



# Alcohol Fact Sheet



## What is a drink?

In the U.S., a standard drink contains 0.6 ounces of pure alcohol.

## What does a drink look like?

- 12-ounces of beer
- 8-ounces of malt liquor
- 5-ounces of wine
- 1.5-ounces of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, whiskey)



## What is Excessive Drinking?

Excessive drinking includes:

- binge drinking,
- heavy drinking, and
- any drinking by pregnant women or people younger than age 21.

### Heavy Drinking is defined as:

#### WOMEN:

Consumption of 8+ drinks per week.

#### MEN:

Consumption of 15+ drinks per week.

### Binge Drinking is defined as:

#### WOMEN:

Consumption of 4+ drinks during a single occasion

#### MEN:

Consumption of 5+ drinks during a single occasion.

## Health Risks

Excessive alcohol can increase the risk of many harmful health conditions, including the following:

- Injuries, such as automobile crashes, falls, drownings, etc..
- Violence, including homicide, suicide, sexual assault, and domestic violence.
- Alcohol poisoning.
- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Mental health problems, including depression and anxiety.
- Alcohol dependence, or alcoholism.
- Social problems, including lost productivity, family problems, and unemployment.

If your drinking habits can be defined as excessive, you should consider discussing your alcohol consumption with your primary care provider to get more information about risk drinking.