








DRINKING LESS MATTERS

LEARN HOW YOU CAN LOWER YOUR RISK

Excessive alcohol use can have negative effects on your health, safety, and quality of life, and the health, safety, and quality of life of others around you. Even a small amount of alcohol can be damaging to your health and well-being.

WEEKLY ALCOHOL CONSUMPTION			
0 drinks per week	1 to 2 standard drinks per week	3 to 6 standard drinks per week	7 or more standard drinks per week
<p>No risk</p> <p>Not drinking benefits your health and well-being. Not drinking is the only safe option for those who are pregnant, underage, taking certain medications, or have current or past alcohol use disorder.</p>	<p>Low risk</p> <p>You are more likely to avoid alcohol-related consequences for yourself and others.</p> <p></p>	<p>Moderate risk</p> <p>Your risk of alcohol-related consequences, including breast and colon cancer, increases.</p> <p></p>	<p>Increasingly high risk</p> <p>Your risk of heart disease, stroke, and other serious alcohol-related consequences increases. For each additional standard drink per week, your risk continues to increase.</p> <p></p>

THE BENEFITS OF DRINKING LESS			
	<p>Physical Health</p> <p>Reduce your risk of cancer and other chronic diseases, injury, alcohol poisoning, and overdose.</p>		<p>Social Health</p> <p>Reduce the risk of impaired cognitive function, which may lead to relationship problems.</p>
	<p>Behavioral Health</p> <p>Drinking less can improve your mood, mental health, and sleep quality.</p>		<p>Community Health</p> <p>Drinking less and never driving impaired saves lives, prevents violence, and protects the young people around you.</p>

SIMPLE STEPS TO LOWER YOUR RISK	SIMPLE STEPS TO LOWER OTHERS' RISK
<ul style="list-style-type: none">• Set a weekly drinking limit. Avoid having more than two drinks on any day.• Drink slowly.• For every drink of alcohol, have one non-alcoholic drink.• Eat before and while you drink.• Have alcohol-free weeks or do alcohol-free activities.	<ul style="list-style-type: none">• Don't serve alcohol to anyone younger than 21.• Support underage drinking prevention efforts.• Don't give alcohol to people who have already had too much to drink.• Never drink and drive, and don't let others do so either. Make safe travel arrangements if you plan to drink.

REMEMBER: If you drink, you can choose to drink less—for your health, your future, and for those around you.

[1]<https://www.cdc.gov/drink-less-be-your-best/drinking-less-matters/index.html>
[2]https://www.cdc.gov/alcohol/about-alcohol-use/moderate-alcohol-use.html#cdc_health_safety_special_topic_risks-lowering-your-health-risks-from-alcohol
[3]<https://www.ccsa.ca/sites/default/files/2023-05/CGAH-Drinking-Less-is-Better-en.pdf>