

Want to check your alcohol use?

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



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This quick assessment can
help you check.



Dietary Guidelines for Americans on Alcohol

Limit intake to:



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.

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US Standard Drink Sizes



12 ounces beer
5% ABV



8 ounces malt liquor
7% ABV



5 ounces wine
12% ABV



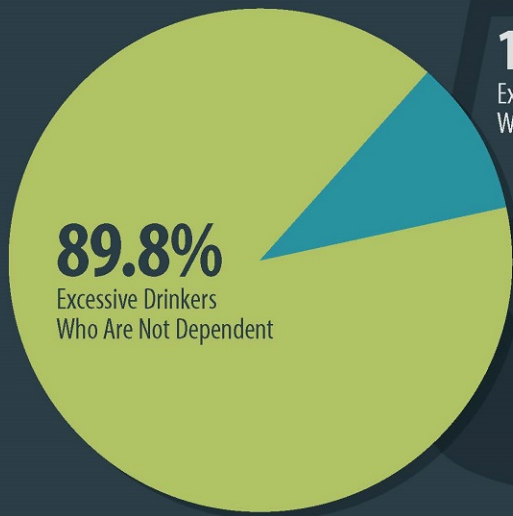
**1.5 ounces distilled spirits
(gin, rum, vodka, or whiskey)**
40% (80 proof) ABV

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

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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



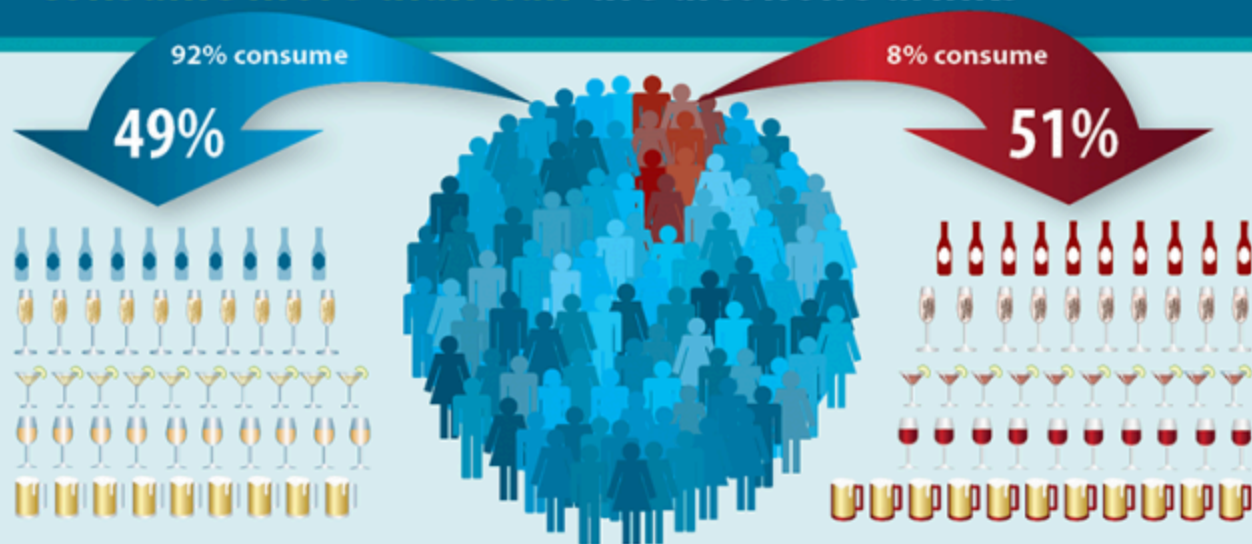
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PREVENTING CHRONIC DISEASE
PUBLIC HEALTH RESEARCH, PRACTICE, AND POLICY

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

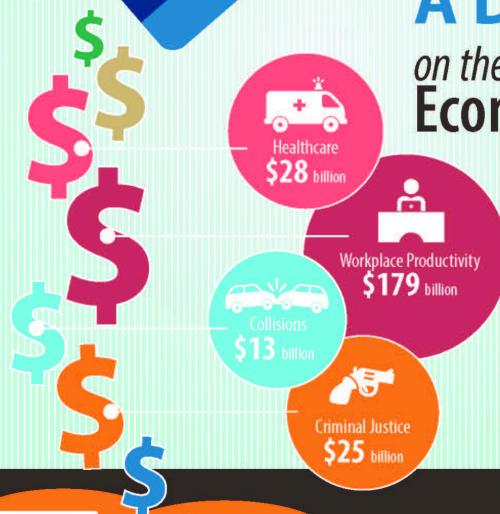
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A small percentage of U.S. adults who drink consume more than half the alcoholic drinks



