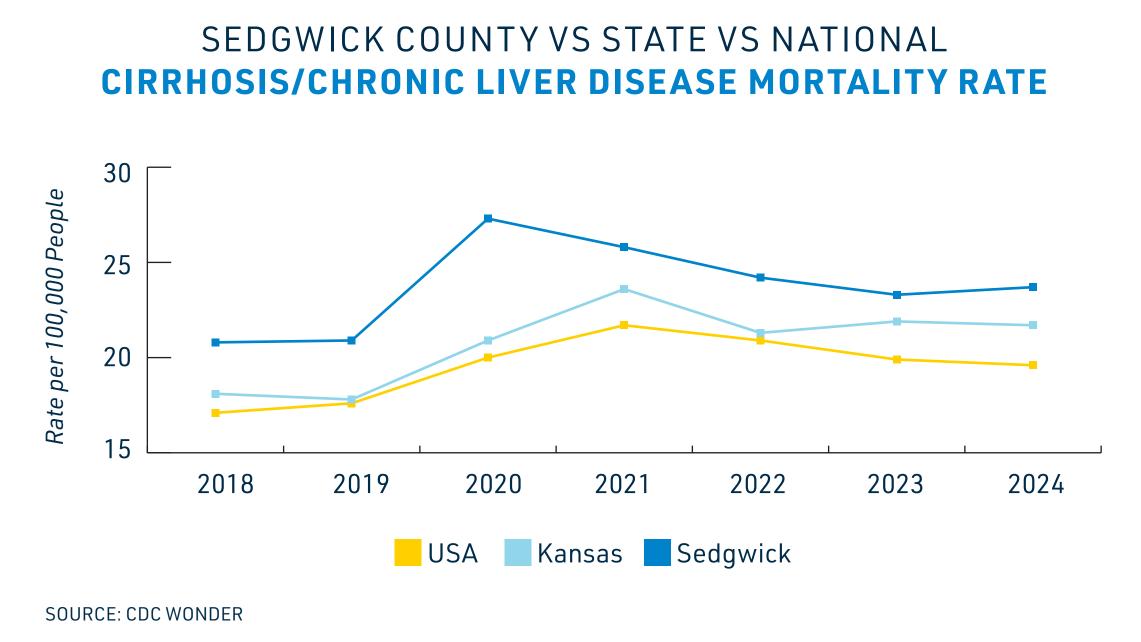
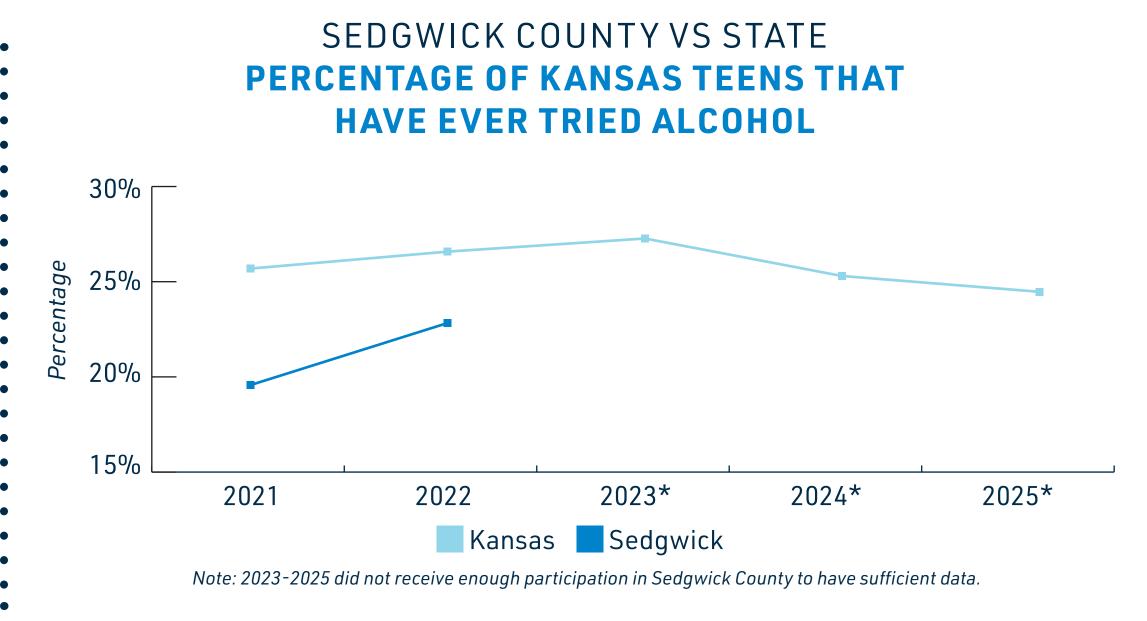
