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

- 12 ounces 5% beer
- 8 ounces 7% malt liquor
- 5 ounces 12% wine
- 1.5 ounces 40% (80 proof) distilled spirits

(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

http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm