The Board of Supervisors of Contra Costa County, California

In the matter of: Recognizing April as Alcohol Awareness Month.

Resolution No. 2024-106

WHEREAS, according to the Centers for Disease Control and Prevention, excessive drinking is responsible for more than 4,000 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, during the COVID-19 pandemic shelter in place order, 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 lifelong effects including, physical and sexual violence, school, social and legal problems, increased risk of suicide and homicide, and alcohol related vehicle crashes that are preventable; 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; and

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of Contra Costa County does hereby declares April 2024 as Alcohol Awareness Month in Contra Costa County; and
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 that provide Hope, Help, and Healing for those families in our communities who are facing challenges with alcohol use and abuse.

PASSED by a unanimous vote of the Board of Supervisors members present this 26th day of March 2024.

FEDERAL D. GLOVER
Chair,
District V Supervisor

Absent

JOHN GIOIA
District I Supervisor

CANDACE ANDERSEN
District II Supervisor

DIANE BURGIS
District III Supervisor

KEN CARLSON
District IV 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: March 26, 2024

MONICA NINO, Clerk of the Board of Supervisors and County Administrator

By _____, Deputy