



OMAHA COALITION MEETING
Wednesday, June 14, 2023
9 a.m.

A G E N D A

- I. Welcome and Introductions
- II. Review of the May 10, 2023 Meeting Minutes
(please contact PEM staff with corrections)
- III. Michelle Cowan, author of Better, Not Bitter
- IV. Focus Area Updates
 - a. Local
 - i. Capitol District
 - ii. Community Star Award
 - b. Policy
 - i. Policy Work Group meeting: July 18 @ 10am
 - c. Enforcement
 - i. National Liquor Law Enforcement Association Conference
 - d. Youth
 - i. Leadership Scholarship
 - ii. Leadership Retreat – July 24-27 at Mahoney State Park
 - e. Awareness
 - i. June Research Summary available at www.projectextramile.org
- V. Additional Discussion/Announcements
- VI. Adjournment and Next Meeting Date: **August 9th at 9 a.m.**
UNO's Community Engagement Center, Room 231

IMPORTANT UPCOMING EVENTS

Nebraska Liquor Control Commission Hearings – July 11 & 12, 2023
Youth Leadership Retreat – July 24-27, 2023

The mission of Project Extra Mile is to advocate for evidence-based policies and practices to prevent and reduce alcohol-related harms.

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PROJECT EXTRA MILE

OMAHA METRO AREA COALITION MEETING MINUTES May 14, 2023

- I. Call to Order: Dr. Tom Safranek called the meeting to order at 9 a.m.
- II. Welcome and Introductions: Coalition members and speakers in attendance: Palistene Gray-Moore, Carey Pomykata, Don Hoes, Sharon Crittenden, Greg McVey, Ashely Pick, Jolene Rohde, Jordan Cedillo, Maggie Ballard, Hayden Romig, Alvin McCruel, Karl Meister, and Tom Safranek. Coalition members in attendance via Zoom: Jeanne Bietz and Jim Timm. Staff members: Chris Wagner, Jenna Abbott, Beatha Kliever, and Liene Topko.
- III. Approval of Minutes: The minutes from the April 12th meeting were included in the coalition meeting packet. No additions or corrections were made.
- IV. Nebraska's Comprehensive Cancer Control Plan: Jolene Rohde with the Nebraska Department of Health and Human Services (DHHS) shared that the Comprehensive Cancer Control Program consists of six priority areas, one of which is primary prevention. A draft of the new Nebraska Cancer Plan is expected to be released between summer and fall 2023. DHHS intends to solicit community input during that time. To address alcohol-related cancers, the previous goal was to reduce binge drinking in Nebraska from 19.5% to 17.5%; however, 2020 data indicates 20.4% of Nebraska adults (18+) binge drink. Seven types of cancer can be caused by alcohol consumption: mouth, pharynx, larynx, esophagus, liver, colorectum, and female breast which accounts for an estimated 6% of all cancers and 4% of cancer deaths in the US. In Nebraska, 10% of cancer deaths are alcohol-related cancers. Rohde also shared strategies to reduce cancer incidence including the need to raise awareness between the alcohol and cancer link, increasing screening, increasing the price of alcohol, decreasing alcohol outlet density and other clinical and community strategies.
- V. Focus Area Updates
 - a. Local
 - i. Liene Topko shared that managers at some Family Dollar stores that recently obtained a liquor license do not wish to sell alcohol. The Liquor Control Commission (LCC) will be looking into this.
 - ii. Topko highlighted a news article in the packet discussing the August volleyball exhibit that will be hosted at UNL's Memorial Stadium. There is a possibility alcohol will be served at the concert that is planned to follow the game (similar to the Garth Brooks concert last year). Chris Wagner emphasized that allowing alcohol sales would contradict the US Surgeon General's recommendation that university stadiums ban the sale of alcohol.
 - iii. Topko shared that 3's Lounge (formerly Reign Lounge) had their liquor license reinstated with a penalty of 30 days mandatory closure, meaning they are not allowed to sell alcohol, as well as an additional 30-day suspension which may be served or paid off as a fine. Following the reinstatement, citizens, city council members, and the Omaha Police