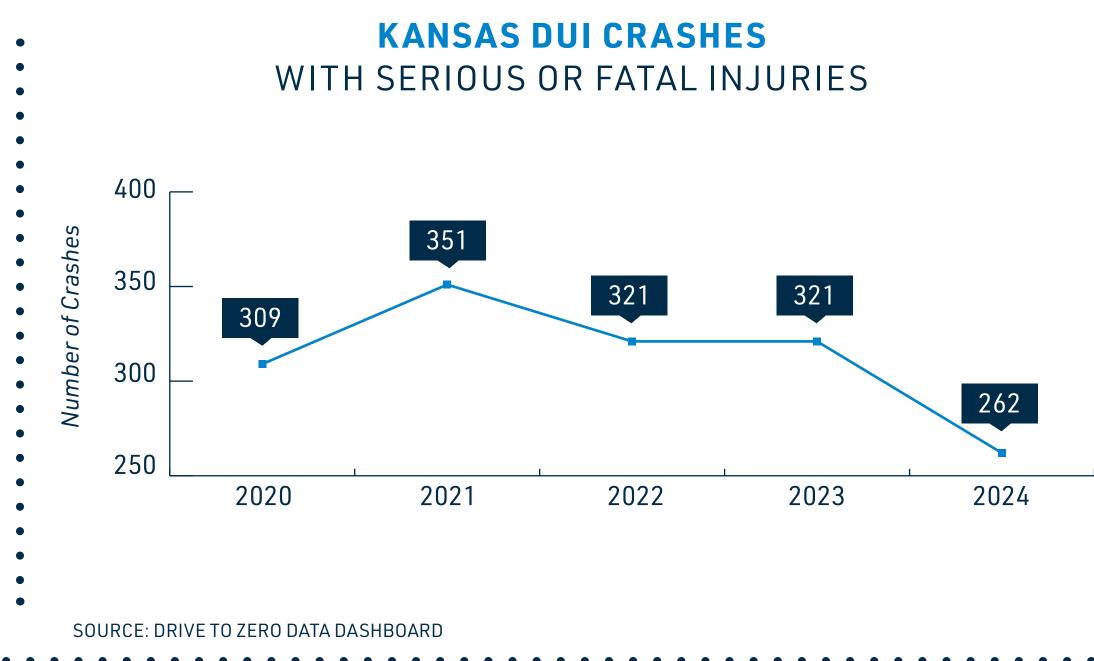
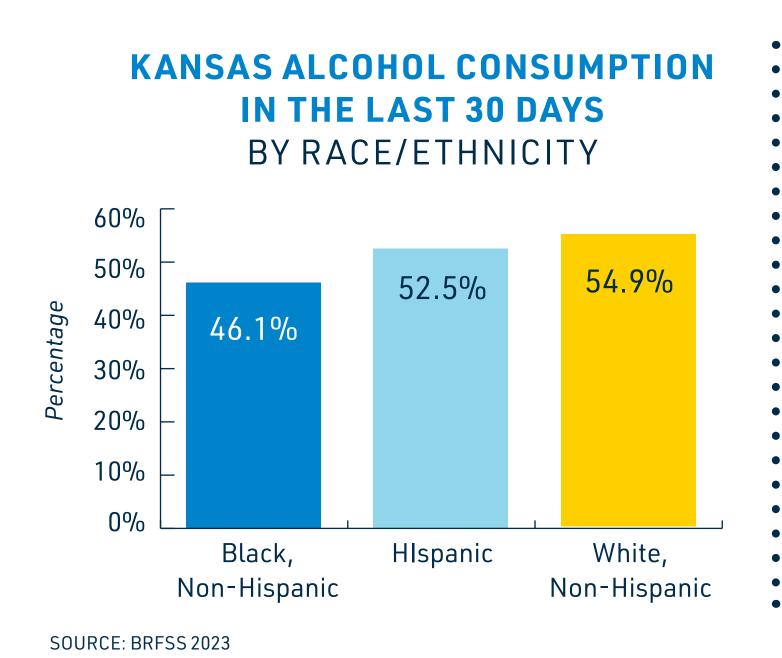
ALCOHOL



