

# Education Department 2021

A guide to understanding the facts about alcohol, tobacco, illegal drugs, and the environment

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**(Education Director)**



# » Introduction

In Genesis 1:28, God says to Adam and Eve, *"Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."*

After creating the Earth, God wanted humans to have children and form families. He also wanted us to take care of the Earth, and rule over the creatures He created here.

This year, God has inspired World President Margaret Ostenstad to emphasize the ecological responsibilities that we have as stewards of God's Earth. Thus, the purpose of this year's Education Department Kit will be to inform readers about how we can protect the environment, as well as our bodies by abstaining from alcohol, tobacco, and illegal drugs.

Let us spend each day worshiping and glorifying God, by raising awareness in our communities about the importance of protecting the Earth, and maintaining healthy lifestyles. For God and For Home and For Every Land!



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### Genesis 1:28

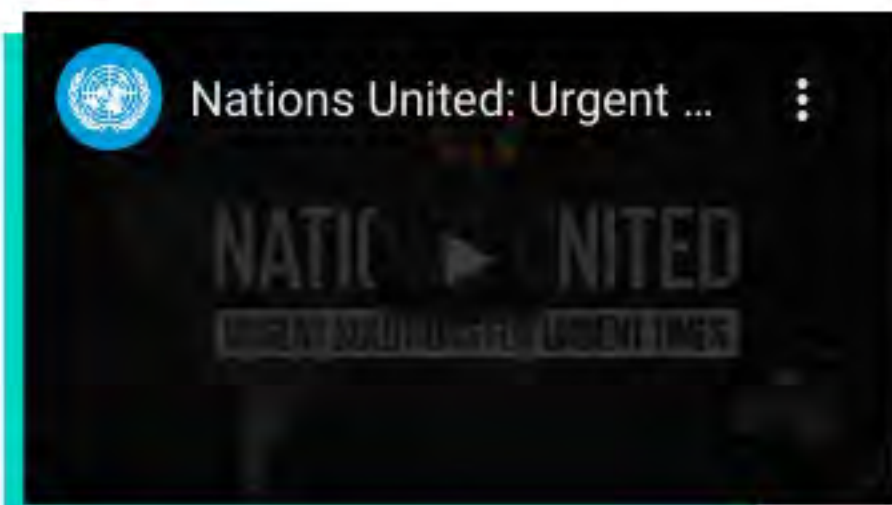
- God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.'

# » United Nation's Sustainable Development Goals

## ★ Fact

An energy-smart clothes washer can save more water in one year than one person drinks in an entire lifetime.

## » Watch:



The United Nation's Sustainable Development Goals address the global challenges we face, including poverty, inequality, climate change, environmental degradation, peace and justice. They are the blueprint to achieving a more sustainable future for all:

**GOAL 1:** No Poverty

**GOAL 2:** Zero Hunger

**GOAL 3:** Good Health and Well-being

**GOAL 4:** Quality Education

**GOAL 5:** Gender Equality

**GOAL 6:** Clean Water and Sanitation

**GOAL 7:** Affordable and Clean Energy

**GOAL 8:** Decent Work and Economic Growth

**GOAL 9:** Industry, Innovation and Infrastructure

**GOAL 10:** Reduced Inequality

**GOAL 11:** Sustainable Cities and Communities

**GOAL 12:** Responsible Consumption and Production

**GOAL 13:** Climate Action

**GOAL 14:** Life Below Water

**GOAL 15:** Life on Land

**GOAL 16:** Peace and Justice Strong Institutions

**GOAL 17:** Partnerships to achieve the Goal

## Reference:

- » <https://www.un.org/sustainabledevelopment/sustainable-development-goals/What-Is-a-Human-Resource?>

# » How We Can Help

The UN recommends a number of simple activities to help achieve the SDGs:

**SUSTAINABLE DEVELOPMENT GOALS** **1** NO POVERTY

**DONATE WHAT YOU DON'T USE.**  
More than 700 million people still live in extreme poverty.

Goal 1: No Poverty

**SUSTAINABLE DEVELOPMENT GOALS** **2** ZERO HUNGER

**WASTE LESS FOOD AND SUPPORT LOCAL FARMERS.**  
A third of the world's food is wasted, yet 507 million people are undernourished.