Department expressed concerns with the decision. PEM has been in contact with citizens to educate them on the city's Good Neighbor Ordinance (GNO), which could provide a solution to this problem.

b. Policy

- i. Wagner updated the group that the liquor package, LB376, was the first bill to be passed by the legislature this session. Bills included are: allowing micro distilleries to self-distribute up to 500 gallons of product per year; allowing farm wineries to sell alcoholic products other than what they produce; increasing the non-profit SDL limit from 6 to 12 per year, among others.
 1. The legislative tracking sheet is available at www.projectextramile.org/policy
- ii. Wagner also shared with the group that a training was held for CHI resident doctors focusing on the need for evidence-based screenings in clinics as well as how clinicians can advocate for better policies to improve the health and wellbeing of their patients. Feedback was overwhelmingly positive.
- iii. The Vision Zero Task Force is working on its plan to reduce traffic fatalities in Omaha. Wagner shared that PEM suggested alcohol excise tax increases, lowering the legal BAC limit to 0.05, as well as requiring mandatory training for all employees selling and/or serving alcoholic products. Currently mandatory training is the only one of the three that is still being considered for inclusion.

c. Enforcement

- i. Topko shared that alcohol retail compliance checks were conducted in March and May in Cass, Douglas, Sarpy, and Washington Counties. The operations resulted in 24 (10%) of the 236 businesses checked selling alcohol to the minors.

d. Youth

- i. Jenna Abbott shared that students are working on an awareness project focused on alcohol and cancer. The students have recorded a video.
- ii. The 2023 Youth Leadership Retreat will occur on July 24-27 at Mahoney State Park.

e. Awareness

- i. The May Research Summary is available at www.projectextramile.org/ResearchSummary

VI. Additional Discussion/Announcements: Jeanne Bietz with the Department of Health and Human Services informed the coalition that the new Teen Motor Vehicle Safety Report will be released soon. There are approximately 6,000 traffic crashes among teens 15-19 years old, with approximately 100 of them being alcohol related. Maggie Ballard with the Prevention Means Progress coalition invited coalition members to attend the June 12th Community Star Awards at the Council Bluffs Salvation Army. Project Extra Mile will be one of the awardees.

VII. Adjournment and Next Meeting Date: The meeting was adjourned at 10:00 a.m.

“Better Not Bitter” Explores Author’s Journey Through Grief

Written by Renée Brich

Michelle Cowan shares her journey through grief and healing in her self-published book *Better not Bitter*.

Cowan was born in Harlan and raised near Kirkman, one of Cecil and Ann Blum’s eleven children. “Our family roots are right there,” she said.

Her family attended church at St. Michael’s Catholic Church in Harlan, and she and her husband, Joe, spent their early married years in Shelby County, commuting to Omaha and Council Bluffs for work, until the couple and their daughter, AJ moved to Council Bluffs.

In March 2009, Joe was killed by a drunk driver while traveling home from Nebraska. The book documents Michelle’s navigation through her own grief, while trying to find forgiveness for the person responsible and accountability to the establishment which served the driver, who also perished in the accident.

Cowan said she began journaling after Joe’s death, and initially wanted to write a book as a gift for her daughter, now married and a mother herself.

“I wanted to preserve the story for them. My daughter was only fifteen when this happened; she was so young. I was afraid she wouldn’t remember.”

“I think that’s why the book is so raw at the beginning, it was my emotions at the time. I don’t think I could have recreated that this far out.”

She was considering organizing her journals and writing a book, when in 2021, she began experiencing partial vision loss.

“I asked myself ‘What haven’t you done that you might need your vision for?’ It was another huge loss in my life. It triggered a lot of emotion. I always felt like I would do it someday, but the vision loss made me realize it was time.”

Later that year, Cowan attended the Okoboji Writers Retreat, an event open to writers of all skill levels.

“It was the springboard,” she said. It was there she met and hired a writing coach, author Debra Engle from Winterset.

