



Alcohol and Other Drugs Prevention Program

National Drug & Alcohol Facts Week

March 18 – 24, 2024

18 ALCOHOL USE & YOUR HEALTH



For men, Alcohol is Associated with Injury, Violence, and Other Harms

Men have higher rates of alcohol-related hospitalizations than women. About two-thirds of deaths from excessive drinking are among males, totaling nearly 120,000 deaths each year in the U.S. Among drivers in fatal motor vehicle traffic crashes, men are 50% more likely to have been intoxicated compared with women.

Excessive alcohol consumption increases aggression and may increase the risk of physically assaulting another person. Alcohol is a key risk factor for sexual violence perpetration. Males are more than three times as likely to die by suicide than females, and more likely to have been drinking prior to suicide. Alcohol use is one of the most important preventable risk factors for cancer. Alcohol use increases the risk of cancer of the mouth, throat, esophagus, liver, and colon, which are more common among men. Drinking alcohol also increases the risk of prostate cancer.



For women, Alcohol is Associated with other Diseases, Injuries, and Harms

The risk of cirrhosis and other alcohol-related liver diseases is higher for women than for men. Alcohol-related cognitive decline and shrinkage of the brain develop more quickly for women than for men. Women who drink excessively are at increased risk for damage to the heart muscle at lower levels of consumption and over fewer years of drinking than men. Alcohol consumption increases the risk of cancers of the mouth, throat, esophagus, liver, and colon. In women, drinking is also associated with breast cancer, even at low levels of consumption. Excessive alcohol use, particularly binge drinking, is a major contributing factor to sexual violence.