

WHAT IS EXCESSIVE ALCOHOL USE?

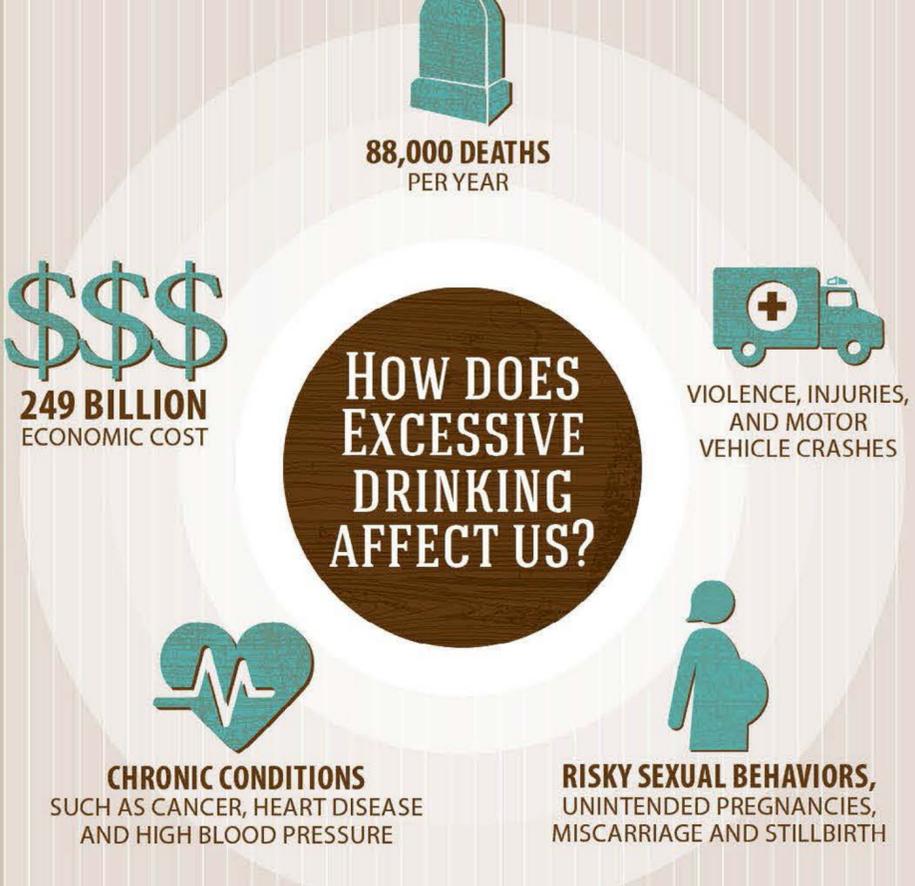


WHAT IS CONSIDERED A "DRINK"?

U.S. STANDARD DRINK SIZES



HOW DOES EXCESSIVE DRINKING AFFECT US?



BINGE DRINKING IS THE MAIN PROBLEM

OVER **90%** OF EXCESSIVE DRINKERS BINGE DRINK

1 IN 6

MORE THAN 38 MILLION U.S. ADULTS BINGE DRINK

BINGE DRINKERS DO SO ABOUT **4 TIMES A MONTH**

BINGE DRINKERS AVERAGE **8 DRINKS** PER BINGE

MOST PEOPLE WHO BINGE DRINK ARE NOT ALCOHOL DEPENDENT OR ALCOHOLICS

IF YOU CHOOSE TO DRINK, DO SO IN MODERATION

NO ONE SHOULD BEGIN DRINKING OR DRINK MORE FREQUENTLY 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