Holidaze: Enjoying Alcohol and Food without Overdoing It
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Holiday Drinking
It’s Intense

Top 5 Days for Alcohol Consumption

1. New Year’s Eve
2. Christmas
3. July 4th
4. St. Patrick’s Day
5. Thanksgiving
Holiday Drinking
It’s a Lot:

2012: U.S. Retail Alcohol Sales 50% Higher in 4th Quarter (Oct-Dec) than in Rest of Year
Holiday Drinking
It’s Deadly in the U.S.

Typical Day: 102 Traffic Deaths
Thanksgiving Day: 502
Christmas Day: 420
New Year’s Day: 423

40%+ Holiday Traffic Death Accidents Involve Alcohol
Other Harms
Why the Over-Consumption? Holiday Stressors & Temptations

- Finals done!/Winter Break
- Out of Routine
- Family
- Tradition
- Emotions- Joy, Sadness, Isolation, Togetherness
- Desire for anesthetic
Food. All the food.
Drink. All the drink.
Bring the vegetables. Eat them first. (And last.)
Do not skip meals or “save up” calories.
Be picky. Eat what you love.
Pace yourself. Savor each bite.
Resist the urge to fall into a food coma.
Scenarios
Party time. Excellent.
Family Fun Fest
Solo for the holidays
Take home tips: Alcohol

- Look ahead, plan for days/events
- Share your plan
- If falter, get back with it; forgive self
- Think about what you’re feeling
- Alternate with water; creative mocktails
- Keep healthy habits: exercise
Take home tips: Food

• Think of holidays as actual days, not whole season
• Continue regular healthy habits
• Eat before you go to parties
• Address boredom, stress etc head on
• Indulge in only the amazing food
• Forgive, take one meal at a time
• Quarters System
Additional Support

• Student Health & Counseling Services
• Website: studenthealth.ucsf.edu
• For more information or to schedule an appointment:
  - call 415-476-1281
  - drop in to Millberry Union West, level P8, room 005
  - drop in to Rutter Center, 1675 Owens Street, 3rd floor
• Closed Dec. 25-Jan. 1