



# The Effects Of Harmful Alcohol Consumption

Mortality

**3.3** million killed

accounting for about 5.9% of all deaths<sup>1</sup>

**1**

Number 1 risk factor for premature death in men aged 15 to 59 years<sup>2</sup>

**70%** of net mortality

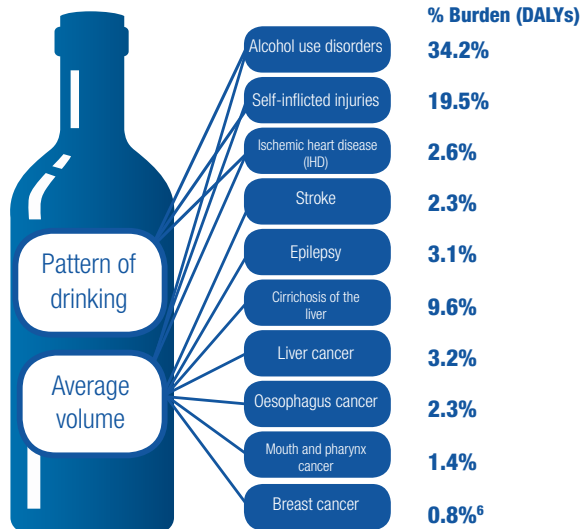
caused by harmful alcohol consumption and alcohol use disorders (AUDs) in Europe<sup>3</sup>

Harm



**5.1%** of the global burden of disease<sup>4</sup>

Alcohol is a risk factor to over 60 types of diseases<sup>5</sup>



**16%** of child abuse and neglect<sup>7</sup>

Up to 12% of European children live in families adversely affected by alcohol<sup>8</sup>

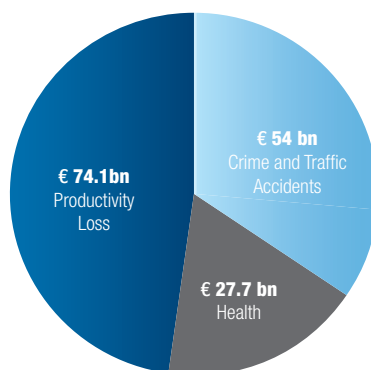
Costs



**€155.8** billion

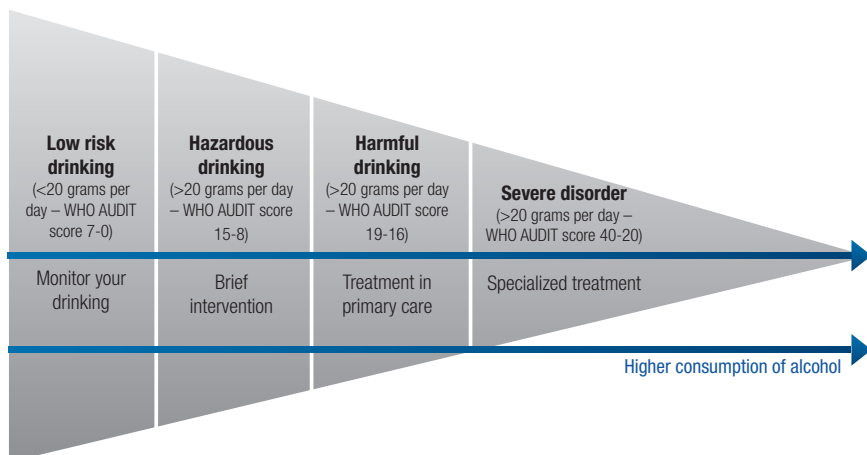
Costs of excessive alcohol consumption, 60% of which are attributable to the harmful use of alcohol and AUDs<sup>9</sup>

