

# Alcohol



## Sometimes Even One Drink is Too Much.

If you are:

- Driving or Planning to Drive
- At Work or Returning to Work
- Pregnant or Breast Feeding
- On Medication
- Have Certain Medical Conditions

## Alcohol and Injury

In addition to a strong relationship between alcohol and motor vehicle crashes, alcohol can be involved in many other injuries such as:

- Falls
- Drownings
- Assaults
- Domestic Violence
- Burns
- Pedestrian Injuries
- Work Injuries
- Sports Injuries

## Health Effects of Alcohol

Heavy drinkers may experience long-term health effects including:

- Damage to the liver, pancreas, brain and heart, and increased risk for many cancers.
- Birth defects have also been associated with drinking during pregnancy.

## How Much Do People Drink?

40% Do not drink

35% Drink a moderate amount and are at low risk for alcohol problems

20% At risk drinkers or problem drinkers

5% Dependent drinkers

*Source: National Longitudinal Alcohol Epidemiologic Survey, 1992*

## What is a standard drink?

## A standard drink is...



**1 Shot of Liquor**  
(Whisky, Vodka, Gin, etc.)  
1.5 oz.



**1 Regular Beer**  
12 oz.



**1 Glass of Wine**  
5 oz.

Each of these drinks contains about 1/2 oz. of pure alcohol.

## How much is too much?

	Drinks per Week	Drinks per Occasion
<b>Men</b>	14	4
<b>Women</b>	7	3
<b>Age 65+</b>	7	3

If you drink more than this,  
you can put yourself at risk for illness and/or injury.