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Association Between Alcohol Consumption and Metabolic Syndrome.....23 - 55
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ABSTRACT

Alcohol consumption is associated with both beneficial and harmful effects. Recently, the prevalence of Metabolic Syndrome (MetS) has increased around the world. The increasing rate of mortality associated with MetS is a public health concern. On the same side, the increased rate of alcohol consumption is also being experienced as a public health concern. It is important to see the relationship between alcohol consumption and MetS in order to understand its beneficial effect on the body. This review includes 42 research studies comprised of 32 cross-sectional, 8 prospective, and 2 retrospective cohort research studies. The findings of the review suggested a dose-response relationship. Light and moderate drinking was found to be associated with a lower prevalence of MetS. Heavy and binge drinking was found associated with a higher prevalence of MetS. A responsible drinking pattern is suggested in order to receive the benefit of alcohol consumption. The review also suggests further research with advanced methods including randomized control trials in understanding the relationship of various doses and types of alcohol with MetS and its components.

Keywords: alcohol consumption, metabolic syndrome

The Most Widely Viewed YouTube Videos Associated with Alcohol Consumption.....56 - 63
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ABSTRACT

Background: Alcohol consumption is common among U.S. adults. The purpose of this study was to describe the source and content of the most widely viewed YouTube videos associated with alcohol consumption. **Methods:** Videos were filtered by number of views and the source of the video upload was recorded. Video characteristics and differences in content were then assessed. **Results:** All together, the videos in this sample were viewed 21,481,530 times. Consumers uploaded the majority of videos found in this sample. Most videos mentioned the risks of drinking (88.1%, 95% CI: 80.3, 95.9%) and advised viewers to quit drinking (86.9%, 95% CI: 82.5, 91.3%). More than half of the videos uploaded by television and internet sources (73.7%, 95% CI: 62.6%, 84.8%) or medical professionals (69.2%, 95% CI: 53.1%, 85.3%) referred to previous studies or research, but less than half of the videos uploaded from other sources did so. **Conclusion:** The risks associated with alcohol consumption and limits on drinking were frequently mentioned, with consumers frequently encouraged to quit drinking. Future work is needed to broaden our understanding of alcohol content across the site and over time in behavioral development.

Keywords: YouTube, alcohol consumption, drinking, source, conte

A Survey of Substance Abuse Prevention Providers Responses to the COVID-19 Pandemic.....63 - 80
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ABSTRACT

*The COVID-19 pandemic and accompanying lockdowns have had a serious impact. Prevention providers turned to online delivery to maintain their work. This study surveyed substance abuse prevention providers in New York State (NYS) to get a sense of successes and difficulties in the effort to deliver services online. **Method:** A survey was emailed using Survey Monkey to 75 prevention providers in NYS, with a response rate of 49%. **Findings:** Programs reported delivering a variety of evidence-based, non-evidence-based programing, prevention and other counseling, and coalition services, and many were able to continue to provide services through the shutdown. **Conclusions:** Themes of access, continuity, and collaboration emerged as successes achieved through provider efforts, though many also experienced difficulties engaging current students online*