

ALCOHOL AWARENESS:

GET YOUR FACTS STRAIGHT!



ON A BINGE

Many people associate binge drinking with college students; however, 70% of binge drinking episodes involve adults ages 26 years and older. Binge drinking is a pattern of drinking that raises blood alcohol concentration levels dangerously high in two hours or less.

One in six adults in the U.S. binge drink about four times a month—consuming eight drinks per binge. Although more common among young adults ages 18 to 34, adults older than 65 report binge drinking an average of five to six times a month. Binge drinking is also most common in households with incomes of \$75,000 or more.

Health risks associated with binge drinking include:

- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- High blood pressure, stroke and other cardiovascular diseases
- Liver disease
- Neurological damage
- Sexual dysfunction

GLASS HALF EMPTY or FULL?

Knowing what constitutes a “standard” pour can help you drink smarter.



12 fluid ounces of beer = about 5% alcohol



5 fluid ounces of wine = about 12% alcohol



1.5 fluid ounces of 80-proof spirits = about 40% alcohol

WHAT'S ALL THE WINING ABOUT?

American Drinkers Age 21 – 38



7.9 million Americans drank 2 cases of wine per person

79 million Americans between ages 21 and 38 drank 42% of all wine in the US last year. (159.6 million cases of wine averages to two cases per person.)

High Frequency Drinkers



2/3 women under 30 drink 3.1 glasses per sitting

High frequency drinkers (those who drink several times a week) consume 3.1 glasses of wine per sitting. Two-thirds of these high frequency drinkers are women under 30.

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WHAT ABOUT THE BABIES?

Consuming too much alcohol doesn't just affect the drinker. Fetal Alcohol Spectrum Disorders (FASDs) can occur when a woman drinks alcohol during pregnancy. Absorbed alcohol in the blood passes from mother to child through the umbilical cord; therefore, when she drinks, so does her baby.

Every year, approximately 3.3 million US women risk exposing their developing babies to FASDs. Symptoms of FASDs are varied but can include:

- Abnormal physical features (wide-set narrow eyes, small head, shorter-than-average height)
- Poor coordination
- Hyperactive behavior
- Learning disabilities/speech and language delays
- Low IQ
- Vision or hearing problems



Behaviors associated with FASDs impair social interactions, academic achievement and mental health. As a result, children who suffer from FASDs often grow into adults who experience difficulties with mental health, substance abuse and unemployment. There is conflicting information about how much alcohol is unsafe during pregnancy, so consult your doctor before pouring a glass.

QUITTING TIME

For more information on the causes, consequences, prevention and treatment of alcohol-related problems, check out the following resources:

- National Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov
- Women for Sobriety: www.womenforsobriety.org
- SMART Recovery: www.smartrecovery.org
- Adult Children of Alcoholics: www.adultchildren.org
- Moderation Management: www.moderation.org
- Alcoholics Anonymous (AA): www.aa.org

RUNNING THE NUMBERS



Of the 3.9 million Americans who received treatment for a substance abuse problem in 2005, 2.5 million of them were treated for alcohol use. (Drug Free World)



Approximately 17% of men and 8% of women will be dependent on alcohol in their lifetime. (NIAAA)



80,000 deaths are related to alcohol abuse every year, making alcohol abuse the third highest cause of death in the U.S. (CDC)

