

People in Oregon may be drinking too much, and not realize it.

In the U.S., 1 in 5 deaths of people ages 20-49 is from excessive drinking.



Drink less, live more.



Excessive drinking can cause: prostate cancer, colon cancer, high blood pressure, strokes and heart disease, cancers of the head and neck, depression, anxiety and memory loss, breast cancer and three types of liver disease.

Excessive drinking includes binge drinking and heavy drinking.

Excessive drinking will mean something different for each person, depending on physical and other factors such as age, medication interactions, pregnancy or gender.



You're **binge drinking** when you consume 4 to 5 drinks or more on a single occasion — at a party or restaurant, for example, or at home on your couch.



You're **heavy drinking** when you consume, on average, more than 1-2 drinks every night over the course of a week.

What is a “standard drink?”



12 fl oz.
(5% ABV)

5 fl oz.
(12% ABV)

1.5 fl oz.
(40% ABV)

All drinks are not the same.

Example* IPA

Pint (16 fl oz.) @ 7% ABV
= **1.9 standard drinks**

Example** Margarita

Orange liqueur (1 fl oz.)
+ Tequila (1.5 fl oz.)
= **1.7 standard drinks**



*ABV percentage varies

**Liquor amounts vary

Rethink
the drink

CONSTRUCTION
SUICIDE
PREVENTION
PARTNERSHIP