

What Is Excessive Alcohol Use?

BINGE DRINKING

FOR WOMEN, 6 UNITS OR MORE OF ALCOHOL CONSUMED ON ONE OCCASION*



UNDERAGE DRINKING

ANY ALCOHOL USE BY THOSE UNDER AGE 18



PREGNANT DRINKING

ANY ALCOHOL USE BY PREGNANT WOMEN



FOR MEN, 8 UNITS OR MORE OF ALCOHOL CONSUMED ON ONE OCCASION*

ONE OCCASION = 2-3 HOURS



HEAVY DRINKING

FOR BOTH MEN AND WOMEN, 14 UNITS OR MORE OF ALCOHOL PER WEEK



How Does Excessive Drinking Affect Us?

ONE OF THE LEADING CAUSES OF PREVENTABLE DEATH

VIOLENCE, INJURIES, MOTOR VEHICLE CRASHES

RISKY SEXUAL BEHAVIORS, UNINTENDED PREGNANCIES, MISCARRIAGE, STILL BIRTH

CHRONIC CONDITIONS SUCH AS CANCER, HEART DISEASE, HIGH BLOOD PRESSURE

ECONOMIC COST THROUGH INCREASED ABSENTEEISM AND TARDINESS, HIGHER INSURANCE AND WORKERS' COMPENSATION COSTS, LOWER PRODUCTIVITY

Tips

IF YOU CHOOSE TO DRINK, DO SO IN MODERATION

2-3 UNITS OF ALCOHOL A DAY FOR WOMEN

3-4 UNITS OF ALCOHOL A DAY FOR MEN

DO NOT DRINK AT ALL IF:

UNDER AGE 18

PREGNANT OR MAY BE PREGNANT

HAVE HEALTH PROBLEMS THAT COULD BE MADE WORSE BY DRINKING

Adapted from www.cdc.gov



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