



The Extra Mile

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

Going the Distance: Youth Leadership Network Makes Its TV Debut

October was a busy month for the Project Extra Mile Youth Leadership Network (YLN). About a dozen high school students from Omaha area schools have been busy meeting with senators and planning an upcoming awareness campaign. Recently, however, they decided to take their message to the people via KETV's Chronicle feature and the Equip Global podcast, which will eventually air on KPAO.



Millard North Junior Vyshnavi Perisetla and Millard West Senior Caleb Vaughan spoke with KETV's Rob McCartney about their work advocating for a bill that would increase the state sales tax on alcohol to fund public schools and alcohol prevention and treatment. These youth spoke about how they got involved in YLN, what it was like speaking to senators, and why it's important to increase the price of alcohol. The feature includes three segments focused on alcohol – the first on impaired driving, the second on alcohol & cancer, and the third about YLN. All three segments can be viewed here: [Chronicle: Alcohol](#).

More recently, Creighton Prep Junior King Maxwell and Executive Director Chris Wagner spoke with Joey McKernon on the [Equip Global podcast](#) to explain YLN's advocacy for evidence-based policies like increasing the price of alcohol.

Kudos to these youth for seizing these leadership opportunities! They continue to do excellent work, and we are grateful for their efforts to spread Project Extra Mile's mission to a broader audience. New students are always welcome to join the group! For more information on the Youth Leadership Network, please email youth@projectextramile.org or visit [our website to sign-up](#) to attend.

Help Us Empower the Next Generation of Leaders!



We're seeking *15 generous donors to contribute \$100 each*—every \$100 donation will be used as a scholarship for one student (grades 8–12) to attend our Youth Leadership Retreat in Summer 2026.

These students are active members of our local Youth Leadership Network, which meets monthly during the school year. They are learning about the impact of excessive alcohol use in our community and channeling that knowledge into youth-led projects that drive real change.

Past youth initiatives have included:

- Hosting a town hall with community members;
- Meeting with state senators;
- Introducing a legislative bill;
- Creating media campaigns to raise awareness;
- Drafting essays for national distribution;
- And much more!

All projects are planned and led entirely by the students—this retreat gives them the additional training they need to strengthen their leadership skills, grow their confidence, and become confident public speakers.

Your support can help one deserving young leader gain the tools to make a lasting impact. [Please consider sponsoring a student today!](#) Donations less than \$100 are also greatly appreciated!

Public health Impacts of the Federal Shutdown

Delays in information release and funding reimbursement

The current federal government shutdown is the longest in our nation's history and it seems to be gaining more steam in the wake of the November election results. However, the toll on the public's health continues to grow. There are three consequential items impacting the prevention of excessive alcohol consumption to which we would like to draw your attention: the disruptions to public health funding, the stalling of the 2025-2030 US Dietary Guidelines, and the development of new alcohol labeling regulations.

Many federally funded public health grantees, including community coalitions, local health departments, and research institutions, are unable to access funding for ongoing work. These groups play a vital role in addressing chronic disease, substance misuse, and health inequities in communities. Without federal funding, programs may be at risk of having to halt their vital work. The shutdown's ripple effects threaten to stall progress on evidence-based prevention and health promotion efforts, underscoring how federal inaction can reverberate across the nation's public health infrastructure.

The government shutdown has also paused progress on the 2025-2030 US Dietary Guidelines, an imperative federal nutrition policy that helps inform Americans about how improve health, including recommended limits on alcohol consumption. With the shutdown and the Trump administration pushing back on the Alcohol Intake Study, the [United States Alcohol Policy Alliance \(USAPA\) has released its own guidelines](#) for Americans to consider. These guidelines are based on science that clearly states that any alcohol consumption increases the risk of at least seven types of cancers, as well as many other diseases. USAPA is asking agencies, coalitions, and individuals to [endorse its guidelines](#).

