El consumo de alcohol y su salud

Beber demasiado alcohol puede perjudicar su salud. El consumo excesivo de alcohol causa cerca de 14.5% de los muertos en los EEUU. Además, el consumo excesivo de alcohol costó a la economía USD $249 000 millones en el 2010.

Methods

Drinking patterns, which are highly correlated with risky behavior such as driving while intoxicated and other adverse health outcomes.

Figure 1: Presentations were given at the Alamos Orchard, Highland Orchard and Oroville MSFW housing communities.

Goal 1- community education:

- Partnered with Family Health Centers Outreach promotores Program
- Developed an culture-focused, interactive, educational presentation
- Scheduled educational outreach events and presented in Spanish to Latino MSFWs.

Goal 2- screening and brief intervention:

- Partnered with Okanogan Behavioral Health Centers (OHBC) to discuss training opportunities for promotores
- Provided literature resources and presentation materials for promotion of SBI promotores training program

Figure 2: Presentations and handouts focused on safe alcohol consumption practices.

¿Cómo se define el uso de alcohol problemático? What is problem drinking?

Figure 3: Presentations were directly relatable to workers.

Figure 4: Common themes emerged from discussions with workers about safe alcohol use, and consequences associated with excess use.

Discussion

Goal 1- community education:

- MSFWs have limited understanding of unhealthy drinking patterns
- Directly relatable, community education allows for MSFWs to attain a greater level of understanding about safe use.
- Scheduling and orchard follow through was a major challenge. Attendance was occasionally poor because orchard supervisors did not communicate event details with workers.

Goal 2- screening and brief intervention:

- Lack of funding has significantly reduced OHBCs promotores program. More funding is needed to expand program to include SBIs.
- OHBC is able/willing to provide training to promotores in alcohol screening (AUDIT-C, DAST-10) and brief interventions such as motivational interviewing.

Okanogan County MSFW alcohol education and screening initiative

Natalie Meadows, MS2
University of Washington School of Medicine
Rural and Underserved Opportunities Program (RUOP) 2016

Okanogan County hosts > 15,000 migrant and seasonal farm workers (MSFWs). MSFWs—largely Latinos and Jamaicans—make up a majority of the agricultural workforce. Several factors put MSFWs at high risk for engaging in unhealthy drinking patterns including Isolation, and stressful working and living conditions. Cultural differences such as language barriers and immigration status also add to life stresses among MSFWs, and influence unhealthy drinking patterns.

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Okanogan County is located in North Central Washington. Agriculture is the primary industry, accounting for 34% of the total employment in the county. Staple agricultural products grown in the region includes: tree fruits (cherries, apples, peaches) and wheat & grains. Alcohol-related fatalities in Okanogan County have been consistently higher than both the state and national averages for the past 10 years. Additionally, the CDC assigned Okanogan county a high-moderate ranking for risky drinking behaviors, as 14.5% of residents regularly engage in binge drinking. Binge Drinking is an unhealthy drinking pattern, which is highly correlated with risky behavior such as driving while intoxicated and other adverse health outcomes.

Figure 5: Presentations and handouts focused on safe alcohol consumption practices.