

Know the Facts about ALCOHOL

What counts as ONE DRINK?



One drink is:

One 12-ounce can of beer
One 5-ounce glass of wine
One shot of hard liquor (1.5 ounces)

Are you at risk?

If you use alcohol, taking a look at your drinking patterns and knowing your risks is important for your health, now and in the future. Know the difference between moderate or low-risk versus risky or harmful drinking. You owe it to yourself!

Moderate Drinking
cdc.gov/alcohol



MEN
No more than:
2 drinks per day
Or not drinking

Drinking is not recommended for:

*Anyone under the age of 21



WOMEN
No more than:
1 drink per day
Or not drinking

*Anyone who is pregnant

Drinking less or not drinking alcohol is better for your health than drinking more

What's risky or harmful drinking?

- **Risky alcohol use** is drinking more than the single day amounts shown above.
- **Harmful alcohol use** is drinking more than the single day amounts shown above, and having negative effects from drinking such as accidents, not being able to stop drinking, or not doing what you normally do (work, school, family) because of drinking.

What can happen from risky or harmful alcohol use?

- People who use alcohol at risky or harmful levels are at greater risk for health problems—cancer, obesity, high blood pressure, stroke, injury, diabetes, accident/death, suicide, and cirrhosis.
- It makes a difference both how much you drink on any day and how often you have a heavy drinking day.
- The more drinks in a day and the more heavy drinking days over time, the greater risk for problems.

Tips for making a change in alcohol use:

- **Measure and Count.** Measure drinks per standard drink size and count how much you drink on your phone, a card in your wallet, or calendar.
- **Set Goals.** Decide how many days a week you want to drink, and how many drinks to have on those days.
- **Pace and Space.** Pace yourself. Sip slowly. Have no more than one drink per hour. Alternate “drink spacers”—non-alcohol drinks (water, soda, or juice).
- **Include Food.** Don't drink on an empty stomach.
- **Avoid “Triggers.”** What triggers you to drink? Avoid people, places, and activities that trigger the urge to drink.
- **Plan to Handle Urges.** When an urge hits: remind yourself of reasons for changing, talk it through with someone, do a healthy activity to distract yourself and accept the feeling and ride it out, knowing it will pass.
- **Know your “no.”** Have a polite, “no” ready for times when you don't want a drink.

*Alcohol withdrawal can be dangerous—even life-threatening—depending on your drinking patterns. If you're considering stopping, please seek medical advice. A healthcare professional can help you quit safely.



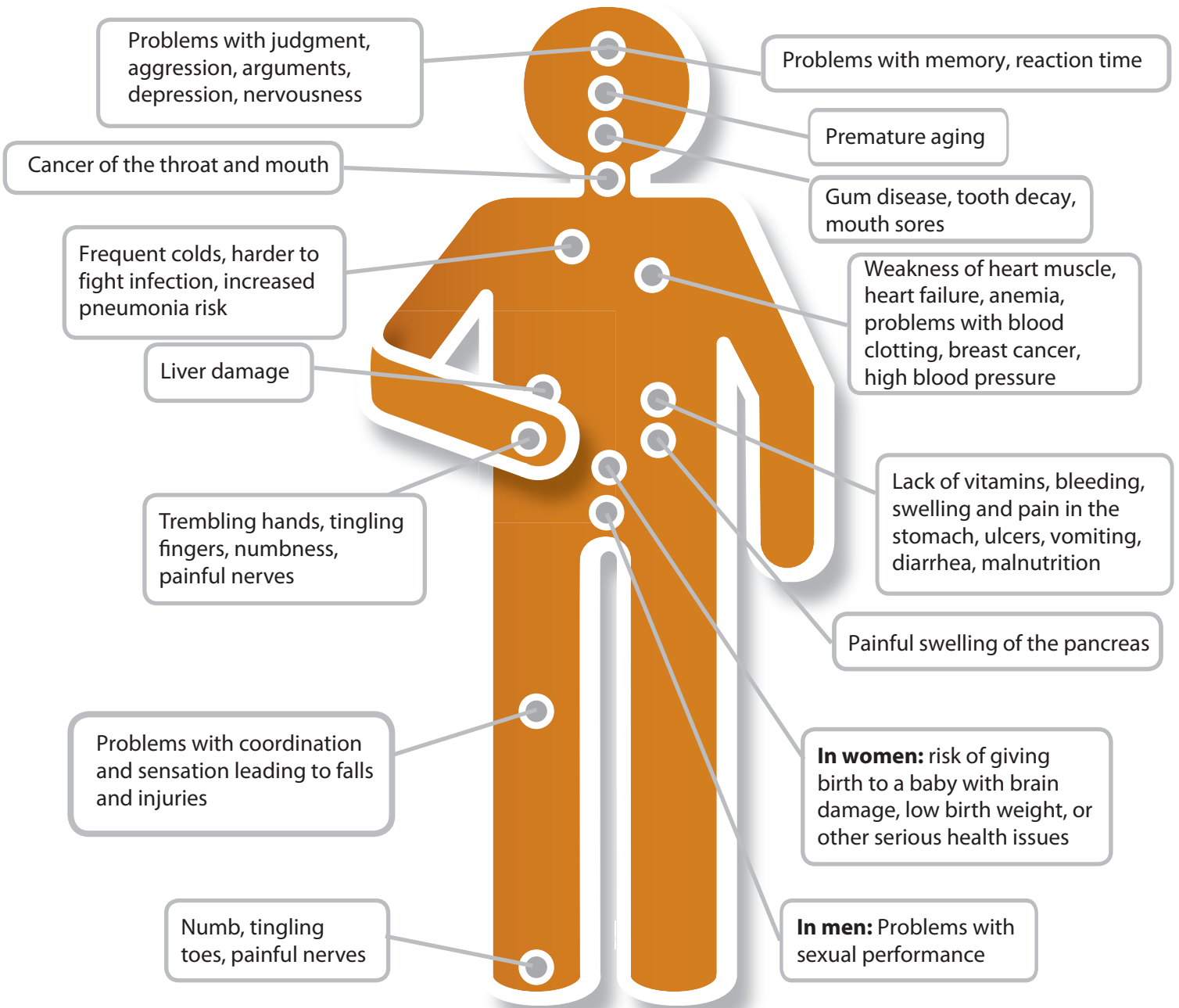
Mid-America (HHS Region 7)

ATTC

Addiction Technology Transfer Center Network
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RISKY AND HARMFUL ALCOHOL USE

Effects on the Body



Worsens existing health problems:

- Liver disease
- Heart disease and high blood pressure
- Diabetes
- Ulcers and stomach problems
- Depression and anxiety
- Sleep problems

May lead to:

- social, legal, medical, home, family, job, and money problems
- development of dependence and Alcohol Use Disorder
- shorter lifespan and accidental injury or death