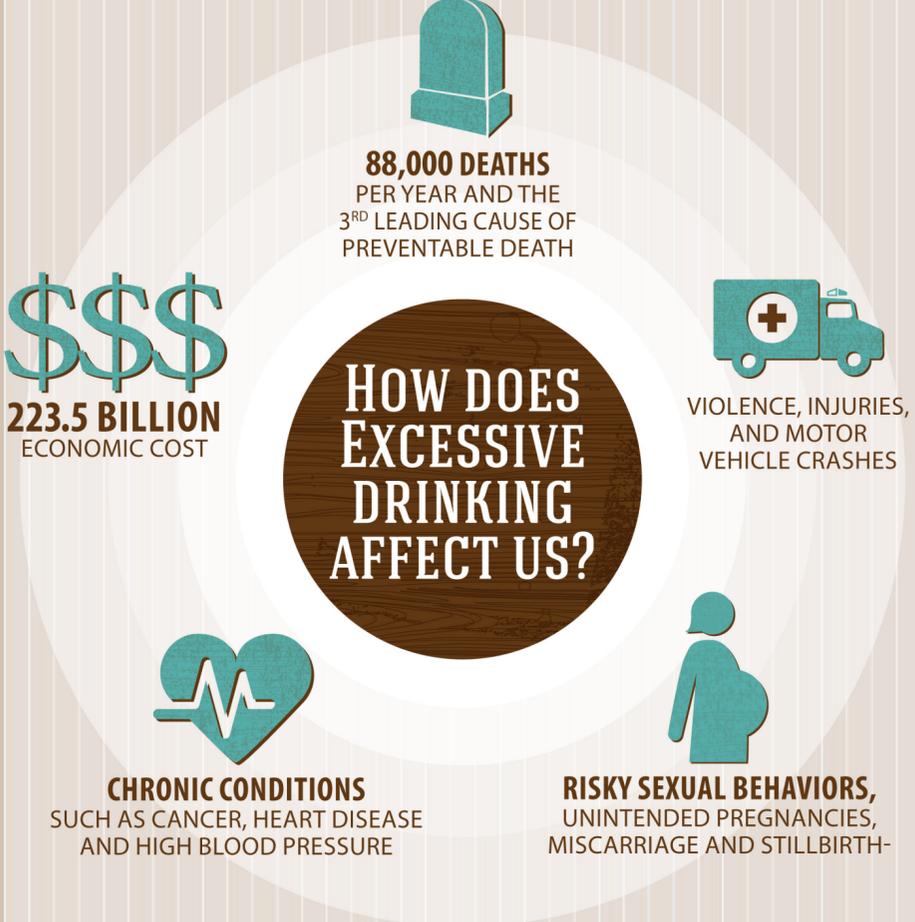


WHAT IS EXCESSIVE ALCOHOL USE?



WHAT IS CONSIDERED A "DRINK"?

U.S. STANDARD DRINK SIZES



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