

April

NATIONAL ALCOHOL AWARENESS MONTH

Alcohol Awareness Month takes place every April and was developed in order to increase awareness and understanding of the causes and treatment of alcohol use disorders (AUD). Among the 133.1 million current alcohol users ages 12 or older in 2021, 60 million people (or 45.1%) were past-month binge drinkers. Excessive alcohol use can increase a person's risk of stroke, liver cirrhosis, alcoholic hepatitis, cancer, and other serious health conditions

WHAT IS A STANDARD DRINK?



**12 oz of beer
(5% alc.)**



**8 oz of malt
liquor
(7% alc.)**



**5 oz of wine
(12% alc.)**



**1.5 oz of 80-proof
distilled spirits
(40% alc.)**

HOW DOES ALCOHOL AFFECT LOUISIANA?

- 18.1% of Louisiana adults over the age of 18 binge drink at least once a month.
- An average of 2,278 annual deaths in Louisiana can be attributed to excessive alcohol use.
- 4.13% of people in Louisiana who die from excessive alcohol use are under the age of 21.

Source: National Center for Drug Abuse Statistics

Louisiana's Substance Use Helpline

This confidential toll-free helpline assists Louisianans who are affected by substance abuse problems. Call **1-877-664-2248** to be connected to help.



Call/text/chat at
Louisiana988.org

