



The Extra Mile

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

Please Join Us!

Coalition Meeting

Wednesday, January 21, 2026

UNO's Community Engagement Center

Room 209

9:00 a.m.



For more information: 402-963-9047



Policy Work Group Meeting

Wednesday, January 21, 2026

at 10:00 a.m. in Room 209

For more information: 402-963-9047

Miles to Go: Dietary Guidelines Leave Scientists Wanting More

The [2025-2030 Dietary Guidelines of Americans](#) were released yesterday to much criticism from the scientific community. The guidelines, jointly published every five years by the Department of Health & Human Services and the U.S. Department of Agriculture, influence school lunches, medical advice, national nutrition standards and include

recommendations for alcohol consumption. They are meant to help prevent chronic disease among Americans.

The 2020 guidelines advised that drinking less than more is better for health and if alcohol is consumed, it should be limited to no more than one drink per day for women and no more than two drinks per day for men and that adults should not begin drinking alcohol for health reasons. There was an effort among scientific advisors during the last two guidelines to reduce recommended levels for men to up to one drink per week, which was driven in part by emerging causal research on alcohol as a carcinogen.

In a recent study, [researchers found that ~16,800 deaths cancer deaths could have been prevented](#) if adults who drank in excess of the dietary guidelines reduced their consumption with an additional 650 deaths prevented if men were to consume one drink per day.

Instead, the 2025 guidelines removed all recommended levels of alcohol consumption (eliminating a feature of the guidelines that had been in place for 35 years):

- Consume less alcohol for better overall health.
- People who should completely avoid alcohol include pregnant women, people who are recovering from alcohol use disorder or are unable to control the amount they drink, and people taking medications or with medical conditions that can interact with alcohol. For those with a family history of alcoholism, be mindful of alcohol consumption and associated addictive behaviors.

"The entire point of the dietary guidelines is to keep citizens informed about what they can do to improve their health and reduce the chronic disease epidemic facing our nation," said Project Extra Mile Executive Director Chris Wagner. "What does 'consume less' mean if you're drinking 30 standard drinks per week? The alcohol industry appears to have the ear of Trump administration officials who appear willing to sacrifice the nation's health to line industry pockets -- that's not making America healthy again."

The Center for Science in the Public Interest (CSPI) released a competing version of the 2025 guidelines had the federal government based them on scientific consensus. Entitled the [2025-2030 Uncompromised DGA](#), the section on alcohol is as follows:

- Do not begin to drink alcohol or purposefully continue to drink because you think it will make you healthier.
- If you drink alcohol, at all levels of consumption, drinking less is generally better for health than drinking more.
- For those who drink alcohol, recommended limits are up to 1 drink per day for both women and men.

Dietary Guidelines For Americans



Miles to Go: 10 Omaha Areas Businesses Sold Alcohol to Minors



OMAHA, Neb -- As local schools begin their winter breaks, law enforcement conducted compliance checks in Douglas and Sarpy counties to ensure that retailers are refusing the sale of alcohol to minors during a period when they will have more time to seek out alcohol.

10 (4%) out of 225 businesses checked in Douglas and Sarpy counties were cited for selling alcohol to minors. A summary sheet of

the enforcement results and a full list of businesses checked are available [here](#).

"We were pleased that the noncompliant rate dropped significantly from 17% in September to 4% this month," said La Vista Police Department Officer Derek Schwarz, "but the goal is always zero sales. We're committed to continuing compliance checks in 2026 to ensure youth stay safe."

