



Do you have a drink now and then? Many of us do, often when socializing with friends and family. Drinking can be beneficial or harmful, depending on your age, health status, the situation, and how much you drink.

DID YOU KNOW?



1

Almost 4 in 10 American adults always drink at low-risk levels.

To be considered “low-risk” drinkers, men cannot have more than 4 drinks a day, or 14 drinks a week. Women cannot have more than 3 drinks a day, or 7 drinks a week.



2

More than 3 in 10 adults don't drink alcohol at all.

This often comes as a surprise to those who drink regularly, because they generally socialize more with others who drink.



3

Almost 3 in 10 adults are “heavy” or “at-risk” drinkers. The risks incurred include:

- **Injuries and death:** Alcohol is a factor in 60% of fatal burns, drownings, and homicides; 50% of severe trauma injuries and sexual assaults; and 40% of fatal motor vehicle crashes, suicides, and fatal falls.
- **Health Problems:** Heavy drinkers have a greater risk of liver and heart diseases, sleep disorders, depression, stroke, bleeding from the stomach, sexually transmitted infections, and several types of cancer, among other health risks.
- **Birth defects:** Drinking during pregnancy can cause brain damage and other serious problems.
- **Alcohol use disorders:** Generally known as alcoholism and alcohol abuse, alcohol use disorders are medical conditions that are sometimes diagnosed when a person's drinking cause distress or harm. About 18 million American adults have an alcohol use disorder.

FOR MORE INFORMATION

**National Institute on
Alcohol Abuse and Alcoholism**
www.niaaa.org
301-443-3860

AlAnon/AlAteen
www.al-anon.alateen.org
888-425-2666



Alcoholics Anonymous

www.aa.org
212-870-3400 or check your local phone
directory under “Alcoholism”

**National Institutes of Health:
Rethinking Drinking**

<http://rethinkingdrinking.niaaa.nih.gov/>

**If you are concerned about your own or a loved one's drinking , call
your Employee Assistance Program to speak confidentially to a counselor.**

1-800-451-1834

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