc.org.

Risky Drinking Can Put a Chill on Your Summer Fun!

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/risky-drinking-can-put-chill-on-your-summer-fun>

Summer is typically a wonderful season for outdoor activities and spending additional time with family and friends. For some people, these activities include drinking alcoholic beverages. In light of the coronavirus pandemic as well as the negative consequences associated with drinking, it is particularly important this summer to take measures to protect your own health and that of your loved ones.

Rethink Drinking

<https://www.rethinkingdrinking.niaaa.nih.gov/>

For anyone who drinks, this site offers valuable, research-based information. Take a look at your drinking patterns and how they may affect your health and wellness.

WHO ARE WE?

PPNM is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 21.

Communities include:

Billerica—Mike Higgins
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Rethink Your Drink-What About Sugar?

https://www.cdc.gov/healthyweight/healthy_eating/drinks.html

Most of us eat and drink too many added sugars, which can lead to significant health problems. Sugary drinks are the leading source of added sugars in the American diet.

Sobering Facts: Alcohol-Impaired Driving State Fact Sheets

https://www.cdc.gov/motorvehiclesafety/impaired_driving/states.html

Almost one in three traffic deaths in the United States involves a driver with a blood alcohol concentration (BAC) of 0.08% or higher. Alcohol-impaired driving laws make it illegal to drive with a BAC at or above a specified level (0.05% or 0.08%, depending on the state).

World Health Organization and Alcohol

https://www.who.int/health-topics/alcohol#tab=tab_1

Alcohol is a toxic and psychoactive substance with dependence producing properties. In many of today's societies, alcoholic beverages are a routine part of the social landscape for many in the population. This is particularly true for those in social environments with high visibility and societal influence, nationally and internationally, where alcohol frequently accompanies socializing. In this context, it is easy to overlook or discount the health and social damage caused or contributed to by drinking.

Heat and alcohol- A Dangerous Combination

<https://www.hazelden.org/web/public/ade70528.page>

The Centers for Disease Control and Prevention (CDC) reports that alcohol use is a factor in up to 50 percent of adolescent and adult deaths associated with water recreation. Nearly one-third of boating fatalities involve alcohol use. Alcohol interferes with balance, coordination and judgment. These effects are heightened by sun exposure and heat. This means that you can put yourself at risk during hot weather activity even if you don't have much to drink.

So What's in That Drink, Exactly?

<https://www.rethinkingdrinking.niaaa.nih.gov/tools/calculators/Default.aspx>

Summer cocktails may be stronger, more caloric, and more expensive than you realize. You may be watching what you eat so you can fit into those summer clothes, but watching what you drink can keep you safe. NIAAA's alcohol calculators can help you assess calories, drink size, alcohol spending, blood alcohol levels, and the number of standard drinks in each cocktail. How much alcohol is really in your drink? How many calories? What's the cost to you per week, month, or year?

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