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.
- Alcoholic beverages have no nutritional value. They primarily consist of water, ethanol and sugar.
- Alcohol is a depressant. This means it slows down brain activity.
- Alcohol reaches your brain within 5 minutes of consumption.
- A person’s risk for addiction is influenced by a number of factors such as age of first use and family history of addiction.
- Alcohol can increase your blood pressure and risk of developing cardiovascular disease.
- The more you drink any type of alcohol, the higher your chance is of developing cancer.
- After drinking the same amount of alcohol, women tend to have higher blood alcohol levels than men.
- Alcohol interferes with brain development.
- People who start drinking before the age of 15 are at a higher risk for developing alcohol use disorder later in life.

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