

Alcohol Awareness

DID YOU KNOW?



What is a drink?

One standard drink contains 14g of pure alcohol
So that is, 12 ounces of beer, 1.5 ounces of hard liquor,
or 5 ounces of wine

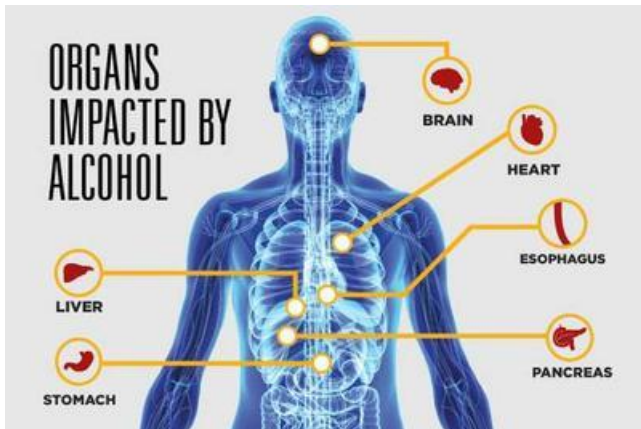
Recommended amount to drink

No more than 1 drink a day for a woman

No more than 2 drinks a day for a man



Effects of alcohol on our body?

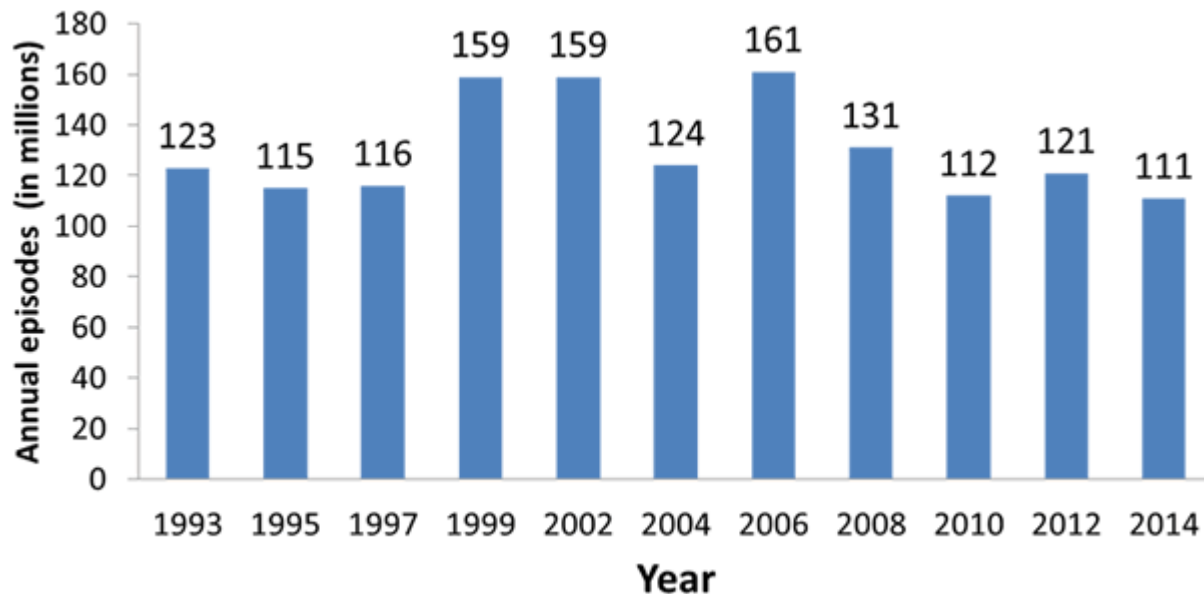


1. Long term alcohol consumption can lead your frontal lobe in your brain to shrink
2. Drinking can lead to behavioral changes (slurred speech, poor coordination)
3. Alcohol prevents your body from absorbing important vitamins and nutrients

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Drinking and Driving in the U.S.

Annual Self-reported Alcohol-impaired Driving Episodes among U.S. Adults, 1993-2014



The graph above shows people's answers to the following question: "During the past 30 days, how many times have you driven when you've had too much to drink?"

(source: CDC)



One death occurs every 50 minutes in the U.S due to drink-and-drive.



FAQ

Is beer or wine safer to drink than liquor?

No, one 12oz beer or 5oz wine has the same amount of alcohol as a 1.5oz shot of liquor. It is the amount of liquor consumed that affects the person most. (source: CDC)

What can I do to help someone that has a drinking problem?

You can talk to your doctor if you feel like you or someone you know has a drinking problem. Also, you can call the National Drug and Alcohol Treatment Referral Routing Service at 1-800-622-HELP, and they can give you information about treatment programs near you. (source: CDC)

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