



HOW TO CONSIDER THOSE WHO **DO NOT** DRINK ALCOHOL

RECOVERY STATS



NATIONAL

For adults 18 or older,

21 million people
(6.4% of the population)
consider themselves to be in

consider themselves to be in recovery or to have recovered from their alcohol and/or drug problem.

National Survey on Drug Use and Health (NSDUH), 2020.



OHIO

739,000 people
(7.5% of the population)
consider themselves to be in recovery or to have recovered from a drug and/or alcohol problem.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)'s restricted online data analysis system (RDAS)

Survey: National Survey on Drug Use and Health: 2-Year RDAS (2018 to 2019)

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REASONS WHY SOMEONE MAY NOT DRINK ALCOHOL

- They may be in recovery from a substance use disorder.
- They may be supporting someone in recovery.
- They may have medical conditions that worsen with drinking.
- They may be on medications that interact dangerously with alcohol.
- They may be pregnant.
- They may be trying to get pregnant.
- They may be an adult under 21.
- They may have religious reasons to abstain.

- They may have alcohol allergies or intolerances.
- They may simply choose not to.
- They may be in a culture that prohibits alcohol.
- They may be undergoing chemotherapy.
- They may be on a diet.
- They may have a diagnosed mental health condition.
- They may be immunosuppressed.
- They may be bound to sobriety by their employer.

To ensure your event has the **most reach possible**, consider having these measures:



Partner with the recovery community to offer **recovery spaces**.

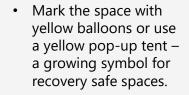


Focus on the content of your event, have alcohol as the compliment.



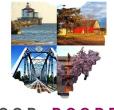
Create invitations or flyers that clearly state **non-alcoholic beverages** will be available.

- Offer tasty, healthy, non-alcoholic beverages.
- If hosting a public event, host lines that don't serve any alcohol.





- If applicable, the space ideally should be close to the first aid area.
- Offer this space away from where alcohol is being served.
- Great for serving the entire guest list
- Cutting the alcohol saves money and calories
- Can utilize fresh, organic ingredients instead of drink mixers full of preservatives and corn syrup
- Avoid: Using the term "mocktail" or presenting beverages in specialty glassware with accessories to look like alcoholic beverages because it could be harmful to those in recovery.



COP-RCORP

This guide was made possible by grants GA1RH33532 and GA1RH33529 from the Health Resources and Services Administration (HRSA), an operating division of the U.S. Department of Health and Human Services. Its contents are solely the responsibility of the COP-RCORP Consortium members and do not necessarily represent the official views of HRSA or the U.S. Department of Health and Human Services.



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