

ALCOHOL CONSUMPTION PATTERNS

There are no known safe levels of alcohol consumption and all patterns of use carry some risk. The alcohol consumption patterns outlined below are intended to describe various levels of alcohol use, all of which are associated with short and long-term health risks.

what is a standard drink?



what is low-risk drinking?



who should not drink any alcohol?

those who are currently...



taking medications that interact with alcohol



pregnant or trying to get pregnant



managing a medical condition that may be made worse by drinking

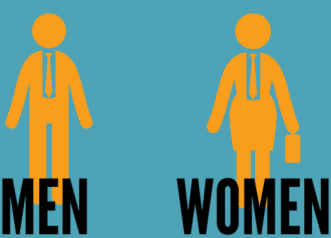


recovering from alcoholism or are unable to control amounts consumed



underage

what is binge drinking?



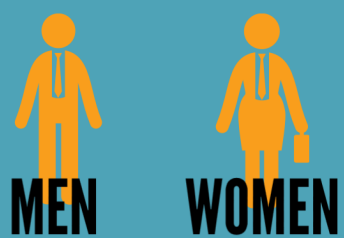
typically having...

5+ **4+**



in a single occasion (generally 2-3 hours)

what is heavy drinking?



typically having...

15+ **8+**



PER WEEK