

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

In the matter of:

Resolution No. 2023/158

Recognizing April as Alcohol Awareness Month.

WHEREAS, according to the Centers for Disease Control and Prevention, excessive drinking is responsible for more than 3,900 deaths among underage youth each year, and cost the U.S. \$24 billion in 2010; and

WHEREAS, Alcohol Awareness Month provides an opportunity to increase outreach and education regarding the dangers of alcoholism and issues related to alcohol; and

WHEREAS, to protect the health and safety of California residents a shelter in place order was issued at the onset of the COVID19 pandemic. Individuals and families experienced isolation and increased stress, along with fear and anxiety.

Concurrently, many States including California relaxed alcohol related laws to provide economic support to bars and restaurants leading to a substantial increase of alcohol sales purchased off premises, consequently increasing in the use of alcohol and other drugs; and

WHEREAS, the National Survey on Drug Use and Health (NSDUH) of the Substance Abuse and Mental Health Administration (SAMHSA) reported that by the end of 2020, 25.9 million past year users of alcohol and 10.9 million past year users of drugs other than alcohol perceived that they were using these substances “a little more or much more” than they did before the COVID-19 pandemic began; and,

WHEREAS, people aged 12 to 20 years drink 4% of all alcohol consumed in the United States and more than 90% of this alcohol is consumed in the form of binge drinking; and

WHEREAS, research indicates that alcohol use during the teenage years could interfere with normal adolescent brain development and increase the risk of developing Alcohol Use Disorder; and

WHEREAS, youth who drink alcohol are more likely to experience changes in brain development that may have life-long effects including, physical and sexual violence, school and social problems, increased risk of suicide and homicide, and alcohol related vehicle crashes; and

WHEREAS, research shows that parents are the number one reason why youth choose not to drink and a supportive family environment is associated with lower rates of alcohol use among adolescents; and

WHEREAS, statewide prevention, treatment, and recovery efforts surrounding alcohol and substance use can help individuals, families, and children coping with alcoholism and alcohol-related problems.

NOW, THEREFORE BE IT RESOLVED, that the Board of Supervisors declares April 2023 as Alcohol Awareness Month in Contra Costa County. BE IT FURTHER RESOLVED that the Board of Supervisors call upon all citizens, parents, youth, governmental agencies, public and private institutions, businesses and workplaces, hospitals, and schools in the county to support efforts to that will provide Hope, Help, and Healing for those families in our communities who are facing challenges with alcohol use and abuse. PASSED AND ADOPTED by the Board of Supervisors of the County of Contra Costa, State of California, at a regular meeting of the Board held on April 18, 2023

JOHN GIOIA

Chair, District I Supervisor

CANDACE ANDERSEN

District II Supervisor

DIANE BURGIS

District III Supervisor

KEN CARLSON

District IV Supervisor

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 18, 2023

Monica Nino, County Administrator

By: _____, Deputy