



Advocating for evidence-based policies and practices  
to prevent and reduce alcohol-related harms.

**OMAHA COALITION MEETING**  
*Wednesday, June 8, 2022*  
*9 a.m.*

**A G E N D A**

- I. Welcome and Introductions
- II. Review of the April 13, 2022 Meeting Minutes  
*(please contact PEM staff with corrections)*
- III. Overview of Youth-Led Town Hall & Discussion About Engagement
- IV. Focus Area Updates
  - a. Local
    - i. Community-based trainings in Western Nebraska
  - b. Enforcement
    - i. Law Enforcement Training
    - ii. Douglas Co. Task Force
  - c. Youth
    - i. Leadership Council & Network – June 13<sup>th</sup> at 6 PM
    - ii. Youth Leadership Retreat – July 28-30<sup>th</sup> in Omaha
  - d. Awareness
    - i. May & June Research Summaries available at [www.projectextramile.org](http://www.projectextramile.org)
- V. Additional Discussion/Announcements
- VI. Adjournment and Next Meeting Date: **August 10<sup>th</sup> at 9 a.m.**

**IMPORTANT UPCOMING EVENTS**

Nebraska Liquor Control Commission Hearings – July 6, 2022  
Youth Leadership Network – July 28-30, 2022

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

**PROJECT EXTRA MILE**  
**OMAHA METRO AREA**  
**COALITION MEETING MINUTES**  
**April 13, 2022**

- I. Call to Order: Chris Wagner called the meeting to order via in person and via Zoom at 9 a.m.
- II. Welcome and Introductions: Welcome and introductions took place. Coalition members and speakers in attendance: Jim Boucher, Jason Thompson, Andrea Frazier, Christie Abdul-Greene, Jona Beck, Maggie Forman, Antoinette Caudillo, Jeanne Bietz, Sharona Crittenden, Lanette Richards, Christine Mohlman, Traci Sawyer, Don Hoes, and Danielle Meadows via Zoom. In-person: Jim Timm, Mindy Anderson-Knott, Cindy Maxwell-Ostdiek, and Palistene Gray-Moore. Staff members: Chris Wagner, Liene Topko, and Jaszmin deFreitas.
- III. Evaluating the Coalition's Efforts to Reduce Underage Drinking: Mindy Anderson-Knott with Partners for Insightful Evaluation presented Project Extra Mile's capacity survey results during the 2020-2021 Fiscal Year. Key accomplishments included membership growth due to the ability to adopt coalition meeting to a virtual platform, therefore widening the attendance base. PEM also experienced in increase in stronger collaboration across various sectors, including law enforcement, city government, and local media.

Unfortunately, data indicates more favorable attitudes toward underage drinking among young adults and adults. The rate of youth under 21 arrested for drug abuse and liquor violations has decreased in the past 3 years.

Suggestions for the future included: collecting additional data and utilizing the current data to identify unmet needs; examining new ways to engage with current and new coalition members to grow the coalition; increasing public awareness of issues to mobilize for policy change and influence decision makers as well as community practices.

- IV. Focus Area Updates
  - a. Local
    - i. The coalition was provided an update that the LCC denied the application of Walker convenient store for a liquor license based largely on the protest of citizens in the area.
    - ii. Chris Wagner invited coalition members to register for PEM's 25<sup>th</sup> Anniversary Recognition Dinner to be held on May 10<sup>th</sup>.

- b. Policy
    - i. Wagner briefly described the bills passed during the 2022 Legislative Session including a fee reduction for Special Designated Licenses and self-distribution rights for craft breweries across the state.
      - 1. Final Tracking sheet can be found at [www.projectextramile.org/policy](http://www.projectextramile.org/policy)
  - c. Law Enforcement
    - i. Liene Topko shared the Spring compliance check results which were conducted in Douglas, Sarpy, and Washington Counties. 25 businesses or 10% sold to the minor.
    - ii. Wagner invited attendees to participate in the May 11<sup>th</sup> Press Conference to kick off the Douglas County DUI Task Force
    - iii. Wagner also reminded the coalition that the 2022 Law Enforcement Training will be May 19 & 20 in Kearney and the Omaha Metro and invited attendees to share the information with their contacts.
  - d. Youth
    - i. Jaszmin deFreitas shared PEM's attendance at the FCCLA Conference's Opportunity Fair to recruit youth for PEM's Retreat and Council.
    - ii. The Youth Leadership Retreat will be on July 28-30<sup>th</sup>. Attendees were encouraged to share this information with youth they know and other youth-serving organizations.
    - iii. The next Youth Leadership Network meeting will be April 14<sup>th</sup> at 6 PM at UNO's Community Engagement Center.
    - iv. Applications are open for next school year's Youth Leadership Council. More information can be found on PEM's website.
  - e. Awareness
    - i. The April Research Summary is available at [www.projectextramile.org/ResearchSummary](http://www.projectextramile.org/ResearchSummary)
- V. Adjournment and Next Meeting Date: The meeting was adjourned. The next meeting will take place in person at the National Safety Council at 9 am on Wednesday, June 8, 2022