Cowan said she had a team assisting her with the publication of the book, but she said, “It’s my story.”

“I had been putting it together for years. So the moral of the story there is don’t put off something you really want to accomplish, because life can change in an instant.”

Cowan said she had doubts about sharing in writing something so personal.

“When I looked at it through the standpoint of helping people, I made peace with sharing it.”

“I am trying to share my story to help others who are grieving or fighting alchoholism, maybe if they read a story and find out the devastation first hand, maybe they would reach out.”

Cowan said she is surprised at how well the book is selling. It was the best selling new release on Amazon and 15th on Amazon’s Top 100 Books.

Cowan is now married to “an incredibly supportive man”. She said the book was the last step in moving forward and finding peace.

“We didn’t get to have a voice. But having my story published, I feel like I have said my peace and my story is done.”

“Better Not Bitter” is available online at both Amazon and Barnes & Noble websites, at Market Street Gifts in Harlan, or at the Harlan Community Library.

Family says 23-year-old shooting victim was working his first shift as a security guard

Written by Alex McLoon

OMAHA, Neb. — Dozens of family members and friends squeezed into a living room inside a home Monday. The rest poured out onto the porch.

Friends and family members gathered at Gom Gout's home to mourn after he was shot and killed early Sunday morning. Gom's brother says the 23-year-old victim was working his first shift as a security guard at a bar just outside the Capitol District.

"It was really tragic," Shol Gout said. "He was just doing his job as security."

Officials say the 23-year-old Gout was working security at Moe and Curley's bar off 10th and Capitol Avenue, where a fight broke out just outside on the sidewalk. The Douglas County Attorney says Gout tried to break up the fight involving multiple women.

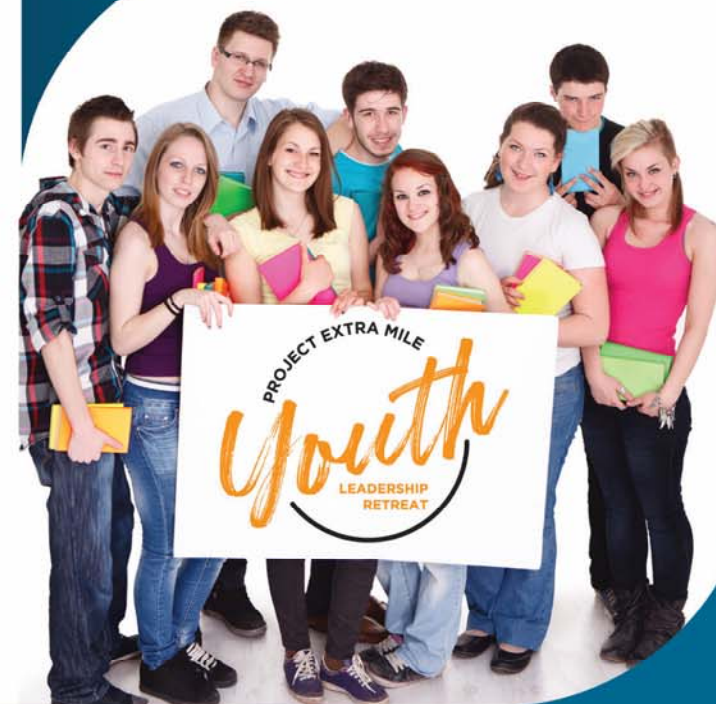
Officials say 24-year-old Keloni Jones pulled a gun from her purse and fired at Gout. She's charged with 2nd-degree murder and use of a weapon to commit a felony.

Douglas County Attorney Don Kleine says Jones has a concealed carry permit, and Gout was breaking up the altercation.

"He approached kind of with the hand up saying, 'Come on, let's just settle down.' And then she shot him in the chest," Kleine said.

Jones makes her first court appearance Tuesday morning.

The Gout family has a GoFundMe to raise funds for funeral expenses. [Click here](#) to visit their page.