Goal 2: Zero Hunger

**SUSTAINABLE DEVELOPMENT GOALS** **3** GOOD HEALTH AND WELL-BEING

**VACCINATE YOUR FAMILY.**  
Vaccinations resulted in an 80% drop in measles deaths between 2000 and 2017.

Goal 3: Good Health and Well-Being

**SUSTAINABLE DEVELOPMENT GOALS** **4** QUALITY EDUCATION

**HELP EDUCATE THE CHILDREN IN YOUR COMMUNITY.**  
617 million children and adolescents lack minimum proficiency in reading and mathematics.

Goal 4: Quality Education

**SUSTAINABLE DEVELOPMENT GOALS** **5** GENDER EQUALITY

**EMPOWER WOMEN AND GIRLS AND ENSURE THEIR EQUAL RIGHTS.**  
1 in 3 women has experienced physical and/or sexual violence.

Goal 5: Gender Equality

**SUSTAINABLE DEVELOPMENT GOALS** **6** CLEAN WATER AND SANITATION

**AVOID WASTING WATER.**  
Water scarcity affects more than 40% of the world's population.

Goal 6: Clean Water and Sanitation

**SUSTAINABLE DEVELOPMENT GOALS** **7** AFFORDABLE AND CLEAN ENERGY

**USE ONLY ENERGY-EFFICIENT APPLIANCES AND LIGHT BULBS.**  
Households worldwide still lack cost-effective, clean and modern energy.

Goal 7: Affordable and Clean Energy

**SUSTAINABLE DEVELOPMENT GOALS** **8** DECENT WORK AND ECONOMIC GROWTH

**CREATE JOB OPPORTUNITIES FOR YOUTH.**  
One-fifth of young people are not in education, employment or training.

Goal 8: Decent Work and Economic Growth

**SUSTAINABLE DEVELOPMENT GOALS** **9** INDUSTRY, INNOVATION AND INFRASTRUCTURE

**FUND PROJECTS THAT PROVIDE BASIC INFRASTRUCTURE.**  
Roads, water, sanitation and electricity remain scarce in many developing countries.

Goal 9: Industry, Innovation, and Infrastructure

# » How We Can Help

SUSTAINABLE DEVELOPMENT GOALS 10 REDUCE INEQUALITIES



**SUPPORT THE MARGINALIZED AND DISADVANTAGED.**  
The poorest 40% of the population earn less than 25% of global income.

Goal 10: Reduced Inequalities

SUSTAINABLE DEVELOPMENT GOALS 11 SUSTAINABLE CITIES AND COMMUNITIES



**BIKE, WALK OR USE PUBLIC TRANSPORTATION.**  
7 out of 10 of the world's people live in cities.

Goal 11: Sustainable Cities and Communities

SUSTAINABLE DEVELOPMENT GOALS 12 RESPONSIBLE CONSUMPTION AND PRODUCTION



**RECYCLE PAPER, PLASTIC, GLASS AND ALUMINIUM.**  
By 2030, the equivalent of almost three plastic bottles will be recycled for every one used.

Goal 12: Responsible Consumption and Production

SUSTAINABLE DEVELOPMENT GOALS 13 CLIMATE ACTION



**ACT NOW TO STOP GLOBAL WARMING.**  
Global emissions of carbon dioxide (CO2) have increased by almost 50% since 1990.

Goal 13: Climate Action

SUSTAINABLE DEVELOPMENT GOALS 14 LIFE BELOW WATER



**AVOID PLASTIC BAGS TO KEEP THE OCEANS CLEAN.**  
Over three billion people depend on oceans and coastal biodiversity for their livelihoods.

Goal 14: Life Below Water

SUSTAINABLE DEVELOPMENT GOALS 15 LIFE ON LAND



**PLANT A TREE AND HELP PROTECT THE ENVIRONMENT.**  
Countries are home to more than 10% of all terrestrial species of animals, plants and insects.

Goal 15: Life on Land


SUSTAINABLE DEVELOPMENT GOALS 16 PEACE, JUSTICE AND STRONG INSTITUTIONS



**STAND UP FOR HUMAN RIGHTS.**  
In 2018, the number of people fleeing war, persecution and conflict exceeded 70 million.