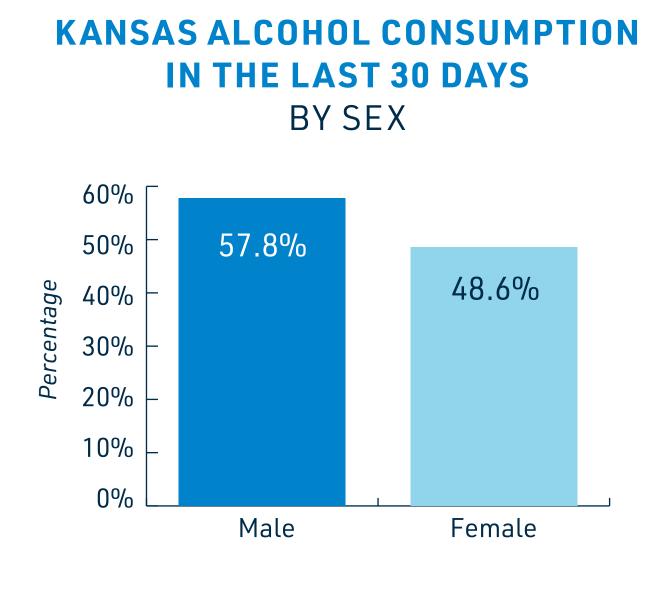






67209

67052



SOURCE: BRFSS 2023

WHAT HAPPENS AFTER QUITTING DRINKING

- The first month is the hardest—withdrawal and getting used to no alcohol.
- After a few weeks, your sleep, skin, and stomach start feeling better.
- Around 3 months in, your liver heals, you might lose weight, and your mood improves.
- At 6 months, you've built new routines and cravings aren't as strong.
- By 1 year, you feel stronger, happier, and ready to take on new goals.

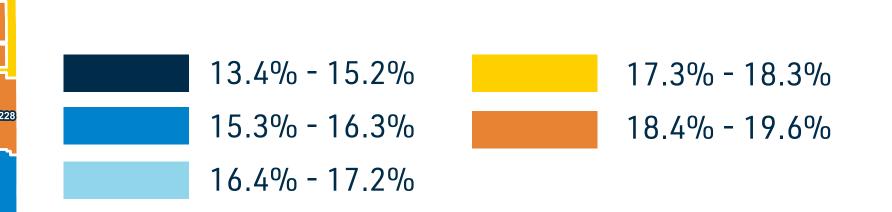
Kansas spends 17.4% of its total budget on the burdens of substance abuse and addiction

but only 0.27% of its total state budget on substance abuse and addiction prevention treatment and research

SOURCE: KANSASFAMILY.COM/KSLEADERSHIP/KANSAS-UNDERAGE-DRINKING-DOCUMENTS

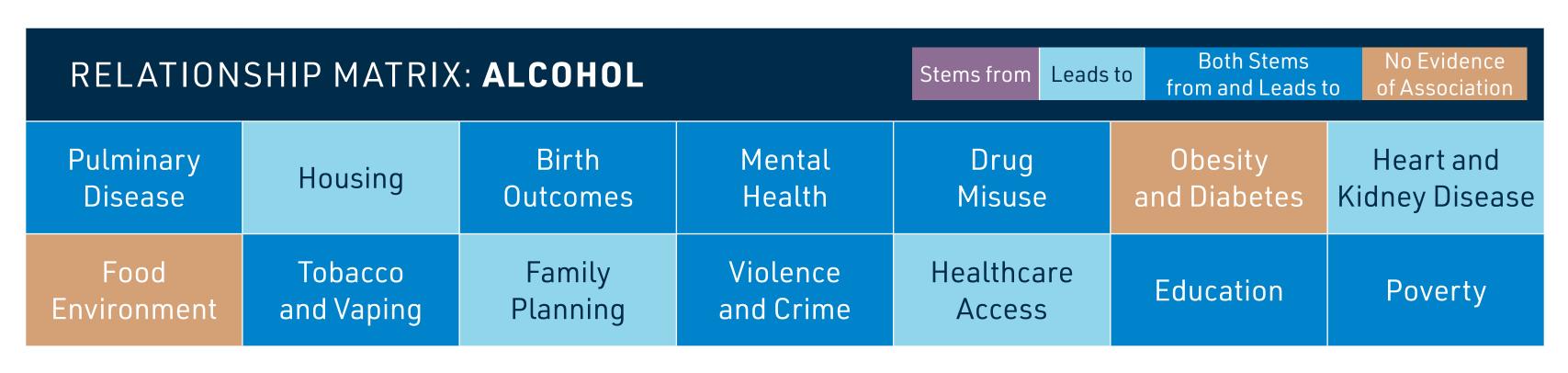


PERCENTAGE OF SEDGWICK COUNTY ADULTS WHO BINGE DRANK IN THE LAST 30 DAYS



The map shows the percentage of Sedgwick County residents who were binge drinkers, reporting that had 5 or more (men) or 4 or more (women) alcoholic beverages on a single occasion in the past 30 days.

Some ZIP Codes in gray do not have data or are along the edge of the county border cross county lines and are not included.



"...alcohol and drugs kill lots of people."

COMMUNITY VOICES Excerpt from the Community Listening Session



SOURCES: KANSAS HEALTH MATTERS, CDC PLACES 2022