The CO\$T of Excessive Alcohol Use

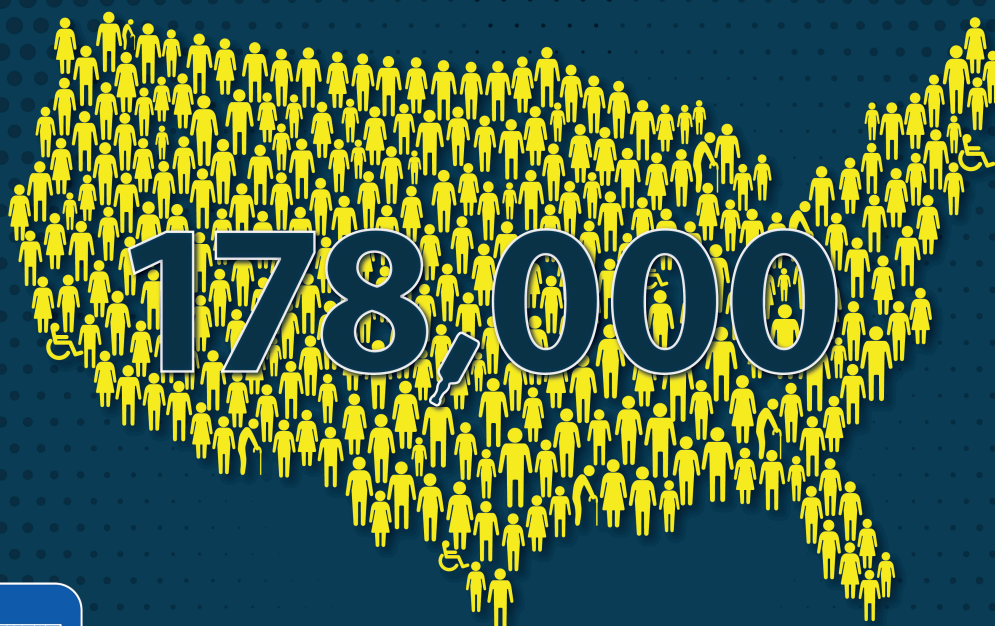
A Drain on the American Economy



\$249
billion loss

www.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



*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.



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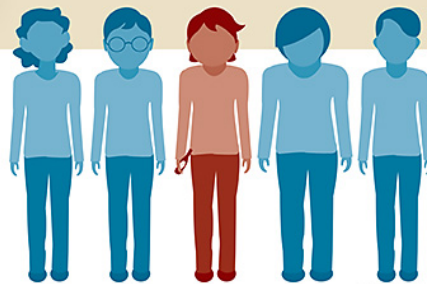


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*Based on deaths per year during 2020-2021.

Evidence-based alcohol policies can prevent premature deaths

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



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

*During 2020-2021.



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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**



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



Vomiting



Seizures



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



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

SOURCE: National Institute on Alcohol Abuse and Alcoholism.



Vital^{CDC}**signs**TM

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

U.S. teens encounter alcohol ads regularly.

[Exposure to alcohol ads
can fuel underage drinking.



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



Streaming videos



At the movies



Watching TV



Browsing the internet



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



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More Alcohol
Ad Exposure

More Underage
Drinking Risk

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



cdc.gov/alcohol



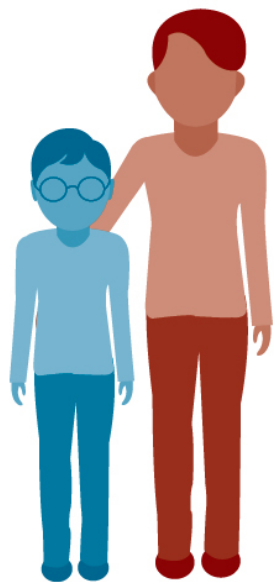
Survey finds **Hispanic teens***
have 60% greater chance of
seeing ads promoting alcohol
than White teens.