July 24th - 27th Mahoney State Park

28500 W. Park Hwy
Ashland, NE 68003

APPLY TODAY

Submit your application today to attend our summer Youth Leadership Retreat!
Visit us at www.projectextramile.org to complete the online application. Space is limited to 40 participants so register early.
You will not want to miss this!

REGISTRATION IS DUE MONDAY, JULY 17TH

Who Can Attend

Students entering
8th-12th grades.

COST All Students: \$50

Includes 3 nights lodging, meals and t-shirt. To apply for a full scholarship, the student must register online and complete the scholarship form.

*This project is supported by the
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and Region 6 Behavioral Healthcare.*

Youth Leadership Retreat 2023

Please return form by mail to:
Project Extra Mile
6001 Dodge St, CEC 228,
Omaha, NE 68182-0600
or return by email at:
Info@projectextramile.org
or register online at:
www.projectextramile.com

Registration Deadline:
Monday, July 17, 2023

Student's Name: _____

Address: _____

City: _____ Zip: _____

Email: _____

Phone: () _____ ☐ Home ☐ Cell Entering grade: _____

School: _____

T-Shirt: XS S M L XL

Location: Omaha

☐ Registration fee enclosed.

Please make checks payable to Project Extra Mile.

ACTIVITIES WILL INCLUDE:

MINI GOLF/DRIVING RANGE,
HIKING, SWIMMING,
SAND VOLLEYBALL,
TIME TO CONNECT
WITH OTHER STUDENTS

Discover your role in preventing underage drinking in a fun and interactive way.

Identify local issues facing young people and develop the skills to lead in solving the problem of underage drinking.

Learn how media has a hand in underage alcohol use and find ways we can spread our message.

**Challenge the status quo and
use your voice to bring about change!**



*Do you want to share your ideas about
making positive changes in our community?*

*Join us and learn how to collect and analyze
community data, develop recommendations
and engage policy makers.*

OVERVIEW

- Check in will begin at 6:00 pm on July 24th.
- Training will be all day the 25th & 26th and conclude at noon on the 27th.
- Each day the students will be involved in interactive training sessions and fun exercises.

Over the years, hundreds of students have participated in our annual Youth Leadership Retreat. After gaining new critical leadership skills, they have returned to their communities with a renewed sense of commitment to the prevention of underage drinking and youth access to alcohol. These young leaders have gone on to bring positive change to the world around them.

**REGISTRATION IS DUE
MONDAY, JULY 17TH**

ABOUT OUR SPEAKER:



Nigel Wrangham, Certified Alcohol and Drug Counselor Level II and Certified Prevention Specialist, has developed and delivered unique, customized prevention trainings to staff, volunteers and youth from community-based organizations throughout the United States since 1999. He has taught upper-division courses in psychopharmacology, media studies, substance abuse prevention and community organizing at the University of Oregon and Portland Community College.

Nigel works with groups of young people and their allies to influence policy, advocate for social change, build leadership skills and summon the courage to act consciously from their core principles. He served as a mentor for local teens in the TEDx speakers' program and works with grassroots prevention coalitions around the United States as they develop strategic plans for supporting and engaging youth.



RESEARCH SUMMARY
Date Compiled: June 2023

Key takeaways from included research:

