86.4% of people ages 18 and older reported they drank alcohol in their life according to a 2015 National Survey on Drug Use and Health. It is estimated that 88,000 people die each year in the US from alcohol related causes. Alcohol is the third leading preventable cause of death in the US.

Levels of alcohol use:

1. **Low Risk for Developing Alcohol Use Disorder (AUD):** 3 drinks on one day and no more than 7 drinks a week for women, and 4 drinks on one day and only 14 drinks a week for men.
2. **Moderate:** 1 drink a day for women, 2 drinks a day for men.
3. **Binge:** 4 or more drinks at the same occasion for women, 5 or more drinks at the same occasion for men.
4. **Heavy:** 5 or more days of binge drinking.

Alcohol Use Disorder (AUD)
AUD is defined as causing distress and harm. A person with AUD may have either alcoholism or alcohol abuse. Alcoholism causes a need to drink, not being able to stop drinking once started, withdrawal when not drinking, and the need to drink more to cause the same effect. Alcohol abuse does not cause a physical addiction, but could lead to problems in your daily life.

Drinking a lot increases your risk of the following:

- Fatal car accidents
- Fatal burns
- Drowning
- Suicide
- Liver Disease
- Heart Disease
- Stroke
- Some Cancers
- Contracting Sexually Transmitted Infections
- Birth Defects
- Alcohol Use Disorder (AUD)

Think you might need help managing your alcohol intake? CCP can help. Please call 1-866-899-4828.

There is no safe amount of alcohol to drink while pregnant.

Fetal Alcohol Spectrum Disorders (FASDs) are caused by drinking during pregnancy. Using alcohol during pregnancy can lead to lifetime problems for your baby.

Some problems that FASDs cause include:

- A small head
- Delays in speech
- Learning disabilities
- Hyperactivity
- Problems with vision and hearing

Fetal Alcohol Syndrome (FAS), the most severe type of FASD, causes facial and nervous system abnormalities, as well as growth problems.

There is no cure for FASD but there are some things that can help. These include, a safe home environment, a diagnosis before age 6, and special social and educational services. To prevent FASD you should not drink while pregnant.

If you are or think you may be pregnant, CCP has someone to help you. Please call 1-866-899-4828 to let us know you are pregnant. An OB nurse case manager can help you along the way.