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



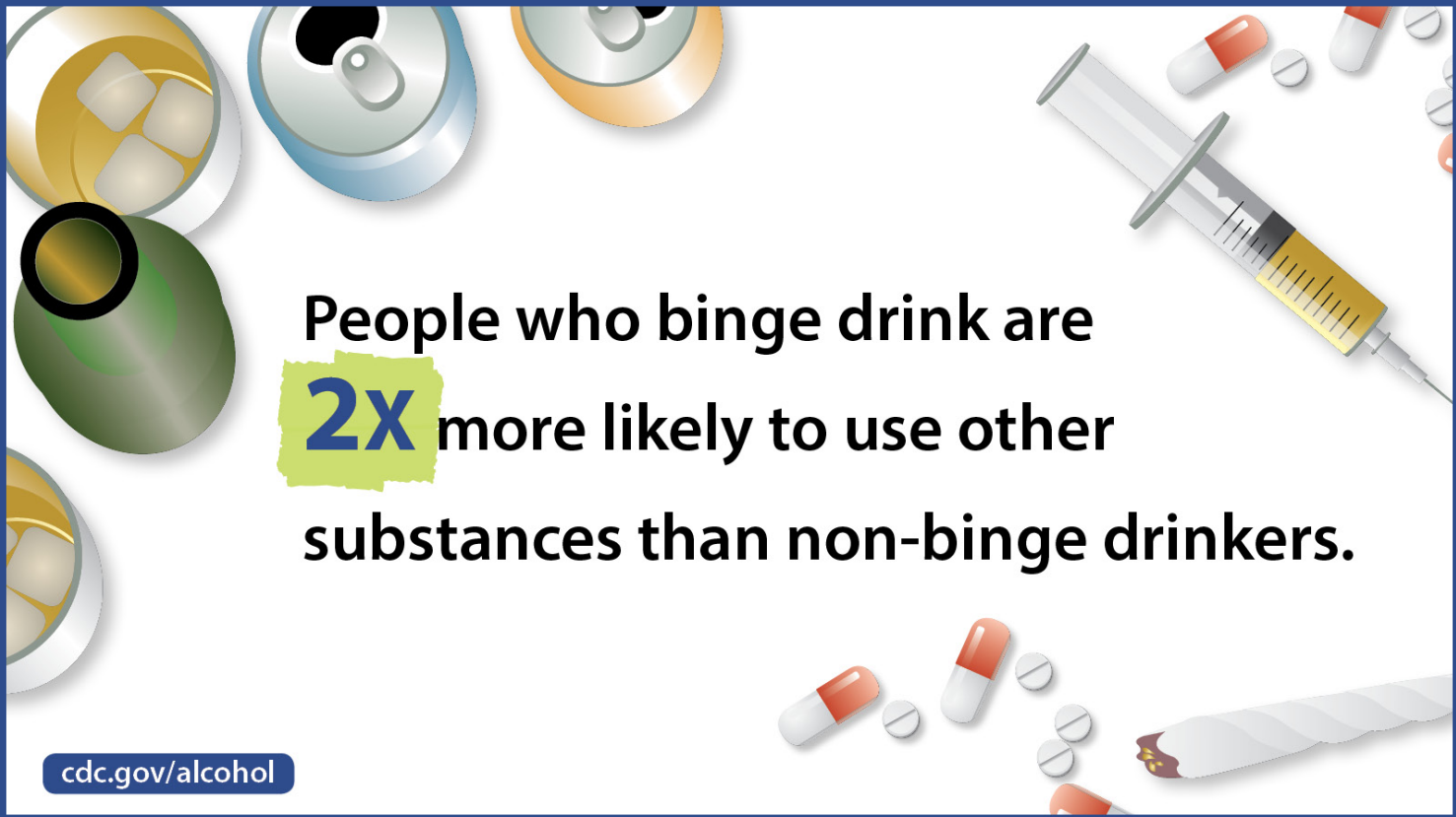
Adolescents are
4 times
more likely
to drink alcohol
if their parents
binge drink.

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An illustration within a blue border showing various substances: three cans (one with ice, two green), a syringe, several pills (red and white capsules, white tablets), and a cigarette.

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

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An illustration at the top of the page features several aluminum cans of different colors (yellow, blue, orange) and a green bottle with a black cap on the left. On the right, there is a medical syringe with a yellow plunger and needle, along with several red and white capsules and small white pills. At the bottom right, there is a lit cigarette with a white filter and a red tip. The entire graphic is enclosed in a blue border.

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

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

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



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

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