Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year, and shortens the life of those who die by almost 30 years. Further, excessive drinking cost the economy $249 billion in 2010. Most excessive drinkers are not alcohol dependent.

What is considered a “drink”? U.S. Standard Drink Sizes

<table>
<thead>
<tr>
<th>Volume</th>
<th>Percentage</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 ounces</td>
<td>5%</td>
<td>beer</td>
</tr>
<tr>
<td>8 ounces</td>
<td>7%</td>
<td>malt liquor</td>
</tr>
<tr>
<td>5 ounces</td>
<td>12%</td>
<td>wine</td>
</tr>
<tr>
<td>1.5 ounces</td>
<td>40% (80 proof)</td>
<td>distilled spirits</td>
</tr>
</tbody>
</table>

(examples: gin, rum, vodka, whiskey)

Excessive alcohol use includes:

- **Binge Drinking**
  - For women, 4 or more drinks consumed on one occasion
  - For men, 5 or more drinks consumed on one occasion

- **Heavy Drinking**
  - For women, 8 or more drinks per week
  - For men, 15 or more drinks per week

- **Any alcohol used by pregnant women**

- **Any alcohol used by those under the age of 21 years**

If you choose to drink, do so in moderation:

- **FOR WOMEN**, up to 1 drink a day
- **FOR MEN**, up to 2 drinks a day

**DON’T DRINK AT ALL** if you are under the age of 21, or if you are or may be pregnant, or have health problems that could be made worse by drinking.

**NO ONE** should begin drinking or drink more frequently based on potential health benefits.
Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems.

**Short-Term Health Risks**

**Injuries**
- Motor vehicle crashes
- Falls
- Drownings
- Burns

**Violence**
- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

**Alcohol poisoning**

**Reproductive health**
- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders (FASDs)

**Long-Term Health Risks**

**Chronic diseases**
- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

**Cancers**
- Breast
- Mouth and throat
- Liver
- Colon

**Learning and memory problems**
- Dementia
- Poor school performance

**Mental health**
- Depression
- Anxiety

**Social problems**
- Lost productivity
- Family problems
- Unemployment

**Alcohol dependence**

WHAT IS EXCESSIVE ALCOHOL USE?

For women, binge drinking is 4 or more drinks consumed on one occasion.*

For men, binge drinking is 5 or more drinks consumed on one occasion.*

Any alcohol use by those under age 21

Excessive drinking includes:

- Any alcohol use by pregnant women
- For women, heavy drinking is 8 drinks or more per week
- For men, heavy drinking is 15 drinks or more per week

*One occasion = 2–3 hours
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)

How does excessive drinking affect us?

- 88,000 deaths per year
- $249 billion economic cost
- Violence, injuries, and motor vehicle crashes
- 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, visit www.cdc.gov/alcohol

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Sobering Facts: Drunk Driving in South Dakota

Keep South Dakota safe. Keep drunk drivers off the road.

This fact sheet provides a snapshot of alcohol-involved deaths and drunk driving and an overview of proven strategies to reduce or prevent drunk driving. The information can help local public health decisionmakers and community partners see gaps and identify relevant strategies to address the problem of drunk driving.

Fast Facts

- Drivers with a blood alcohol concentration (BAC) of 0.08% or higher (i.e., drunk drivers) are considered alcohol-impaired by law.
- About one in three traffic deaths in the United States involve a drunk driver.
- Thanks to dedicated efforts, rates of drunk driving and alcohol-involved fatal crashes have gone down in recent years.
- Still, drunk drivers got behind the wheel millions of times in 2010.
- These data show what’s happening in your state.

ALCOHOL-INVOLVED DEATHS

Persons Killed in Crashes Involving a Drunk Driver†

Number of Deaths, 2003–2012

537 people were killed in crashes involving a drunk driver in South Dakota

Rate of Deaths by Age (per 100,000 population), 2012

<table>
<thead>
<tr>
<th>Age</th>
<th>NATIONAL</th>
<th>SOUTH DAKOTA</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-20</td>
<td>1.3</td>
<td>1.3</td>
</tr>
<tr>
<td>21-34</td>
<td>6.7</td>
<td>5.7</td>
</tr>
<tr>
<td>35+</td>
<td>3.1</td>
<td>3.3</td>
</tr>
<tr>
<td>All ages</td>
<td>5.7</td>
<td>5.7</td>
</tr>
</tbody>
</table>

Rate of Deaths by Gender (per 100,000 population), 2012

<table>
<thead>
<tr>
<th>Gender</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>5.2</td>
<td>1.5</td>
</tr>
<tr>
<td>Female</td>
<td>7.4</td>
<td></td>
</tr>
</tbody>
</table>

†Deaths in crashes involving a driver with BAC ≥ 0.08%.

Source: Fatality Analysis Reporting System (FARS).

Fatality rates based on fewer than 20 deaths are suppressed.

DRUNK DRIVING

Percentage of Adults Who Report Driving After Drinking Too Much (in the past 30 days)

<table>
<thead>
<tr>
<th></th>
<th>NATIONAL</th>
<th>SOUTH DAKOTA</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.9%</td>
<td>2.5%</td>
</tr>
</tbody>
</table>

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2012.

Working together, we can help keep people safe on the road—every day.