

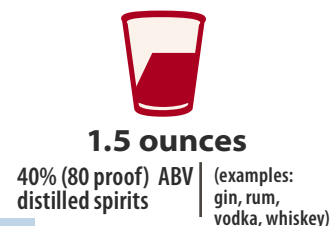
# Alcohol Use and Your Health

Accessible version: <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

Drinking too much can harm your health. Excessive alcohol use leads to more than 95,000 deaths in the United States each year, shortening the lives of those who died by an average of 29 years. The economic costs of excessive alcohol consumption in 2010 were estimated at \$249 billion, or \$2.05 a drink.

## What is considered a “drink”?

US Standard Drink Sizes



ABV = Alcohol by Volume

## Excessive alcohol use includes:



### Binge Drinking

For women, 4 or more drinks consumed on an occasion

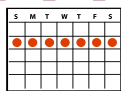


For men, 5 or more drinks consumed on an occasion



### Heavy Drinking

For women, 8 or more drinks per week



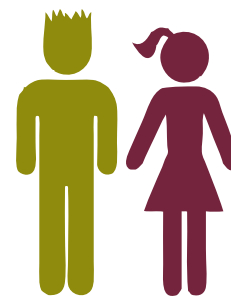
For men, 15 or more drinks per week



### Any alcohol use by pregnant women



### Any alcohol use by people younger than 21



## If you choose to drink, do so in moderation.

**DON'T DRINK AT ALL** if you are younger than 21, or if you are or may be pregnant, or if you have health problems that could be made worse by drinking.

**FOR WOMEN, 1 drink or less in a day**



**FOR MEN, 2 drinks or less in a day**



Or nondrinking

People who don't drink alcohol **SHOULD NOT START** for any reason. **DRINKING LESS** is better for health than drinking more.



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

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



## Long-term health risks

### Chronic diseases

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

### Cancers

- Breast
- Mouth and throat
- Liver
- Colon and rectum
- Esophagus
- Voice box

### Learning and memory problems

- Dementia
- Poor school performance

### Mental health

- Depression
- Anxiety

### Social problems

- Family problems
- Job-related problems
- Unemployment

### Alcohol use disorders