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CONSEQUENCES OF ALCOHOL

Alcohol **increases the risk** of several types of cancer

throat cancer
colon cancer
breast cancer (in women)
liver cancer and more...

- Excessive alcohol use is a leading preventable cause of death in the United States.
- About 178,000 people die from excessive drinking each year.
- These deaths occur from both drinking alcohol over several years or drinking too much on one occasion.
- Everyone can take steps to protect their own and others health and learn about proven ways to prevent excessive alcohol use.

ACADEMIC

- Missing Class
- Falling Behind
- Receiving Lower Grades

HEALTH

- Brain Damage
- Heart Disease
- Liver Damage
- Certain Cancers

ALCOHOLISM

- 33 Percent of College Students Reported Binge Drinking

MORE THAN 178,000 PEOPLE DIE FROM ALCOHOL-RELATED CAUSES PER YEAR!

488 deaths each day from excessive alcohol use.*
That's about **20 people every hour.**

*Based on deaths per year in the U.S. during 2020-2021.



Drinking alcohol while using opioids increases the risk of overdose and death.

www.cdc.gov/alcohol



CHOICES DON'T ALWAYS JUST AFFECT YOU!

WHEN IT COMES TO ALCOHOL PLEASE THINK WHEN YOU DRINK BE RESPONSIBLE!

TO KNOW MORE SCAN
OR GO TO WWW.SIGCO.ORG



KNOW THE RISKS!!

- **Nearly 1/2 of students who consume alcohol have reported a “binge drinking” episode, according to a report by the National Institute on Alcohol Abuse and Alcoholism. Excessive drinking is not only a major health concern in the long term, but it can also lead to immediate tragedies such as assault, injury, arrest, and death in the short term.**
- **Each year, among college students ages 18 to 24:**
- **3,360,000 drive under the influence of alcohol.**
- **696,000 are assaulted by another student who has been drinking**
- **599,000 who are under the influence of alcohol are unintentionally injured.**
- **22,219 are hospitalized for an alcohol overdose.**
- **1,519 dies from alcohol-related unintentional injuries, including motor-vehicle crashes. (Statistics Provided by SAMSHA)**
- **In a survey conducted by the National Institutes of Health’s (NIH) National Institute on Alcohol Abuse and Alcoholism (NIAAA), 33% of college students (ages 18-22) reported binge drinking in the last month. The survey defined ‘binge drinking’ as consuming 5 drinks or more on one occasion for males and 4 drinks or more for females.**
- **The most recent statistics from the NIAAA estimate that about 1,519 college students ages 18-24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.**
- **The most recent NIAAA statistics estimate that a staggering 696,000 students ages 18-24 are assaulted each year by another student who has been drinking.**
- **About 1/4 college students report having negative academic consequences because of their drinking, including missing class, falling behind in their studies, doing poorly on exams or papers, and receiving lower grades overall.**