

OMAHA COALITION MEETING
Wednesday, November 11, 2020
9 a.m.

A G E N D A

- I. Welcome and Introductions
- II. Review of the October 14, 2020 Meeting Minutes
(please contact PEM staff with corrections)
- III. Topic: Efforts to Address Fetal Alcohol Spectrum Disorders, UNMC's Dr. Omar Rahman & Lisa Spellman, Rosebud Sioux Tribe
- IV. Focus Area Updates
 - a. Local
 - i. City Council testimony
 1. Ames Avenue Convenience Store
 2. BJ's
 3. T&A Convenience (formerly Super T's)
 - ii. Reign Lounge
 - b. Policy
 - i. LR 450
 - ii. SBIRT Event w/ CHI
 - c. Enforcement
 - i. Law Enforcement Work Group update
 - ii. UNMC's Randomization App
 - d. Youth
 - i. Collaborative meetings
 - ii. November 12th Youth Leadership Council Meeting at 6:30 p.m. via Zoom
 - e. Awareness
 - i. NET Story on Executive Orders
 - ii. Letters to the Editor
 - iii. November 2020 Research Summary available at www.projectextramile.org
- V. Additional Discussion/Announcements
- VI. Next Meeting Date: **December 9th, 9 am via Zoom**
2020 in Review

IMPORTANT UPCOMING EVENTS

Nebraska Liquor Control Commission Hearings – December 1 & 2, 2020

PROJECT EXTRA MILE

OMAHA METRO AREA COALITION MEETING MINUTES

October 14, 2020

- I. Call to Order: Project Extra Mile Coalition Chair Jen Pollock called the meeting to order virtually via Zoom at 9 a.m.
- II. Welcome and Introductions: Welcome and introductions took place. Coalition members in attendance: Jennifer Pollock, Pat Telley, Carey Pomykata, Eva Herrera, Adam Turnbull, Palistene Gray-Moore, Bill Kovarik, Teri Speck, Tina Rockenbach, Jeana Tortorilla, Jim Timm, Wendy Evans, Mandy Peth, Sherri Cannon, Andrea Frazier, Clint Zost, Chris Ivener, DJ Barcal, Don Hoes, Teri Mattran, and Chuck Matson. Staff members in attendance: Chris Wagner, Liene Topko, Beatha Kliewer and Erin Ayad.
- III. Approval of Minutes: The minutes from the September 9, 2020 meeting were reviewed and approved. No additions or corrections were made.
- IV. Nebraska's FY21 Highway Safety Plan: Bill Kovarik, Nebraska Highway Safety Administrator, presented on the new Highway Safety Plan. The Highway Safety Office (HSO) is working to reduce traffic-related injury and fatality rates (by addressing seat belt use, speeding, and impaired, distracted, and/or drowsy driving). Kovarik shared that alcohol-impaired crashes have decreased in the state, but reporting processes are being reviewed following a higher-than-expected decrease in crashes between 2018 and 2019. HSO is working with law enforcement agencies and other entities to ensure the most accurate data is reported and available, especially due to an increase in the number of drivers involved in fatality crashes where a BAC was not reported. Data tracking records are moving to a new online platform to improve accuracy and data sharing.
 - a. OPD shared that the Traffic Unit maintains record of BACs and that BAC results often exceed 0.15, which is aggravated DUI in Nebraska. A greater probability of arrest may be a factor among drivers with higher BACs.
- V. Focus Area Updates:
 - a. Local
 - i. Liene Topko shared that Infinity was denied a bottle club license due to failure to comply with prior agreements.
 1. NSP Investigator Zost shared the owner will be in court in November for violating Directed Health Measures (DHMs).
 - ii. Topko also shared the manager of Reign Lounge has purchased the business and applied for a new liquor license. Neighbors have expressed continued concerns about the new license's impact on their community.
 1. Inv. Zost shared the new owner is not changing the name of the business but intends to be a neighborhood bar.
 2. Chris Wagner shared that PEM has been a source of technical assistance and information for the Florence neighbors who have raised concerns about the business since 2019.

b. Policy

- i. Liene Topko noted that PEM confirmed with the Liquor Control Commission (LCC) that the Governor's curbside and to-go alcohol Executive Orders will continue until the state of emergency is lifted.
- ii. Topko also shared that the LCC finalized their Legislative letter for the 2021 session. The letter includes a recommendation to create a new tax category for ready-to-drink cocktails (RTDs) and calls for a review of statutes to continue cocktails-to-go and curbside pickup.
 1. Chris Wagner briefly shared that it is very likely that legislation will be introduced in the upcoming Legislative session to make the changes permanent, especially with the pending Interim Study (LR 450). This is concerning because price and availability are two key issues for increases in alcohol-related harms in the community.
- iii. Wagner shared that PEM has been working with the American Public Health Association (APHA) and coalitions across the country to encourage state and local elected officials to roll back temporary changes to pandemic-related alcohol regulations. Following a national news release, PEM hopes to work with media outlets throughout the state to highlight Nebraska-specific concerns.