- To better understand the population coverage of alcohol delivery and to-go policies and identify characteristics associated with these purchases, researchers examined data within the National Alcohol Survey and Alcohol Policy Information System. They found that between December 2019 and 2020, 7.5% of adults had alcohol delivered and 14.5% bought alcohol to-go. Researchers also determined that the number of people living in states allowing alcohol delivery rose by 284% and to-go sales by 627% -- demonstrating the proliferation of these new types of sales.
- Data from lifetime drinkers was utilized to estimate the use of home delivery and other methods of obtaining alcohol and the rates of ID checking for delivery purchases. Researchers found that about 7.4% of the sample purchased alcohol via delivery or to-go and of those, only 12.1% had their ID checked when 10.2% of the purchasers were under the legal drinking age. They concluded that alcohol home delivery and to-go purchases provide easy alcohol access for underage consumers.
- Researchers examined associations between daytime drinking, pregaming/pre-partying, and playing drinking games with variability in alcohol consumption, consequences, and simultaneous alcohol and marijuana use among young adults. They determined that these drinking behaviors are high-risk contexts for month-to-month and long-term risks. Each behavior was associated with negative consequences with more frequent daytime drinking and pregaming being associated with increased AUDIT scores at the 30-month follow-up.
- A study identified and prioritized measures to enhance alcohol health literacy to reduce alcohol consumption in Germany as an example. Researchers found three key areas of action: education & information, health care system, and alcohol control policies. They concluded that a comprehensive alcohol strategy is needed to curb health, social, and economic burdens of alcohol.
- With increased use of electronic cigarettes among adolescents, researchers examined how vaping intersects with other substance use behaviors. They found that nicotine use patterns were strongly associated with the likelihood of cannabis use and binge drinking. Based on Monitoring the Future data, adolescents who smoked and vaped nicotine had 36.53 times higher odds of having 10+ past 2-week binge drinking episodes. Researchers called for sustained interventions, advertising and promotion restrictions, and education efforts to reduce vaping and co-occurring use.

Proposal would lower Connecticut's blood-alcohol limit

Written by Eva Zymaris

HARTFORD, Conn. (WTNH) — Connecticut legislators have proposed a bill that would lower the state's legal blood-alcohol content from .08% to .05%.

Proponents said that the change would make roads safer and save lives.

"The effects of what you do, potentially, can change the lives of many," said Skip Church, whose son was killed by a drunk driver. "And that's what happened to us."

On July 10, 2004, Church's life forever changed when his son, Dustin, was killed by a drunk driver.

"He was a remarkable kid who never had the opportunity to see what life would be like," Church said. "We didn't have the opportunity, either."

For nearly two decades, Church and his wife, Colleen, have worked on the state and national level to strengthen laws.

"You can either continue to be victims or you can make sure this doesn't happen to someone else," Church said. "That's what we decided."

The push continues to put greater measures in place to deter drunk driving. A bipartisan group of lawmakers voiced support for the bill, which was advanced by the Transportation Committee, on Thursday at the State Capitol. One other state, Utah, has lowered the limit.

"It's vital," Sen. Christine Cohen (D-District 12) said. "It's a lifesaving-measure."

The bill also has the support of Sen. Tony Hwang (R-District 28).

"We need to take on the responsibilities for ourselves, our loved ones, and those we share the road with," Hwang said.

There were 112 alcohol-impaired deadly crashes in 2021, according to the Connecticut Department of Transportation. A .05% law would reduce fatal alcohol-related crashes by 11%, according to Leah Walton, a safety advocate at the National Transportation Safety Board.

The prospects of passing this bill look dim this year, as it's failed to get traction with only a few weeks left in the legislative session.

"I think some members would support it instinctively," House Speaker Matt Ritter (D-District 1) said. "I think other members will say you're way out of line with other states."

House Minority Leader Vincent Candelora (R-District 86) released a statement to News 8:

"Discussion on tackling the impaired driving crisis we're dealing with in Connecticut must extend beyond simply reducing the blood alcohol content limit. The reality is that it's a societal problem driven not just by drinking but also more casual attitudes toward driving after using marijuana. And given that operators in so many crashes test well above the legal limit of .08, I have to question whether reducing the threshold to .05 will change anyone's behavior and make our roads safer.

No matter the fate of this proposal this session, I'm glad the proponents of this bill have kickstarted an important conversation I hope will continue."

As this proposal is being discussed, Church is hoping people will take action in their own lives to save the lives of others.

"Don't drink and drive, it's really simple," Church said. "Just make sure you have someone who can drive for you. Or use Uber or Lyft or some other transportation. Don't chance it."

Nebraska bill to increase access to mental health and substance use treatment passes

Written by Jacob Comer

LINCOLN, Neb. (WOWT) - A bill to create new clinics to increase access to mental health services and substance use treatment passed unanimously Friday.