## **Youth-Led Town Hall on Underage Drinking**

*Tuesday, May 31, 2022 at 4:00 PM*

*UNO's Community Engagement Center, Room 230*

### **Event Synopsis**

#### Speakers:

- Christie Abdul-Greene, CHI Health
- Chairwoman Mary Ann Borgeson, Douglas County Board of Commissioners
- Paulina Fomicheva, Elkhorn High School
- Officer Matt Kelly, Omaha Police Department
- Mi'Khel Thomas, Bryan High School

Attendees: Maggie Ballard, Chris Foster, Jennifer Pollock, Carey Pomykata, Lanette Richards, Jason Thompson, Nigel Wrangham, Liene Topko, and Chris Wagner

Chairwoman Mary Ann Borgeson shared how the Douglas County Board of Commissioners is involved in preventing underage drinking and the associated harms through the liquor licensing process and the family resource center that is being created.

Mi'Khel Thomas discussed the need to share more information regarding alcohol and its resulting harms for underage individuals. He shared the need for more activities to be available to youth and keep them out of harm's way. One of the biggest issues he sees in the community is the proliferation of alcohol advertising and encouraged the participants to work together to address this.

Officer Matt Kelly described the changes he's seen throughout this career in alcohol laws and the work the agency does to prevent underage drinking and its associated harms. He also expressed the two biggest issues he sees is the proliferation of alcohol outlets, particularly non-traditional ones, and the need for more opportunities for students to get involved in activities.

Paulina Fomicheva described how schools do a good job in educating youth and keeping them safe, however there are parents/older friends who undo the work done by the school by providing alcohol at after school events, such as prom, homecoming, etc. She shared how harmful social media and advertising can be to attracting youth to try and consume alcoholic products.

Christie Abdul-Greene explained how CHI Health is being more proactive with alcohol use screenings in their clinics. The survey is intended to be implemented annually to assess patients' use and have an open conversation if they are consuming excessively. She also shared that the COVID-19 pandemic has led to increased alcohol consumption.

Nigel Wrangham posed four key questions for the group to consider as the work continues to address underage drinking and the associated harms. (1) Why are youth using alcohol in the first place? (2) How

are youth accessing the alcohol? (3) Where is the alcohol being consumed? (4) Who is benefiting from underage alcohol consumption.

The group discussed the issues they see in the community, particularly as it relates to alcohol availability and advertising. The youth expressed interest to host more community events to address these issues and educate the adults around them of the harm adults may be doing to their futures by providing youth alcohol. The goal is to grow this effort among youth and adults to effectively reduce underage drinking and the harms the community has been experiencing. Adults in the room were invited to aid the youth in future endeavors to address adults and policy makers in their communities.

## Douglas County rolls out DUI task force

Written by Katherine Garcia

OMAHA, Neb. — Toby Antonson said he misses his mom, Terry, every single day.

"We'll never find peace," Antonson said. "In fact, we just celebrated another Mother's Day without my mom."

Antonson said the driver who hit her that afternoon was drunk.

"This impaired driver, this was his fourth D.U.I. in three different states," Antonson said.

Project Extra Mile is a nonprofit that focuses on policies related to drinking and driving and supports increases in alcohol prices and harsher penalties for D.U.I. offenses.

"It's a huge problem," said Project Extra Mile executive director Chris Wagner.

Wagner said D.U.I. rates are especially concerning in Douglas County.

"Looking at the last five years of Douglas County crash data, [there were] over 500 alcohol-related crashes each year," Wagner said.

Back in 2019, the organization reached out to local law enforcement agencies including Douglas County to find a way to tamp down those numbers.

"We got together and thought, 'We could probably make a greater impact if we pull our resources together,'" said Douglas County sheriff Tom Wheeler.