Goal 16: Peace, Justice and Strong Institutions

SUSTAINABLE DEVELOPMENT GOALS 17 PARTNERSHIPS FOR THE GOALS



**LOBBY YOUR GOVERNMENT TO BOOST DEVELOPMENT FINANCING.**  
Achieving the SDGs could open up US\$12 trillion of market opportunities and create 380 million new jobs by 2030.

Goal 17: Partnerships

## Reference:

» <https://www.un.org/sustainabledevelopment/sustainable-development-goals/>

# » Goals of the Education Department

## ★ Fact

Every year, more than \$13 billion worth of energy leaks from houses through small holes and cracks. That's more than \$150 per family.

When you further your own education, you can inform others about what they can do to protect the environment and their bodies. As members of the World Woman's Christian Temperance Union, we should start by taking small steps ourselves to make well-informed choices and inspire others.

Here are a **couple of things every one of us needs to do** to help ourselves, and those we love make well-informed choices:



### Prayer for Evangelism by Natalie Regolie (ConnectUS)

Lord, help me to speak the truth at all times as I go out to proclaim Your word. I praise You for Your truth. In Jesus' name, I pray, Amen. God of Unfailing Love, I pray that as I go out to evangelize the lost and to acquaint them with the truth, that You would grant me the grace to speak that truth in love

# » 7 Simple Ways to Protect the Environment



Many people will ask the question, can one person really make a difference? At the WWCTU, we know that nothing is impossible with God. Together, we have achieved great things as a team by God's blessing.

Individual actions are IMPORTANT. Did you know that one ton of 100 percent recycled paper saves the equivalent of 4,100 kWh of energy, 7,000 gallons of water, 60 pounds of air emissions and three cubic yards of landfill space?

Let's take small steps to make a difference in this world.

1

**Reduce, reuse, and recycle. Cut down on what you throw away.**

2

**Volunteer. Volunteer for cleanups in your community.**

3

**Educate. Help others understand the value of our natural resources.**

4

**Conserve water. The less water you use, the less wastewater in the ocean.**

5

**Shop wisely. Buy less plastic and bring a reusable shopping bag.**

6

**Use long-lasting light bulbs. Flip the light switch off when you leave the room!**

7

**Plant a tree. Trees help save energy, and clean the air.**

## References

- <https://oceanservice.noaa.gov/ocean/earthday.html>humanresourcesedu.org
- [https://www.un.org/sustainabledevelopment/wp-content/uploads/2018/11/Be\\_the\\_Change\\_Toolkit\\_-\\_EN.pdf](https://www.un.org/sustainabledevelopment/wp-content/uploads/2018/11/Be_the_Change_Toolkit_-_EN.pdf)

# » Facts About Sustainability

## Water

- A hot water faucet that leaks one drop per second can add up to 165 gallons a month. That's more than one person uses in two weeks.
- An automatic dishwasher uses less hot water than doing dishes by hand -- an average of six gallons less, or more than 2,000 gallons per year.
- An American family of four uses up to 260 gallons of water in the home per day.
- Running tap water for two minutes is equal to 3-5 gallons of water.
- A 5-minute shower is equal to 20-35 gallons of water.
- A full bath is equal to approximately 60 gallons of water.
- Water efficient fixtures can cut water use by 30 percent.

## Key Facts About Water Scarcity

- In 2017, 71% of the global population (5.3 billion people) used a safely managed drinking-water service – that is, one located on premises, available when needed, and free from contamination.
- 90% of the global population (6.8 billion people) used at least a basic service. A basic service is an improved drinking-water source within a round trip of 30 minutes to collect water.
- 785 million people lack even a basic drinking-water service, including 144 million people who are dependent on surface water.
- Globally, at least 2 billion people use a drinking water source contaminated with faeces.
- Contaminated water can transmit diseases such as diarrhoea, cholera, dysentery, typhoid, and polio. Contaminated drinking water is estimated to cause 485 000 diarrhoeal deaths each year.
- By 2025, half of the world's population will be living in water-stressed areas.
- In least developed countries, 22% of health care facilities have no water service, 21% no sanitation service, and 22% no waste management service.



