

MCRUD Resource Sheet – December 2019

Articles

- 11.26.19 [Uber Fuels Heavy Alcohol Consumption](#)
- 12.2019 [Is Moderate Drinking Protective Against Heart Disease? The Science, Politics and History of a Public Health Conundrum](#)
- 12.05.19 [Adult beverages now available at Nebraska Furniture Mart](#)
- 12.11.19 [Booze Break Among Top Issues That Could Hop on Must-Pass Bills](#)
- 12.17.19 [GR bar's license suspended after fatal crash](#)
- 12.19.19 [Congress passes bill averting end-of-year tax hikes for U.S. distillers, brewers, and winemakers](#)

Pam Erickson – Healthy Alcohol Marketplace – Decemer 2019 - [Retailer Responsibility: Taking Care of Holiday Customers](#)

01.22.2020 - NABCA Webinar: [Women. Alcohol. Health. – From Blackouts to Breast Cancer](#)

NOFAS Weekly Roundup -

Research:

The Journal of the NIAAA. [High-Intensity Drinking](#) - Megan E. Patrick and Beth Azar. Megan E. Patrick, Ph.D., is a research associate professor at the University of Michigan Institute for Social Research, Ann Arbor, Michigan. Beth Azar, M.A., is a science writer for Alcohol Research: Current Reviews.

Binge drinking thresholds have long been set at four or more drinks for women and five or more drinks for men over the course of a few hours. However, a significant number of people regularly consume much higher amounts of alcohol: double or even triple the standard binge drinking threshold. Researchers have begun to distinguish between typical binge drinking and this kind of “high-intensity drinking,” which is common among certain types of binge drinkers and is often associated with special occasions, including holidays, sporting events, and, notably, 21st birthdays. To understand the social and physical influences of alcohol consumption, it is important for researchers to set standard definitions for high-intensity drinking and distinguish it from other types of alcohol use.

SAMHSA Publications/Information:

New Publication - [Substance Misuse Prevention for Young Adults](#)

SAMHSA Communities Talk E-Alert – [December 2019](#)

Conferences/Events

February 3-6, 2020 – CADCA’s National Leadership Forum, National Harbor, MD

February 19, 2020 – “It’s a Brain Thing.” Nate Sheets will be discussing FASD. Novi. FREE!

April 6-8, 2021 - Alcohol Policy 18 Conference – Arlington, VA.