

The American Issue

July 31, 2013

American Council on Alcohol Problems Annual Meeting September 23-24, 2013 / Birmingham, Alabama

The **American Council on Alcohol Problems annual meeting** will be **September 23-24, 2013** in **Birmingham, Alabama** at Dawson Memorial Baptist Church (1114 Oxmoor Road, Birmingham, AL 35209 / <http://www.dawsonchurch.org/>). The Executive Committee meets Monday, September 23, at 5:00 P.M. local time (Dawson Memorial Baptist Church). The opening session will be after the Executive Committee meeting on Monday, September 23, at 7:00 P.M. local time (Dawson Memorial Baptist Church). Dr. Joe Godfrey, Executive Director of ALCAP, is ACAP's host for this annual meeting. Dr. Joe Godfrey, Dr. Bill Day (incoming Executive Director of ACAP) and Dr. Dan Ireland are working on obtaining speakers for Monday evening and Tuesday's all-day session. As of the printing of this newsletter, Jason Underwood, a lawyer from Kentucky, will share his expertise on the three-tier system of alcohol distribution; Rev. David Brumbelow, author of "Ancient Wine and the Bible: The Case for Abstinence" will share information about his book and his research; and Rev. Tony Cooper Executive Director of the Jimmie Hale Mission, Inc., will share his passion for helping people in need and will give a guided tour of his facility. We will post other speaker information to the website, www.sapacap.com as the information becomes available.

During the Tuesday session state representatives will be asked to report on issues you are facing in your state and how you are meeting these challenges. How can we better assist one another on alcohol and other drug issues? Offer suggestions to make our annual meeting more helpful and relevant. Consider hosting ACAP's 2014 annual meeting.

The fee for registration is \$150.00 per person. Sleeping rooms at the Courtyard by Marriott (Homewood, Alabama) are \$92 per night plus tax. Please call Cheryl Corley at 205-989-8188 or email ccorley@alcap.com to reserve your room. **Room reservation deadline is August 30, 2013**



Latest Pennsylvania Privatization Efforts Fail Alcohol Justice <http://alcoholjustice.org/>

The alcohol industry won't give up on attempts to privatize Pennsylvania's state liquor control system. According to records from the Pennsylvania Department of State's Lobbying Disclosure database, both sides of the alcohol privatization fight spent \$925,898 on lobbying in 2013. The money came from a combination of manufacturers, retailers, unions, wineries, beer distributors and trade groups, amounting to what one newspaper called "the largest public flocks of lobbyists" in recent memory. Fortunately, the privatization part of the influx has yet to buy its intended legislative outcome. State senators recently rejected the House's proposal to transfer state liquor stores into private hands, marking the fourth time that Governor Corbett has tried and failed to remove the important state control functions that protect the health and safety of Pennsylvanians. ♦

Youth who have their first drink during puberty have higher levels of later drinking

http://www.eurekalert.org/pub_releases/2013-05/ace-ywh051013.php#

- The earlier the age at which youth take their first alcoholic drink, the greater the risk of later alcohol problems.
- New research examines the influence of puberty on initiation of drinking.
- Findings indicate that individuals who have their first drink during puberty have higher levels of subsequent drinking than individuals with a post-pubertal drinking onset.

Research shows that the earlier the age at which youth take their first alcoholic drink, the greater the risk of developing alcohol problems. Thus, age at first drink (AFD) is generally considered a powerful predictor of progression to alcohol-related harm. A new study shows that individuals who have their first drink during puberty subsequently have higher drinking levels than do individuals with a post-pubertal drinking onset.

Results will be published in the October 2013 issue of *Alcoholism: Clinical & Experimental Research* and are currently available at Early View.

"Most teenagers have their first alcoholic drink during puberty, however, most research on the risks of early-onset alcohol use up to now has not focused on the pubertal stage during which the first alcoholic drink is consumed," said Miriam Schneider, leader of the Research Group Developmental Neuropsychopharmacology at the Central Institute of Mental Health, University of Heidelberg, as well as corresponding author for the study. "Common thinking in alcohol research was that the earlier adolescents begin, the more deleterious become their drinking habits. However, a closer look at the statistics revealed a peak risk of alcohol use disorders for those beginning at 12 to 14 years of age, while even earlier beginners seemed to have a slightly lower risk. Since timing of puberty is not a simple function of chronological age, and also greatly differs between the sexes, the pubertal phase at first drink may therefore represent a stronger and better indicator for subsequent alcohol-related problems than simply the age."