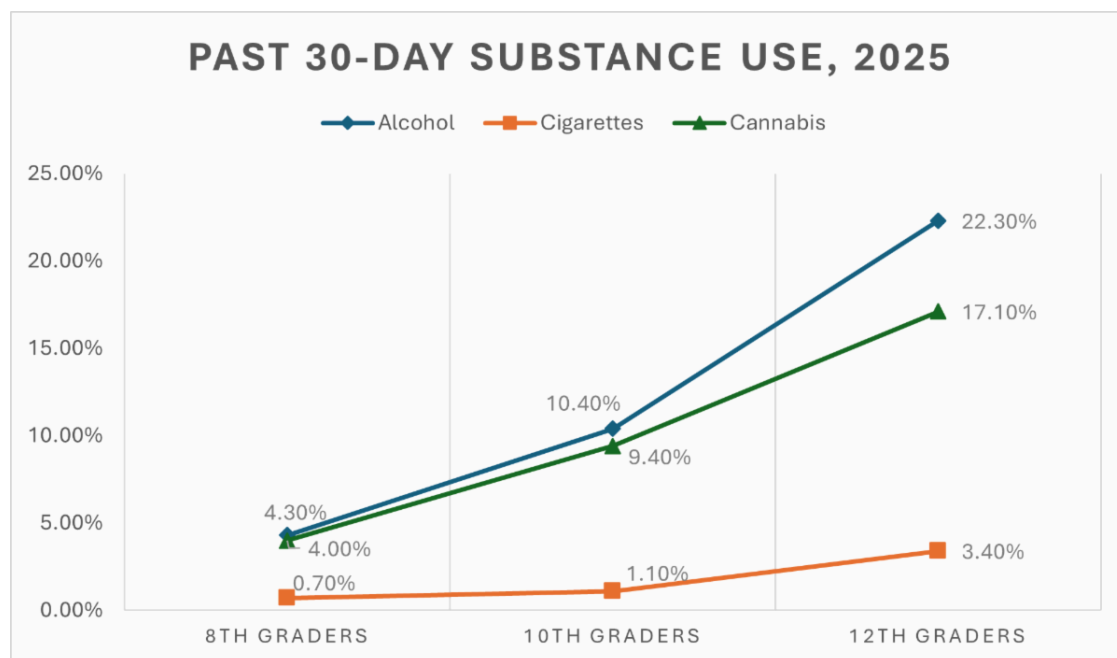
Three of the businesses cited are facing enhanced penalties due to a prior sale to minor within the last four years -- the time frame used by the Nebraska Liquor Control Commission (LCC) to assess penalties.

- Hy-Vee Food Store, 11650 S 73rd St, Papillion (12/2024)
- La Mesa Mexican Restaurant, 11002 Emmet St, Omaha (5/2023)
- Pizza West, 1240 McDermott Plz, La Vista (5/2025).

For the full press release and results, [please visit our website](#).

Research Brief: 2026 Monitoring the Future Report

The [2026 Monitoring the Future Report](#) shows that youth alcohol use in the U.S. is continuing the long-term decline seen over the past decade and sustained since the COVID-19 pandemic. Past-year drinking is reported by roughly 11% of 8th graders, 24% of 10th graders, and 41% of 12th graders. Binge drinking among adolescents remains low as well, particularly among 8th (0.6%) and 10th (1.5%) graders, and remains similar among 12th graders (8.7%). Compared with alcohol, cigarette smoking among teens is even lower, with use at or near historic minimums across 8th and 10th graders, with a slight uptick in 12th graders. Cannabis use remains more prevalent than cigarettes, but not alcohol use, particularly among 12th graders, but has largely leveled off rather than increased.



Coalition Spotlight: Diana Failla

This month we'd like to highlight Diana Failla, a community leader and advocate for city neighborhoods who works to resolve the many diverse issues that arise within the greater Omaha area. Failla holds many interests from running an environmental nonprofit (The Urban Nature Alliance) that works to sustain the tree canopy throughout the city to being listed as one of the Nebraska poets in The Flat Water Stirs, an anthology of Nebraska poets. She also serves as president of the Midtown Neighborhood Alliance. Diana connected with Project Extra Mile when the Elmwood neighborhood was working to oppose a Mega Saver liquor license. "Being able to work closely with Project Extra Mile was the most beneficial and informative collaboration we had and continue to have. Thanks to Project Extra Mile, residents were armed with overlay maps of area liquor sale

outlets within nearby miles, the procedure for testifying and a partnership with PEM advocates that will last through time," said Failla. Thank you for your engagement in the community to keep it healthy and safe!



2026 Meeting Dates

January 21st
February 11th
March 11th
April 8th
May 13th

*No Meetings in
June or July*

August 12th
September 9th
October 14th
November 18th
December 9th



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



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