**PHI: PUBLIC HEALTH IMPORTANCE:**

Excessive alcohol use (binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21) can be harmful to your health. The excessive use of alcohol comes with many short-term and long-term health risks. Short-term health risks include an increased risk of injury and violence, acute alcohol poisoning, risky sexual behavior (including unprotected sex and sex with multiple partners), and poor birth outcomes including miscarriage, stillbirth, or fetal alcohol spectrum disorders (FASD). The health risks associated with long-term, excessive alcohol use include cardiovascular disease, liver and digestive diseases, various types of cancer, learning and memory impairment, mental health problems (e.g., anxiety and depression), social issues, and alcohol dependence or alcoholism.

**SDOH: SOCIAL DETERMINANTS OF HEALTH:**

Many demographic factors are associated with alcohol use. Some key influencers of alcohol initiation among youth are family norms, parent-child relationships, social networks, and peer pressure. Among high school students, the best predictor of alcohol use is social acceptance. Those of lower socioeconomic status are also subjected to more alcohol advertising, which normalizes or glamorizes alcohol use. These factors may influence those living in deprived areas to drink more frequently or more heavily compared to those living in wealthier areas.

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**Chronic Disease Risks & Outcomes**

**ALCOHOL USE**

**Key Finding**

- Heavy and binge drinking are more common among men than women.
- More Whites report binge drinking and heavy drinking than Blacks.

**PHI**

**Public Health Importance:**

- Excessive alcohol use (binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21) can be harmful to your health. The excessive use of alcohol comes with many short-term and long-term health risks. Short-term health risks include an increased risk of injury and violence, acute alcohol poisoning, risky sexual behavior (including unprotected sex and sex with multiple partners), and poor birth outcomes including miscarriage, stillbirth, or fetal alcohol spectrum disorders (FASD). The health risks associated with long-term, excessive alcohol use include cardiovascular disease, liver and digestive diseases, various types of cancer, learning and memory impairment, mental health problems (e.g., anxiety and depression), social issues, and alcohol dependence or alcoholism.

**SDOH**

**Social Determinants of Health:**

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**Key Finding**

- Binge drinking is most common among adults age 25 to 34 years.