Drinking too much alcohol increases people’s risk of injuries, violence, drowning, liver disease, and some types of cancer. This April, during Alcohol Awareness Month, **The Bloomfield Department of Health and Human Services** encourages you to educate yourself and your loved ones about the dangers of drinking too much. The Minimum Legal Drinking Age (MLDA) laws specify the legal age when an individual can purchase or publicly consume alcoholic beverages. The MLDA in the United States is 21 years.  However, prior to the enactment of the National Minimum Drinking Age Act of 1984, the legal age when alcohol could be purchased varied from state to state.

The [National Highway Transportation Safety Administration](https://www.nhtsa.gov/) reported 137 people died in alcohol-impaired crashes in the state last year, a 27 percent increase over 108 fatalities reported in 2015. Only Alaska, Iowa and Vermont had a bigger percentage increase. To spread the word and prevent alcohol abuse, **The Bloomfield Department of Health and Human Services** is joining other organizations across the country to honor Alcohol Awareness Month.

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

* Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
* Keep track of how much you drink.
* Choose a day each week when you will not drink.
* Don’t drink when you are upset.
* Limit the amount of alcohol you keep at home.
* Avoid places where people drink a lot.
* Make a list of reasons not to drink.

If you are concerned about someone else’s drinking, offer to help.

Teens are at risk at this time of year, click on the following links to see the facts about teen drinking.

[Teen Drinking Facts](http://www.drive-safely.net/teenage-drunk-driving/)

[Teen Drinking and Driving](https://www.cdc.gov/vitalsigns/teendrinkinganddriving/index.html)

Educate yourself and your loved ones about the dangers of drinking, protect your family and your community by being smart and aware.

* It can be hard to talk to someone you love about a drinking problem. Use these tips to start the conversation: <http://1.usa.gov/VisRQL>
* 24 Hour AA Hotline – 1-800-245-1377
* Questions about alcohol? @CDC\_eHealth has the answers! Check it out: <http://1.usa.gov/l5QQv5>

For more information, visit **The Bloomfield Department of Health and Human Services at 973-680-4029 or visit our website at** [**http://www.bloomfieldtwpnj.com/health-human-services/**](http://www.bloomfieldtwpnj.com/health-human-services/)