

PREVENT DEATH BY LIFESTYLE

MINDFUL ALCOHOL CONSUMPTION 2015



It's Carnival Season- Think Before You Drink!

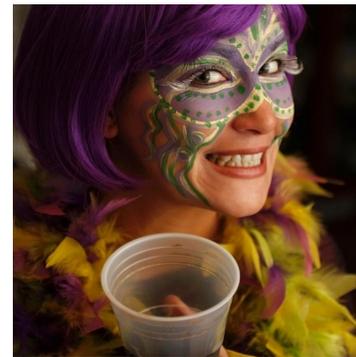
GO-CUP

A term used in New Orleans to refer to the plastic cups given by bars to their patrons so that they might take drinks off of the premises, as in to-go drinks or at closing time.

"It's closing time, guys. Want your drink in a go-cup?"

(Source: Urban Dictionary)

We are all familiar with the practice of using go-cups, but how much do you really know about the beverages inside?



Unlike most US cities who have "open Container" laws, it is perfectly legal to drink alcohol on the streets of New Orleans as long as the beverage is not in a glass container.

HOW MANY CALORIES ARE YOU DRINKING?

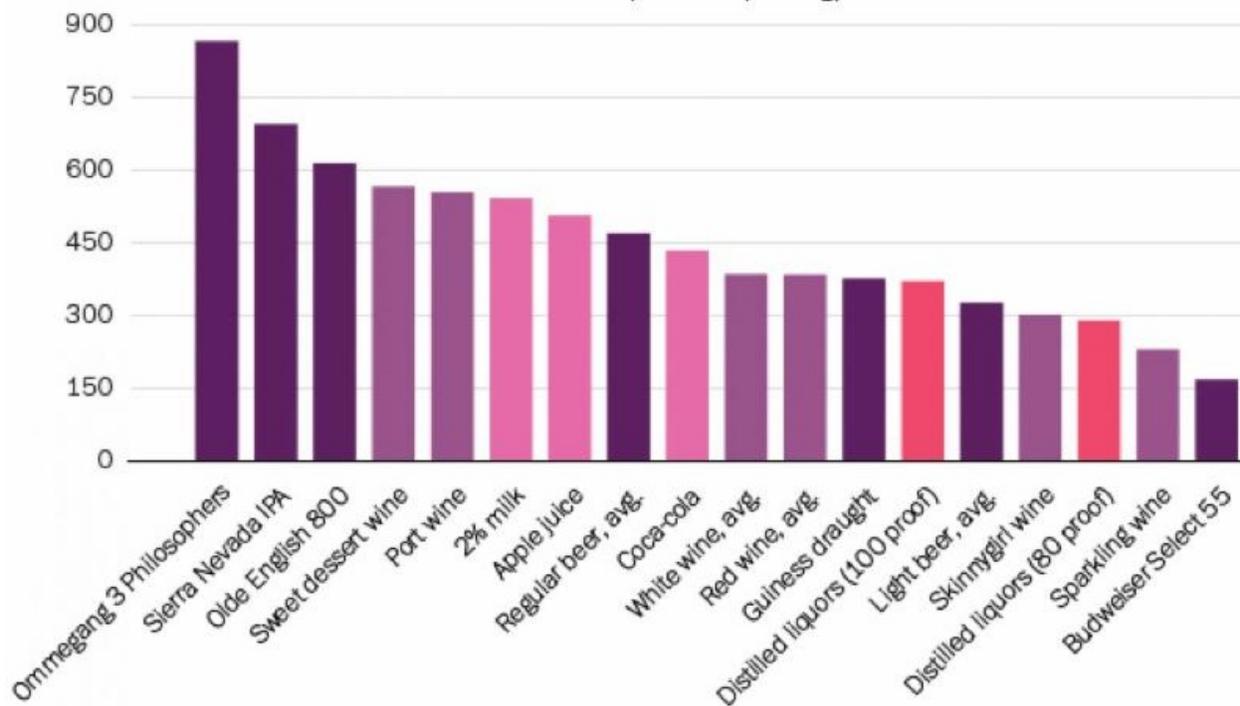
Calories per 3 servings:

LIQUOR
(4.5 oz.)

WINE
(15 oz; 12 oz.
for dessert,
port and sparkling)

BEER
(12 oz.)

NON-ALCOHOLIC
(12 oz.)

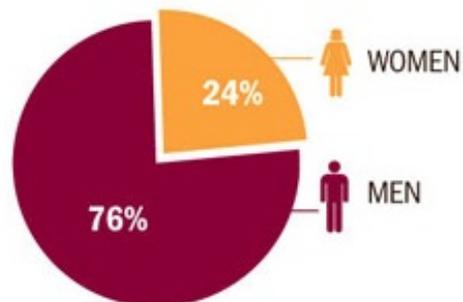
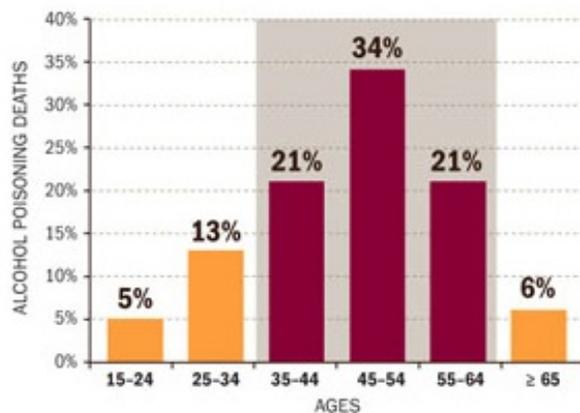


SOURCE: USDA, Calorieking.com, Efficientdrinker.com, Fatsecret.com, Skinnygirlcocktails.com

GRAPHIC: The Washington Post. Published March 28, 2014

Alcohol poisoning deaths are most common among middle aged adults

Most people who die of alcohol poisoning are men



Binge Drinking

While partying is fun (and encouraged!) during Mardi Gras, it is also a time when it is easy to overindulge in drinking.

Binge drinking is a pattern of drinking that brings a person's blood alcohol

concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours. (National Institute on Alcohol Abuse and Alcoholism).

And if you think this problem only applies to 20-something college students, think again! A new study from the CDC has found that the majority of deaths from binge drinking happen among people ages 35-64.

For more information on this new study, please visit <http://www.cdc.gov/vitalsigns/alcohol-poisoning-deaths/index.html>

Binge drinking is associated with many health issues, but our main concern this Carnival season is unintentional injuries, specifically car accidents. Stay safe this Mardi Gras and don't drink + drive or get into a car with a drunk driver!

Please visit our website for more information on impaired driving and it's [consequences](#).

Stay safe out there, friends!

The NOMAF Team

Coming up:

4-1-1 on Louisiana's new DUI laws and NOMAF website update in the coming weeks! In the meantime, feel free to peruse the site for tips on creating health goals for 2015, info on our recent partnerships, and more!

<http://www.nomaf.org>