"Usually this type of research has to be done retrospectively, and those studies are not very reliable," added Rainer Spanagel, head of the Institute of Psychopharmacology at the University of Heidelberg. "Prospective longitudinal studies like the one here ... are able to provide reliable conclusions on such a clinically and highly relevant research question. Alternatively, animal studies can be very informative – and which the researchers have also provided."

"Adolescents have their first drink at very different ages," explained Schneider. "It would be unethical to make adolescents have their first drink in the course of a study, so this variable requires a longitudinal epidemiological study or experimental animal research to assess drinking behavior. Also, the determination of the pubertal stage at AFD is not trivial; even our study had to rely on estimations. Third, it takes longitudinal studies to assess drinking data in early adulthood. Fourth, both drinking behavior and pubertal development can be traced back to common factors such as psychosocial adversity. Finally, while puberty and adolescence are overlapping time periods, with puberty being a part of adolescence, the terms cannot be used interchangeably. 'Puberty' refers to the time period during which sexual maturity is achieved. 'Adolescence' refers to the gradual period of behavioral and cognitive transition from childhood to adulthood, where adult behavioral abilities are acquired, and the boundaries of this period are not precisely defined. Girls complete puberty much earlier than boys, indicating a difference in timing of neurodevelopmental processes."

Schneider and her colleagues determined pubertal age at first drink in 283 young adults (152 females, 131 males) that were part of a larger epidemiological study. In addition, the participants' drinking behavior – number of drinking days, amount of alcohol consumed, and hazardous drinking – was assessed at ages 19, 22, and 23 years via interviews and questionnaires. Furthermore, a rodent study concurrently examined the effects of mid-puberty or adult alcohol exposure on voluntary alcohol consumption in later life by 20 male Wistar rats.

"Both studies revealed that those individuals that initiated alcohol consumption during puberty tended to drink more and also more frequently than those starting after puberty," said Schneider.

"In other words," said Spanagel, "this study indicates that the period of puberty might serve as a risk window for AFD. Results also show a higher Alcohol Use Disorders Identification Test (AUDIT) score later in life in those individuals who had their AFD in puberty. A higher AUDIT score is indicative of a high likelihood of hazardous or harmful alcohol consumption. This information is of great relevance for intervention programs. Even more interesting, neither pre-pubertal nor post-pubertal periods seem to serve as risk-time windows.

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Therefore, intervention programs should be directed selectively towards young people in puberty."

Both Schneider and Spanagel noted the influence of a high degree of brain development that occurs during puberty.

"Numerous neurodevelopmental alterations are taking place during puberty, such as maturational processes in cortical and limbic regions, which are characterized by both progressive and regressive changes such as myelination and synaptic pruning," said Schneider. "Typically, an overproduction of axons and synapses can be found during early puberty, followed by rapid pruning during later puberty, indicating that connections and communication between subcortical and cortical regions are in a highly transitional state during this period."

"Puberty is a phase in which the brain reward system undergoes major functional changes," said Spanagel. "For example, the endocannabinoid and dopamine systems are at their peak and these major neurobiological changes are reflected on the behavioral level; reward sensitivity is highest during puberty. Therefore, during puberty the brain is in a highly vulnerable state for any kind of reward, and drug rewards in particular. This high vulnerability might also affect reward seeking, or in this particular case, alcohol seeking and drinking behavior later in life."

"In summary," said Schneider, "puberty is a very critical developmental period due to ongoing neurodevelopmental processes in the brain. It is exactly during puberty that substances like drugs of abuse – alcohol, cannabis, etc. – may induce the most destructive and also persistent effects on the still developing brain, which may in some cases even result in neuropsychiatric disorders, such as schizophrenia or addictive disorders. Prevention work therefore needs to increase awareness of specific risks and vulnerability related to puberty."

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Alcoholism: Clinical & Experimental Research (ACER) is the official journal of the Research Society on Alcoholism and the International Society for Biomedical Research on Alcoholism. Co-authors of the ACER paper, "Impact of Pubertal Stage at First Drink on Adult Drinking Behavior," were: Dorothea Blomeyer, Arlette F. Buchmann, and Tobias Banaschewski of the Department of Child and Adolescent Psychiatry and Psychotherapy at the University of Heidelberg; Chris M. Friemel of the Research Group Developmental Neuropsychopharmacology at the University of Heidelberg; and Manfred Laucht of the Department of Child and Adolescent Psychiatry and Psychotherapy at the University of Heidelberg, and the Department of Psychology at the University of Potsdam, all in Germany. The study was funded by the German Research Foundation. This release is supported by the Addiction Technology Transfer Center Network at <http://www.ATTCnetwork.org>. ♦



Alcohol 'hard to regulate on social media'

By Isaac Davison @Isaac_Davison Email Isaac

5:30 AM Friday Mar 8, 2013

Story Link: http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=10869894

Researcher finds marketing seamlessly fitting in around website users' online interactions

Alcohol advertising is so seamlessly blended into social media and smartphone technology that government will struggle to regulate it, a researcher says. Massey University psychology lecturer Antonia Lyons was reporting the findings of the first New Zealand research on alcohol marketing on social networking sites at the "Perils of Alcohol Marketing" conference in Wellington.

