

Alcohol & Health

What is the toll of happy hour?

While some research suggests that drinking alcohol in moderation may have a number of health benefits, experts stress that drinking too much can harm your health. According to the Centers for Disease Control and Prevention, excessive alcohol use led to approximately **88,000** deaths and **2.5 million** years of potential life lost *each year* in the United States from 2006 to 2010. The following stats give a “spirited” overview and highlight some of the perils of overconsumption.



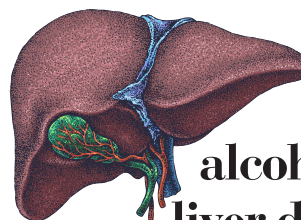
According to the World Health Organization's Global Health Observatory, “The harmful use of alcohol results in the death of 3.3 million people annually.”

51.3% of adults 18 years of age and older are regular drinkers (at least 12 drinks in the past year).

>>Globally, alcohol misuse is the **fifth leading risk factor** for premature death and disability.



IN THE UNITED STATES, A STANDARD DRINK CONTAINS 0.6 OUNCES (14 GRAMS, OR 1.2 TABLESPOONS) OF PURE ALCOHOL.



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

ALMOST **12%** OF THE DEATHS AMONG NATIVE AMERICANS AND ALASKA NATIVES ARE ALCOHOL-RELATED, WHICH IS MORE THAN THREE TIMES THE PERCENTAGE IN THE GENERAL POPULATION.

