

# Alcoholism/Alcohol Abuse

About 18 million people, or more than 5% of the US population, are heavy drinkers

Research appears to indicate there is no difference between the amount of alcohol abuse in the church versus outside the church

70% of all violent crime, 90% of all poverty crime, 50% of homicides, 50% of traffic fatalities, 50% of fires and 33% of all traffic accidents are directly related to people abusing alcohol and drugs

Alcohol abuse is a significant contributor to spousal and child abuse, abandonment and neglect.

A US people group that has one of the fastest growing percentages of alcoholism/alcohol abuse is men and women ages 60 years old and up that have retired. Many in this age group have worked for 30 years + and have gotten much of their self-worth, identity and purpose from their work. Retirement has contributed to their feelings of being unimportant, unnecessary and without a purpose. Drinking helps the retirees escape these feelings.

Many suicides are directly related to alcoholism and drug addiction

Binge drinking is simply where the person drinks only to get drunk. It is the most common drinking problem for young people under age 21.

Binge drinking turns into alcohol abuse when someone's drinking begins to cause problems and the drinking continues anyway.

An average of 4-5 people are directly or indirectly negatively impacted by each alcoholic

Alcoholism and drug addiction cost the US economy more than 225 billion dollars in 2007

## Some signs and symptoms of alcoholism or alcohol abuse:

Drinking alone or in secret

Being unable to limit the amount of alcohol you drink

Gulping drinks, ordering doubles, becoming intoxicated intentionally to feel good or drinking to feel normal.

Having legal problems or problems with relationships, employment or finances

Feeling a need or compulsion to drink

Not remembering conversations or commitments, sometimes referred to as "blacking out"

Losing interest in hobbies and activities that used to bring pleasure

Complaining by family or friends about a person's drinking

Anxiety or feelings of awkwardness in places where alcohol is not served

Promises or attempts to quit with repeated failures

The drinker's family history includes people who had problems with alcohol