

The Effects of Alcohol on Wellness

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Today's presenters



Angela K. | BS

Sales, National Webinar Engagement Specialist
G.E.H.A



Dr. Sanders | MD

National Medical Director, Behavioral Health
G.E.H.A

Goals of the presentation

- Learn about alcohol's effects on your body
- Learn healthy ways to manage alcohol use



The impact of alcohol use



Scientists have found evidence of people drinking alcohol as far back as the Stone Age.



Around the world, people use alcohol recreationally, and for many, it has cultural, medicinal and spiritual meaning.



A Gallup poll in 2022 estimated 62% of U.S. adults over 18 had occasion to drink alcohol.



According to the 2023 National Survey on Drug Use and Health (NSDUH), 68% of adults ages 21 and older in the United States drink alcohol.

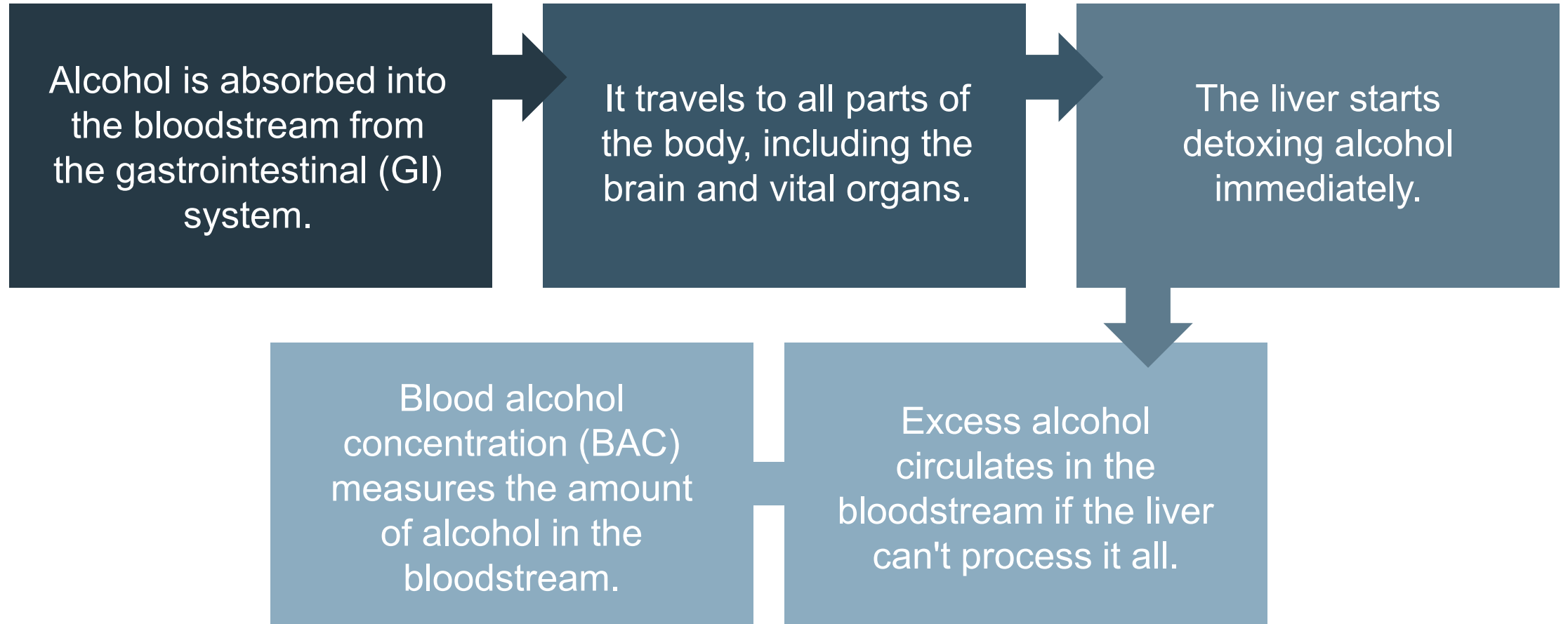
Sources: [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)



What is alcohol?

- Alcohol is made by fermenting sugars from plants like grains, fruits and vegetables.
- Wine is made from grapes, and beer is made from various grains.
- Alcohol is metabolized in the liver.
- It is a psychoactive substance, affecting the brain and thought processes.

What happens when you drink alcohol?



How much is too much?

- How much and how fast a person drinks influences how much alcohol enters the bloodstream, how impaired he or she becomes and what the related acute risks will be.
- In the United States, a “standard drink” or “alcoholic drink equivalent” is any drink containing 14 grams, or about 0.6 fluid ounces, of pure ethanol.
 - 12 ounces of 5% beer
 - 5 ounces of 12% wine
 - 1.5-ounce shot of 80-proof distilled spirits (40% alcohol by volume)
- Women feel the effects of alcohol faster and longer due to smaller body size and having less water in their bodies.
- Guidelines for healthy adults who choose to drink: For women — one drink or less in a day; for men — two drinks or less in a day.

Sources: [National Institute on Alcohol Abuse and Alcoholism](#)





Are there benefits to alcohol use? It's complicated.

