

*The Board of Supervisors of  
Contra Costa County, California*

**In the matter of:**

**Resolution No. 2009/194**

**Declaring April 2009 as Annual Alcohol Awareness Month in Contra Costa County as Requested by The Alcohol and Other Drugs Advisory Board, Alcohol and Other Drugs Services Division, "Preventing Alcohol Abuse Among Women "**

WHEREAS, Alcohol Awareness Month, sponsored by the National Council on Alcoholism and Drug Dependence (NCADD) since 1987, began as a way of educating and raising public awareness about the disease of alcoholism, that it is a treatable disease, not a moral weakness, and that alcoholics are capable of recovery; and

WHEREAS, in California African American women comprise 15% of all women entering publicly funded treatment in 2007-2008. Cocaine crack is the drug of choice for many African American women followed by alcohol. The median age for African American women in treatment is 36; and

WHEREAS, research suggests that women may be at higher risk for developing alcohol-related problems at lower levels of consumption than men. Compared with men, women with drinking problems also are at increased risk for depression, low self esteem, alcohol related physical problems, marital discord or divorced, spouses with alcohol problems, a history of sexual abuse; and

WHEREAS, alcohol is present in more that one-half of incidents of domestic violence, with women most likely to be battered when both partners have been drinking prior to the assault; and

WHEREAS, Fetal Alcohol Spectrum Disorders (FASD) are the leading preventable cause of birth defects in the U.S., affecting as many as 40,000 babies per year and costing \$5.4 billion per year; and

WHEREAS, a study cited by the American Cancer Society finds that consumption of one alcoholic beverage per day increases the lifetime risk of a woman developing breast cancer by 10%. This increases the chance of breast cancer diagnosis from one in eight to one in seven for the average woman consuming one alcoholic drink per day, and;

WHEREAS, the Alcohol and Other Drugs Advisory Board, Alcohol and Other Drugs Women Treatment Community Based Providers, Alcohol and Other Drugs Services Division, and its Community Partners, continues to support and provide AOD prevention and treatment programs for women in Contra Costa County, and advocates for fair distribution of resources; and

WHEREAS Alcohol-Free Weekend is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and businesses. During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous and Al-Anon to learn more about alcoholism and its early symptoms. Alcohol-Free Weekend took place on the weekend of April 11-12, 2009; and

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors does hereby proclaim April 2009 as ALCOHOL AWARENESS MONTH a "Call to Action" in Contra Costa County. BE IT ALSO RESOLVED that the Board of Supervisors encourages all citizens to pledge to support public awareness efforts by community based organizations groups focused on preventing and treating the devastating effects that alcohol can have on women. Passed by unanimous vote of the Board members present on this day of April 28, 2009.

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**SUSAN A. BONILLA**

Chair,  
District IV Supervisor

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**JOHN GIOIA**

District I Supervisor

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**GAYLE B. UILKEMA**

District II Supervisor

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**MARY N. PIEPHO**

District III Supervisor

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**FEDERAL D. GLOVER**

District V Supervisor

I hereby certify that this is a true and correct copy of an action taken and entered on the minutes of the Board of Supervisors on the date shown.

ATTESTED: April 28, 2009

David J. Twa,

By: \_\_\_\_\_, Deputy