

# BERGEN NEW JERSEY *County*

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

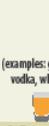
1. Women absorb alcohol into the bloodstream faster and metabolize it slower than men.
2. Alcohol or other drugs was a factor with 75% of the men and 55% of the women in reported acquaintance rapes on college campuses.
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4. One third of suicides are 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<br>5% ABV beer  | 8 ounces<br>7% ABV malt liquor  | 5 ounces<br>12% ABV wine  | 1.5 ounces<br>40% ABV (80 proof)<br>distilled spirits<br><small>(examples: gin, rum, vodka, whiskey)</small> |

### Excessive alcohol use includes:

|  |   |  |   |
|--|---|--|---|
| <br><b>Binge Drinking</b><br>For women, 4 or more drinks consumed on one occasion<br><br>For men, 5 or more drinks consumed on one occasion | <br><b>Heavy Drinking</b><br>For women, 8 or more drinks per week<br><br>For men, 15 or more drinks per week | <br><b>Any alcohol used by pregnant women</b><br> | <br><b>Any alcohol used by those under the age of 21 years</b><br> |
|--|---|--|---|

### If you choose to drink, do so in moderation:

|  |  |   |  |
|--|--|---|--|
| <br><b>DON'T DRINK AT ALL</b> 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. | <b>FOR WOMEN, up to 1 drink a day</b><br> | <b>FOR MEN, up to 2 drinks a day</b><br> | <b>NO ONE</b> should begin drinking or drink more frequently based on potential health benefits. |
|--|--|---|--|

National Center for Chronic Disease Prevention and Health Promotion  
Division of Population Health



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