Photo Source: Samrat35, Dreamstime



Photo Source: Jeff Ackley

# » Facts About Sustainability

## Energy

- Although accounting for only 5 percent of the world's population, Americans consume 26 percent of the world's energy.
- America uses about 15 times more energy per person than the typical developing country.
- A heavy coat of dust on a light bulb can block up to half of the light.
- When you turn on an incandescent light bulb, only 10% of the electricity used is turned into light. The other 90% is wasted as heat.
- A compact fluorescent light bulb uses 75 percent less energy than a regular bulb and it can last up to four years.
- A crack as small as 1/16th of an inch around a window frame can let in as much cold air as leaving the window open three inches.
- Some new refrigerators are so energy-smart they use less electricity than a light bulb.
- Every time you open the refrigerator door, up to 30 percent of the cold air can escape.
- Office buildings use approximately 19 percent of all energy consumed in the United States.
- Heating, ventilating and air conditioning systems account for 40-60 percent of total energy use in the commercial sector.

## Waste Materials

- A single-sided, 10-page letter costs \$.55 to mail. If copied on both sides, the letter uses only five sheets and costs only \$.34 to mail.
- One ton of 100 percent recycled paper saves the equivalent of 4,100 kWh of energy, 7,000 gallons of water, 60 pounds of air emissions and three cubic yards of landfill space.
- In the United States, more than 40 percent of municipal solid waste is paper -- about 71.8 tons a year.

