





NATIONAL DRUG & ALCOHOL FACTS WEEK

SHATTER THE MYTHS

88,000

alcohol-related DEATHS
per year (2006-2010)

WHAT IS A STANDARD DRINK?

12 fl oz of beer	= 8-9 fl oz of malt liquor 12 oz glass	= 5 fl oz of wine	= 1.5 fl oz shot gin, rum, whiskey, vodka, etc.
			
about 5% alcohol	about 7% alcohol	about 12% alcohol	about 40% alcohol



UNDERAGE DRINKING IS RISKY DRINKING in 2016 ages 12 to 20

19.3% (7.3 Mil) reported alcohol use
12.1% (4.5 Mil) were binge drinkers
2.8% (1 Mil) were heavy drinkers

\$249 BILLION

Cost of excessive
alcohol use in
the U.S. in 2010



Workplace productivity: **\$179 billion**

Medical expenses: **\$28 billion**

Criminal justice: **\$25 billion**

Motor vehicle collisions: **\$13 billion**



ALCOHOL USE AGE 21 OR OLDER in 2016

55.8% (129 Mil) reported alcohol use
6.2% (60 Mil) were binge drinkers
6.6% (15 Mil) were heavy drinkers

EXCESSIVE DRINKING



WOMEN



- ▶ Binge drinking is having **4** or more drinks in one occasion
- ▶ Heavy drinking is having **8** or more drinks per week

MEN



- ▶ Binge drinking is having **5** or more drinks in one occasion
- ▶ Heavy drinking is having **15** or more drinks per week

An occasion is one sitting or within two to three hours.

Today is the last day of National Alcohol & Drug Fact Week!

What did you learn?

Share in the comments about how you participated this week:

CARE

SOUTHEASTERN MICHIGAN