A law change in December created new offences for promoting excessive consumption of alcohol or the targeting of minors in alcohol advertising. But this would be strained by the way beer, wine and spirits companies marketed their products on sites such as Facebook.

In a study of 154 people aged between 18 and 25, associate professor Lyons found that social media extended young people's drinking habits. "Facebook was embedded in these people's drinking cultures. They used Facebook to gain information about drinking, places, people, products to organize when they go out, to share photos about drinking ... to interact while engaging in a drinking session. They use it to connect with alcohol brands and products and to receive alcohol promotions." Alcohol marketing was seamlessly integrated with users' conversations, photographs, and comments. "There's a lot of viral marketing going on. The distinction between whether the online materials are made by a user or a brand is blurred. It seems like it is coming from a friend and not an alcohol product. ♦

American Council on Alcohol Problems
2376 Lakeside Drive, Birmingham, AL 35244

TO:

PURPOSE: American Council on Alcohol Problems is the channel of cooperation through which state temperance organizations, national religious bodies and similar concerned groups and individuals in America can unite to deal with the problems caused by alcohol and other drugs. ACAP provides the forum and the mechanism through which concerned persons can find common ground on alcohol and other drug problems and address these issues with a united voice. It is the successor organization to the American Temperance League and the Anti-Saloon League established in 1895. Membership of ACAP presently is made up of 30 local temperance organizations, 22 national Christian denominations, and other fraternal organizations that support ACAP's philosophy of abstinence.

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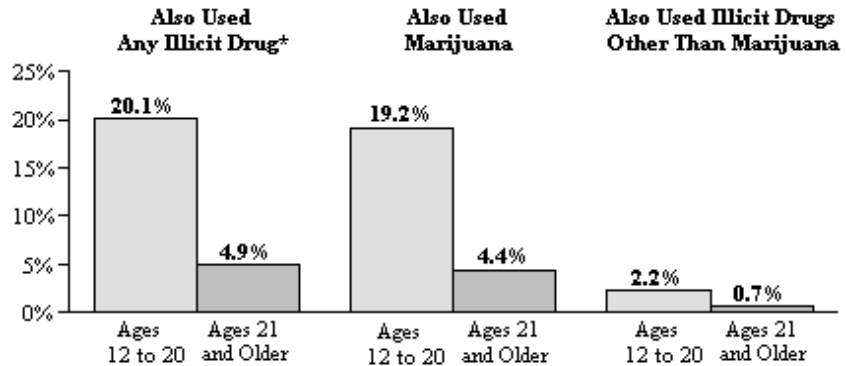
Nearly One-Fifth of Underage Drinkers Report Current Use of Marijuana with Alcohol

Underage drinkers are more likely than alcohol users ages 21 or older to use illicit drugs within 2 hours of alcohol use, according to data from the 2011 National Survey on Drug Use and Health. One in five (20.1%) underage drinkers reported using at least one illicit drug the last time they used alcohol, compared to 4.9% of those ages 21 or older. Marijuana was the most commonly reported illicit drug used in combination with alcohol by both underage (19.2%) and older (4.4%) drinkers. In contrast, illicit drugs other than alcohol, including cocaine, heroin, and prescription drugs used nonmedically, were used with alcohol by only 2.2% of underage drinkers and less than 1% of drinkers ages 21 and older. Future research will be needed to study if the co-occurring use of alcohol and marijuana changes among residents of Colorado and Washington, which have both recently enacted laws legalizing the recreational use of marijuana by adults.

Percentage of U.S. Residents Reporting Marijuana and Other Illicit Drug Use with Alcohol[†] in the Past Month, by Age, 2011

[†]Used with alcohol or within two hours of alcohol use on the most recent use of alcohol in the past month.

*Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used nonmedically.



SOURCE: Adapted by CESAR from Substance Abuse and Mental Health Services Administration, *Results from the 2011 National Survey on Drug Use and Health: Detailed Tables*, 2012. Available online at <http://www.samhsa.gov/data/NSDUH/2011SummNatFindDetTables/Index.aspx>



Enclosed is my gift to the American Council on Alcohol Problems. ACAP is recognized by the IRS as a 501(c)(3) non-profit organization and donations **are** tax deductible.

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