WHAT IS EXCESSIVE ALCOHOL USE?

EXCESSIVE DRINKING INCLUDES:

BINGE DRINKING

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*

*ONE OCCASION = 2–3 HOURS

UNDERAGE DRINKING

ANY ALCOHOL USE BY THOSE UNDER AGE 21

HEAVY DRINKING

FOR WOMEN, HEAVY DRINKING IS **8 DRINKS OR MORE** PER WEEK

FOR MEN, HEAVY DRINKING IS **15 DRINKS OR MORE** PER WEEK

PREGNANT DRINKING

ANY ALCOHOL USE BY PREGNANT WOMEN

WHAT IS CONSIDERED A "DRINK"?

U.S. STANDARD DRINK SIZES

12 OUNCES OF 5% BEER

8 OUNCES OF 7% MALT LIQUOR

5 OUNCES OF 12% WINE

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

HOW DOES EXCESSIVE DRINKING AFFECT US?

88,000 DEATHS PER YEAR AND THE 3RD LEADING CAUSE OF PREVENTABLE DEATH

$$$ 223.5 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
WWW.CDC.GOV/ALCOHOL

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

CS206677-A