c. Enforcement

- i. Liene Topko discussed the September 18-19 alcohol retail compliance checks resulting in 12 (8%) businesses of 143 checked selling to the minor. When combined with the July results, 24 (9%) out of 271 businesses in Douglas & Sarpy Counties were not in compliance.
- ii. Chris Wagner shared that PEM is collaborating with law enforcement agencies to plan enforcement operations around sales to intoxicated patrons and alcohol delivery. A meeting was held with the Nebraska State Patrol and protocols are being developed for these operations.

d. Youth

- i. Erin Ayad shared that a nationwide call with youth coalitions is scheduled for October 15th to discuss how other organizations are working through the pandemic and keeping students engaged through virtual efforts.
- ii. Ayad also shared that PEM held its first virtual Youth Leadership Council (YLC) meeting on October 8th. Meetings will continue to be virtual.

e. Awareness

- i. Erin Ayad shared that PEM submitted a letter to the editor to the Norfolk Daily News emphasizing the need to hold adults accountable if they provide alcohol to minors. PEM also encouraged news outlets statewide to discontinue referring to alcohol-impaired crashes as "accidents."
- ii. The October 2020 Research Summaries were provided in the meeting packet.
 1. Ayad highlighted a study that showed greater rates of alcohol-related deaths in rural areas and noted that the gap is narrowing between male and female alcohol-attributable death rates.

VI. Additional Discussion/Announcements: none

VII. Adjournment and Next Meeting Date: The meeting was adjourned. The next meeting will take place on Wednesday, November 11th at 9 a.m. virtually via Zoom.



YOUTH LEADERSHIP COUNCIL

Who: Students in 8th through 12th grades who want to make a difference in their communities

What: Young people are encouraged to take the lead in solving the problem of underage drinking in their community. Through Project Extra Mile's Youth Leadership Council, adult partners work with students to help reach their goals.

Why: Underage drinking is a leading public health problem. Alcohol contributes to more than 3,500 deaths among youth under 21 each year.

Where: Via Zoom – Please register at the following link in advance:
Meeting ID: 973 4892 7086
<https://zoom.us/j/97348927086>

When: All meetings will be 6:30 PM – 7:30 PM on the following dates:
Thursday, October 8, 2020
Thursday, November 12, 2020
Thursday, December 10, 2020

Get involved in several ways!

- Meet with local and state officials to discuss underage alcohol use
- Make recommendations on alcohol and other drug policies at school
- Collaborate with law enforcement and other community agencies
- Develop awareness materials and public service announcements

Questions? E-mail youth@projectextramile.org

Public Health Experts Urge The Governor To Roll Back Alcohol-Focused Executive Orders

Written by Melissa Rosales

A group of local public health experts and advocates are joining the American Public Health Association to urge governors to roll back alcohol-focused executive orders established during the pandemic. Governor Ricketts issued emergency measures allowing curbside pickup, delivery, drive through and drinks to go since March.

Binge drinking has increased by 26% during the pandemic according to RTI International. Project Extra Mile in Omaha and Monument Prevention Coalition in Scotts Bluff are now urging policy makers to strengthen science-based policies to prevent alcohol-related harms. Project Extra Mile Executive Director Chris Wagner said science shows increasing alcohol availability increases harm too.

"Obviously, policymakers had to think out of the box when kind of COVID struck," Wagner said. "But, I think the public health has really been ignored in that part of the equation and those decisions."

Nebraska ranks as the 5th worst state when it comes to binge drinking and 2nd worst in self-reported driving under the influence, according to the Centers for Disease Control and Prevention. The World Health Organization actually recommends countries restrict access to alcohol because it weakens the immune system and makes people more susceptible to the coronavirus. Wagner said he's concerned the relaxed standards for the sale of alcohol in Nebraska will become permanent after the pandemic is over.

"This is only going to get worse," Wagner said. "We will have more people losing their life due to alcohol if these executive orders are allowed to become permanent in our state."

Wagner and other coalitions want Governor Ricketts to roll back the relaxed rules for alcohol sales when Phase 4 is reached, since most restaurants will be able to operate normally.



