



Alcohol abuse FACTS & CONSEQUENCES

Important facts



- Excessive alcohol consumption is unhealthy
- Alcohol abuse can cause psychological and behavioral problems
- Alcohol kills 3 million people worldwide every year
- About 13.5% of deaths among 20-39 year olds are linked to alcohol
- Alcohol consumption among young people has risen sharply in the last 10 years
- Every third adult in the EU admits to drinking large amounts of alcohol at least once a month

What is alcohol abuse?

- The consumption of alcoholic beverages in harmful amounts
- Alcohol consumption is measured in units

1 unit = 8 to 9 g of pure alcohol

1 unit = about 1 glass of wine (10cl)

1 unit = about 2 glasses of beer (25cl)

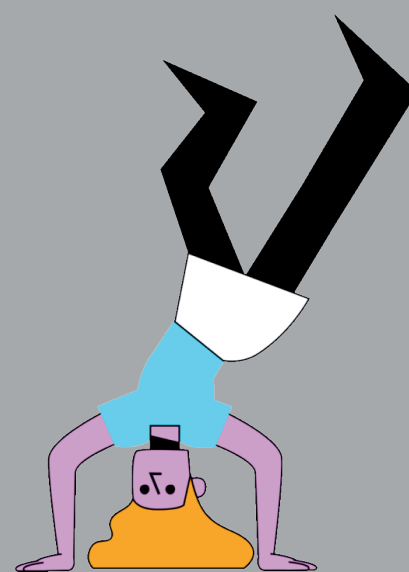


Risks



- Increased risk of injuries and accidents
- Increase in violence (e.g. homicide, sexual assault, violence in relationships)
- Alcohol intoxication
- Risky sexual behaviors

When is alcohol harmful?



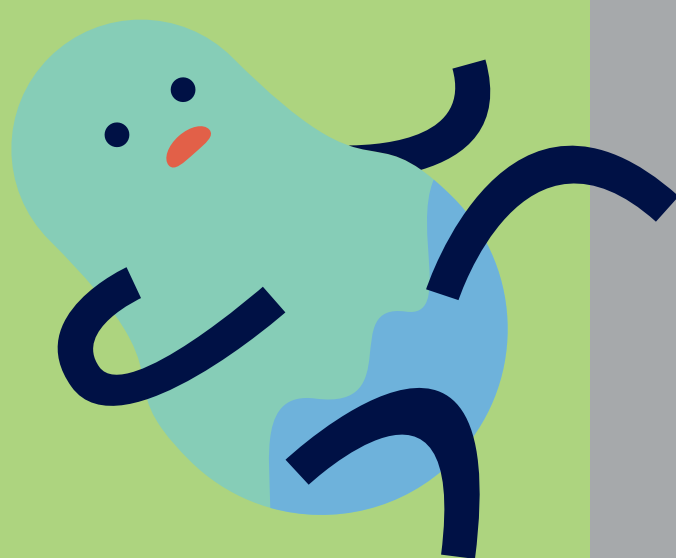
> 4 units /day for men
> 2 units /day for women are considered harmful

There is no safe amount for children and young people

Even small amounts of alcohol are harmful to the child during pregnancy

Health risks

- Chronic diseases, high blood pressure, heart disease, stroke
- Learning and memory disorders
- Depression, anxiety
- Social and family problems



Avoid alcohol abuse

- Do an indoor workout instead of drinking alcohol
- Do not introduce young people to alcohol or get drunk in their presence
- Do not hoard alcohol at home.



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