Wheeler said through this task force, specialized officers across Douglas County including his office, Omaha Police Department, Nebraska State Patrol and Ralston Police Department will be paid overtime to look for drivers under the influence as a unit. Wheeler said the unit will be privately funded by Project Extra Mile.

"Agencies getting together in a roll call beforehand, getting the game plan, what part of town are we going to this time around and then we'll sort of fan out and find out what areas we need to hit," Wheeler said.

Wheeler said the key is drivers won't know when or where these officers will be.

"We're just asking folks to drink responsibly," Wheeler said. "Don't drive after you drink. If you do, you'll be arrested."

## **Fatal Omaha crash suspect pleads guilty to motor vehicle homicide**

Written by 6 News Staff

OMAHA, Neb. (WOWT) - A 24-year-old charged in a fatal crash last November pleaded guilty Tuesday to motor vehicle homicide and DUI.

Witnesses said Ulises Pantoja was traveling at an “extremely high rate of speed” a day before Thanksgiving last year on Highway 50 and Harrison Street when he hit a car driven by Candice McDowell, 37, who succumbed to her injuries, according to a news release from the Sarpy County Attorney’s Office.

“A blood test later detected a BAC of 0.134,” the release states.

Pantoja is scheduled to be sentenced on July 18. He is facing a maximum sentence of 20 years.

“This is a crucial step toward justice for the harms caused by Mr. Pantoja. Four children no longer have a mother due to his callous actions. Our sympathies go out to the family and friends of Candice McDowell for this tremendous loss. We hope this helps to bring some healing in their lives.”

**Man sentenced to probation for DUI, role in four-vehicle Bellevue crash**

Written by 6 News Staff

BELLEVUE, Neb. (WOWT) - A man is sentenced after officials say he caused a four-vehicle crash last year.

According to Sarpy County officials, Antonio Monarrez, 28, was involved in a four-vehicle crash around 7:30 p.m. on July 3, 2021, on Highway 75 north of Capehart in Bellevue.

Officials say Monarrez allegedly told a responding deputy that he hit something in the road and veered to the right, striking three vehicles on the shoulder of the road. Two victims were injured in the crash.

The deputy claimed to smell alcohol and Monarrez said he had not been drinking. Police say a field sobriety test resulted in Monarrez registering a 0.175 blood-alcohol content. A later test two hours later allegedly resulted in a 0.143 blood-alcohol content.

Monarrez later pleaded no contest to two counts of DUI causing serious bodily injury, as well as a second DUI offense.

Monarrez was sentenced Monday in Sarpy County Court to four years probation. During probation, Monarrez must abstain from using alcohol, complete an outpatient program and not frequent any establishment whose primary source of business is selling alcoholic beverages.

## **No amount of alcohol benefits the heart: Why women’s drinking is of particular concern**

Written by A. Pawlowski

That nightly glass (or more) of wine many people rely on to relax at the end of the day is getting new scrutiny from health experts — especially if you’re a woman.

No amount of alcohol is protective against cardiovascular disease, a recent study confirmed, so drinking red wine or spirits in the name of heart health may not have any benefits.

The research is especially timely, as Americans have been drinking more alcohol since the start of the COVID-19 crisis, a habit that can have deadly consequences.

Between 2019 and 2020, the rate of alcohol-related deaths rose about 25%, reflecting the “hidden tolls of the pandemic,” such as increased drinking to cope with pandemic-related stress, researchers reported in JAMA last month.

During the pandemic, the death rate from alcohol-associated liver disease accelerated for both men and women, another study found. This “troubling” trend calls for a “nationwide effort to reduce national alcohol consumption,” the authors wrote last month in *Clinical Gastroenterology and Hepatology*.

In particular, the pandemic has had a disproportionate effect on women’s drinking, said Dawn Sugarman, Ph.D., a research psychologist in the division of alcohol, drugs and addiction at McLean Hospital in Belmont, Massachusetts.

Women have increased their alcohol consumption at a higher rate than men, particularly their heavy drinking days — those when they have four or more drinks within a couple hours, she noted.

The health effects for women can be especially concerning because they absorb and metabolize alcohol differently than men, so the alcohol stays in a woman’s body longer, increasing the risk of liver disease, heart disease and certain cancers, she added.

“Women who have fewer years of alcohol use compared to men have more of these physical consequences. So essentially they’re getting sicker faster than men from alcohol,” Sugarman told TODAY.