Finally, the shutdown has brought a final rulemaking on alcohol labeling by the Alcohol and Tobacco Tax and Trade Bureau (TTB) to a screeching halt. The TTB's comment period on standardized alcohol facts labeling (serving size, number servings, calories, carbohydrates, and more) closed in August, but no further information and guidance has been released. Public health experts have long argued that these labels are essential to help consumers make informed decisions about alcohol consumption, we know more about what's in a can of beans than a bottle of wine or a can of beer. "If we want to Make America Healthy Again, we need to give Americans better information about what's in alcoholic beverages if we expect them to make healthier choices," said Project Extra Mile Executive Director Chris Wagner.

Canadian Bill Seeks Clearer Alcohol Labels

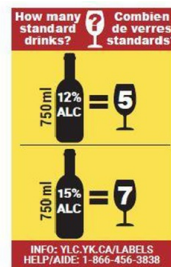
Include: cancer risks, standard drinks, health limits



(a)



(b)



(c)

[According to The Canadian Press](#),

Sen. Patrick Brazeau is trying for a second time to pass legislation that would add cancer warning labels to alcohol packaging. Brazeau has been sober for five years and says his personal experience with alcohol is part of what drives his push for change.

The article from The Canadian Press also speaks to Jacob Shelley, an associate professor in law and health studies at Western University who has been studying the use of warning labels. He says, "What is astonishing to me as a legal scholar is that the alcohol industry has somehow circumvented their legal and moral responsibility to warn customers." Shelley shared that the alcohol industry is extraordinarily powerful and alcohol use has been normalized.

Sen. Brazeau's bill would also require information about what constitutes a standard drink, the number of drinks per container, and the number of drinks that Health Canada considers a health risk. He said he sees that cancer warning label as only a first step because alcohol is linked to many other health issues.

Research Brief: Alcohol Consumption & Dementia Risk

A large 2025 study published in [BMJ Evidence-Based Medicine](#) found that any level of alcohol use may increase the risk of dementia. Earlier studies suggested that light drinking might protect the brain, however this new research shows that was likely a misleading result caused by bias. The study combined health data from over half a million people and genetic data from more than two million people and found that people who drank more alcohol had a higher risk of developing dementia, and the risk increased steadily with each increase in alcohol use. Heavy drinking and alcohol use disorder showed the highest risk, but even moderate drinking was linked to harm. The researchers concluded that there is no safe level of alcohol for brain health. They indicated that public health strategies reducing the prevalence of alcohol use disorder could possibly lower the incidence of dementia by up to 16%.

Coalition Spotlight: Trilety Wade

This month's spotlight is Trilety Wade, co-founder of Safe Omaha Streets (SOS). SOS was created in 2022 to advocate for safer roads for all users in the Omaha area. Prior to founding SOS, Trilety was an environmental consultant for about 15 years before owning and operating a bakery with a friend for about 6 years. In her current role, she's served on the Omaha Vision Zero Technical Advisory Committee and the MAPA Safe Streets for All Safety Committee. They also write unbiased and informative articles that we post on our blog, distribute newsletters, and host projects like our Road Safety Audit along 72nd Street. She joined the PEM coalition in 2022. When asked why she's engaged with the coalition, Trilety shared, "PEM's comprehensive



newsletters and well-researched articles are stellar resources for the community. The work that PEM does is thoughtful, analytical, and deliberate. You can tell that it is a well-run non-profit comprised of a diversity of folks who are truly passionate about the mission." Thank you for your passion and being part of the coalition, Trilety!

Please Join Us!



OMAHA METRO COALITION MEETING

November 12, 2025 @ 9:00AM



**UNO's Community Engagement Center
6400 University Drive South
Room 209**

**Please join us as we welcome the
Nebraska Liquor
Control Commission
to discuss its efforts to protect
public health, safety, & welfare.**



More Information :
www.projectextramile.org

402-963-9047
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Meetings are held at
UNO's Community Engagement Center
6400 University Drive South



2025 Meeting Dates

January 22nd

February 12th

Join us at our
30th Anniversary
Recognition Dinner
on March 12th

April 9th

May 14th

No Meeting in June

No Meeting in July

August 13th

September 10th

October 8th

November 12th

December 10th



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