## References

- <https://www.pointpark.edu/About/Sustainability/FunFacts>

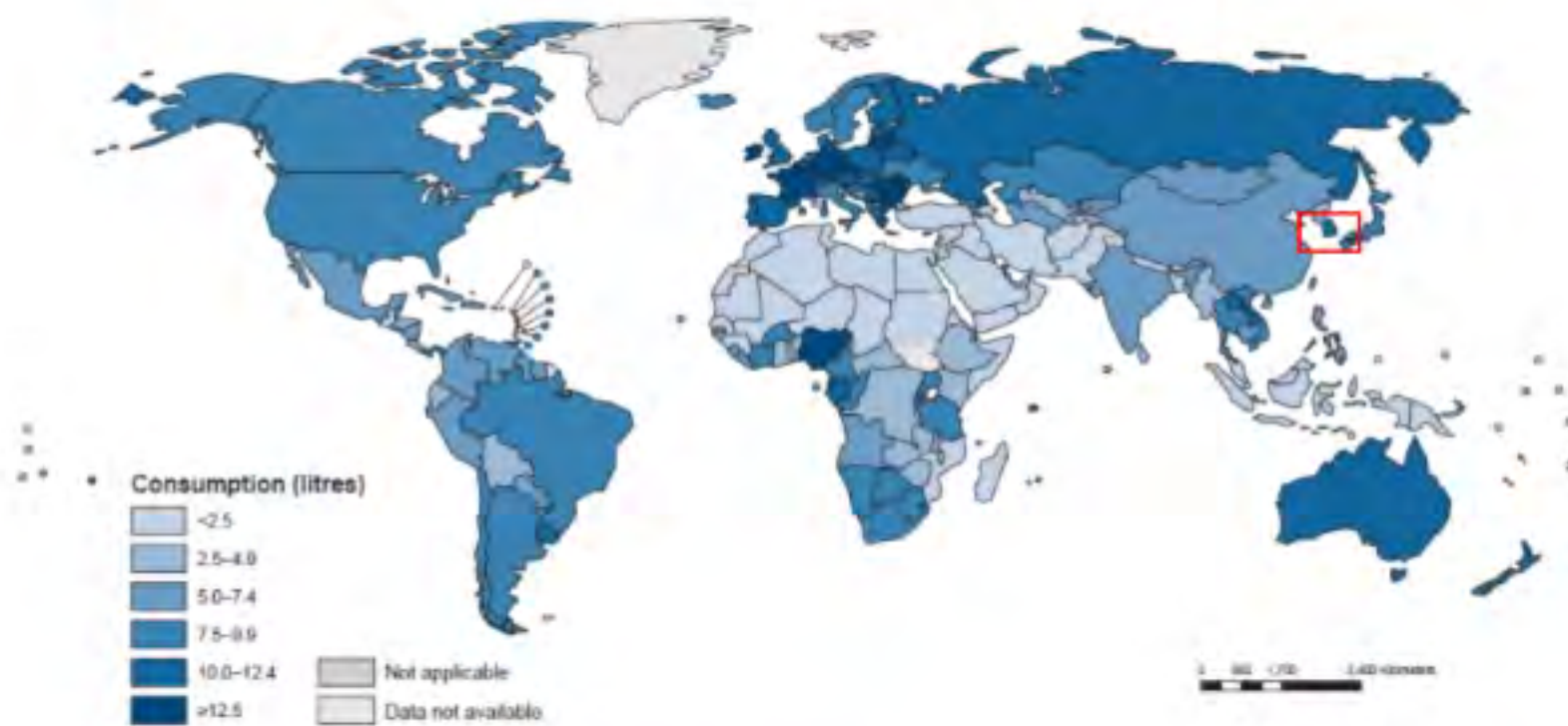
# » Alcohol, Tobacco, and Drugs

Actions we can take to protect those around us from alcohol, tobacco, and drug addiction are as follows:

 <p><b>Education for Prevention before Addiction</b></p>		 <p><b>Professional Training (Medical, Educational, Social Service)</b></p>
	 <p><b>Policy (Public Education, Potential/Current/Recovering Addicts)</b></p>	
 <p><b>Programs &amp; Services (Educational Curriculum)</b></p>	 <p>태아 알코올 증후군 예방 연구소 개소식 및 책출판 기념 행사</p>	 <p><b>Family &amp; Community Support of Abstinence</b></p>

# » Alcohol & Fetal Alcohol Syndrome (FAS)

Responsible for 3 million deaths worldwide, alcohol causes can range from alcohol use disorders (approximately 5%) to suicide (85), and communicable, maternal, perinatal, nutritional conditions (Approximately 13%) like Fetal Alcohol Syndrome



Source: World Bank

In the photo above, we can see that how many consumptions of pure alcohol/capita people from each country drink. The darker the color of your country, the more pure liters of alcohol the people in your country drink. In South Korea (circled in red in the map) where I am from, we drink around 8-9 liters of alcohol per person which is around the same as the OECD average. How dark is the color of your country?

## References:

- thebalancecareers.com
- Armstrong, S., & Mitchell, B. (2019). The essential HR handbook: A quick and handy resource for any manager or HR professional. Red Wheel/Weiser.

# » Alcohol & Fetal Alcohol Syndrome (FAS)



One of the most unfortunate outcomes of alcohol addiction is 'Fetal Alcohol Syndrome.' FAS is a condition in a child that results from alcohol exposure during the mother's pregnancy.

Symptoms can include an abnormal appearance, short height, low body weight, small head size, poor coordination, behavior problems, learning difficulties and problems with hearing or sight.

Each year, around 630,000 babies are born with this disease globally. 1 in 13 women who consume alcohol during pregnancy will give birth to a baby with Fetal Alcohol Syndrome (FAS), the most severe form of FASDs. The average life expectancy of people with FAS is 34 years of age. In Ephesians 5:18, Paul warns us about the importance of abstaining from alcohol. He says, 'Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.'

Source: Dtsch Arztebl

We can see that because of the addictive properties of alcohol, it is difficult for many mothers to stop drinking during their pregnancies or consume alcohol unknowingly. The best way to prevent alcohol addiction and babies with Fetal Alcohol Syndrome is to abstain from drinking alcohol in the first place, and preventing oneself from becoming addicted. Alcohol is the most commonly used addictive substance in America today, but exactly what makes alcohol addictive? According to the NCADD, 17.6 million people in the United States suffer from alcohol dependence or chronic alcohol abuse. That's about one in twelve adults, with many more engaging in unhealthy binge drinking habits that can develop into alcoholism. Drinking alcohol stimulates the release of dopamine and endorphins within the brain. These are the chemicals that produce feelings of pleasure and satisfaction and act as a natural painkiller. Studies have shown that genetic factors come into play when determining how alcohol reacts in the brains of different people. Specifically, some people's brains released more pleasure chemicals in response to alcohol, making them more susceptible to physical dependency.

