



Alcohol abuse FACTS & CONSEQUENCES

Important facts



- Alcohol abuse can cause mental problems and change your behavior.
- Every year, 3 million people die from alcohol around the world.
- About 13 out of 100 deaths in people aged 20 to 39 are caused by alcohol.
- In the last 10 years, young people drink more alcohol than before.
- In the EU, 1 out of 3 adults says: "I drink a lot of alcohol at least once a month."

What is alcohol abuse?

- Alcohol abuse means drinking too much alcohol. It is harmful for your body and your mind.
- Alcohol is measured in units. This helps people know how much alcohol they are drinking.

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



- Higher risk of injuries and accidents
- More violence, for example: Killing someone, sexual assault, violence in relationships
- Alcohol poisoning (too much alcohol in the body)
- Unsafe sexual behavior, like: Sex without protection, Sex with strangers, Sex you don't really agree to

When is alcohol harmful?



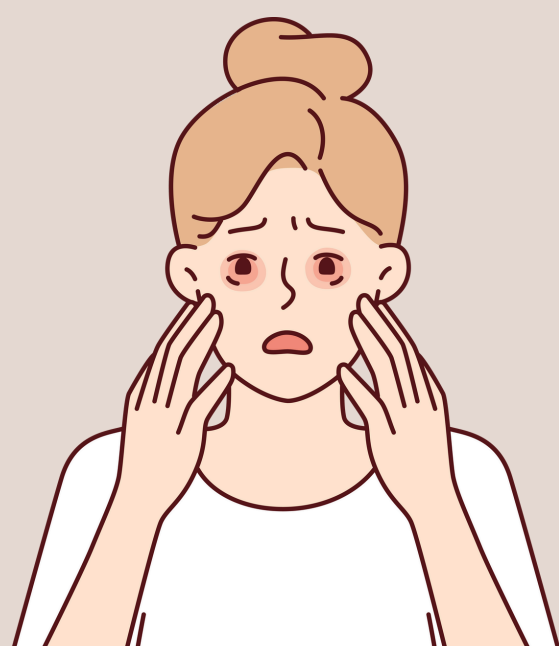
For men: More than 4 units a day is harmful.
For women: More than 2 units a day is harmful.

Children and young people should not drink alcohol at all.
There is no safe amount for them.

During pregnancy, even a small amount of alcohol can hurt the baby.

Health risks

- Long-term illnesses like: High blood pressure, heart disease, stroke
- Problems with learning and memory
- Depression and anxiety (feeling very sad or worried)
- Trouble with family and friends



Avoid alcohol abuse

- Do indoor exercise instead of drinking alcohol.
- Do not drink alcohol in front of children or teenagers. Do not show them that getting drunk is okay.
- Do not keep a lot of alcohol at home. This helps you drink less.



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