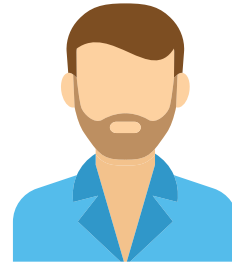


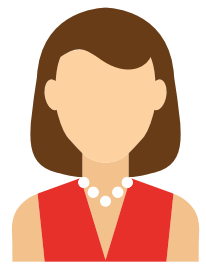
The ALCOHOL FACT SHEET



Alcohol Consumption in Moderation



2 drinks per day for men over age 21³



1 drink per day for women over age 21³

Equivalent of 1 Drink: 0.6 ounces of pure alcohol; 12 ounces of beer/malt beverage at 5% alcohol; 5 ounces of wine at 12% alcohol; 1.5 ounces of distilled spirits at 40 proof³

15.1M

number of people who had an **alcohol use disorder** in

2016, compared with 7.4 million people who had an illicit drug use disorder – including misuse of prescription opioids¹

65.3M

number of people who are **binge users of alcohol**

– nearly half of all current alcohol users¹

Binge drinking is defined as 5 or more drinks on the same occasion for men and 4 or more drinks for women. Heavy alcohol use is defined as binge drinking on 5 or more of the past 30 days.

38.4%

percentage of young adults ages 18 to 25 that report **binge alcohol use** in the past month¹

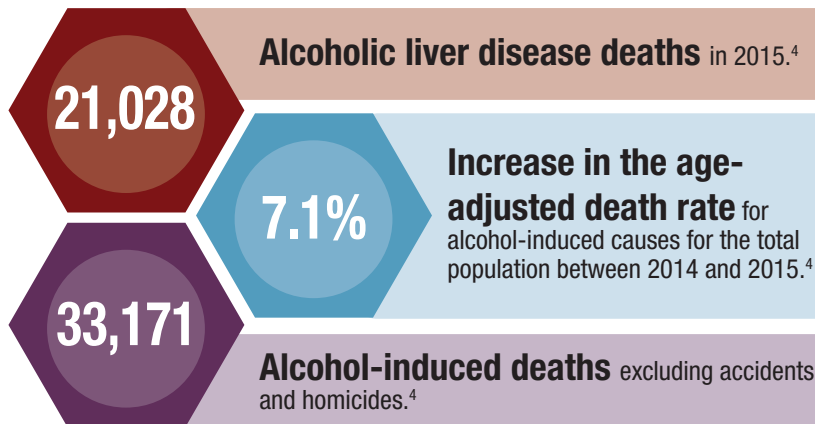
16.3M

number of people who are **heavy alcohol users**¹

7.3M

number of people that reported **alcohol consumption under the age of 21** in

2016, which is prohibited in all 50 states and the District of Columbia¹



17 Billion

Number of binge drinks consumed by U.S. adults in 2015⁵

Men are more likely to be binge drinkers than women. Those with lower education and lower household income tend to consume more binge drinks per year than those with higher levels of education and income.⁵



37M

Adults who binge drink once a week⁵

1% to 5% of first graders studied in community samples have fetal alcohol spectrum disorder⁶



50%

The increase in the rate of alcohol-related visits to U.S. emergency departments between 2006 and 2014.²

NATIONAL CONFERENCE ON Alcohol & Addiction Disorders

AUG 19-22, 2018

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Sources: ¹The National Survey on Drug Use and Health, 2016: <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>; ²National Institute on Alcohol Abuse and Alcoholism, January 12, 2018: <https://www.niaaa.nih.gov/news-events/news-releases/nih-study-shows-steep-increase-rate-alcohol-related-er-visits>; ³2015-2020 Dietary Guidelines for Americans, U.S. Department of Health and Human Services: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-9/>; ⁴National Vital Statistics Report, Volume 66, Number 6, November 27, 2017: https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_06.pdf; ⁵Centers For Disease Control and Prevention, 2015 Behavioral Risk Factor Surveillance System, March 16, 2018: <https://www.cdc.gov/media/releases/2018/p0316-binge-drinking.html>; ⁶National Institute on Alcohol Abuse and Alcoholism, April 9, 2018: <https://www.niaaa.nih.gov/news-events/news-noteworthy/teleconference-prevalence-fetal-alcohol-spectrum-disorders-among-us>