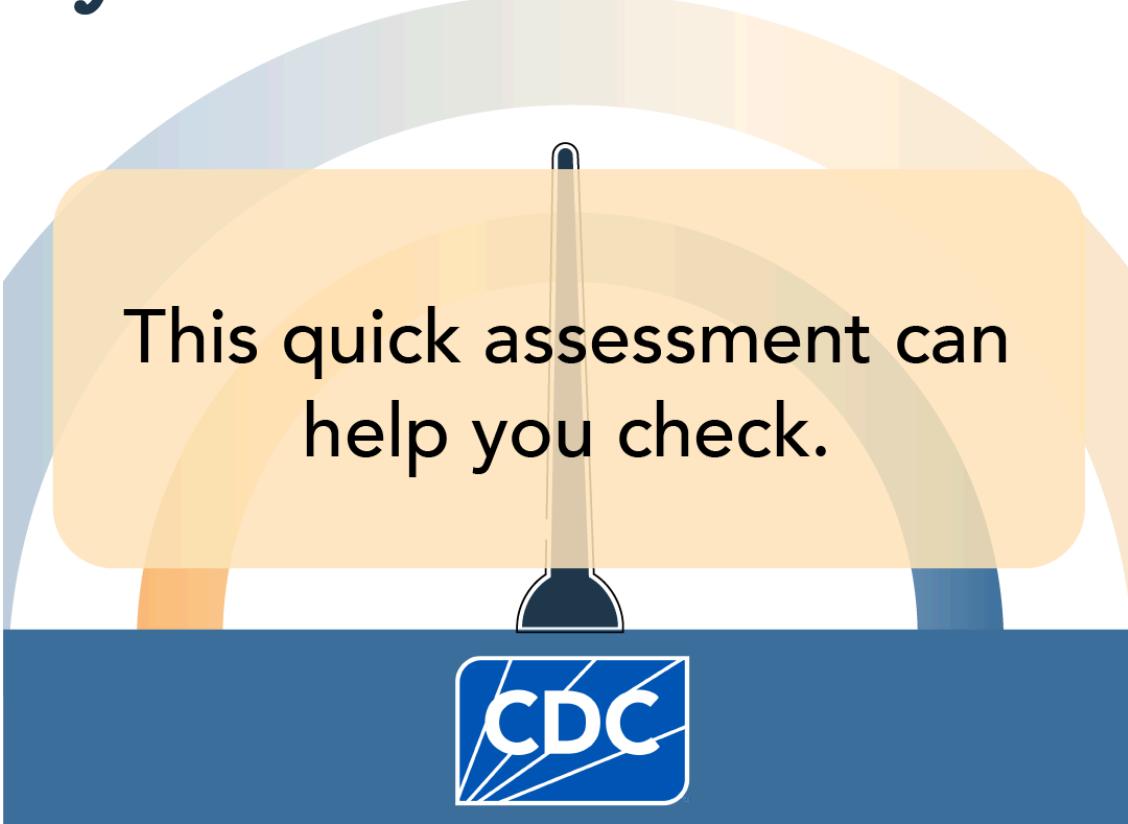


Want to check your alcohol use?

This quick assessment can help you check, visit
www.cdc.gov/alcohol/checkyourdrinking



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help you check.

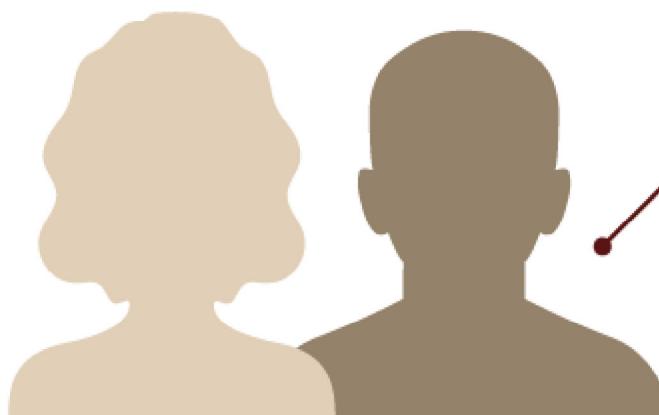


Dietary Guidelines for Americans on Alcohol

Limit intake to:



1 drink or less
in a day for women



2 drinks or less
in a day for men

or nondrinking

Don't drink at all if you:

- Are pregnant or might be pregnant.
- Are younger than age 21.
- Have certain medical conditions or are taking certain medications that can interact with alcohol.
- Are recovering from an alcohol use disorder or are unable to control the amount you drink.

