

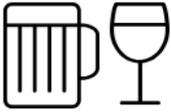
# Fond du Lac County Community Health Priority:

## Alcohol and Other Drug Abuse

**Why it matters:** Fond du Lac County has higher rates of binge drinking among adults when compared to Wisconsin and the U.S.

Wisconsin tops the nation in wasted lives, harm, and death associated with its drinking culture. Alcohol and other drug use and abuse are connected to risky behaviors that result in significant negative health and social consequences.

### In Fond du Lac County:



Nearly  
**2 in 5** 

**7**

**About 1 in 5** Fond du Lac County students reported to have drunk alcohol recently.

**adults reported binge drinking.**

Binge drinking is defined as 4 or more drinks on an occasion for females and 5 or more drinks on an occasion for males.

is the number of opioid overdose deaths in 2017.

Source: 2017 Fond du Lac County Community Health Survey and 2017 Student ATOD Survey

**Our Goal:** Reduce underage drinking and binge drinking of adults, and misuse and abuse of drugs, particularly opioids.

# DRUG FREE COMMUNITIES

Fond du Lac County

Drug Free Communities of Fond du Lac County (DFC) is a collaboration of agencies and community members, who have come together to address the growing problem of substance abuse in our community. **For more information on alcohol and drug use in Fond du Lac County contact DFC at 920.906.6700 ext. 4704 or at [www.csifdl.org/priorities/alcohol-drug-abuse/](http://www.csifdl.org/priorities/alcohol-drug-abuse/)**

# Community Health Priority: Alcohol and Other Drug Abuse

## What can I do?

Be an active partner in improving community health:

### Individual level | Knowledge, Attitude, Skills

- Learn more about substance use and join DFC and volunteer to prevent alcohol and drug use.
- Secure and dispose of old and unused medications.
- Learn how to administer Naloxone/Narcan, a medication that may reverse an opioid overdose, and become prepared to save a life.

### Interpersonal level | Family, Friends, Social Networks

- Start the conversation – talk to someone, you are not alone. Talk to your child about alcohol and drug use.
- Be your own advocate, talk with your doctor about the alternatives or quantity of pain medications being prescribed.
- Discourage underage drinking.

### Organizational level | Organizations, Schools, Workplaces

- Implement workplace alcohol and drug policies and collaborate with treatment services to support employees struggling with substance use.

### Community level | Design, Access, Connectedness, Spaces

- Develop and implement public awareness campaigns to highlight the dangers of substance use and prevention efforts.
- Increase inclusive community events that do not include alcohol.

### Policy level | National or Local Laws and Policies, Elected Officials

- Support local, state, and national policies that help to regulate and prevent substance abuse.