

NEWSLETTER



Upcoming Coalition Meetings

No meetings in the summer, we will see you in September!

● Coalition News & Updates

CADCA National Coalition Academy: Our DFC program director is set to complete her third and final week at CADCA's National Coalition Academy (NCA) this June. The NCA is a nationally recognized, comprehensive training program that provides participants with important knowledge and skills to build and sustain an effective drug prevention coalition and manage local substance use prevention efforts.

MetroWest Adolescent Health Survey: This fall Walpole Middle and High School students will take part in the MetroWest Adolescent Health Survey, an anonymous health survey that is given biennially to youth in several Metrowest communities. This survey collects self-reported data on various health and risk behaviors as well as perceptions of these behaviors. The data we gather from this survey offers valuable insight into the health and well-being of the youth in our community, enabling us to take informed, targeted action to support and improve their lives. We thank you, the families, the students of Walpole Public Schools, and Walpole Public School employees for their support and participation in this important work!

Prevention & Safety Spotlight

Alcohol & Heat Intolerance – What to Know to Stay Safe

- *What is heat intolerance?*
 - Heat intolerance is a term that describes when one feels overheated/too hot in temperature or environments, including in environments that others may find comfortable or tolerable. This sensation occurs due to the body's inability to regulate its internal temperature, making the individual feel uncomfortable. It can be caused or exacerbated by certain health conditions, as well as the use of several medications or other substances (alcohol, opioids, cocaine).
- *What are the signs of heat intolerance?*
 - Feeling very hot, more so than those around you
 - Excessive sweating or no sweating
 - Exhaustion and/or fatigue in warm weather
 - Headaches, nausea, vomiting, or dizziness in response to heat
 - Changes in mood when hot
 - Muscle cramping
- *How can drinking alcohol lead to heat intolerance in the summer?*
 - Summer is a time where dehydration can occur more frequently due to the heat, prolonged time outside, and increased sweating. Alcohol use can increase the risk of dehydration by inhibiting (slowing down) the release of antidiuretic hormone (ADH), which leads to more frequent urination and fluid loss. This dehydration can worsen or accelerate heat-related effects, such as heat intolerance.
- *How can I stay safe this summer and prevent heat intolerance if I choose to drink alcohol?*
 - Limit your time outside when it's hot and humid or take frequent breaks from the heat.
 - Drink plenty of water before, during, and after drinking alcohol; alternating alcoholic beverages with water can be a helpful way to ensure hydration.
 - Eat food before alcohol consumption.
 - Be aware of the amount you are drinking.
 - Seek shade
 - Pay attention to your body's signals, and be aware of signs of heat intolerance.

How to Be a Prevention Role Model

- **Be mindful of how you use and talk about substances.**
- **Practice safe storage of alcohol and other substances.**
- **Don't provide alcohol or other substances to minors.**
- **Have open and honest conversations about substance use.**
- **Engage in substance-free activities, hobbies, and events.**