LB276, passed its final round on Friday in the Nebraska Legislature with a vote of 46-0. The bill, introduced by Sen. Anna Wishart, aims to expand Certified Community Behavioral Health Clinics, which coordinate with hospitals, law enforcement and other social services.

Earlier this year Sen. Wishart claimed other states that use this model of care have seen a reduction in hospital visitations and incarceration days.

Gov. Jim Pillen supported the bill and says it will help improve care in Nebraska.

"We must come together to solve tough problems, and mental health and substance abuse are tough problems," Pillen said in a statement Friday. "This piece of legislation will help transform mental health and substance abuse services in Nebraska. The clinics created by this bill will integrate comprehensive physical and behavioral health services in a community-based setting while operating under a cost-based payment system. LB276 is a no-brainer."

Certified Community Behavioral Health Clinics have to follow certain criteria and provide specific services, including 24/7 access to crisis services and the acceptance of all patients regardless of ability to pay or place of residence.

Ireland to introduce world-first alcohol health labelling policy

Written by Rory Carroll

Labels will alert people to calories, risk of cancer and liver disease and dangers of drinking while pregnant

Ireland is to become the first country in the world to mandate health labelling on alcoholic drinks to alert people to calorie content, grams of alcohol, risks of cancer and liver disease and dangers of drinking while pregnant.

The health minister, Stephen Donnelly, signed the legislation on Monday and said he looked forward to other countries following the example – a prospect that has worried Italy’s winemakers and people in several other EU member states.

The law would take effect from 22 May 2026 to give businesses time to adapt to a policy that mimics existing rules for other food and drink products, said Donnelly. “With that information, we can make an informed decision about our own alcohol consumption. Packaging of other food and drink products already contains health information and, where appropriate, health warnings. This law is bringing alcohol products into line with that.”

Hildegard Naughton, the minister for public health, wellbeing and the national drugs strategy, said medical evidence showed even low levels of alcohol consumption incurred a cancer risk.

Alcoholic drink providers will be compelled to display the information and warnings on product packaging and also to direct consumers to the website of Ireland’s Health Service Executive for further information on alcohol consumption. Similar information will also be made available in pubs and other licensed premises.

Alcohol consumption in Ireland peaked in 2001 when the average person drank 14.3 litres of pure alcohol a year. That has fallen to 10.2 litres, according to the Health Research Board.

The European Commission did not object to Ireland’s plan, which the government flagged last year, despite protests from Italy, Spain and six other EU member states.

Coldiretti, Italy’s biggest farmers’ association, described the “terrifying” warnings as a “direct attack”. “The green light from the European Union for alarmist wine labels in Ireland represents a dangerous precedent as it risks opening the door to other legislation capable of negatively influencing consumer choices.”

New research looks into number of young people dying from alcohol, drugs and suicide

Written by Sally Hernandez

AUSTIN (KXAN) — School is out for summer break and many kids may be spending more time on social media, but there's a warning that comes with that.

The U.S. Surgeon General said social media risks are adding to the mental health challenges children, teens and young adults are facing.

An urgent warning backed up by a new report from non-profit Trust for America's Health, or TFAH.

The yearly analysis, titled "Pain In The Nation," contains state-by-state data on how many young people are dying from alcohol, drugs and suicide.

"At the national level, we have an 11% increase in those deaths in 2021 which is the latest available data," said Rhea Farberman with TFAH.

"Breaking out the numbers a bit, the alcohol death rate increase was 10%. The drug overdose increased 14%. And the suicide increase 4%."

Farberman said the numbers point to an alarming trend over the years, "in terms of youth suicide over the last decade, that number is up just a startling 71%."

The statistics coincide with the recent advisory from the Surgeon General on the risks social media apps have on youth mental health.

"Social media can have potential benefits for kids in terms of connecting with peers and family and friends," said Farberman. "But there's a lot of risk as well in terms of bullying and lowering self-esteem and lowering self-image. So really, what parents ought to do is talk to their kids about their social media use, and how it makes them feel."