RESEARCH SUMMARY

Date Compiled: November 2020

Key takeaways from included research:

- In 2016, alcohol consumption was one of the leading risk factors for cancer development and cancer death globally, causing an estimated 376,200 cancer deaths, representing 4.2% of all cancer deaths.
- The results of a policy modeling study suggest that the introduction of minimum unit pricing between CAD \$1.50 and \$1.75 would substantially reduce the alcohol-caused burden of disease in Québec.
- Over the past century, differences in alcohol use and related harms between males and females in the United States have diminished considerably. In general, males still consume more alcohol and experience as well as cause more alcohol-related injuries and deaths than females do, but the gaps are narrowing.
- Implementing Washington's Initiative 1183 (privatizing liquor sales) appears to have been associated with a significant increase in the rate of accidental injury hospitalizations in urban counties in that state.
- A more stringent alcohol policy environment could reduce assault/vandalism and driving-related harm due to another drinker by lowering state binge drinking rates.

Man sentenced for providing beer to minors at party

Written by Unknown

STANTON — A Columbus man was sentenced in Stanton County Court on Tuesday for procuring alcohol to minors.

Luis Mayorga, 22, was sentenced for buying kegs of beer for a large party in June southeast of Stanton. The party was broken up by the Stanton County Sheriff's Office, said Sheriff Mike Unger.

Mayorga was sentenced to 60 days in jail, Unger said.

The party's host, 18-year-old Isaak Wiese of Clarkson, was previously sentenced to seven days in jail and one year's probation. Numerous minors also received minor in possession charges as a result of the investigation.

Alcohol use changed right after COVID-19 lockdown

Written by Washington State University

The study, published recently in *Frontiers in Psychiatry*, surveyed more than 900 twin pairs from the Washington State Twin Registry from March 26 to April 5, 2020, just after stay-at-home orders were issued in Washington on March 23. An estimated 14% of survey respondents said they drank more alcohol than the week prior and reported higher levels of stress and anxiety than those who did not drink alcohol and those whose use stayed the same.

"We expected that down the road people might turn to alcohol after the stay-at-home orders were issued, but apparently it happened right off the bat," said Ally Avery, lead author of the study and a scientific operations manager at WSU's Elson S. Floyd College of Medicine. "It shows the need to make sure there is more mental health support since it had an impact on people right away."

Surprisingly, the study showed that the 11% who decreased their drinking also had higher levels of stress and anxiety than the groups with no change -- suggesting that any change in alcohol use may be associated with mental health issues.

The study did not examine the reasons behind the link between a decrease in drinking and increase in stress and anxiety, but Avery said one possibility is that these were social drinkers who were missing out on after-work happy hours and other occasions where they drank with friends.

The researchers conducted the study with twins so that they could look at whether changes in alcohol use and mental health were mediated by genetic or shared environmental factors since twins raised in the same family share many formative experiences. Twins also have common genetics with fraternal twins sharing approximately half of their genes while identical twins share all of their genes.

In this study, the researchers found that the association between changes in alcohol use, and stress and anxiety were relatively small and confounded by between-family factors and demographic characteristics.

Still the link between the pandemic, alcohol use, and stress and anxiety is concerning, Avery said. The researchers are continuing to survey this group at longer intervals to see if the increased drinking persists and whether it becomes a bigger problem.

New license allows bars, restaurants to expand; limited city resources mean taking turns

Written by Madison Pitsch

LINCOLN, Neb. (KOLN) -Nebraska football is a little over a week away from the game, and 15 days from their home opener against Wisconsin. The season will have a different feel, with no fans in the stands. Now businesses across the area are finding new ways to accommodate fans.

This year, during home games three main areas will get a Special Designated Licenses, or SDLs. These licenses allow them to serve alcohol outside of the footprint of their building. But due to limited city resources, these three places will be on a rotating schedule.

"We're a music venue. It's really impacted our revenues, we're down 90%, over 90%," said Scott Hatfield, owner of Duffy's Tavern. "It's been really unbelievable. It's been a very difficult time"

The changes to the SDL requirements allow the Haymarket, Canopy Street, and 14th Street between "O" and "P" to serve alcohol outside their buildings. It's similar to the city's dine-out plan that has been in place.

"We know that when people are outside, they're safer than in enclosed, confined indoor spaces, so we're trying our best to support safe activity on these game days," said Mayor Leirion Gaylor Baird.

But with an SDL comes two main requirements; that you have off-duty police and traffic control. Due to limited resources, these three main areas will have to alternate weekly.

"We don't have an infinite supply of off-duty officers," said Mayor Gaylor Baird. "That said, we're working to create a fair process to apply for that support."