## References:

thebalancecareers.com

## Contact Us



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107 Anyangchul-ro, Yangcheon-Gu, Seoul, Korea 07085

### Fetal Alcohol Syndrome Prevention Center

Severance Throughcare Bldg  
Time: 020-355-3600 (ext. 54, 55, Public Helpline)  
Phone Number: 02-2050-9013  
Address: Building 5, Room 502, Ewha Women's  
University Medical Hospital, Anyangchul-ro, Yangcheon-Gu,  
Seoul, Korea

### Ewha Women's University Mokdong Hospital

Time: 020-327-0100 (ext. 9400-9408)  
Address: 575 Anyangchul-ro, Yangcheon-Gu, Seoul, Korea  
Phone Number: 02-2625-8204

### Korea Women's Christian Comprehensive Center

Phone Number: 02-766-2707  
Address: 56-38 Donggugong, Yangcheon-Gu, Seoul, Korea



## [IOM's Diagnostic Criteria for FAS]

Components	Score
1. Height <10%	1
2. Weight <10%	2
3. Head circumference of newborn <10%	3
4. Craniofacial dysmorphism >10%	3
5. Attention-deficit/hyperactivity disorder	1
6. Poor motor coordination	1
7. Medical hypoplasia	2
8. "Rubber-stick" nose	1
9. Stomatia	0
10. Ptosis	2
11. Epicanthic fold (nonracal)	1
12. Flat nasal bridge	1
13. Anteriorly ears	2
14. Long philtrum	2
15. Thin vermilion border of upper lip	3
16. Prognathism cardiac murmur	3
17. Cardiac malformation (confirmed)	1
18. Hypoplastic nails	0
19. Decreased position/rotation of elbow	2
20. Clinodactyly of fifth finger	1
21. Camptodactyly	1
22. "Hockey stick" pituitary masses	1
23. Hirsutism	1

### [Scoring System]

If maternal alcohol exposure has been confirmed, add all scores from each component to calculate total score.

### [Diagnostic Criteria] (Hagan et al., 2003)

Score of 6 or above: Indicative of Fetal Alcohol Syndrome (FAS)  
3-5: Indicative of Partial FAS (PFAS)  
7-10: Indicative of Alcohol-related Brain Damage (ARBD)

[Source] Institute of Medicine (IOM) Diagnostic Criteria

# FAS

## Fetal Alcohol Syndrome



## A Guide for Families and Communities



태아 알코올 증후군 예방연구소  
Fetal Alcohol Syndrome Prevention Center

Q1

## What is Fetal Alcohol Syndrome (FAS)?



And be not drunk with wine wherein is excess;  
but be filled with the Spirit (Ephesians 5:18)

Fetal Alcohol Syndrome (FAS) is a condition that causes brain damage and growth problems in a person whose mother drank alcohol during pregnancy.

1. Regardless of amount, frequency, and time, a mother who consumes alcohol during pregnancy may harm the fetus. First trimester drinking is likely to have the most serious consequences. (Mayr et al., 2014)
2. FAS occurs in around 630,000 babies each year. (Peters et al., 2018)
3. 1/13 mothers who drink alcohol during pregnancy give birth to a baby with FAS. (Popova, 2017)
4. The average life span of FAS patients is 34 years, and they are 5 times more likely to commit suicide than the general population. (Haggan et al., 2008)

Q2

## What are the symptoms of FAS?



Brain damage, a small head circumference, growth problems, and distinctive facial features are the 4 main symptoms of FAS.

1. **Brain damage** (Wrynn et al., 2009)  
Trouble with attention, problems with behavior and impulse control, poor coordination or balance, an average IQ of 70.
2. **Small head circumference** (Tobias et al., 2009)  
Small brain size, as well as impairments of the heart, spine, skull, and feet.
3. **Growth problems** (Reid et al., 2017)  
Slow physical growth before and after birth, and deformities of joints, limbs and fingers from lack of nutrition in utero.
4. **Distinctive facial features** (Black-Lubansch, 2019)  
Small eyes, exceptionally thin upper lip, short, upturned nose, and smooth surface between nose and upper lip.

Q3

## What about drinking before pregnancy?

A recent study from the Korean National Institute of Health found that in animal samples, drinking before pregnancy can lead to a 2.5 times increase in risk of fetal development problems like micrognathia. (Lee et al., 2020)

Q4

## How can we help people with FAS?

1. Provide an accurate diagnosis as soon as possible
2. Provide individualized educational / medical support
3. Provide legal assistance and support for behavioral problems, alcohol / drug addiction, and impulse control
4. Encourage FAS research and development among NGOs, academics, and the government

Q5

## How can FAS be prevented?

If you are trying to get pregnant, avoid alcohol at all costs. Many women drink during the early stages of their pregnancy because they don't know that they are pregnant. In this case, do not despair and make sure to stop drinking for the rest of your pregnancy and while breast-feeding. Continued alcohol consumption by a mother throughout her pregnancy will cause life-long problems for her child. FAS is 100% preventable if individuals abstain from alcohol during their childbearing years.

