



# The Well

April 2019

## Alcohol abuse and dependence: Risks factors, health issues and resources for help

**Alcohol affects everyone differently.** Individual reactions can vary due to:

- Age, sex and race or ethnicity
- Weight or fitness level
- Amount of food in your stomach
- How quickly drinks were consumed
- Drugs or prescription medicine use
- Family history of alcohol problems

**Moderate vs. heavy drinking: Where's the dividing line?** Moderate drinking means up to one drink per day for women and up to two drinks per day for men (consumed on any single day, not an average over several days). Heavy drinking is defined as eight drinks or more per week for women and 15 drinks or more per week for men.

**Is heavy drinking considered excessive alcohol use?** Yes. It also includes binge drinking, underage alcohol use (21 is the minimum legal drinking age in all states) and drinking during pregnancy. Binge drinking is defined as five or more drinks for men or four or more drinks for women, generally within a two-hour period.

**Are all heavy drinkers alcoholics?** No. Here are the signs of alcoholism:

- Inability to limit drinking
- Continuing to drink despite the personal or professional problems it causes
- Needing to increase how much you drink to get the same effect
- Wanting a drink so badly you can't think of anything else

**The dangers of intoxication and alcohol abuse:**

- Impaired brain function resulting in poor judgment, reduced reaction time, loss of balance and motor skills, or slurred speech
- Increased risk of certain cancers, stroke and chronic diseases
- Violence (child maltreatment, homicide or suicide)
- Coma and death (due to rapid consumption of large amounts)

For more information visit: [cdc.gov/alcohol](https://www.cdc.gov/alcohol)

### How to get help:

Call the National Drug and Alcohol Treatment Referral Routing Service at **1-800-662-HELP** to speak to a counselor and find treatment programs in your local community.

## Alcohol Awareness Month

In the U.S., one in every 12 adults suffers from alcohol abuse or dependence. Find answers about prevention, treatment and recovery at [cdc.gov/alcohol/](https://www.cdc.gov/alcohol/).

## Race and ethnicity play a role in health

Did you know that some minorities experience more preventable disease, death and disability compared to non-minorities? Studies show that the disparities can be affected by certain risky behaviors, where they live, social and cultural factors and access to health care.

### Did you know?

- African Americans have the highest mortality rate of any racial and ethnic group for all cancers combined and for most major cancers.
- Hispanic Americans have higher rates of end-stage renal disease (caused by diabetes) and they are 40% more likely to die from diabetes as non-Hispanic whites.
- American Indian/Alaska Native girls have death rates from suicide at almost four times the rate for white females in the same age groups.
- Asian Americans are twice as likely to develop chronic hepatitis B, compared to whites.

### How are disparities being addressed?

The Centers for Disease Control and Prevention administers REACH (Racial and Ethnic Approaches to Community Health), a national program that works with state and local health departments, tribes, universities and community-based organizations to improve health outcomes for these minorities.

For more information visit:  
[cdc.gov](https://www.cdc.gov)



Try this tasty side dish for your family gatherings

## Oven-Roasted Asparagus with Orange-Tarragon Aioli

The flavor of roasted asparagus is enhanced by a savory sauce blending plain low-fat yogurt, reduced-fat mayonnaise, citrus and herbs for less fat and calories than traditional hollandaise.

Makes: 4 servings

### Ingredients

1 1/4 pounds asparagus, with tough ends broken off  
2 tablespoons olive oil  
Pepper, to taste  
1/3 cup low-fat plain yogurt  
1/3 cup reduced-fat mayonnaise  
2 tablespoons minced fresh tarragon or 2 teaspoons dried tarragon  
1 tablespoon minced shallots  
1 small garlic, minced  
2 teaspoons orange zest  
1 teaspoon Dijon mustard  
1/4 cup fresh orange juice  
Tarragon sprigs, for garnish

### Directions

1. Preheat oven to 425°F.
2. Arrange single layer of asparagus stalks in an oven-proof baking dish and drizzle with olive oil. Roast 12 to 15 minutes until asparagus begins to brown, but cook until fork tender only. Remove from oven and season to taste with pepper.
3. While asparagus is cooking, make aioli by combining yogurt, mayonnaise, tarragon, shallots, garlic, orange zest and mustard in a small bowl. Mix in orange juice. Whisk to blend well. Season to taste.
4. Arrange asparagus on a serving dish and spoon aioli over the top. Garnish with tarragon sprigs. Serve immediately.

Nutrition Information	
<b>Calories</b>	<b>190</b>
Calories from fat	120
Total fat	14 g
Saturated fat	2 g
Trans fat	0 g
Cholesterol	10 mg
Sodium	180 mg
Total carbohydrate	14 g
Dietary fiber	3 g
Sugars	9 g
Protein	4 g

Source: Academy of Nutrition and Dietetics