



Safe alcohol consumption

Right now, much of the public's attention is directed toward the opioid epidemic. We tend to hear considerably less about alcohol and its impact on society. Opioids have monopolized media attention in recent years. However, alcohol continues to affect more people each year. According to a nationwide survey, 70% of drinking-age adults drank alcohol last year, and 27% engaged in binge drinking in the last month. This comes at an incredible cost to society. That cost includes 88,000 alcohol-related deaths (considerably more than opioids) and almost 10,000 alcohol-impaired driving deaths each year. This is to say nothing about the myriad downstream effects of problematic alcohol use. Alcohol abuse leads to unemployment, lost productivity, physical and mental health problems, and an increased risk for domestic violence.

Given the devastating effects and widespread frequency of alcohol misuse, it is helpful to be reminded of safe alcohol consumption practices.

- **Be of age:** The earlier a person takes their first drink, the higher their likelihood of having problems with alcohol later in life.
- **Drink in moderation:** 1 drink per day for females; 2 drinks per day for males.
 - FYI: A drink is 12 oz. of beer, 5 oz. of wine, or a shot (1.5 oz.) of spirits or liquor.
- Don't drink on an empty stomach.
- Alternate nonalcoholic drinks to slow your intake.
- Know your limit.
- Plan ahead.

Reference:

2018 National Survey on Drug Use and Health (NSDUH)

Source:

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