

Alcohol Tip Sheet



BEHAVIORAL HEALTH

Although alcohol-related deaths are one of the nation's most preventable causes of death. More than 88,000 people die from alcohol-related deaths each year.

To understand the consequences of drinking, manage consumption, and avoid health problems, it's important to fully understand what constitutes a standard drink and drinking limits.

In the US, a single drink contains 14 grams of "pure" alcohol. Although the drinks below are different sizes, each one contains the same amount of pure alcohol and counts as a single drink.

 12 oz. beer <hr/> ~ 5% alcohol	 8-9 oz. malt liquor <hr/> ~ 7% alcohol	 5 oz. wine <hr/> ~ 12% alcohol	 1.5 oz. hard liquor <hr/> ~ 40% alcohol
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	Daily Drinking Limits*	Excessive Drinking	Binge Drinking <small>One occasion = within 2 to 3 hours</small>
	2 drinks / 14 drinks per day / per week <small>*Men over 65 should limit drinking to 1 per day</small>	15+ drinks per week	5+ drinks consumed on one occasion
	1 drink / 7 drinks per day / per week <small>*Women over 65 should limit drinking to 1 per day</small>	8+ drinks per week	4+ drinks consumed on one occasion

Alcohol has been linked to serious health problems, such as:

- Alcohol related dementia
- Adverse drug interactions
- Depression and anxiety
- Self-injurious or dangerous behaviors
- Reduction in medication effectiveness
- Development and worsening of chronic diseases and other serious health problems

Tips to eliminate or reduce alcohol use:

- Connect with a sober community.
- Find a sponsor, mentor or family member to support your efforts.
- Practice harm reduction by decreasing the amount and frequency of alcohol consumption.
- Break the drinking routine by starting a hobby or creating new routines.
- Pledge to live a healthier lifestyle by exercising, eating, and sleeping regularly.

An estimated 15 million people struggle with an alcohol use disorder in the United States, but less than 10% of them receive treatment. Recovery is possible.

Get Help

[Alcoholics Anonymous Meeting Locator](#)

[National Institute on Alcohol Abuse and Alcoholism \(NIAAA\) Treatment Locator](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) Treatment Locator](#)

If you believe that you have a problem with alcohol, consult a medical or substance use professional for support before quitting.