The report from TFAH looked at data from each state. "Over 12,000 Texans lost their lives to either substance abuse or suicide, largely driven by drug overdose drug overdose for up 19%," said Farberman.

The non-profit said policy makers need to double down and invest more money into harm reduction programs to reverse the trend.

"You can spend it now or you can spend it later. We believe in spending on prevention so we can save money and save lives down the road. But it's an all of society effort. Government has a role to play but schools also have a role to play, families have a role to play, employers have a role to play. It's going to take a multisector effort."

If you or someone you know is suffering, call 988 for help.

The effects of alcohol taxation, minimum unit pricing, and restricted temporal availability on overall alcohol consumption

Written by Neha Mathur

In a recent article published in the eClinicalMedicine Journal, researchers performed a systematic review to estimate the impact of three main alcohol control policies, alcohol taxation, minimum unit pricing (MUP), and restricted temporal availability on alcohol consumption levels.

Additionally, they reviewed and summarized all available evidence on alcohol policy effects and their differential impact across sociodemographic groups stratified by gender, socioeconomic status (SES), and race/ethnicity.

Background

Despite their well-recognized effectiveness, meta-analyses on the impact of key alcohol control policies on alcohol use based on real-world evidence are surprisingly sparse.

Moreover, while a few reviews have quantified the association between alcohol policies and overall alcohol consumption, none have systematically examined the differential impact of alcohol control policies by sociodemographic factors such as gender, SES, and race/ethnicity, uncovering a wide research gap and negligence of such subgroup effects.

Nonetheless, the differential impact of these alcohol policies on women and men, people belonging to different SES or race/ethnicity remains unclear. Thus, more research is warranted to address these crucial questions.

About this study

In the present study, researchers performed intensive searches on databases like Web of Science, Embase, and EconLit, to name a few, to identify reports/reviews published between 2000 and 2022 on newly introduced or changed alcohol policies and presented a systematic quantification of those studies.

They also presented the qualitative summary for each policy for the general population and other population subsets for results on alcohol consumption patterns. The team used random-effects meta-analyses to combine data and the Newcastle–Ottawa Scale to assess the risk of bias.

The team determined the relative change in alcohol consumption levels following each policy intervention as a percentage (%) change. In the quantitative summary, the authors delineated between studies that tested the immediate (within one year) policy effect on alcohol consumption and those that examined alcohol consumption change in the long term, i.e., beyond the first year of policy implementation.

In qualitative summary, the team presented cross-beverage policy effects, i.e., the effects of a beverage-specific policy on the consumption of beverages not targeted by that policy.

For the summation of the effect sizes for different policies, the authors ascertained comparability across studies for which they applied the following transformations:

- i. For reports on alcohol taxation, tax changes reflected the % change in the excise tax.

- ii. In reports evaluating tax elasticities, rescaled elasticity estimates reflected a 10% tax increase.
- iii. For reports evaluating MUP policy effects, they calculated the price of 10g pure alcohol in international dollars (Int\$).

Assuming that policy effects on alcohol consumption were bi-directional, the researchers combined studies evaluating the effects of restricting temporal alcohol availability with those examining liberalization.

For instance, liberalizing Sunday sales led to an equal absolute but inverse alteration in alcohol consumption compared to a Sunday sales ban.

Results

Though the researchers identified 1,887 research reports via literature search, only 36 met the study inclusion criteria. These studies encompassed >25 policy interventions from across 14 countries.

The number of studies that used longitudinal, repeated cross-sectional, cross-sectional, or mixed study designs were eight, eight, one, and one, respectively.

All three policies contributed to decreased alcohol consumption levels and subsequent harm. For example, introducing an MUP of ~ 0.90Int\$/10 g of pure alcohol or raising the alcohol excise taxes by twice on average reduced alcohol consumption levels by 10% within the same year and much higher reductions in low-income vs. more affluent groups.

