What is Excessive Alcohol Use?

Excessive drinking includes:

- More than 4 drinks in a row (for women) or 5 drinks in a row (for men) on one occasion.
- Drinking 8 drinks or more per week for women, or 15 or more drinks per week for men.

What is considered a ‘drink’?

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

How does excessive drinking affect us?

- Chronic conditions such as liver disease and high blood pressure.
- Risky sexual behaviors, unintentional pregnancies, miscarriages, and stillbirths.
- Violence, injuries, and motor vehicle crashes.
- Economic cost.
- Over 90% of excessive drinkers binge drink.

Binge drinking is the main problem

- Over 249 billion dollars in cost per year.
- In 6 Americans, more than 38 million U.S. adults binge drink.

If you choose to drink, do so in moderation

- No one should consider drinking on every occasion, especially if 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