

COMMUNITY HEALTH EDUCATION

APRIL 2025

April Alcohol Awareness Month

Drinking more than a moderate amount of alcohol can put you at risk for personal and health problems, including alcohol use disorder.

What are the risks of drinking too much?

Drinking too much raises your risk for many health problems, including serious conditions that can lead to death. Some examples of alcohol-related health problems include:

- Alcohol use disorder
- Liver disease
- Heart disease
- High blood pressure
- 7 types of cancer
- Depression and anxiety
- Stroke



Even moderate drinking may raise your risk for some types of heart disease and cancer. For example, the risk of breast cancer increases even at low levels of drinking (for example, less than 1 drink in a day).

Alcohol can also change your behavior. Drinking too much can put you and others at risk for:

- Accidents, violence, and injuries
- Unplanned pregnancy or STIs (sexually transmitted infections) from unprotected sex

Find healthy ways to manage stress.

If you have a bad day or are feeling angry, don't reach for a drink. Try taking a walk, calling a friend, or seeing a movie. Get tips to help you manage stress.

Avoid places where people drink a lot.

Stay away from bars and other places that may make you want to drink. Limit the amount of alcohol you keep at home.

If you keep a lot of alcohol around, you may be tempted to go over the drinking limit you set for yourself when you're at home.