Likewise, limiting the temporal availability of alcohol by one day a week (e.g., Sundays) also decreased alcohol consumption, though to a lesser extent than pricing policies.

As expected, modulating the pricing policies, especially for the most affordable alcohol, resulted in the highest reduction in alcohol consumption, while the evidence was inconclusive for other sociodemographic factors. Notably, the basis of these findings is data from a limited number of studies (n = 9).

Conclusions

The authors recommended that policymakers systematically evaluate alcohol control policies concerning their potential contribution to mitigating health inequalities.

Moreover, they should address alcohol-related health/social inequities by implementing upstream policies that target their underlying causes.

Evidence-based implementation of alcohol policies could be immensely effective, leading to an immediate and marked reduction in population-level consumption, surpassing all sociodemographic barriers. However, policymakers will have to continually monitor their relevance over time to sustain this reduction in consumption in the long term, which is often challenging to attain.

As per capita alcohol consumption levels would decrease, that would prevent thousands of alcohol-related premature deaths globally.

Lawmakers propose bill allowing US Postal Service to deliver alcohol

Written by Adrian Mojica

WASHINGTON (TND) — A bill that would allow the U.S. Postal Service to mail alcoholic beverages to residents over the age of 21 was introduced in Congress this week.

H.R. 3721, otherwise known as the “United States Postal Service Shipping Equity Act” is sponsored by U.S. Representative Dan Newhouse, R-Wash. The bill, which has bipartisan support, would amend prohibition-era rules which currently don't allow USPS to mail alcoholic beverages to residents despite other couriers allowed to do so under law.

"The time has come for us to shatter these barriers and unlock the tremendous potential of the wine and alcoholic beverage industry," said Newhouse. "This crucial legislation has the potential to create opportunity for the wine, beer, and spirits landscape, foster economic growth, and empower consumers and businesses alike."

The bill would allow for USPS to get into the spirit mailing business as long as the recipient of the beverage is 21 or older and presents a valid government issue ID at the time of delivery.

Beverages would not be allowed to be resold but would allow wineries, breweries and other businesses to reach consumers which may currently be out of their reach.

"The outdated prohibition on shipping alcohol through the Postal Service is bad for consumers and bad for small businesses—imposing unnecessary costs and hassle. I'm proud to partner with Rep. Newhouse on this long-overdue, bipartisan reform to support local brewers, vineyards, and distillers by improving their affordable shipping options and opening up access to new markets," said Rep. Jennifer Wexton, D-Va., one of the bill's cosponsors.

Lincoln man facing string of felonies for aggravated DUI alleged to be his fourth

Written by Lori Pilger

A Lincoln man is facing four felony charges following his arrest over the weekend for an alleged fourth DUI.

Prosecutors on Tuesday charged Richard Conway, 32, with aggravated offense DUI with three prior DUI convictions, fourth offense refusal to submit to a test, driving while revoked from a DUI or refusal and driving without an ignition interlock.

At a hearing later that afternoon, Lancaster County Judge Thomas Zimmerman set his bond at \$400,000, meaning Conway would have to put up \$40,000 to be released.

In court records, Lincoln Police said that just before 2:45 a.m. Sunday an officer driving south on North 27th Street near Dudley Street saw a white Jeep Compass without plates make an improper turn from Orchard Street to the outer lane of 27th heading north.

When the officer crossed his path headed the other direction, the driver made a U-turn and continued behind the officer until trying to turn east on Y Street.

That's when the officer stopped Conway, who first got out and started walking toward the officer, ignored commands to get back into the Jeep and then tried to walk away, according to police.

The officer chased Conway through an apartment complex lot and was able to apprehend him. Police said he appeared to be under the influence, and they found 25.5 grams of marijuana and open alcohol containers in the Jeep.

When officers attempted to administer a breathalyzer test, Conway did not blow hard enough to provide an acceptable sample, but his blood alcohol content still registered at 0.199, more than two times the legal limit, police said. He had three prior DUI convictions and wasn't eligible to get a license again until 2037.