“In relation to mental health, women already have twice the risk of men for depression and anxiety. We know that women are more likely than men to drink to cope with these negative feelings, and alcohol use just exacerbates depression. It exacerbates anxiety. It makes insomnia worse.”

In an essay published this month in *The New York Times*, a woman described her own experience with alcohol dependence: “I thought of nights I had put my children to bed while tipsy and how they noticed the change in my voice when I drank. I thought of arguments with my husband, insomnia, dry mouth, headaches and regret,” author Ericka Andersen wrote.

Her sobriety journey began when she typed “Do I have a drinking problem?” into a search engine.

“Women need an intervention. Our physical and mental health is suffering because of drinking,” she wrote. “More women need to speak out about it — and seek help.”

But even before the pandemic, women's drinking levels were concerning experts. TODAY reported in 2018 that women were drinking almost as much as men, closing a historically wide gap.

Women, particularly in the mom age group, have been “just bombarded” with alcohol advertising over the years, Sugarman said. Ads and social media posts can create the expectation that wine-soaked days are healthy fun, but the negative health consequences are real.

If they can't give up alcohol all together, women and men might see health benefits just from cutting down on their drinking, said Dr. Krishna Aragam, co-author of the recent JAMA Network Open investigation that found no amount of alcohol was protective against heart disease.

It's true that when you group people by how much they drink, those who imbibe light to moderate amounts of alcohol appear to have lower rates of heart disease compared to others, he noted.

But those same light-to-moderate drinkers also tend to have healthier behaviors such as regular exercise, lower rates of smoking and maintaining a lower body weight. When Aragam and his colleagues adjusted for those factors, any protective associations with alcohol pretty much disappeared.

For someone who's otherwise healthy, the cardiovascular risk was still “fairly modest” at low levels of alcohol consumption — one drink a day or less — but it escalated exponentially beyond that amount, he noted. People who had three or more drinks per day had several-fold increases in risk, the investigation found.

“Our results warrant kind of a doubling down on the heavy drinkers and really trying to make focused efforts to get people to cut back because everything we're seeing suggests that alcohol consumption at those levels is contributing to higher blood pressure, higher cholesterol, greater rates of heart attack,” Aragam, a preventive cardiologist at Massachusetts General Hospital in Boston, told TODAY.

“Maybe they're actually going to get the majority of their benefit if they can reduce intake to one drink a day. That's sometimes a lot more achievable for people than going cold turkey.”

One standard drink is defined as 5 ounces of wine, but many modern wine glasses have room for several times that amount so it's easy to pour much more and think it's only one drink. Wine glass capacity has increased sevenfold over 300 years, one study found.

Current U.S. guidelines advise limiting alcohol to two drinks or less per day for men; and one drink or less per day for women. It might be better to be conservative and stick with one drink per day or less for everyone, Aragam noted.

But even that may be too much for many women, depending on their mental health or family history of drinking, Sugarman said.

How to gauge your relationship with alcohol:

Sugarman advised making a pros and cons list of the effects of your drinking. Don't be reluctant to list the positives, such as the immediate stress relief, because the pros section can help you

figure out what to do to replace the alcohol. Can you try exercise instead of wine to relieve stress, for example?

Other questions to ask yourself about your alcohol use include:

- How much of my time is taken up drinking and then recovering from the effects of alcohol?
- Am I drinking even though I know it's making my mental or physical health worse?
- Are friends and loved ones telling me they're concerned about my drinking?
- Am I trying to hide my drinking?
- Do I feel very possessive of alcohol and don't want it taken away?
- Am I giving up activities in order to continue drinking or to recover from the effects of drinking?
- Can I take a break from alcohol for a week or a month? If not, why not?

Women are less likely to seek and get treatment, Sugarman said, noting there's a lot of stigma around women and alcohol use. If you suspect you have a problem, talking to your primary care doctor can be a first step, she advised.

The National Institute on Alcohol Abuse and Alcoholism has more resources on how to find alcohol treatment.

"There needs to be just more overall public awareness of the concerns around women's drinking, and I don't think we're there yet," Sugarman said.

"It's important to help people understand the risks because they're not going to be motivated to make any changes if they only see the benefits of it."

## **Drunk Drivers To Pay Child Support If They Kill Parent Under Tennessee Law**

Written by Bill Galluccio

Lawmakers in Tennessee passed a new law that will require drunk drivers to pay child support if they kill the parent of a minor. Once the bill is signed by Governor Bill Lee, Tennessee will become the first state in the nation to make drunk drivers pay child support.

