



## **A MINUTE OF HEALTH WITH CDC**

### ***Everything in Moderation***

*Binge Drinking Prevalence, Frequency, and Intensity Among Adults — United States, 2010*

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*This program is presented by the Centers for Disease Control and Prevention.*

Drinking too much alcohol has become a major health problem in the U.S. One in six adults participates in binge drinking, defined as consuming four or more drinks in a single occasion for women and five or more for men. About 80,000 people die each year from complications related to drinking too much. It's a risk factor for motor-vehicle crashes, violence, suicide, heart attacks, and some cancers. As in many areas of life, moderation is best – for women, that means no more than one drink a day and two for men. Pregnant women and those under 21 shouldn't drink alcohol at all.

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