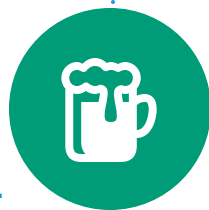


# Alcohol Awareness Month

Alcohol is the most commonly used addictive substance in the United States. Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. The good news? We can all do our part to prevent alcohol misuse or abuse. That's why we think it is important to spread the word about strategies for preventing alcohol misuse or abuse and encourage communities, families, and individuals to get involved.

**17.6 MILLION PEOPLE, OR ONE IN EVERY 12 ADULTS, SUFFER FROM ALCOHOL USE DISORDER OR ALCOHOL DEPENDENCE**



## THE TRUTH ABOUT ALCOHOL

- Nearly one-third of all traffic-related fatalities in the United States are a result of driving under the influence of alcohol
- Alcohol is a depressant. This means that it slows down activity in the brain.
- Teens who start drinking before the age of 15 are more likely to develop alcohol dependence later on in life.

**3** **FACTS ABOUT ALCOHOL ABUSE**



**2.8 MILLION WORLDWIDE DEATHS CAUSED BY ALCOHOL ANNUALLY**



**ALCOHOL ADDICTION IS THE 3RD LEADING LIFE-STYLE RELATED CAUSE OF DEATH IN THE NATION**



**40% OF ALL HOSPITAL BEDS IN THE U.S. ARE BEING USED TO TREAT ALCOHOL RELATED HEALTH CONDITIONS**

## THE EFFECTS OF ALCOHOL MISUSE:

**Over time, excessive alcohol use, both in the form of heavy drinking or binge drinking, can lead to numerous health problems, chronic diseases, neurological impairments, and social problems, including but not limited to:**

- Dementia, stroke and neuropathy
- Cardiovascular problems
- Psychiatric problems, including depression, anxiety, and suicide
- Social problems, including unemployment, lost productivity, family problems, violence including child maltreatment, fights and homicide
- Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns and firearm injuries.
- Increased risk for many kinds of cancers,
- Liver diseases
- Gastrointestinal problems
- Alcohol addiction