"The idea was to mitigate risk for us, for me, for my staff and for my customers," said Hatfield. "I thought that was the idea behind the city council's decision to allow this. To allow it in one neighborhood, but not allow it six or so blocks away seems odd."

The timing of the rotation, Hatfield said, isn't great either.

"It looks like they're going to offer that to the venues in the Haymarket, but not offer it to the venues on 14th St. on Halloween, which is extremely disappointing," said Hatfield. Halloween is one of the busiest nights before the weather starts getting colder.

Hatfield is uncertain whether the rotation will help make up their 90 percent drop in income.

"We are not on the first two weeks," said Hatfield. "We're on the third week. It's not the city's job to pick winners and losers on this deal. We need a place to put people, we need a place to put people safely."

Cancer Warning Needed on Alcohol

Written by CFA Press Release

Washington, D.C. — Today, consumer and public health groups submitted a petition to the U.S. Department of Treasury’s Alcohol and Tobacco Tax and Trade Bureau (TTB), making the case for a warning statement on alcoholic beverages to increase consumer awareness of the link between alcohol and cancer. The petition urges TTB to undertake a congressional reporting process provided for by the Alcoholic Beverage Labeling Act of 1988, with the objective of amending the health warning statement required to appear on all alcoholic beverage labels.

The groups submitting the petition are Alcohol Justice, the American Institute for Cancer Research, the American Society of Clinical Oncology, the American Public Health Association, Breast Cancer Prevention Partners, Consumer Federation of America, Center for Science in the Public Interest, and the U.S. Alcohol Policy Alliance.

Currently, all alcoholic beverage labels must include a warning statement regarding motor vehicle operation and drinking while pregnant. The law requiring that statement, passed in 1988, directs TTB to consult with the Surgeon General and “promptly report” to Congress if “available scientific information” justifies a change in the statement. The petitioners contend that the time has come for TTB to fulfill that reporting duty.

They point to the Surgeon General’s 2016 report documenting the link between alcohol consumption and cancers of the breast, oral cavity, esophagus, larynx, pharynx, liver, and colorectum. “Even one drink per day may increase the risk of breast cancer,” according to the Surgeon General’s report. The Surgeon General’s conclusions are consistent with those of other public health authorities, such as the National Cancer Institute, which points out on its website that “there is a strong scientific consensus that alcohol drinking can cause several types of cancer.”

In light of this consensus, the groups are urging TTB to seek congressional authorization for the following amendment to the current warning statement:

- **GOVERNMENT WARNING:** According to the Surgeon General, consumption of alcoholic beverages can cause cancer, including breast and colon cancers.

Such a warning would save lives, the groups say, in part because most consumers are unaware of the link between alcohol and cancer.

The World Health Organization first documented the link between alcohol and a variety of cancers in 1987. Researchers estimate that cancers associated with alcohol consumption affect nearly 90,000 Americans each year, and that alcohol consumption represents the third largest modifiable risk factor contributing to cancer cases in women (behind smoking and obesity) and the fourth largest in men (behind smoking, obesity, and UV radiation). In 2014, alcohol consumption was associated with an estimated 6.4% – 50,110 – of all cancer cases in women, and 4.8% – 37,410 – of all cancer cases in men, with the largest burden by far for female breast cancer (39,060 cases).

Despite these impacts, however, surveys from both the National Cancer Institute and American Institute for Cancer Research have found that fewer than half of U.S. adults know that alcohol

increases cancer risk. This disconnect between alcohol's contribution to cancer risk, and consumer awareness of that contribution, supports the need for a warning label, according to the petitioners.

Even "light" and "moderate" drinking have been tied to various cancers. Earlier this summer, the Dietary Guidelines Advisory Committee recommended that the 2020 guidelines lower the limit of alcoholic drinks per day for men down to one, in part because of cancer risk.

"The government has the responsibility to give consumers the scientific information they need to make informed decisions about alcohol, just as it does with tobacco," said Thomas Gremillion, Director of Food Policy at CFA. "Consumers have a right to know that alcohol causes cancer, so they can decide for themselves whether drinking is worth the risk."

"The lack of public awareness of the strong link between alcohol and cancer is concerning," said Dr. Peter Lurie, Executive Director at Center for Science in the Public Interest. "A warning label will help correct this information imbalance. We hope the TTB will take action in the interest of consumers."

"The first step towards solving a problem is recognizing that it exists", says Dr. Nigel Brockton, Vice President of Research at the American Institute for Cancer Research. "It is clear that alcohol causes cancer but our Awareness Survey shows that too many people are currently unaware of this link. A warning label would raise awareness and save lives."

