



The Extra Mile

Advocating for evidence-based policies and practices to prevent and reduce alcohol-related harms

Public Health Community Calls on Ricketts to Roll Back Alcohol-focused, COVID-19 Executive Orders

Relaxed alcohol regulations in Nebraska must be lifted when businesses operate without restrictions

Project Extra Mile and Monument Prevention Coalition in Scottsbluff have joined the American Public Health Association (APHA) and other coalitions across the country to call on governors to roll back emergency measures that have increased alcohol availability during the COVID-19 pandemic. Instead, this group of public health experts and advocates is urging policymakers to strengthen science-based policies to prevent alcohol-related harms.



[Read more](#)

Miles to Go: Liquor Control Commission's Policy Priorities Ignore Public Health and Safety

One of the Nebraska Liquor Control Commission's (LCC) primary charges, as set forth in Neb. Rev. Stat. § 53-101.01, is to promote the health, safety, and welfare of the people of the state and encourage

temperance in the consumption of alcohol by sound and careful control and regulation of the manufacture, distribution, and sale of alcoholic liquor.

Unfortunately, several policy priorities identified by the Commission in its annual letter to Governor Ricketts and the Nebraska Legislature appear to be more focused on promoting the financial well-being of the alcohol industry. In reference to the COVID-19 pandemic, both curbside pickup of alcohol and cocktails-to-go were highlighted in this year's letter. While both practices are prohibited under state law, exemptions have been allowed since March in accordance with the Governor's Executive Order (E.O.) 20-06 and E.O. 20-09 to provide relief to bars and restaurants during the pandemic.



[Read more](#)

Research Brief: A Call to Action to Prevent Alcohol-Related Harms

In an editorial titled “Call for a Population-Based Response to a Doubling of Alcohol-Related Mortality in the United States,” published in the November issue of the *American Journal of Public Health*, the authors lay out a [three-step call to action to reduce U.S. population-level alcohol-related harms](#). These include:



- Assessing state-level data, including the overall alcohol policy environment, to help state and local leaders assess the best strategies for their specific needs as well as the feasibility of implementation;
- Taking state and local action to curtail advertising, limit availability, and increase the price of alcohol;
- Taking national action to strengthen state and local capacity to reduce alcohol misuse and assess policy effectiveness. An example includes adopting more effective surveillance of public health and enforcement data to assess and monitor alcohol sales and growing alcohol outlet markets in real time.

The authors also note that population-based interventions to address rising alcohol-related harms must include [reversing pending legislation that seeks to make permanent what are now temporary tax abatements](#) that disproportionately benefit the largest alcohol producers.

Frequently Asked Questions:

Project Extra Mile's Youth Leadership Council

Project Extra Mile is excited to have resumed monthly Youth Leadership Council (YLC) meetings, which are being held via Zoom until further notice.

Students in 8th - 12th grades who are interested in participating in future meetings can register at the following meeting link: <https://zoom.us/j/97348927086>.

For more information about the group, including the details for the next scheduled meeting on **November 12**, please see the [flyer](#) on our website or e-mail youth@projectextramile.org.

See FAQs

UNMC Project to be Highlighted at Coalition Meeting

Fetal Alcohol Spectrum Disorders will be discussed on November 11

Dr. Omar Abdul-Rahman, M.D., director of the University of Nebraska Medical Center's Munroe-Meyer Institute Department of Genetics, and Lisa Spellman, UNMC media specialist and member of the Rosebud Sioux Tribe, will share information about a [new project](#) at this month's coalition meeting.

The initiative is being coordinated in collaboration with the community on the Pine Ridge Reservation, the Oglala Sioux Tribe, and Oglala Lakota County Schools in South Dakota with a focus on increasing knowledge of fetal alcohol spectrum disorders (FASD) and mobilizing the community to prevent and reduce the impact of FASD.

Nebraska ranks highest among states for the percentage of total excessive drinking costs attributed to drinking by pregnant women, at \$55.7 million (4.8%). Coalition members are encouraged to participate in November's meeting to learn more about innovative strategies to prevent alcohol use during pregnancy. For more information, e-mail Project Extra Mile at info@projectextramile.org.



Omaha Metro Coalition Meeting
Wednesday, **November 11, 2020**
9:00 a.m.

Please join us **VIRTUALLY** as we welcome



Lisa Spellman,
UNMC Media Specialist and
Rosebud Sioux Tribe Member



Omar Abdul-Rahman, M.D., FACMG,
Director of Genetic Medicine,
Munroe-Meyer Institute

who will discuss

Efforts to Address Fetal Alcohol Spectrum Disorders

Thank you for your involvement!
Jennifer Pollock, Coalition Chair

Join Zoom Meeting:
<https://zoom.us/j/92389019181>
Meeting ID: 923 8901 9181
Password: 12345

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