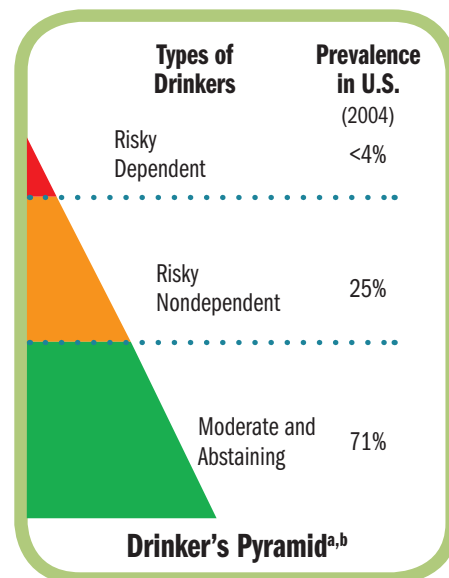


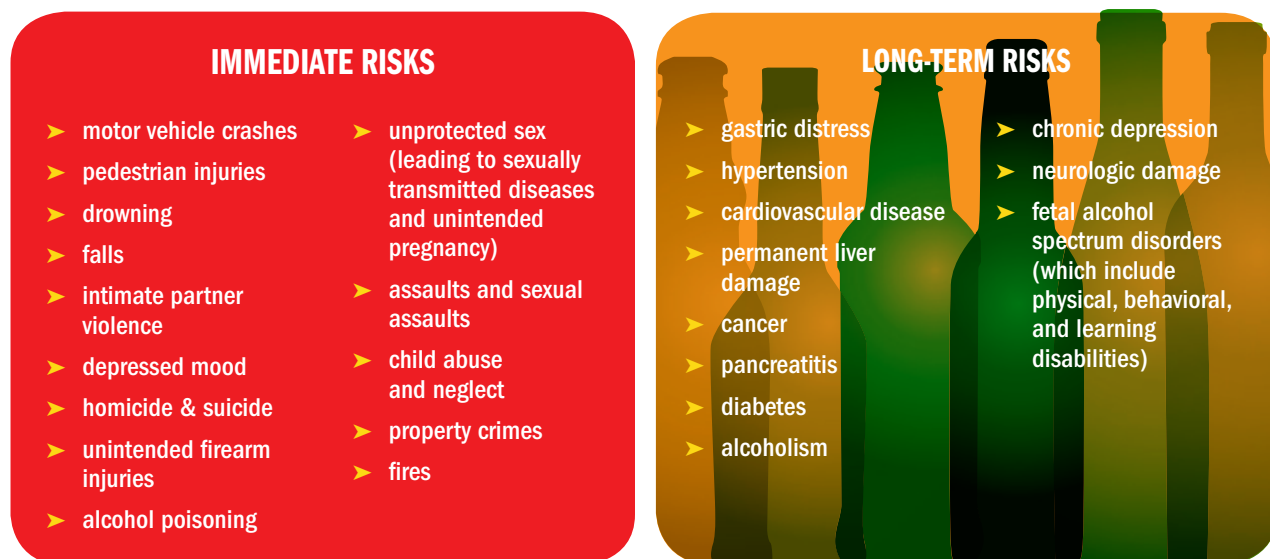
Risky Drinking: A Significant Public Health Problem

- Almost four percent of adults are alcohol dependent (alcoholic). **Another 25% are not dependent but drink in ways that put themselves and others at risk of harm.**^{a,b}
- Everyone who engages in risky drinking is drinking too much, even if they have not yet begun to experience harm. For some people, any drinking at all is risky.^c
- One common type of risky drinking is binge drinking—when women consume 4 or more drinks or men consume 5 or more drinks on a single occasion. More than **38 million** American adults binge drink an average of 4 times a month. Moreover, on average they drink 8 drinks per occasion.^d
- Risky drinking causes more than 80,000 deaths each year.^d



What are the health and social effects of risky drinking?

Drinking too much on a single occasion can result in intoxication and the *immediate risks* listed below. Drinking too much over a longer period of time injures cells in tissues throughout the body and can result in the *long-term risks* listed below. Further, risky drinking affects more than the drinker; it is associated with intimate partner violence, child abuse, crime, and is the largest single cause of lost productivity in the workplace.



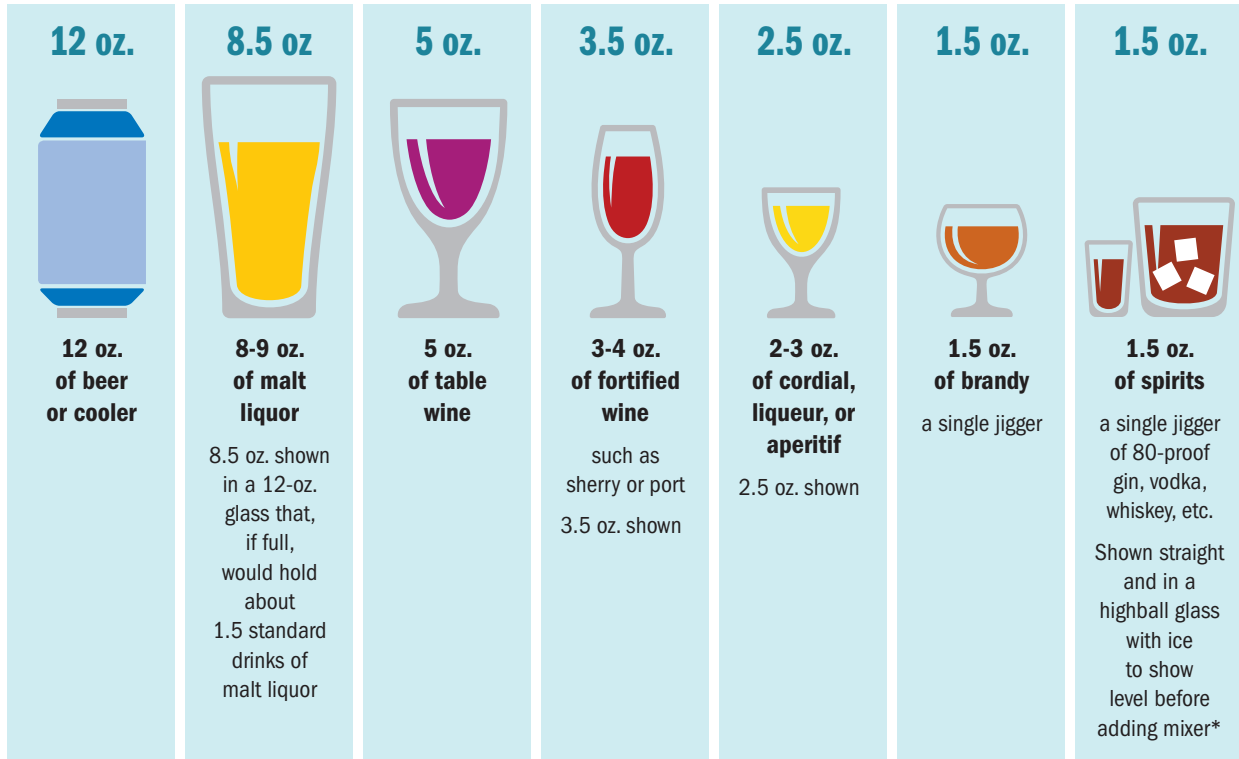
What is the cost of risky drinking?

Each year, risky drinking in the U.S. costs \$223.5 billion. That's more than smoking (\$193 billion) or physical inactivity (\$150 billion). The costs of risky drinking cut across many aspects of the U.S. economy.

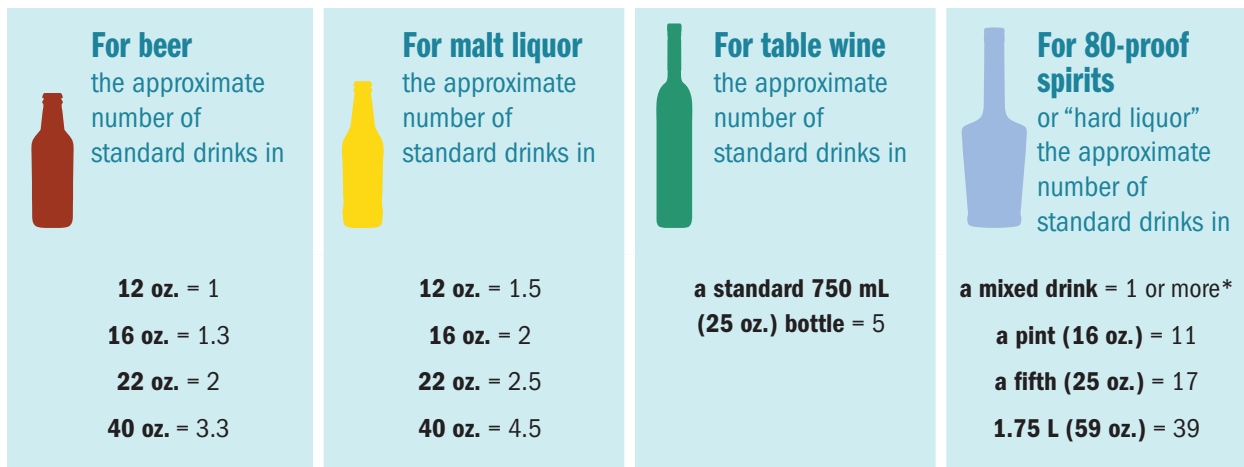


What's a Standard Drink?^a

A standard drink in the United States is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Below are U.S. standard drink equivalents. These are approximate, since different brands and types of beverages vary in their actual alcohol content.



Many people don't know what counts as a standard drink and so they don't realize how many standard drinks are in the containers in which these drinks are often sold. Some examples:



*Note: It can be difficult to estimate the number of standard drinks in a single mixed drink made with hard liquor. Depending on factors such as the type of spirits and the recipe, a mixed drink can contain from one to three or more standard drinks.