www.cdc.gov/alcohol



US Standard Drink Sizes



12 ounces beer

5% ABV



8 ounces malt liquor

7% ABV



5 ounces wine

12% ABV



**1.5 ounces distilled spirits
(gin, rum, vodka, or whiskey)**

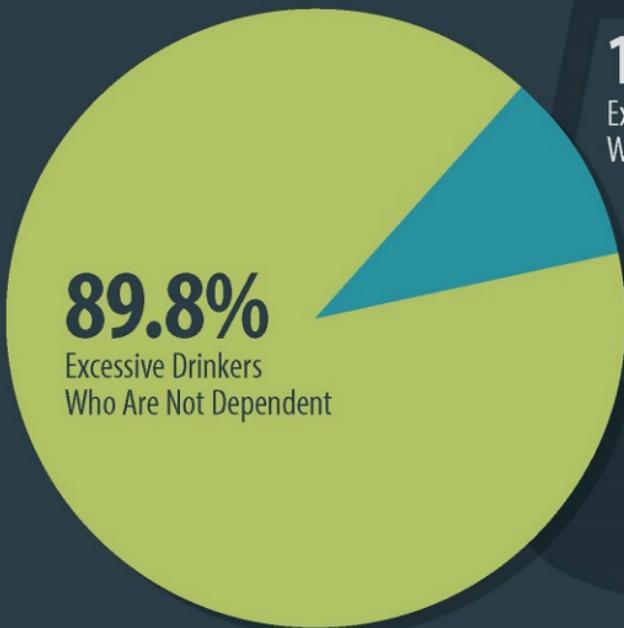
40% (80 proof) ABV

Alcohol by volume (ABV) refers to the strength of the alcoholic beverage.

www.cdc.gov/alcohol



9 out of 10 excessive drinkers are not alcohol dependent.