And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house. (Acts 16:31)

# » Tobacco & Drugs



## Tobacco

Nicotine contained in tobacco is highly addictive and tobacco use is a major risk factor for cardiovascular and respiratory diseases, over 20 different types or subtypes of cancer, and many other debilitating health conditions. Every year, more than 8 million people die from tobacco use. Most tobacco-related deaths occur in low- and middle-income countries, which are often targets of intensive tobacco industry interference and marketing.

Tobacco can also be deadly for non-smokers. Second-hand smoke exposure has also been implicated in adverse health outcomes, causing 1.2 million deaths annually. Nearly half of all children breathe air polluted by tobacco smoke and 65 000 children die each year due to illnesses related to second-hand smoke. Smoking while pregnant can lead to several life-long health conditions for babies.

Heated tobacco products (HTPs) contain tobacco and expose users to toxic emissions, many of which cause cancer and are harmful to health. Electronic nicotine delivery systems (ENDS) and electronic non-nicotine delivery systems (ENNDS), commonly known as e-cigarettes, do not contain tobacco and may or may not contain nicotine, but are harmful to health and undoubtedly unsafe. However, it is too early to provide a clear answer on the long-term impact of HTPs and/or e-cigarette use.

### References:

» <https://www.who.int/health-topics/tobaccothebalancecareers.com>

# » Tobacco & Drugs



## Drugs

People are most likely to begin abusing drugs\*—including tobacco, alcohol, and illegal and prescription drugs—during adolescence and young adulthood.

By the time they are seniors, almost 70 percent of high school students will have tried alcohol, half will have taken an illegal drug, nearly 40 percent will have smoked a cigarette, and more than 20 percent will have used a prescription drug for a nonmedical purpose. There are many reasons adolescents use these substances, including the desire for new experiences, an attempt to deal with problems or perform better in school, and simple peer pressure. Adolescents are “biologically wired” to seek new experiences and take risks, as well as to carve out their own identity. Trying drugs may fulfill all of these normal developmental drives, but in an unhealthy way that can have very serious long-term consequences. Many factors influence whether an adolescent tries drugs, including the availability of drugs within the neighborhood, community, and school and whether the adolescent’s friends are using them.

The family environment is also important: Violence, physical or emotional abuse, mental illness, or drug use in the household increase the likelihood an adolescent will use drugs. Finally, an adolescent’s inherited genetic vulnerability; personality traits like poor impulse control or a high need for excitement; mental health conditions such as depression, anxiety, or ADHD; and beliefs such as that drugs are “cool” or harmless make it more likely that an adolescent will use drugs.

### References:

- <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/introduction>

# » Asia's First-Ever FAS Center

## ☆ Fact

The FPC is Asia's first-ever Fetal Alcohol Syndrome Research Center.

I end this kit by informing everyone that on November 19th 2020, the Korea Woman's Christian Temperance Union opened Asia's first-ever Fetal Alcohol Syndrome Prevention Center to inform those in our community about the harms of drinking during pregnancy.

Anything is possible with God's prayers even though we are weak. I hope that this inspires you to reach out into your community and inform those around you of the information in this booklet. You can always email me if there is anything else you need information about.

The Fetal Alcohol Syndrome Prevention Center has three teams focusing on Diagnosis, Research, and Education.

**The Diagnosis Team** is responsible for creating a monitoring system that helps with prevention and early diagnosis of FASDs. A team of doctors at the Department of Obstetrics and Gynecology, led by Professor Young Ju Kim, is executing this.

**The Research Team** is responsible for researching and publishing the latest, scientific articles on FAS and FASDs.

**The Education Team** is responsible for creating and disseminating educational material regarding FAS and FASDs to people in the community.

## ● FPC Opening Ceremony



### Final Questions:

- ❖ 1. How might I be able to inform those in my community about the information in this booklet?
2. How can I hold the political leaders in my county responsible for their actions?
3. Who are the people in my community that need my help the most?