

Visit 5-What Are the Risks of Excessive Drinking?





Today's Video Session:

WHAT IS
BINGE DRINKING?

SHORT TAKES WITH
NIAAA

Risks of excessive drinking



Excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost (YPLL) each year in the United States from 2006 - 2010, shortening the lives of those who died by an average of 30 years.

Further, excessive drinking was responsible for 1 in 10 deaths among working-age adults aged 20-64 years.



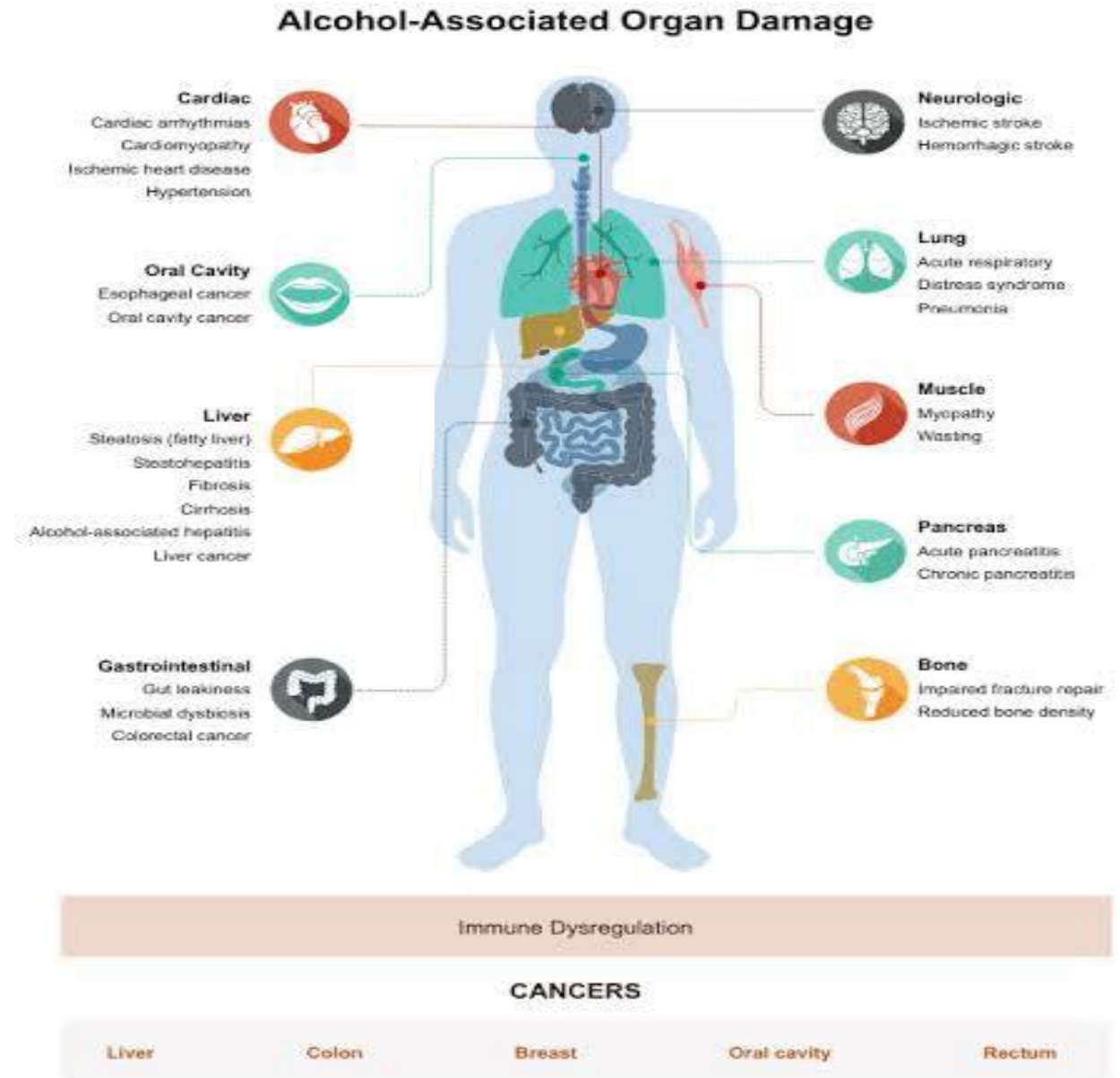
Today's Video Session:

WHAT ARE
**ALCOHOL-INDUCED
BLACKOUTS?**

SHORT TAKES WITH
NIAAA

Risks of excessive drinking

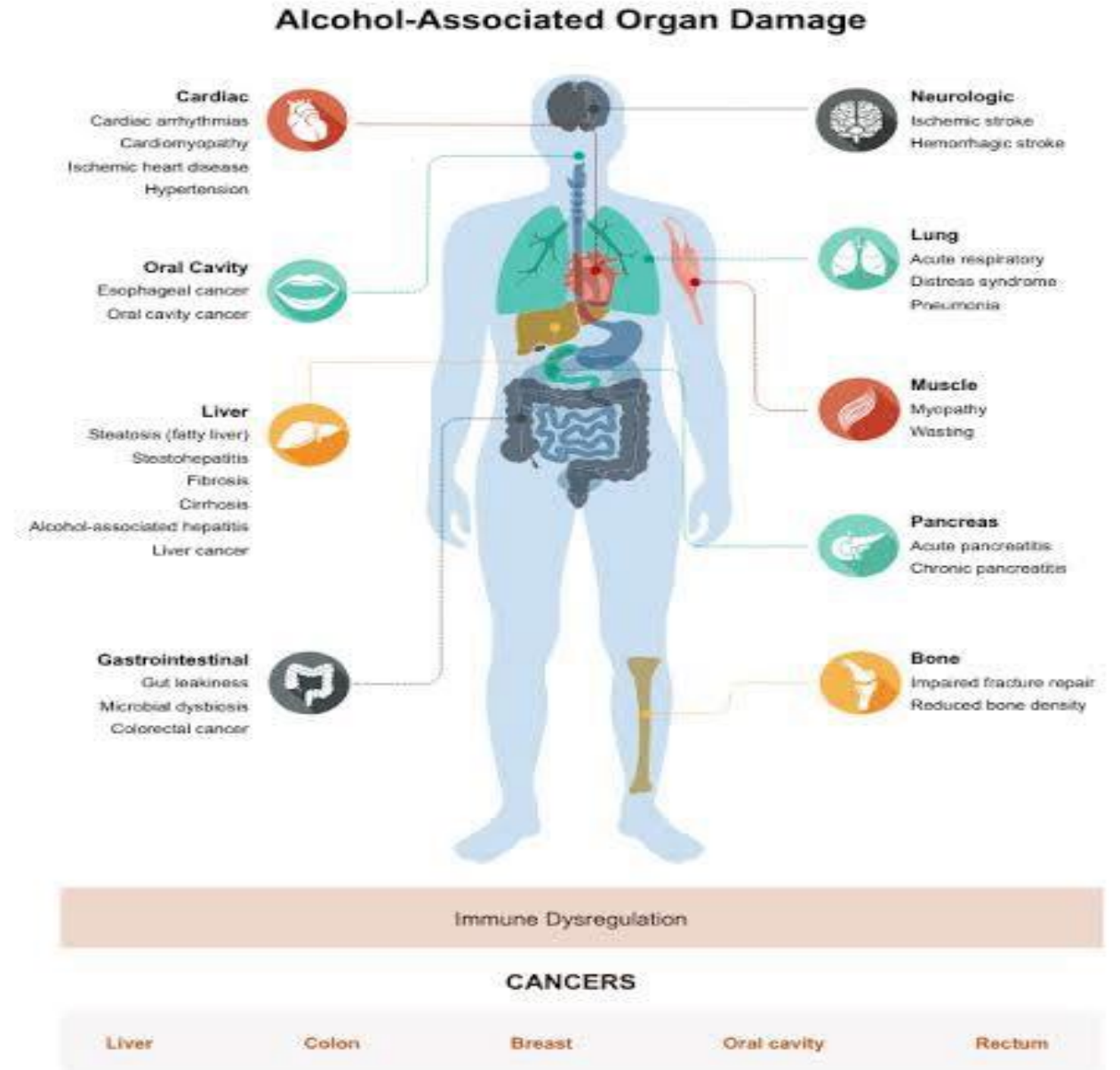
- Drinking too much, too often can affect **both your body and your mind**
- It can increase the risk of:
 - Liver problems
 - Heart disease and high blood pressure
 - Sleep problems and low energy
 - Mood changes, anxiety, or depression
- Excessive drinking can also impact **memory, focus, and decision-making**



Risks of excessive drinking

Everyday Effects People Notice

- More fatigue and poorer sleep
- Weight gain or changes in appetite
- Increased stress on the body as it works to process alcohol
- Alcohol can start to crowd out **healthier habits**, like eating well or staying active



Risks of excessive drinking

Liver Disease is one of many health related challenges associated with chronic alcohol use.

In 2018, of the 83,517 liver disease deaths among individuals ages 12 and older, 47.8 percent involved alcohol. Among males, 52,499 liver disease deaths occurred and 50.4 percent involved alcohol. Among females, 31,018 liver disease deaths occurred and 44.2 percent involved alcohol.