Under the bill, impaired drivers convicted of vehicular homicide would have to pay child support for the victim's children until they are 18 years of age and have graduated from high school.

The amount of child support would be determined by the courts and would be based on a multitude of factors, including the financial needs of the children, the financial resources of the surviving parent or guardian, and the children's current standard of living.

If a defendant is unable to pay because they are incarcerated, they will be expected to begin making those payments within one year of being released.

"A parent is responsible for the education and upbringing of that child, and when then that parent removed from the home over something so, in my opinion, foolish where we drink and drive and take the life of an innocent, then someone needs to be responsible for the upbringing of those children," Rep. Mark White told WREG.

## Nebraska traffic fatalities up 30% from this time last year

Written by Arianna Martinez

LINCOLN, Neb. (KLKN) – Fatal crashes are on the rise in Nebraska, despite the total number of crashes holding steady and decreasing in some areas.

The 84 traffic fatalities so far in 2022 compares with 61 at about this time last year, according to the Nebraska Department of Transportation.

“So if we stay at this over 30% above average, by the end of this year, we could see over 300 fatalities in Nebraska, and that’s really way higher than we want to see,” said Bill Kovarik, the department’s highway safety administrator.

Kovarik attributes the increase to a lack of seat belt use.

“In many of the fatalities recently, the people have not been wearing seat belts, and that’s something that we really need to get a change in behavior on,” he said.

Kovarik said Nebraska has the fourth-lowest seat belt usage in the nation.

One reason may be that officers can’t pull you over simply for not wearing a seat belt. You have to be doing something else as well, like speeding.

Most vehicles have seat belts now, and every year, car manufacturers are figuring out new ways to remind people to put them on.

“Most people know that they need to wear their seat belt, but they forget to put it on,” said Andy Goodyear, general manager at Honda of Lincoln. “That’s something they are working on right now, to make it a louder alarm to put your seatbelt on for a longer time.”

But seat belts won’t curb the rise in pedestrian fatalities nationwide and right here in Lincoln.

One newer safety feature aims to combat that.

The forward collision warning “will actually apply the brakes if someone stops in front of you, or actually runs out in front of the car,” Goodyear said. “It will sense that, and it will apply the brakes on the car.”

And the infrastructure bill passed by Congress last year requires manufacturers to install an anti-drunken driving system in all new vehicles.

Kovarik said the device — “not a breathalyzer per se, but some other kind of a sensor or warning” — would prevent the car from turning on if a person is impaired.

“That’s in the future, probably a few years away,” he said.

## Young adults led surge in alcohol-related deaths during COVID, study shows

Written by Sean Salai

Young adults led a surge of alcohol-related deaths across all ages and sexes during the first two years of the COVID-19 pandemic, a new study shows.

An analysis of Centers for Disease Control and Prevention data shows that the spike in alcohol-related deaths from 2019 to 2020 and 2021 exceeded pre-pandemic rates of increase, according to a research letter published Wednesday in the Journal of the American Medical Association.

For every 100,000 Americans aged 25 to 44 years old, 10.83 died of alcohol-related causes in 2020 and 10.85 in 2021, up from 7.43 in 2019.

That exceeded the study's projected death rates in the age group, based on pre-pandemic trends, of 7.71 for 2020 and 8.1 for 2021. The rate of increase was higher than that of any other age group.

"Younger persons, particularly those aged 25 to 44 years, had the steepest upward trend," the study's researchers wrote.

Overall, the study found that alcohol-related death rates increased by 24.79% in 2020 and 21.95% in 2021 above their projected rates.

"Mounting evidence indicates that alcohol sales, alcohol consumption, and complications of alcohol use have increased during the pandemic," the study noted.

Among the sexes, alcohol-related deaths increased at about the same rate for men and women.

Dr. Yee Hui Yeo of Cedars-Sinai Medical Center in Los Angeles and Dr. Fanpu Ji of Second Affiliated Hospital of Xi'an Jiaotong University in China were the co-authors of the study.

They used 2012-2019 data from the CDC's National Vital Statistics System to project 2020 and 2021 mortality rates. Overall, there were 343,384 alcohol-related deaths in the U.S. between 2012 and 2021.

COVID-19 infections caused less than 10% of all excess alcohol-related deaths during the pandemic years, the study found.

