

Surprising Facts About Alcohol

Understanding how alcohol affects our bodies can help us make informed decisions about drinking!

FACT

More than a quarter of all traffic fatalities in the U.S. involve alcohol-impaired drivers.

FACT

Alcohol can increase your blood pressure and risk of developing cardiovascular disease.

FACT

Alcoholic beverages have no nutritional value. They primarily consist of water, ethanol and sugar.

FACT

The more you drink any type of alcohol, the higher your chance is of developing cancer.

FACT

Alcohol is a depressant. This means it slows down brain activity.

FACT

After drinking the same amount of alcohol, women tend to have higher blood alcohol levels than men.

FACT

A person's risk for addiction is influenced by a number of factors such as age of first use and family history of addiction.

FACT

Alcohol interferes with brain development.

FACT

Alcohol reaches your brain within 5 minutes of consumption.

FACT

People who start drinking before the age of 15 are at a higher risk for developing alcohol use disorder later in life.