Among all cirrhosis deaths in 2013, 47.9 percent were alcohol related.

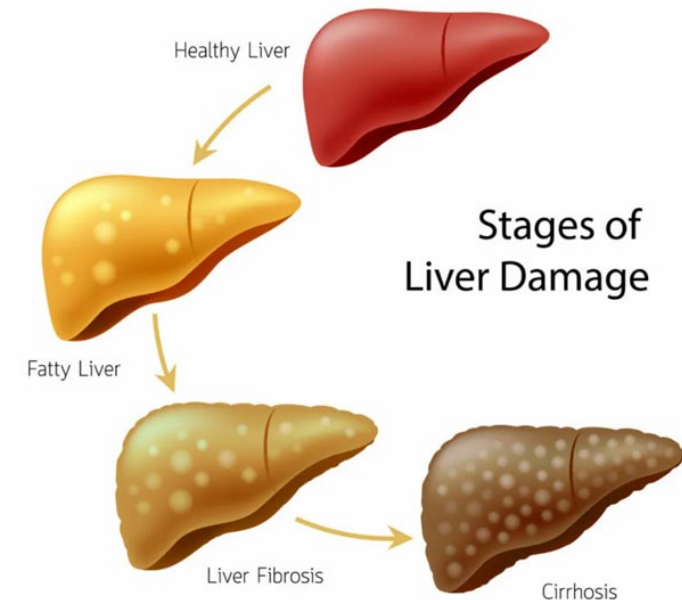
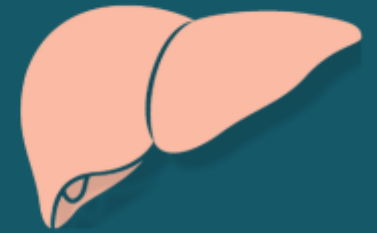
To learn more, explore this link:

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>

Alcohol and the Human Body

In 2023, of the 96,610 liver disease deaths among people ages 12 and older

44.5%
involved alcohol.



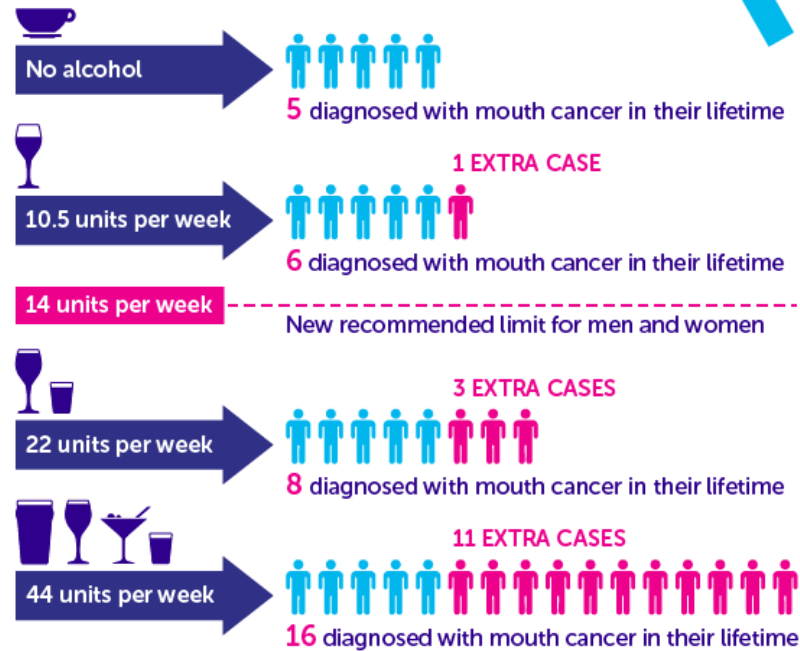
Risks of excessive drinking (continued)

ALCOHOL AND MOUTH CANCER RISK

Of 1,000 people in the UK



who each drink...



CRUK estimates, Jan 2016, based on Turati et al 2013 (cancer risk), CRUK 2010 lifetime risk estimates, and ONS 2012 General Lifestyle Survey 2010 (alcohol consumption)

In 2009, alcohol-related liver disease was the primary cause of almost 1 in 3 liver transplants in the United States.

Drinking alcohol increases the risk of cancers of the mouth, esophagus, pharynx, larynx, liver, and breast.



Today's Writing Assignment:

Place today's date in our notebook.

Under today's date write: Visit 5

Have you noticed any effects of alcohol on your health?

Write 2-3 sentences about the health issues you would like to improve as you decrease your drinking.

Once you are done a staff member will come check on you and go over your written material with you.