"Alcohol corporations are responsible for carcinogenic harm in their products and the public needs to know," stated Bruce Lee Livingston, Executive Director / CEO of Alcohol Justice. "All alcoholic products should require cancer warning labels nationwide."

"The science is crystal clear: alcohol use poses serious health risks – including cancer," said Alicia Sparks, PhD, Vice Chair U.S. Alcohol Policy Alliance. "In order for the public to have full awareness of these risks, labeling on alcoholic products must provide complete, transparent, and honest information."

"Breast cancer will affect one in eight women during their lifetime and is the second most common cancer among women in America," said Dr. Sharima Rasanayagam, Science Director for Breast Cancer Prevention Partners. "The reality is most women don't know about the strong evidence that drinking alcohol increases their risk for breast cancer, which is exactly why this petition to the TTB is so critically important. It's time for the federal government to require warnings that alcohol can cause cancer, including breast cancer."

Contact: Thomas Gremillion, 803-447-6639

Science supports new dietary guidelines limiting alcohol consumption

Written by Thomas Germillion & Nigel Brockton

Recently, an advisory committee of 20 nationally recognized scientific experts recommended changing federal dietary guidelines on alcohol consumption, with limits for men who drink lowered from two drinks per day to one drink per day. The recommendations are driven by solid evidence. Even moderate alcohol consumption is associated with significant health risks, and the experts' report explains why.

These experts are not ideologues. Indeed, they were all appointed by the Trump administration. Nevertheless, the alcohol industry and its allies have attempted to caricature the committee members as "nanny-state bureaucrats." And with the help of a lobbying budget in excess of \$27 million, Big Alcohol has enlisted the support of congressional representatives in second-guessing the committee's recommendations.

Federal officials should stand their ground and incorporate the experts' recommendations into the Dietary Guidelines for Americans. The preponderance of scientific and medical knowledge — the legally prescribed basis for the dietary guidelines — makes crystal clear that the recommendations reflect the best science available today.

U.S. researchers now estimate that drinking alcohol is the third most significant cause of cancer that is within a person's control, behind smoking and obesity. Each year, alcohol consumption causes more cancer deaths than exposure to ultraviolet radiation. In fact, drinking alcohol increases the risk of at least six cancer types.

The cancer risk increases with heavier levels of consumption, but an established and growing body of research shows that even "light" alcohol consumption — less than one drink per day — also causes cancer, with the incidence of cancers of the breast, oral cavity, pharynx, and esophagus, among others, increasing significantly among light drinkers. With the exception of breast cancer, the types of cancer known to be caused by drinking alcohol - stomach, esophageal, head and neck, colorectal, and liver - are much more common in men, pointing to the need for men, in particular, to cut back.

By contrast, earlier claims that moderate drinking confers health benefits, including improved cardiovascular health, have not aged well. The U.S. Centers for Disease Control and Prevention, for example, now states on its website: "While some studies have found improved health outcomes among moderate drinkers, it's impossible to conclude whether these improved outcomes are due to moderate alcohol consumption or other differences in behaviors or genetics between people who drink moderately and people who don't." The availability of large prospective cohort studies and the advent of whole-genome sequencing technology has allowed researchers to bypass some of the confounding factors that plagued earlier studies, and the results of this "genetic epidemiology" have cast further doubt on the purported protective effects of moderate drinking.

All of this is to say that the evidence in support of moderate alcohol consumption improving cardiovascular health is highly suspect, whereas the scientific evidence linking alcohol consumption to cancer is well-established and growing. Respected cancer organizations,

including the American Institute for Cancer Research and the American Cancer Society, advise not drinking alcohol to reduce cancer risk. The federal dietary guidelines should also advise consumers that drinking alcohol does not improve health, and if consumers do drink, urge them to drink as little as possible.

Will the modest change proposed for the Dietary Guidelines have a significant impact? Millions of men in the U.S. now regularly drink in excess of the two-drink limit, first prescribed in the 1990 guidelines. But the guidelines do matter. They are required by law to be promoted by all federal government food and nutrition programs and policies, and they are often used by private and nonprofit organizations, too.

For decades, alcohol has been depicted as part of a healthy diet, with any ill effects limited to binge drinkers and alcoholics. This portrayal has succeeded so well that most consumers in the United States remain unaware of the link between alcohol use and cancer; the American Institute for Cancer Research's recent survey showed that less than half of U.S. consumers identify alcohol as a cancer risk factor. For the sake of our collective health, that needs to change. The Dietary Guidelines can help, so long as they are driven by science, and not corporate influence.

Thomas Gremillion is the director of Food Policy at the Consumer Federation of America. Nigel Brockton, Ph.D., is the vice president of Research at the American Institute for Cancer Research.