1. There were 10,497 deaths from alcohol-impaired driving crashes in 2016 (www.nhtsa.gov/risky-driving/drunk-driving)

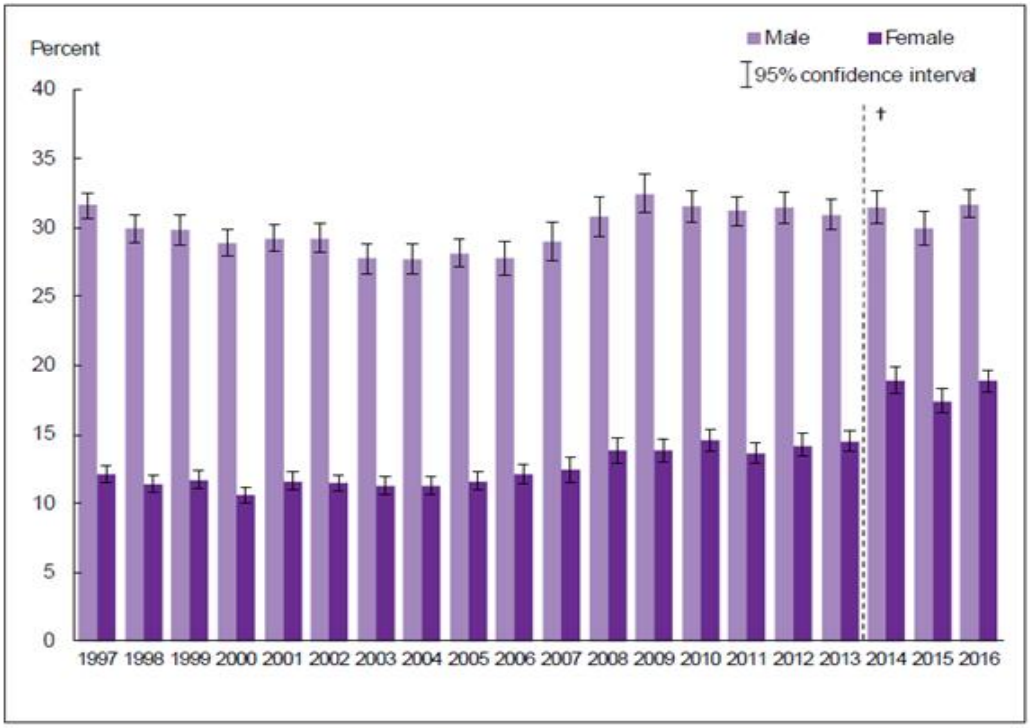
2. 88,000 deaths are annually attributed to excessive alcohol use. Alcoholism is the 3rd leading lifestyle-related cause of death in the nation (www.ncadd.org/about-addiction/alcohol/facts-about-alcohol)

3. Up to 40% of all hospital beds in the United States (except for those being used by maternity and intensive care patients) are being used to treat health conditions that are related to alcohol consumption (www.ncadd.org/about-addiction/alcohol/facts-about-alcohol)

4. Using alcohol and drugs before the brain has fully developed increases your risk for future addiction to alcohol and drugs dramatically (www.ncadd.org/about-addiction/underage-issues/alcohol-drugs-and-youth)

5. Even though alcohol may make you feel good, it is still a depressant. While some people do become psychologically depressed when drinking alcohol; everyone becomes physiologically depressed when they drink alcohol. Certain brain and body functions become less active as alcohol affects the central nervous system. (www.bradfordhealth.com/alcohol-101-learning-new-facts-remembering-what-you-forgot/)

**Percentage of adults aged 18 and over who had at least 1 heavy drinking day in the past year, by sex: United States, 1997-2016**




† For 1997–2013, the alcohol consumption estimates presented were for the percentage of adults aged 18 and over who had five or more drinks in 1 day at least once in the past year, regardless of sex. However, in the 2014 National Health Interview Survey (NHIS), the survey questions were changed; male and female respondents were asked about a different quantity of drinks consumed in a day in the past year. As a result, the estimates presented for 2014 and later (dashed line) were for men aged 18 and over who had five or more drinks in 1 day at least once in the past year and for women aged 18 and over who had four or more drinks in 1 day at least once in the past year. Differences observed in estimates for women based on the 2014 and later NHIS may be partially or fully attributable to these changes in the survey questions on alcohol consumption.