## Alcohol, Tobacco Use Common on Reality TV Shows. Here's How That Can Affect Kids

Written by Nancy Schimelpfening

New research published in the *Journal of Public Health* indicates that when children are exposed to unhealthy behaviors like smoking, drinking, and eating unhealthy foods in the media it can influence them to engage in those behaviors themselves.

The authors note that governmental bodies have attempted to curtail this by limiting the appearance of alcohol and tobacco on TV. However, they say depictions of it are still quite common.

In particular, they suggest that reality shows, with their glamorous, scripted portrayals of what supposedly is “real life” can lead young people to try to copy what they see.

### *Tobacco, Alcohol, Unhealthy Foods Common on Reality Shows*

Lead research Alex Barker, PhD, and his team examined 20 English-language reality shows that were broadcast between 2019 and 2020. Their goal was to try to judge how often children might have been exposed to images of tobacco, alcohol, and unhealthy foods through these shows.

The team counted the number of one-minute intervals containing each of these items.

Content related to tobacco was seen in two percent of intervals in two percent of episodes studied.

Alcohol appeared much more frequently, with 39 percent of intervals in 98 percent of episodes containing this content.

Finally, unhealthy foods high in fat and sugar were found in 13 percent of intervals in 88 percent of the episodes.

Particular brands of products were often seen in the episodes studied, especially for alcohol and foods. Tobacco branding was rare, however.

Altogether, 149 brands of alcohol were featured in 46 percent of episodes, with Peroni being the most common with 101 appearances.

Ninety-three brands of unhealthy foods were shown in 39 percent of episodes, with the most common, Coca Cola, appearing 87 times.

Broadcast TV had significantly more content related to smoking and unhealthy food than Netflix programming, the authors said, but there wasn't any real difference in alcohol-related content.

The different countries studied all had similar amounts of content related to tobacco and the amount of branding shown was similar as well.

However, the United Kingdom did have significantly more intervals containing alcohol and unhealthy foods than Australia and the United States did.

Pointing to the influence of reality shows in particular, Barker noted that they feature large amounts of alcohol and unhealthy foods.

*Media exposure can influence children's health behaviors*

Barker said, "There is now strong evidence that exposure to advertising or other tobacco, alcohol, and junk food content in the media increases subsequent consumption in children and adolescents."

Previous research shows that this type of content is very common on TV, he added, with reality shows being quite popular among younger people.

"These programs are widely viewed and seen by young people and due to the nature of reality TV, with its inspirational role models, they are likely influencing drinking and food consumption choices in young people," Barker said.

Ryan Bogdan, PhD., associate professor of psychological and brain sciences at the Washington University in St. Louis, says media cues could influence use of these substances in a variety of ways.

"The dopaminergic-rich corticostriatal circuit in our brain helps us learn what cues in our environment are associated with reward to drive motivated behavior. So if substance and food cues have been positively paired in the past or are presenting in rewarding contexts, this can induce craving."

For example, he said, studies have found that pictures of palatable food make this circuit more active and this is linked to feelings of craving.

"It is also possible that more broad social imitation is at play," said Bogdan. "If individuals with some form of celebrity status are depicted engaging in a behavior, it may lead to imitation behavior in viewers who wish to be like them."

*Counteracting the influence of unhealthy programming*

Barker feels that the current rules and regulations to prevent this sort of exposure are not enough.

"The rules should be tightened," he said, "to prevent genuine brands being featured."

He notes that regulations do exist to protect young people already. For example, the Ofcom Broadcasting Code in the United Kingdom prohibits depictions of tobacco and alcohol in children's programs or programs broadcast before 9 p.m.

Similarly, paid alcohol product placements are not allowed. In addition, unhealthy food advertising before 9 p.m. will soon be restricted, he said.

However, laws do not currently cover content within TV shows, according to Barker.

He feels that this loophole should be closed.

Bogdan suggests that as far as what parents can do in helping their kids, encouraging and rewarding healthy habits may be beneficial in combatting the negative influence of reality shows.

“There is some evidence that considering the future negative consequences of behaviors (e.g., tobacco use) reduces cravings – this may potentially emerge by recruiting more top-down regulation of reward-related neural circuitry,” Bogdan explained.

Bogdan said that, from a broader perspective, public health campaigns may be leveraged to promote healthful behaviors such as avoiding tobacco use.

