

BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR TILLAMOOK COUNTY, OREGON

This matter came before the Tillamook County Board of Commissioners on April 2, 2025 at the request of Sarah Ermer, Tillamook Family Counseling Center. The Board, being fully apprised of the records and files therein, finds as follows:

1. Alcohol use is a significant public health concern, impacting the physical, mental, and financial wellbeing of our community.
2. Alcohol is an addictive substance, and as of 2023, 10.9% of US adults were reported to have experienced alcohol use disorder (AUD) in the last year.
3. Excessive drinking contributes to financial strain on individuals and families due to healthcare costs, lost workplace productivity, and criminal justice expenses. Additionally, alcohol use is linked to increased stress, anxiety, and depression.
4. Alcohol use increases the risk of liver disease and heart disease. When consumed, alcohol is metabolized into acetaldehyde, a toxic and carcinogenic substance that can damage DNA and interfere with the body's ability to repair cells.
5. Alcohol consumption contributes to at least seven types of cancer, including breast, colorectal, esophageal, liver, mouth, throat, and larynx. This risk can be found at even low levels (less than one drink per day) of drinking.
6. The US Surgeon General reports that alcohol contributes to nearly 100,000 cancer cases and about 20,000 cancer deaths in the US each year, yet less than half of American adults are aware of alcohol's carcinogenic effects.
7. Communities play an important role in reducing the harm that comes from alcohol consumption, through supporting honest conversations about how alcohol has become a normalized part of our individual, family, and community lives, promoting alcohol-free alternatives, and restricting youth access to alcohol.
8. The Oregon Health Authority's "Rethink the Drink" campaign, accessed at RethinkTheDrink.com, provides more information about the health effects of alcohol, and how we can start to re-evaluate its role in our life.

9. The Tillamook Family Counseling Center can assist clients to the degree that they want to moderate or quit alcohol use. The Center can be contacted at (503) 815-5426. The Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment and Referral Helpline can also help connect individuals to resources for mental health and addiction support. Call the helpline 24/7 at 1-800-622-HELP.

NOW, THEREFORE, IT IS HEREBY RESOLVED that:

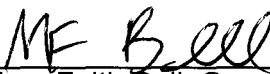
10. The Tillamook County Board of Commissioners do hereby proclaim April 2025 as "Alcohol Awareness Month" in Tillamook County.

Dated this 2nd day of April, 2025.

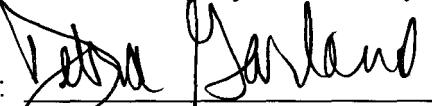
BOARD OF COUNTY COMMISSIONERS
FOR TILLAMOOK COUNTY, OREGON


Erin D. Skaar, Chair


Paul Fournier, Vice-Chair


Mary Faith Bell, Commissioner

ATTEST: Christy Nyseth, County Clerk

By: 
Special Deputy

Aye Nay Abstain/Absent

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APPROVED AS TO FORM:


William K. Sargent, County Counsel

