



## The Extra Mile

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

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### Calling All Omaha Metro High School Students!

*The Youth Leadership Network resumes meetings on August 17th*

Students in grades 8-12 in the Omaha Metro are invited to join the Youth Leadership Network! Students will meet other students from across the metro and together learn how to advocate for change to reduce excessive alcohol use and its harms in their communities. The purpose of the group is to aid students further in developing their leadership skills to bring real, positive changes to their schools and neighborhoods. Students have traveled to Lincoln for Leadership Day at the Capitol, met with state senators, introduced a bill and testified, assisted law enforcement with alcohol compliance check operations and training, created a social media campaign on the alcohol & cancer link, conducted an environmental scan, and much more. This is a FREE opportunity for students to come together and develop their skills in a fun way. Juniors and seniors can also compete for the Project Extra Mile Youth Leadership \$1,000 academic scholarship.

The first meeting of the 2026-2027 school year will be on **Monday, August 17th at 7:00 p.m.** at the UNO Community Engagement Center (6400 University Drive South, Omaha 68182). Please share this opportunity with youth! For more information, [please visit our website](#) and for students to sign up, [please click here](#).

# Youth Leadership Network

Awareness • Leadership • Community Engagement • Policy Change

All Omaha-Metro  
area students in  
grades 8-12 are  
invited to join!



## August Meeting

Monday, August 17, 2026

7:00-8:00 p.m. CST

UNO Community  
Engagement Center  
Room 221



Register before the meeting  
using the QR code below or at  
<https://rb.gy/z5lw6>



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PREVENTING ALCOHOL-RELATED HARM

## Evidence-Based Solutions Can Reverse Alcohol-Related Harms

# STAT 10 YEARS

A new report from STAT News highlights [12 evidence-based strategies that would prevent alcohol-related deaths in the United States](#). The recommendations emphasize the need to routinely prevent and treat alcohol misuse through healthcare and public health systems. Suggested

approaches include implementing proven public health policies that reduce excessive alcohol consumption (by increasing price and restricting both availability and advertising), screening patients for unhealthy alcohol use during medical visits and integrating that into electronic health records, expanding access to treatment for alcohol use disorder, improving insurance coverage, increasing public awareness of alcohol's health risks, and strengthening research. Together, these strategies recognize alcohol use as a major public health issue that deserves the same comprehensive approach used to address other chronic diseases.

These recommendations are especially relevant for Nebraska. According to the Nebraska Department of Health and Human Services' 2025 Epidemiological Profile, Nebraska's [age-adjusted alcohol-attributable death rate remains significantly higher](#) than the national average, with adults ages 45 to 64 experiencing the highest rates of alcohol-related deaths.

Nebraska policymakers can help improve Nebraska outcomes by strengthening policies that are proven to reduce excessive alcohol use, including increasing alcohol taxes, limiting alcohol outlet density, and investing in prevention, screening, and treatment

programs. These evidence-based strategies reduce excessive drinking across populations, particularly among youth and those at highest risk, while generating long-term savings by preventing alcohol-related disease, injuries, and deaths.

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## Impaired Driving Still a Major Preventable Cause of Death

### *Nebraska hosts first annual Impaired Driving Summit to address harms*

According to the latest National Highway Traffic Safety Administration (NHTSA) 2024 State Alcohol-Impaired Driving Estimates, an estimated 11,904 people were killed in alcohol-impaired driving crashes, a 4% decrease from the previous year. Alcohol-impaired driving deaths also accounted for a slightly smaller share of all traffic fatalities than in recent years, suggesting that enforcement, public awareness campaigns, and evidence-based prevention strategies are having a positive impact.



Despite these encouraging improvements, alcohol-impaired driving remains responsible for nearly one in three traffic deaths nationwide, including the tragic deaths of two young boys recently in Omaha. In Nebraska, there was a 10.6% increase in total fatalities, with a 7.1% increase in alcohol-related traffic fatalities between 2023 and 2024.



The 2026 Impaired Driving Summit, hosted by the Nebraska Department of Transportation – Highway Safety Office and AAA Nebraska, brought together close to 100 professionals from law enforcement, prosecution, treatment and rehabilitation services, education, and traffic safety organizations. The presentations and conversations focused on the importance of sustaining comprehensive & collaborative prevention efforts, including addressing substance misuse, sobriety checkpoints, high-visibility enforcement, responsible

beverage service training, and public education to continue reducing impaired driving injuries and deaths across the state.

While it is reported that Nebraska has [some of the strictest DUI penalties](#) in the nation, we continue to see injuries and fatalities. We need more enforcement of liquor laws and stronger policies around excessive alcohol consumption. [One such policy is increasing the cost of alcohol](#). Higher taxes reduce excessive drinking, binge drinking, youth alcohol use, impaired driving, and alcohol-related deaths. When Maryland implemented a 3% alcohol sales tax in 2011, [adult binge drinking declined by 17%](#) over the following five years. High school alcohol use fell by 26%, youth binge drinking dropped by 28%, and [alcohol-positive drivers between the ages of 21-34 declined by 12%](#). The roadmap is there -- we simply need policymakers to choose lives over alcohol industry profits.

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## Research Brief: Lower BAC Limits Save Lives

A new study found that Utah's adoption of a 0.05% blood alcohol concentration (BAC) limit for impaired driving is associated with [significantly greater reductions in alcohol-involved traffic fatalities](#) in contrast to neighboring states that retained the 0.08% BAC standard. Reductions were observed across multiple BAC levels, suggesting that lower legal limits can discourage impaired driving before it reaches the highest levels of intoxication. These findings add to growing body of evidence that lowering the legal BAC limit, when paired with public education and consistent enforcement, is an effective strategy for preventing alcohol-related crashes and saving lives.



We look forward to seeing you again!



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PREVENTING ALCOHOL-RELATED HARM

## OMAHA METRO COALITION MEETING

**August 12, 2026 @ 9:00AM**



UNO's Community Engagement Center  
6400 University Drive South  
Room 209 and via Zoom

Please join us as we welcome the  
Public Health Association of  
Nebraska to discuss its role in  
promoting public health and safety.



More Information :  
[www.projectextramile.org](http://www.projectextramile.org)

402-963-9047  
[info@projectextramile.org](mailto:info@projectextramile.org)

## 2026 Meeting Dates

January 21st

February 11th

March 11th

April 8th

May 13th

*No Meetings in  
June or July*

August 12th

September 9th

October 7th

November 18th

December 9th



Meetings are held at  
UNO's Community  
Engagement Center  
6400 University Drive South



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