

BERGEN NEW JERSEY County

Bergen County Executive
James J. Tedesco III
and the
Board of Chosen Freeholders

1. Women absorb alcohol into the bloodstream faster and metabolize it slower than men.
2. Alcohol or other drugs was a factor with 75% of the men and 55% of the women in reported acquaintance rapes on college campuses.
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4. One third of suicides are associated with alcohol misuse.
5. Babies born with Fetal Alcohol Syndrome have: smaller heads and brains, some degree of mental retardation, poor coordination, hyperactivity and abnormal facial features.

Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year, and shortens the life of those who die by almost 30 years. Further, excessive drinking cost the economy \$249 billion in 2010. Most excessive drinkers are not alcohol dependent.

What is considered a "drink"?

U.S. Standard Drink Sizes

			
12 ounces 5% ABV beer	8 ounces 7% ABV malt liquor	5 ounces 12% ABV wine	1.5 ounces 40% ABV (80 proof) distilled spirits <small>(examples: gin, rum, vodka, whiskey)</small>

Excessive alcohol use includes:

 Binge Drinking For women, 4 or more drinks consumed on one occasion  For men, 5 or more drinks consumed on one occasion	 Heavy Drinking For women, 8 or more drinks per week  For men, 15 or more drinks per week	 Any alcohol used by pregnant women 	 Any alcohol used by those under the age of 21 years 
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If you choose to drink, do so in moderation:

 DON'T DRINK AT ALL if you are under the age of 21, or if you are or may be pregnant, or have health problems that could be made worse by drinking.	FOR WOMEN, up to 1 drink a day 	FOR MEN, up to 2 drinks a day 	NO ONE should begin drinking or drink more frequently based on potential health benefits.
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National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health



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Bergen County Executive

Board of Chosen Freeholders

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