

# EXCESSIVE DRINKING IN COLORADO

## WHAT IS EXCESSIVE DRINKING?

Excessive drinking is defined as any one of the following: **binge drinking, underage drinking, heavy drinking** and/or **any drinking by pregnant women**.

## WHAT IS BINGE DRINKING?



For women, **4 OR MORE DRINKS** consumed on one occasion\*



For men, **5 OR MORE DRINKS** consumed on one occasion\*

\*One occasion = 2-3 hours

## WHAT IS UNDERAGE DRINKING?

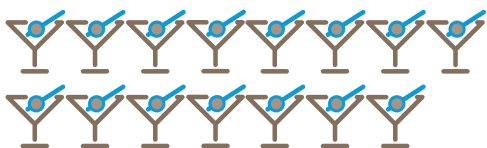


**ANY** alcohol use by those under **AGE 21**

## WHAT IS HEAVY DRINKING?



For women, **8 DRINKS OR MORE** per week



For men, **15 DRINKS OR MORE** per week

## DRINKING WHILE PREGNANT?



**ANY ALCOHOL USE** during pregnancy is excessive drinking.

## WHAT CAN WE DO ABOUT IT?

Community Guide recommendations for reducing excessive drinking:

[www.thecommunityguide.org/content/task-force-findings-excessive-alcohol-consumption](http://www.thecommunityguide.org/content/task-force-findings-excessive-alcohol-consumption)

## WHAT IS A "DRINK"?



**5 OUNCES**  
of 12% ABV\* wine



**12 OUNCES**  
of 5% ABV\* beer



**8 OUNCES**  
of 7% ABV\*  
malt liquor



**1.5 OUNCES**  
of 40% ABV\*  
distilled spirits  
or liquor

\*Alcohol by volume

## EFFECTS OF EXCESSIVE DRINKING IN COLORADO:



**1 IN 5 ADULTS**  
drink excessively



**5 DEATHS PER DAY**  
on average are due  
to excessive drinking



**\$5 BILLION**  
in economic cost

## HOW DOES EXCESSIVE DRINKING AFFECT HEALTH?

### SHORT-TERM HEALTH RISKS:

- Injury
- Violence
- Alcohol poisoning
- Risky sexual behaviors
- Miscarriage, stillbirth or fetal alcohol spectrum disorders (FASDs) among pregnant women.

### LONG-TERM HEALTH RISKS:

- High blood pressure, heart disease, stroke, liver disease and digestive problems.
- Cancer
- Learning and memory problems
- Mental health problems or alcohol use disorder
- Social problems

## HOW TO REDUCE HEALTH RISKS:

If you choose to drink do so in moderation – up to 1 drink per day for women and 2 for men.