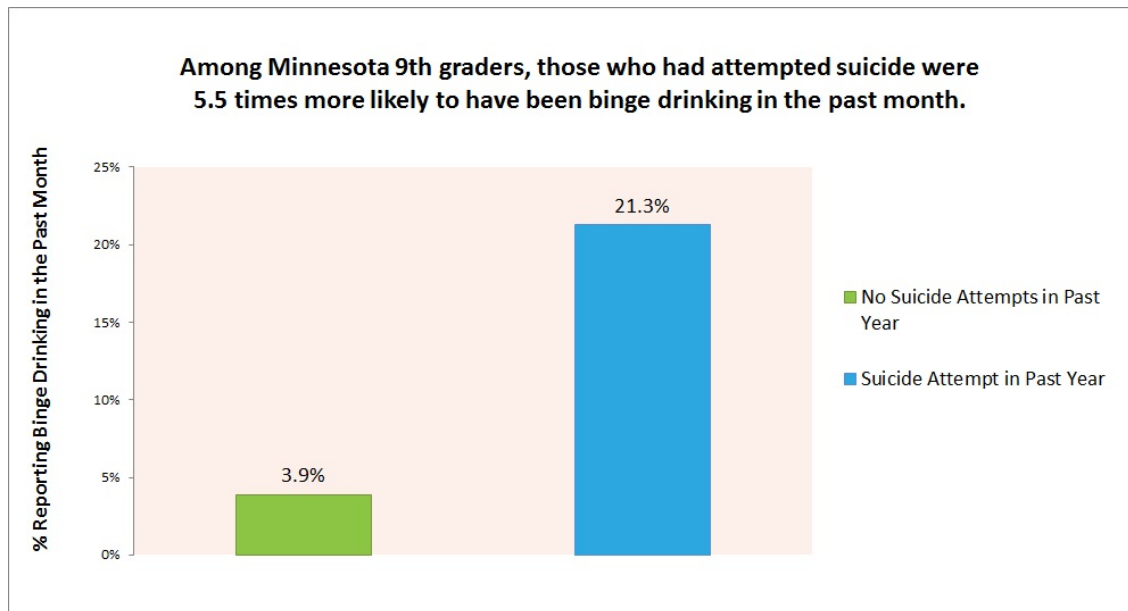




This edition looks at the intersection of youth binge drinking and suicide.

## DATA



Source: 2016 Minnesota Student Survey

The data above indicates there may be a connection between youth suicide attempts and binge drinking (5 drinks of alcohol in a row). Specifically, Minnesota 9th graders who had attempted suicide were 5.5 times more likely to have been binge drinking in the past month than those who had not.

## RESOURCE

Check out this [information brief](#) to see what strategies work to prevent binge drinking. Visit [this page](#) of the Community Guide for details on each of the strategies listed in the brief.

The source of this resource, Community Guide, is a collection of evidence-based findings created to help you select strategies shown to improve health in your community.

**Preventing Excessive Alcohol Consumption**

*Evidence-Based Interventions for Your Community*



**E**xcessive alcohol consumption is a risk factor for many health and social problems, contributing to 88,000 deaths each year in the United States.<sup>1</sup> In 2006, the estimated economic cost of excessive drinking in the U.S. was \$23.5 billion.<sup>2</sup> Drinking too much can cause immediate harm such as injuries from motor vehicle crashes, violence, and alcohol poisoning, and drinking too much over time can cause chronic diseases, such as cancer and heart disease.<sup>1</sup>

This fact sheet provides proven intervention strategies—including programs and services—for preventing excessive alcohol consumption and related harms. It can help decision makers in both public and private sectors make choices about what intervention strategies are best for their communities. This fact sheet summarizes information in the Guide to Community Preventive Services (The Community Guide), an evidence-based resource of what works in public health. Use the information in this fact sheet to select from the following intervention strategies you can adapt for your community to

- Reduce excessive alcohol use, including binge drinking and underage drinking.
- Reduce the risk of chronic conditions such as liver disease, high blood pressure, heart disease, and cancer.
- Reduce violent crime, motor vehicle injuries, and alcohol-exposed pregnancies.
- Reduce youth access to alcohol.

Want more? Browse other prevention resources at [mnprc.org/resources](http://mnprc.org/resources).

**TAKE ACTION**

**Reduce binge drinking and promote positive mental health in your community:**

**Engage community partners.**

- Provide the basics about binge drinking, if needed. These [short videos, podcasts, and other online tools](#) from CDC might be a way to start.
- Use this newsletter to start a discussion among partners from both substance abuse prevention and mental health perspectives. What are the partners willing to do in collaboration? [Use this continuum](#) as a guide.

**Connect the Community Guide recommendations to your community.** Does Minnesota, your county, or your city already have the recommended policies in place? [Check here](#) for the status of Minnesota state alcohol policies.

**Promote crisis resources.**

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text “MN” to 741741
- [Local crisis lines by Minnesota county](#)
- For more information and resources on suicide prevention, [click here](#).

**We all can use help applying action ideas in real life.** Contact your [Regional Prevention Coordinator](#) for this assistance today!

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**What's the (data)point?** is a monthly e-news feature, distributed to *MN-Prev* subscribers. It brings together the data, information, and personalized support that is available to you from the

following:



Minnesota Prevention Resource Center  
Regional Alcohol, Tobacco, and Other Drug Prevention Coordinators



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