

# How Alcohol Affects Your Health

*April is Alcohol Awareness Month. Take the time to review your drinking habits to see if you may need to cut back to prevent serious health issues.*



## What is Excessive Drinking?

Excessive drinking includes binge drinking or heavy drinking. It includes any alcoholic drinking by pregnant women or those younger than age 21. For men, that's five or more drinks at once; for women, it's four or more drinks in one sitting.

## Health Risks of Too Much Alcohol

### SHORT-TERM EFFECTS

- Injuries
- Violence
- Alcohol poisoning
- Risky sexual behaviors
- Miscarriage and stillbirth

### LONG-TERM EFFECTS

- Liver disease
- High blood pressure
- Heart disease, stroke
- Digestive problems
- Weakened immune system
- Memory problems
- Mental health problems
- Unemployment

## Death by Alcohol

From 2019-to 2020, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) reported a 25% increase in the number of alcohol-related deaths in the United States. The largest spike was among those in the 25 to 44-year-old age range.

**14 million Americans** have alcohol use disorder  
**88,000 people die annually** of alcohol-related causes

**REMEMBER:** *By drinking less, you can reduce the risk of short- and long-term health risks and even death.*