10.2%
Excessive Drinkers
Who Are Dependent

89.8%
Excessive Drinkers
Who Are Not Dependent



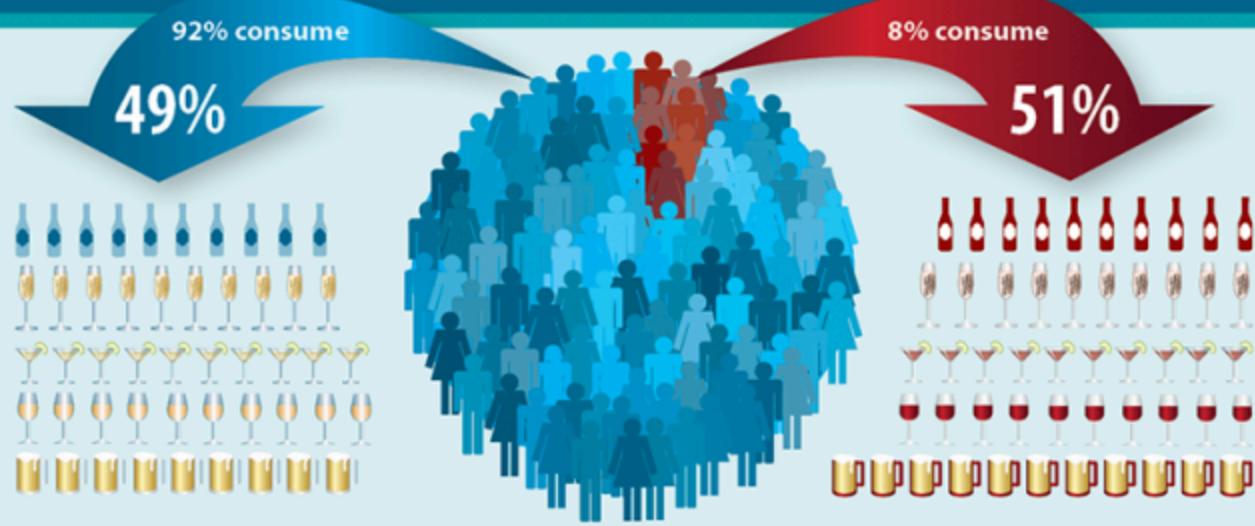
CS252939-A

PREVENTING CHRONIC DISEASE
PUBLIC HEALTH RESEARCH, PRACTICE, AND POLICY

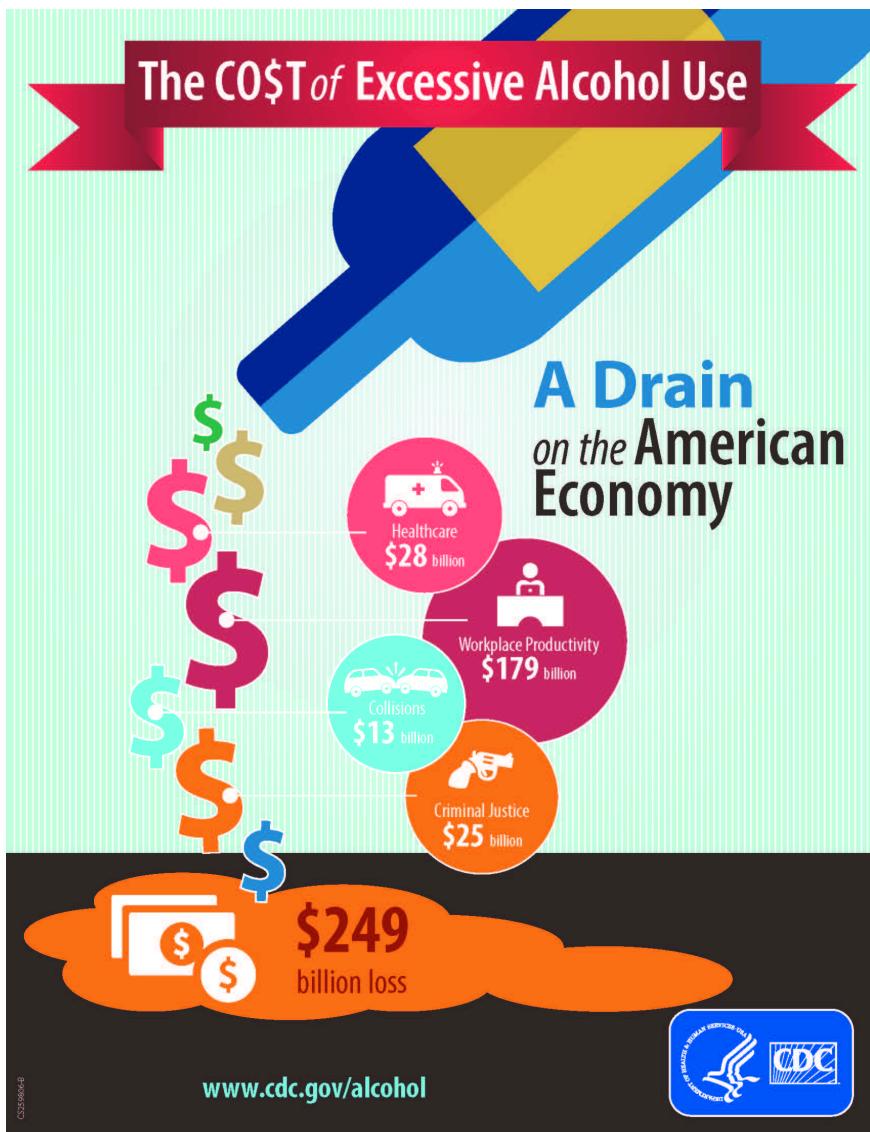
www.cdc.gov/pcd/issues/2014/14_0329.htm

www.cdc.gov/alcohol

A small percentage of U.S. adults who drink consume more than half the alcoholic drinks



cdc.gov/alcohol





www.cdc.gov/alcohol

**Number of people who die each year
from excessive alcohol use in the US***

*Based on deaths per year during 2020-2021.



www.cdc.gov/alcohol

Deaths on the rise in the US
from excessive alcohol use*

2016-2017

2020-2021



*178,000 deaths each year in the US during 2020-2021, compared to 138,000 deaths each year during 2016-2017.

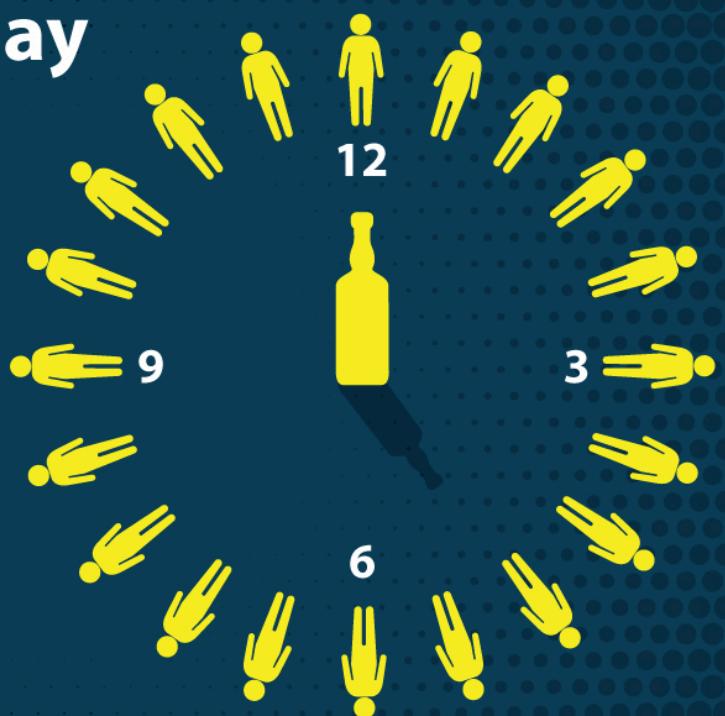
488 deaths each day
from excessive
alcohol use.*

