

Press Release

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FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: NIH - Summer and Alcohols Effect on the Body

Summer is a season of sunny days, vacations, and outdoor activities, such as backyard gatherings, swimming, and hiking. Summer activities and events may involve alcohol, so it's important to understand the risks.

According to researchers at the National Institutes of Health (NIH), alcohol can impair a person's ability to perceive and respond to changes in their environment. This is particularly a concern in situations that require attention and coordination, such as driving a car or piloting a boat. The U.S. Coast Guard reports that alcohol consumption contributes to 18% of boating deaths in which the primary cause is known, making alcohol the leading known contributor of fatal boating accidents.

Alcohol can also lead to poor decision making and lack of self-control, which can bring out a person's inner risk taker. This can make any activity more dangerous, especially water-related activities. For example, swimmers may misjudge their strength or stamina and get too far from shore. Impaired judgment may also lead them to dive into dangerously shallow water at the pool, in lakes or rivers. A recent study by the Centers for Disease Control and Prevention estimates that 31% of all drownings involve blood alcohol concentration (BAC) levels of 0.10% or higher.

In addition, alcohol disrupts activity in brain areas that coordinate and control muscle movements. This disruption can impair balance and cause difficulty in activities like walking and biking, which can result in falls and other injuries.

For adults who decide to drink, to stay within the Dietary Guidelines for Americans, 2020–2025 reduces some of the risks associated with consuming alcohol. The dietary guidelines are the federal government's core nutrition policy that provides advice focusing on whole, nutrient-dense foods while actively limiting highly processed items. The guidance is designed to prevent chronic disease and promote lifelong health.

The guidelines recommend that women who choose to drink limit their alcohol intake to 1 drink or less, and men who chose to drink limit their intake to 2 drinks or less—on any single day, not on average. There are some people who should avoid alcohol completely, such as women who

are pregnant or might become pregnant and individuals taking medications that interact with alcohol.

Researchers advise to understand that there is no perfectly safe level of alcohol consumption. Research points to health risks, including cancer and cardiovascular risks, even at low levels of alcohol intake, regardless of the type of beverage. It's a good idea to periodically evaluate your relationship with alcohol. If you are feeling better or having more fun and energy for summer activities when not drinking, then listen to your body. It is trying to tell you something.

Be SAFE this Summer!

The National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

The SAFE Glen Cove Coalition was formed in 2003 to change societal norms about alcohol and substance use. The Coalition is concerned about excessive alcohol use in youth and adults and seeks to educate the community about its negative effects on one's health, safety and wellness. The Glen Cove Police Department has been a longstanding member of the Coalition and works diligently to monitor alcohol sales to minors and provide prevention education to youth and adults about Social Host Law and its consequences throughout the year. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's website to learn more about Alcohol and its negative consequences please visit www.safeglencove.org.