



HOW ALCOHOL AFFECTS YOUR HEALTH

How alcohol affects your health

Drinking too much or binge drinking can harm your health. Heavy drinking can lead to long-term disease, harmful accidents, and even fighting. In the U.S., using too much alcohol leads to more than 178,000 deaths each year. It shortens the lives of those who die by an average of 23 years.

U.S. standard drink sizes

ABV = Alcohol by Volume



12 ounces beer
5% ABV



8 ounces malt liquor
7% ABV



5 ounces wine
12% ABV



1.5 ounces of 80-proof distilled spirits (examples: gin, rum, vodka, whiskey)
40% ABV

Unsafe alcohol use includes:

- Binge drinking
 - Women: Having 4 or more drinks on the same day
 - Men: Having 5 or more drinks on the same day
- Heavy drinking
 - Women: Having 8 or more drinks a week
 - Men: Having 15 or more drinks a week
- How common is excessive alcohol use?
The CDC says nearly 1 in 6 adults binge drinks in the U.S.



How to drink responsibly

Avoid drinking if you:

- Are younger than 21
- Are or may be pregnant
- Have health problems
- Are taking medicines that can have harmful interactions with alcohol

Tip: Order a nonalcoholic drink or "mocktail" on your next night out.



CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

HOW ALCOHOL AFFECTS YOUR HEALTH

If you choose to drink:

- Eat before or while drinking.
- Drink water between drinks.
- Never mix alcohol with other drugs of any kind.
- Have a plan to get home safely.

According to the Dietary Guidelines for Americans, limit your drinking to:
Women: 1 drink or fewer in a day
Men: 2 drinks or fewer in a day



Drinking too much can lead to many long-term health problems. And it is a leading cause of preventable death. Some of these serious health problems include:

Short-term health risks

- Injuries
- Violence
- Alcohol poisoning
- Reproductive health

Long-term health risks

- Chronic diseases
 - High blood pressure
 - Heart disease
 - Stroke
 - Liver disease
 - Digestive problems
- Cancers
- Learning and memory problems
- Mental health conditions
- Social problems

Check your drinking to see if you are at risk.



<https://www.cdc.gov/alcohol/checkyourdrinking/index.html#print>

Other resources:

<https://ukhealthcare.uky.edu/smart-program>

<https://findhelpnow.org/ky>

Source: <https://www.cdc.gov/alcohol/index.htm>