**That's about
20 people
every hour.**

*Based on deaths per year in the U.S. during 2020-2021.



www.cdc.gov/alcohol





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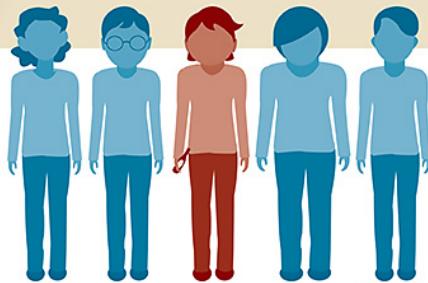
*Based on deaths per year during 2020-2021.



www.cdc.gov/alcohol

Evidence-based alcohol policies can prevent premature deaths

1 in 5 deaths among US adults ages 20-49 is from excessive alcohol use



cdc.gov/alcohol

Over 20,000 people die from
alcohol-related cancers
each year in the U.S.*

*During 2020-2021.



[cdc.gov/alcohol](https://www.cdc.gov/alcohol)



Alcohol **increases**
the risk of several
types of cancer



cdc.gov/alcohol

throat cancer
colon cancer
breast cancer (in women)
liver cancer and more...



Rethink your drink to lower
your risk of cancer

cdc.gov/cancer



Life-threatening signs of alcohol poisoning include:



Inability to wake up



Vomiting



**Slow breathing
(fewer than 8 breaths per minute)**



**Irregular breathing
(10 seconds or more between breaths)**



Seizures



Hypothermia (low body temperature), bluish skin color, paleness

SOURCE: National Institute on Alcohol Abuse and Alcoholism.



CDC *Vital* **signs**™

www.cdc.gov/vitalsigns/alcohol-poisoning-deaths

U.S. teens encounter alcohol ads regularly.

Exposure to alcohol ads can fuel underage drinking.



cdc.gov/alcohol



Over half of teens* are exposed to ads promoting alcohol while they are:

 Streaming videos

 Watching TV

 At the movies

 Browsing the internet



*U.S. youth aged 12-17 self-reporting sometimes or often seeing/hearing alcohol ads.



cdc.gov/alcohol

**More Alcohol
Ad Exposure**

**More Underage
Drinking Risk**

Teens' exposure to
alcohol ads increases
risk of **earlier &
more drinking**.



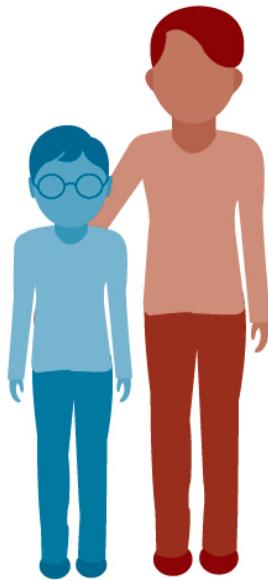
Survey finds **Hispanic teens***
have 60% greater chance of
seeing ads promoting alcohol
than White teens.



*In self-reported survey of U.S. youth aged 12-17 about seeing or hearing ads.



cdc.gov/alcohol



Adolescents are
4 times
more likely
to drink alcohol
if their parents
binge drink.

cdc.gov/alcohol



1 in 4 people who binge drink
also report other substance use
in the past month.

cdc.gov/alcohol



People who binge drink are
2X more likely to use other
substances than non-binge drinkers.

cdc.gov/alcohol



More than half of the
4.2 million people who
misuse prescription
opioids in the U.S. also
binge drink.

www.cdc.gov/alcohol



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

CS 306178-A



Drinking alcohol
while using opioids
increases the risk of
overdose and death.

www.cdc.gov/alcohol



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Health and Human Services
Centers for Disease
Control and Prevention

CS 306178-B