

# Alcohol and Health: What Is the Problem?

**Cutting Back: A Sensible Approach to Drinking and Health**



**National Center for Injury Prevention and Control**  
Centers for Disease Control and Prevention



# Public Health Model

**Define  
problem**



**Identify risk  
& protective  
factors**



**Develop &  
test prevention  
strategies**

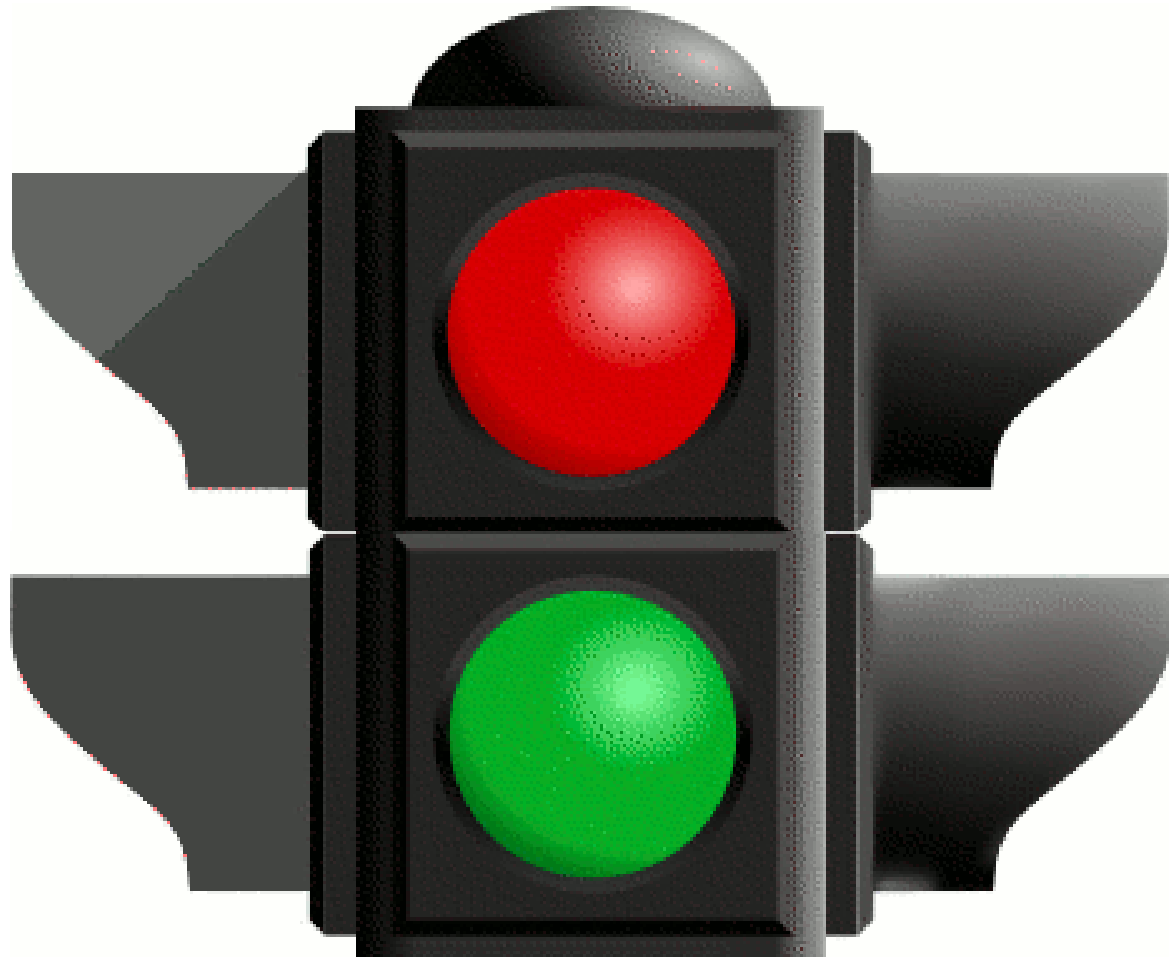


**Assure  
widespread  
adoption**

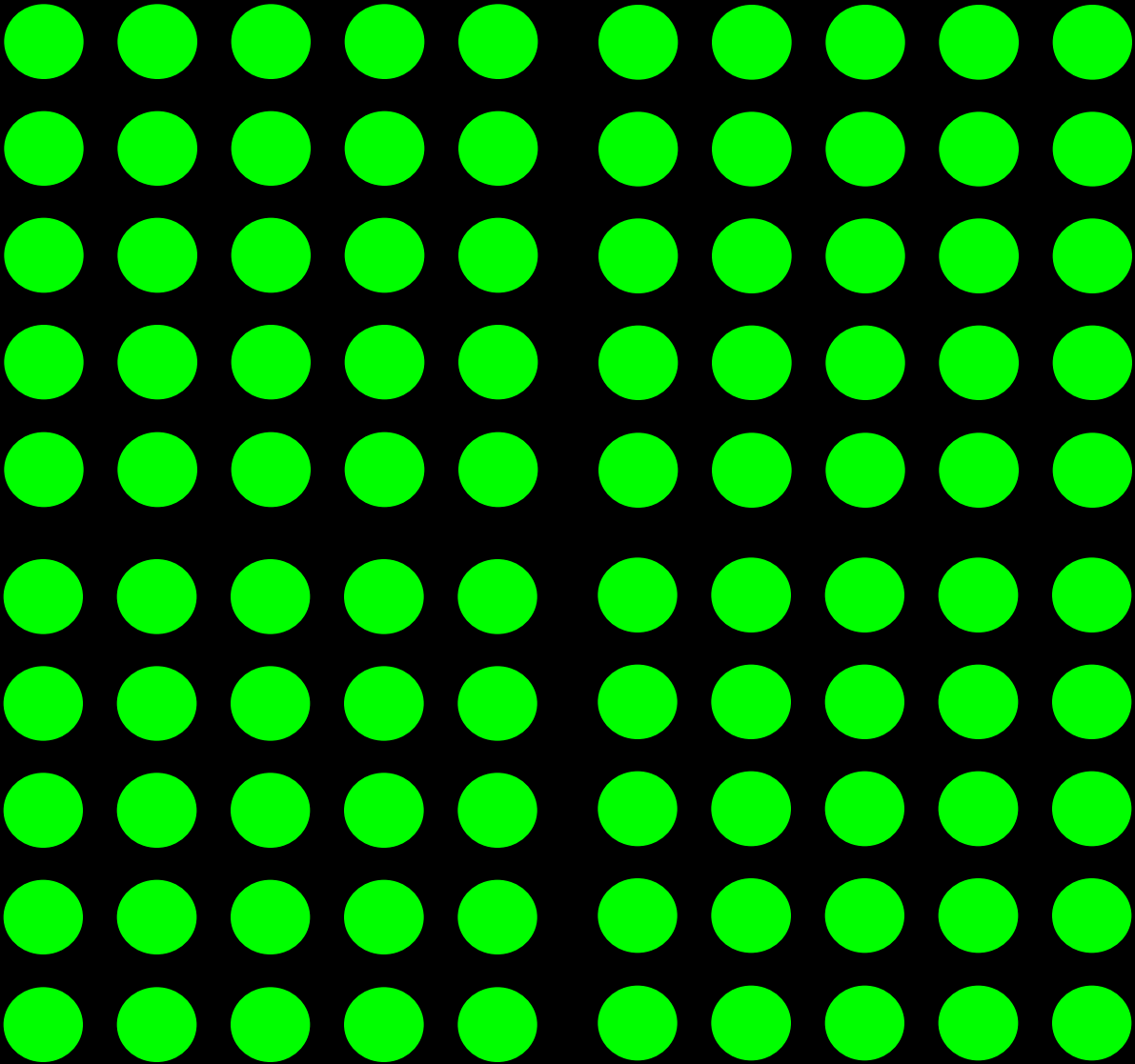
# ALCOHOLICS ANONYMOUS

*This is the Fourth Edition of  
the Big Book, the Basic Text  
for Alcoholics Anonymous*



