



WHAT IS EXCESSIVE ALCOHOL USE?



WHAT IS CONSIDERED A "DRINK"?

U.S. STANDARD DRINK SIZES



12 OUNCES
OF 5% ABV
BEER



8 OUNCES
OF 7% ABV
MALT LIQUOR



5 OUNCES
OF 12% ABV
WINE



1.5 OUNCES
OF 40% ABV
(80-PROOF)
DISTILLED SPIRITS
OR LIQUOR
(Examples: gin, rum,
vodka, whiskey)



88,000 DEATHS
PER YEAR



249 BILLION
ECONOMIC COST



**VIOLENCE, INJURIES,
AND MOTOR
VEHICLE CRASHES**

**HOW DOES
EXCESSIVE
DRINKING
AFFECT US?**



CHRONIC CONDITIONS
SUCH AS CANCER, HEART DISEASE
AND HIGH BLOOD PRESSURE

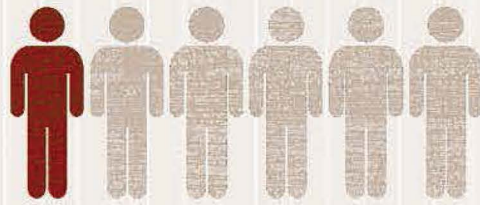


RISKY SEXUAL BEHAVIORS,
UNINTENDED PREGNANCIES,
MISCARRIAGE AND STILLBIRTH

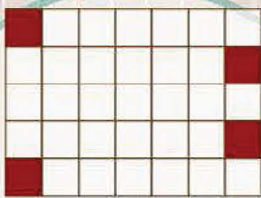
BINGE DRINKING IS THE MAIN PROBLEM

OVER **90%** OF
EXCESSIVE DRINKERS
BINGE DRINK

1 IN **6**



MORE THAN
38 MILLION U.S. ADULTS
BINGE DRINK



BINGE DRINKERS
DO SO ABOUT
4 TIMES A MONTH



BINGE DRINKERS
AVERAGE **8 DRINKS**
PER BINGE



MOST PEOPLE WHO
BINGE DRINK ARE **NOT**
ALCOHOL DEPENDENT
OR ALCOHOLICS

IF YOU CHOOSE TO DRINK, DO SO IN MODERATION



NO ONE SHOULD BEGIN DRINKING OR
DRINK MORE FREQUENTLY BASED ON
POTENTIAL HEALTH BENEFITS

UP TO **1** DRINK A
DAY FOR WOMEN



UP TO **2** DRINKS
A DAY FOR MEN



DON'T DRINK AT ALL IF YOU ARE **UNDER AGE 21**,
PREGNANT OR MAY BE PREGNANT, OR
HAVE HEALTH PROBLEMS THAT COULD BE
MADE WORSE BY DRINKING

FOR MORE INFORMATION
WWW.CDC.GOV/ALCOHOL



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention