



Alcohol: How much is too much?

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 accidents, 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

Man	14	4
Women	7	3
Age 65+	7	3

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