Costs due to alcohol in the EU, 2010 (€ billion)<sup>10</sup>

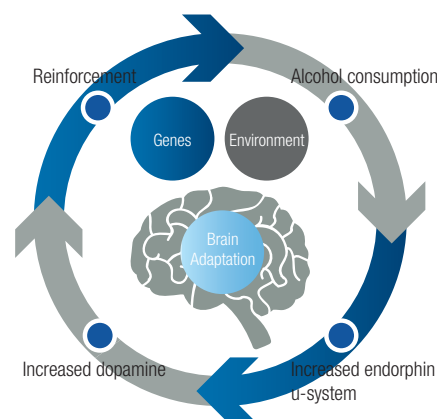


**1/4** of workplace accidents linked to alcohol<sup>11</sup>

Healthcare interventions for harmful alcohol consumption



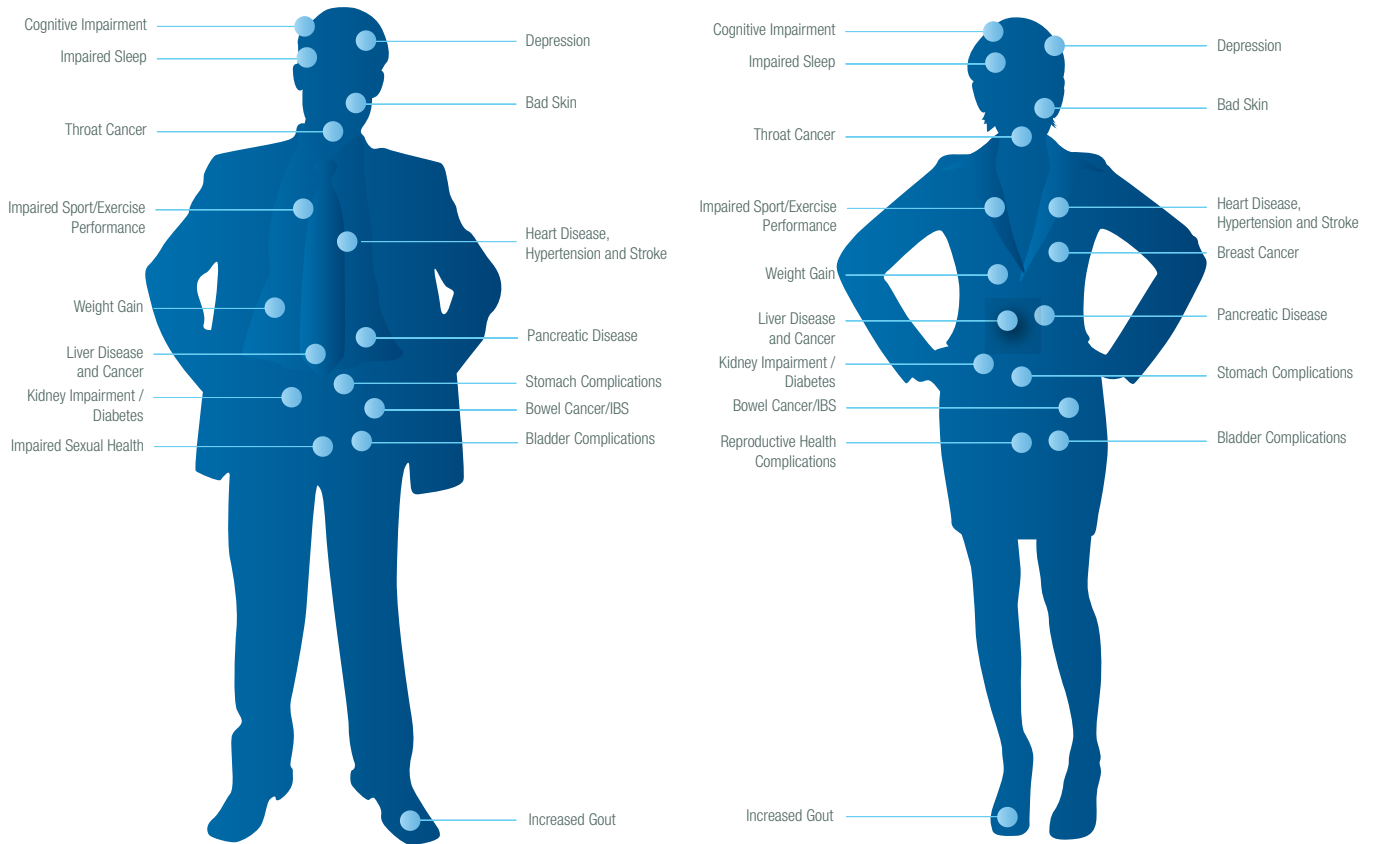
Alcohol can hijack your brain: the harmful alcohol use cycle





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Alcohol is toxic to most organs: the harmful effects of alcohol on the human body<sup>13,14</sup>

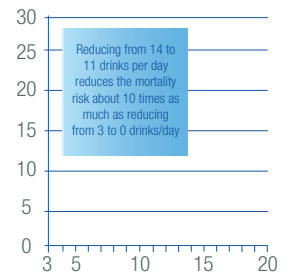
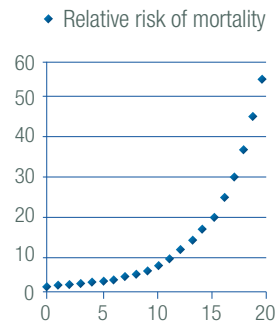
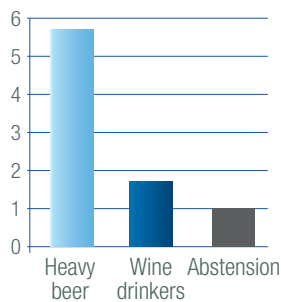
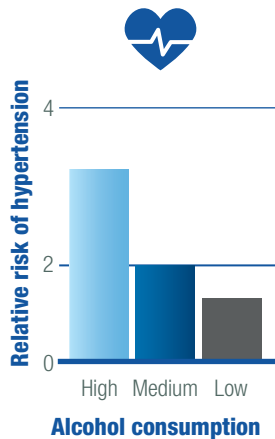
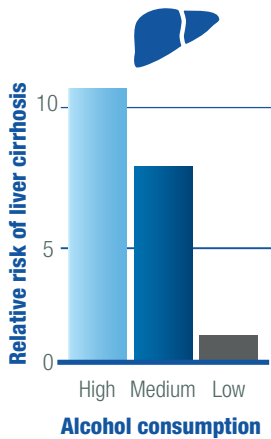


Reducing alcohol consumption brings significant health benefits<sup>15</sup>

Risk level for gastrointestinal tumors\*

Typical risk curve for alcohol (e.g., liver cirrhosis mortality)<sup>16</sup>

Relative gain in risk for mortality of reducing by three drinks/day for different levels of drinking<sup>17</sup>



All risk curves for alcohol are exponential, either based on average consumption or on blood alcohol concentration (BAC)

\*Source: <https://www.ima.org.il/FilesUpload/IMAJ/0/55/27730.pdf>

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14. <http://drink-less.com/global/whats-at-stake/effects-on-the-body-women>
15. Anderson P and Baumberg B, 2006, A report for the European Commission, Institute of Alcohol Studies; Alcohol in Europe. A Public Health Perspective. Page 142
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17. Rehm & Roerecke, 2013, Alc Alc