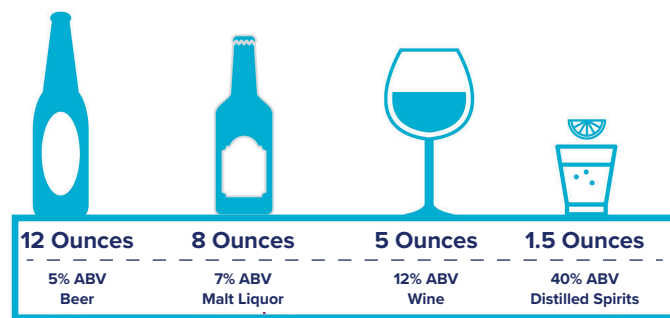


ALCOHOL AWARENESS

The Importance of Alcohol Awareness : How to Keep Yourself and Your Loved Ones Safe from Excessive Use.

Millions of Americans abuse or are dependent on alcohol or drugs. Alcohol consumption in particular is associated with a variety of short- and long-term health risks. How do you know how much consumption is within the limit and how much is considered excessive? First, we need to define a couple of things.

WHAT IS A STANDARD DRINK IN THE US?



In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12-ounces of beer (5% alcohol content).
- 8-ounces of malt liquor (7% alcohol content).
- 5-ounces of wine (12% alcohol content).
- 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

WHAT ARE THE RECOMMENDED DRINKING GUIDELINES?

Alcohol use is generally discouraged, as it affects every organ in the body. According to the *Dietary Guidelines for Americans*¹, adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed.



1 drink or less
daily



2 drinks or less
daily

BINGE DRINKING AND HEAVY DRINKING: WHAT'S THE DIFFERENCE?

Binge drinking is defined as a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to 0.08% or more. This pattern of drinking usually entails 5 or more drinks on a single occasion for men or 4 or more drinks on a single occasion for women, generally within about 2 hours.

Heavy drinking, on the other hand, is typically defined as consuming 15 drinks or more per week. For women, heavy drinking is typically defined as consuming 8 drinks or more per week.

WHAT ARE THE EFFECTS OF DRINKING?

SHORT-TERM

- Injuries, such as motor vehicle crashes, falls, drownings, and burns.
- Violence, including homicide, suicide, sexual assault, and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels.

LONG-TERM

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including lost productivity, family problems, and unemployment.
- Alcohol use disorders, or alcohol dependence.

CONTACT US

If you need assistance finding a local provider, accessing your information, or have a question, we're here for you.