Additionally, Bogdan said, “If you find yourself or your child is struggling with consumption of palatable foods, alcohol, tobacco, or other substances, in addition to seeking professional help, minimizing exposure to cues that can induce cravings may reduce cravings to promote the reduction of use or stopping of it altogether.”

Finally, he noted that reducing usage of these harmful substances can be difficult, especially during stressful times.

“Hiccups in reducing use are common and it is important to not throw in the towel and to try again,” he said.

**Suspect arrested after man shot in chest at Omaha motorcycle club**

Written by WOWT Staff

OMAHA, Neb. (WOWT) - One person was sent to the hospital overnight after a shooting at a motorcycle club.

Omaha Police say the call came in just at 11:53 p.m. One person was injured after a shooting happened at 25th and Ames, at the Los-Diablos Motorcycle Club.

According to Omaha Police, officers found the victim in the street with a gunshot wound to the chest. A female suspect, identified by police as Stacey Webb, 40, was arrested at the scene.

Police booked Webb in Douglas County Corrections for 2nd-degree domestic violence assault, use of a weapon to commit a felony and unlawful discharge.



**RESEARCH SUMMARY**  
Date Compiled: May 2022

**Key takeaways from included research:**

- Increases in alcohol-related emergency department (ED) visits drove researchers to further examine the probability of death in the year after one or multiple alcohol-related ED visits. Researchers found a substantial elevation in the risk of mortality for individuals after 1 or more ED visits due to alcohol. The findings also suggest that a single ED visit due to alcohol, even in younger individuals, was associated with a substantial elevation in the risk of death and that most deaths were associated with a single visit.
- Mortality rates have greatly increased during the COVID-19 pandemic, leading researchers to examine whether certain diseases and health conditions have been disproportionately affected. Using projective modeling, researchers examined alcohol use disorder (AUD)-mortality rates in the US between 2012-2021 and found AUD-related mortality increased among all ages and sexes during the pandemic, with those aged 25 to 44 years having the steepest upward trend.
- A study was conducted in Australia to examine first and subsequent alcohol-related hospitalizations among youth. Researchers found highest probability of repeated alcohol-related hospitalization was in the first month after the initial discharge. Knowing this provides an opportunity to provide interventions to those at greatest risk for repeat hospitalization.
- Researchers suggest alcohol packaging to have large picture or text warnings to decrease the appeal or social acceptability of alcohol products, particularly among youth. A study done in the United Kingdom found strong support for displaying warnings and health information to positively impact alcohol-related cognitions and behaviors.
- A cross-sectional study among children was conducted to examine the impacts of high levels of prenatal alcohol exposure and the associations with behavioral and cognitive problems. Researchers found that children with low levels of prenatal exposure had more behavioral problems suggesting that even small amounts of alcohol impact the brain structure in children.



**RESEARCH SUMMARY**  
Date Compiled: June 2022

**Key takeaways from included research:**

- A study was conducted to examine the prevalence, drinking patterns, and sociodemographic characteristics of US adult subpopulations with specific drinking trajectories during the first 42 weeks of the COVID-19 pandemic. Through the use of biweekly surveys researchers concluded that several US adult sociodemographic subpopulations acquired new drinking patterns. Frequent alcohol use assessment in the COVID-19 era could improve personalized medicine and population health efforts to reduce drinking.
- Business models and practices can greatly influence their patrons' consumption, such as inexpensive drinks or drink promotions. Researchers examined these practices and the associated characteristics of on-premise drinking establishments in close proximity to large universities. They concluded that establishments with lowered drink prices and permissive smoking/vaping increases the risk of heavy drinking and tobacco use.
- Often alcohol may be involved during sexual assault, either by the victim, perpetrator, or both, however few studies have examined how the presence of alcohol interacts with various risk factors. Neilson et al. examined alcohol intoxication, fear of intimacy, proximal power-related emotions, and nonconsensual sex intentions. Male social drinkers were randomly assigned to an alcohol condition and then asked to read a sexual assault scenario. Based on the responses, researchers concluded that for intoxicated men only, fear of intimacy was positively associated with power-related emotions, and power-related emotions were positively associated with nonconsensual sex intentions.
- While alcohol is a legal substance for those at least 21-years-old, public and self-stigma exist around alcohol-related liver disease (ALD). ALD stigma impacts healthcare from prevention to intervention, therefore researchers emphasize the need to integrate ALD services, providing stigma-free prevention, and overcoming the frequent separation of addiction services and general healthcare.