



# DECEMBER

2015

**PGH  
365**

Sponsored by UPMC

Pittsburgh 365 is a community initiative to encourage our neighbors to participate in available health services and programs throughout the year so that they can live their best life possible. Healthy communities do more than just exercise and eat right, they focus on all five areas of health.



**BODY**  
Physical and  
Nutritional Health



**MIND**  
Mental and  
Emotional Health



**SPIRIT**  
Spiritual  
Health



**HOME**  
Environmental  
Health



**MONEY**  
Financial  
Health

## Alcohol Use



**The use of alcohol is a common social activity in America.** In our society, it is socially acceptable to drink an alcoholic beverage—to celebrate, to feel better, because it's a holiday, because the Steelers are playing. Since alcohol use is so widespread and common, it can be hard to recognize when your alcohol use habits are harmful to your health. For example, many people don't realize that some of their regular drinking habits may be considered 'binge drinking'. Binge drinking is any episode when men consume at least 5 drinks, and when women consume 4 or more drinks, in about 2 hours. Regular alcohol use can have serious effects on your health. It contributes to cancer, liver problems, and violence.

Researchers know that Caucasians drink more often and more heavily than any other racial/ethnic group but that they experience fewer problems related to alcohol use. Researchers are now trying to find out why that is.

**READ MORE!** For more information about alcohol, including research opportunities, check out the "Take Charge of Your Health Today" page in the *New Pittsburgh Courier* on Wednesday, December 2.

**LET'S TALK!** Lunch & Learn held at the Urban League of Greater Pittsburgh on Thursday, December 3 from noon to 1 p.m. This is a great chance to get questions about alcohol use answered. The Urban League is located downtown at 610 Wood Street. Lunch is provided.

## Take Charge Of Your Health Today. 3 Things to Know about Alcohol Use

**January  
Health Focus:**  
Physical Activity

- 1) Know what a "standard drink" looks like.** One drink is considered 0.6 oz of pure ethanol. This means 12 oz of beer; 8 oz of malt liquor; 5 oz of wine; or 1.5 oz (a "shot") of 80-proof distilled liquor (e.g., gin, rum, vodka, or whiskey).
- 2) Excessive alcohol use can lead to public health problems.** This includes intimate partner violence, community violence, high-risk sexual behaviors and child abuse and neglect.
- 3) Help is available.** If you or anyone in your family is addicted to alcohol, help is available. Many therapies can help individuals with their addiction such as group therapy, individual therapy, medical interventions, and in-patient and out-patient rehab programs. Finding the right fit may take more than one try.

*Healthy Communities 365 is proud to partner with the Urban League of Greater Pittsburgh and University of Pittsburgh Clinical and Translational Science Institute (CTSI)*



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**For more information visit [healthycommunities365.org](http://healthycommunities365.org) or call (412) 578-9189.**

**DECEMBER  
EVENTS:**