- Several large prospective studies have reported a reduced risk of death from coronary heart disease (CHD).
- Most, if not all, of the protective effect against CHD was realized at low to moderate levels of alcohol consumption.
- Alcohol and stroke risk: Cancer Prevention Study II found that, in men, all levels of drinking were associated with a significant decrease in the risk of stroke death, but in women, the decreased risk was significant only among those consuming one drink or less daily.
- Alcohol's anticlotting effects, while perhaps decreasing the risk of ischemic stroke, may increase the risk of hemorrhagic stroke.
- Several recent studies suggest that moderate alcohol consumption may have a positive effect on cognitive function.
- Compared to people who drink more, people who drink moderately might be more likely to exercise, eat healthy and not smoke. This could make it hard to separate the actual health effects of drinking from health effects of other factors among people who drink moderately.

Sources: [PubMed Central](#), [Centers for Disease Control and Prevention \(CDC\)](#)

Risks from alcohol use



- Alcohol use in any amount increases the risk of several types of cancer.
- Alcohol use in any amount can lead to harmful effects during pregnancy.
- Excessive alcohol use is a leading preventable cause of death — responsible for about 488 deaths per day in the United States.
- 17% of U.S. adults binge drink — this means they have four or more drinks (for women) or five or more drinks (for men) on an occasion.
- 6% drink heavily — this means they have eight or more drinks (for women) or 15 or more drinks (for men) in a week.
- Most people who binge drink are not dependent on alcohol but are at risk for coronary heart disease, liver and gastrointestinal problems, and negative effects on mood and cognition.

Sources: [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov)



How to lower your risk from alcohol

- There is a growing movement to rethink the way we drink.
- Per a Gallup poll in 2024, 45% of Americans said drinking one or two alcoholic beverages per day is bad for one's health. This was a 17-point increase over 2018.
- Drinking less is better for your health than drinking more. Some people should not drink alcohol at all, even in moderation.
- Support the health of your family and community by not serving alcohol to people under 21 or to those who have already had too much to drink.

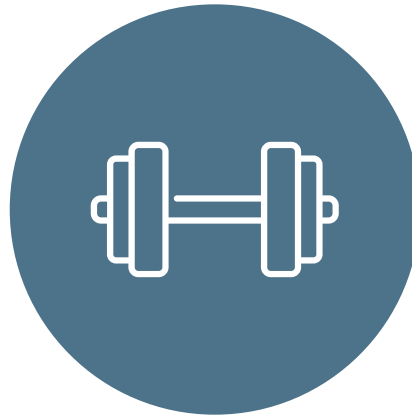
Sources: [Centers for Disease Control and Prevention \(CDC\)](#), [Rethinking Drinking](#)

Sober curious?

Healthy alternatives to drinking alcohol:



A **balanced diet** can lower your cardiovascular risk (heart attack, stroke, dementia).



Exercise for your body and brain: working out, staying active, practicing yoga and connecting with others.



Staying hydrated by substituting other beverages like sparkling water or mocktails.

Questions?



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Elevate and Elevate Plus plans

- G.E.H.A Well-being Platform
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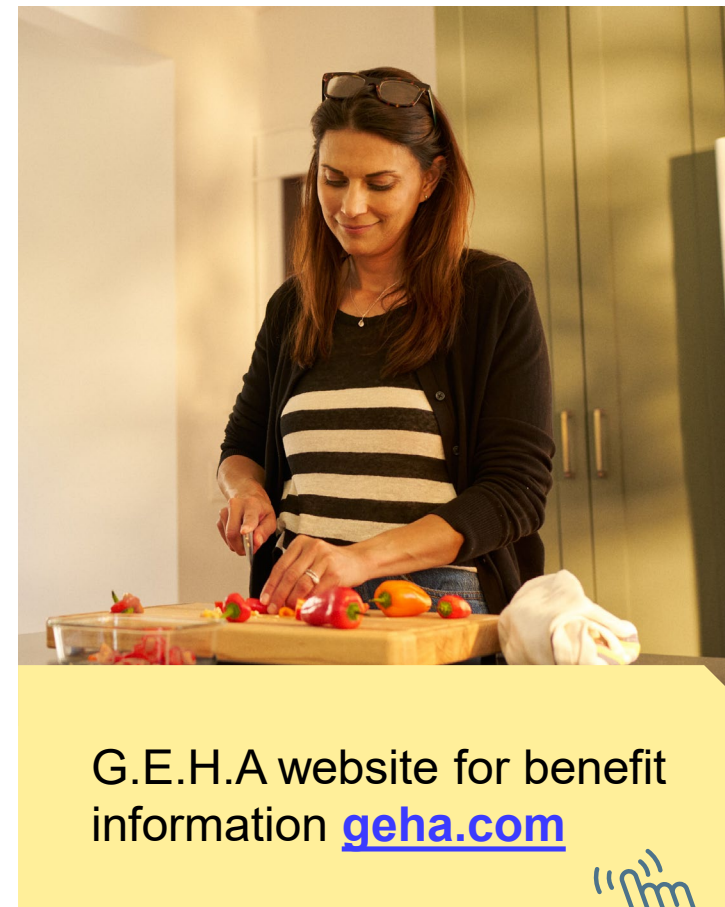
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**Q&A chat will go on through
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