

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?

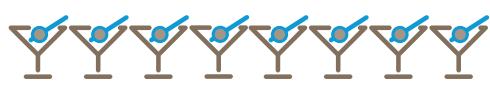
- For women, **4 OR MORE DRINKS** consumed on one occasion*
- For men, **5 OR MORE DRINKS** consumed on one occasion*

*One occasion = 2-3 hours

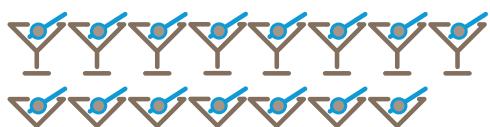
WHAT IS UNDERAGE DRINKING?

-  **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.



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.

WHAT CAN WE DO ABOUT IT?

Community Guide recommendations for reducing excessive drinking:

www.thecommunityguide.org/content/task-force-findings-excessive-alcohol-consumption



COLORADO
Department of Public Health & Environment