

## DRY JANUARY: THE ALCOHOL-FREE MONTH CHALLENGE

Dry January is a month-long commitment that encourages people to avoid drinking alcohol. The aim of this programme is to understand the type of relationships between the individual and the drink and to see if there's a risk of addiction. The concept of Dry January finds its roots in Finland's "Sober January" initiative during World War II in 1942, but in Britain, it was inspired by the activist Emily Robinson. In 2011, she decided not to drink any alcohol in January to get ready for a half marathon. 1 \_\_\_\_\_. The first time, about 4,000 people took part. Two years later, it got even more popular when Public Health England, a part of the British government, joined in.

In 2022, over 130,000 people signed up for Dry January through Alcohol Change UK, and in 2023, registrations increased to over 175,000 on their website. 2 \_\_\_\_\_. This is the time of the year when people usually set themselves short-and long-term goals for the year ahead. 3 \_\_\_\_\_. This increase in the following months. 4 \_\_\_\_\_. Among others, there are benefits such as better liver function, lower risks of heart problems, and diabetes. Additionally, staying sober for a while can lead to positive changes in lifestyles, such as saving money, sleeping better, and losing weight.

Overall, Dry January seems to work best for people who usually drink in moderation. 5 \_\_\_\_\_. When it comes to how, and for how long, not drinking may help people who drink too much or are addicted to alcohol, the evidence isn't as clear. Some research suggests that taking a break from drinking might not do much good in the long run. 6 \_\_\_\_\_. This is especially true for countries where there's a dominant drinking culture, particularly in connection with any form of social occasions.

interest across the globe matches a significant rise in alcohol consumption, with studies indicating a 70% increase between 1990 and 2017.

More people are thinking about Dry January and how it affects them. One study from the University of Sussex found that many people who did Dry January in 2018 were drinking on fewer days and having less alcohol each time for

**Fill in each gap with the appropriate sentence below**

- a. Other studies show positive effects on physical health of drinking less.
- b. Its goal is to reduce any form of damage caused by alcohol.
- c. In the U.S., 15% of the adult population, which totals more than 260 million, committed to participating.
- d. And for some people, stopping drinking for a while might just make them drink even more later.
- e. Later, Alcohol Change UK turned her idea into an official campaign in 2013.
- f. However, for those who struggle with alcohol, it might not be helpful and could even be harmful.
- g. The initiative is also gaining popularity internationally, especially among young folks, as a common New Year's resolution.