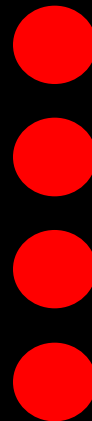


# U.S. population



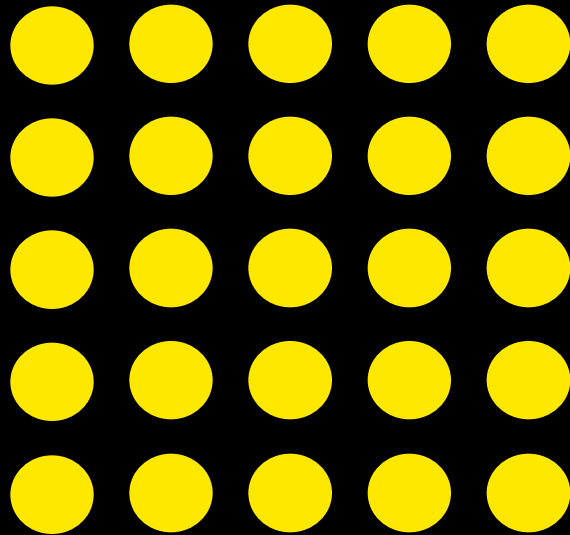
**100%**

# Alcohol Dependent



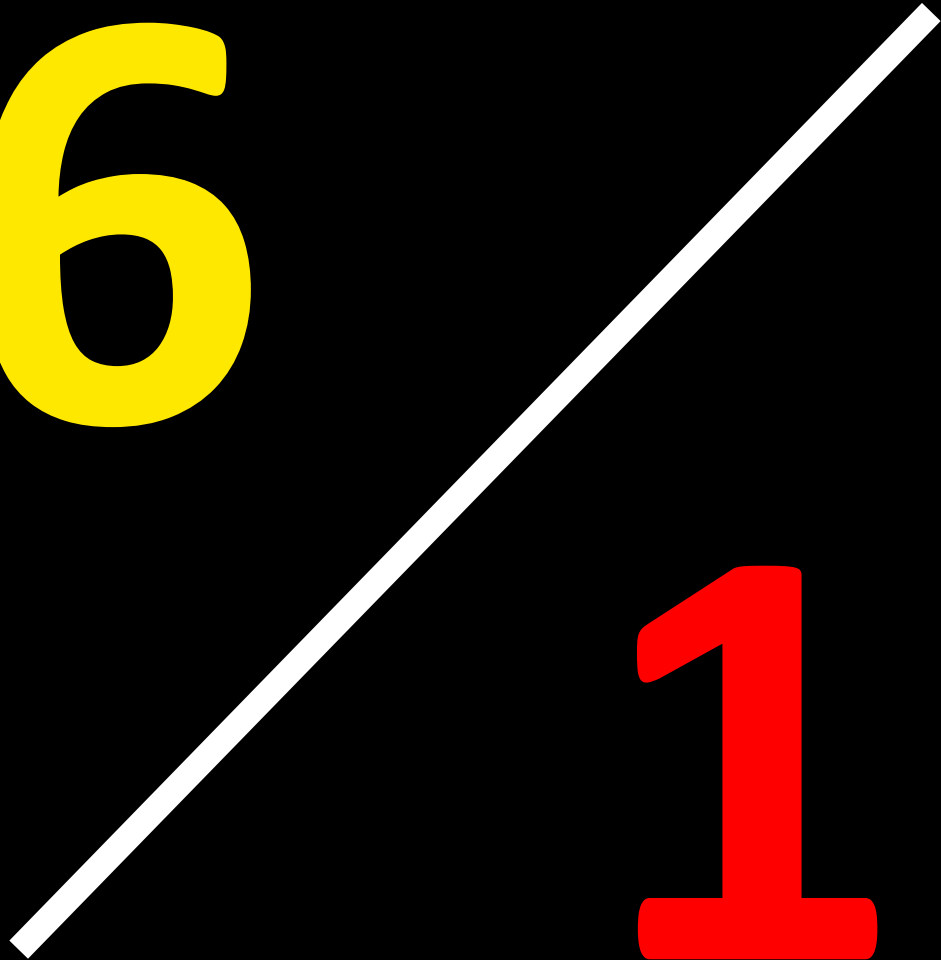
4%

# Risky Drinking (Not Dependent)



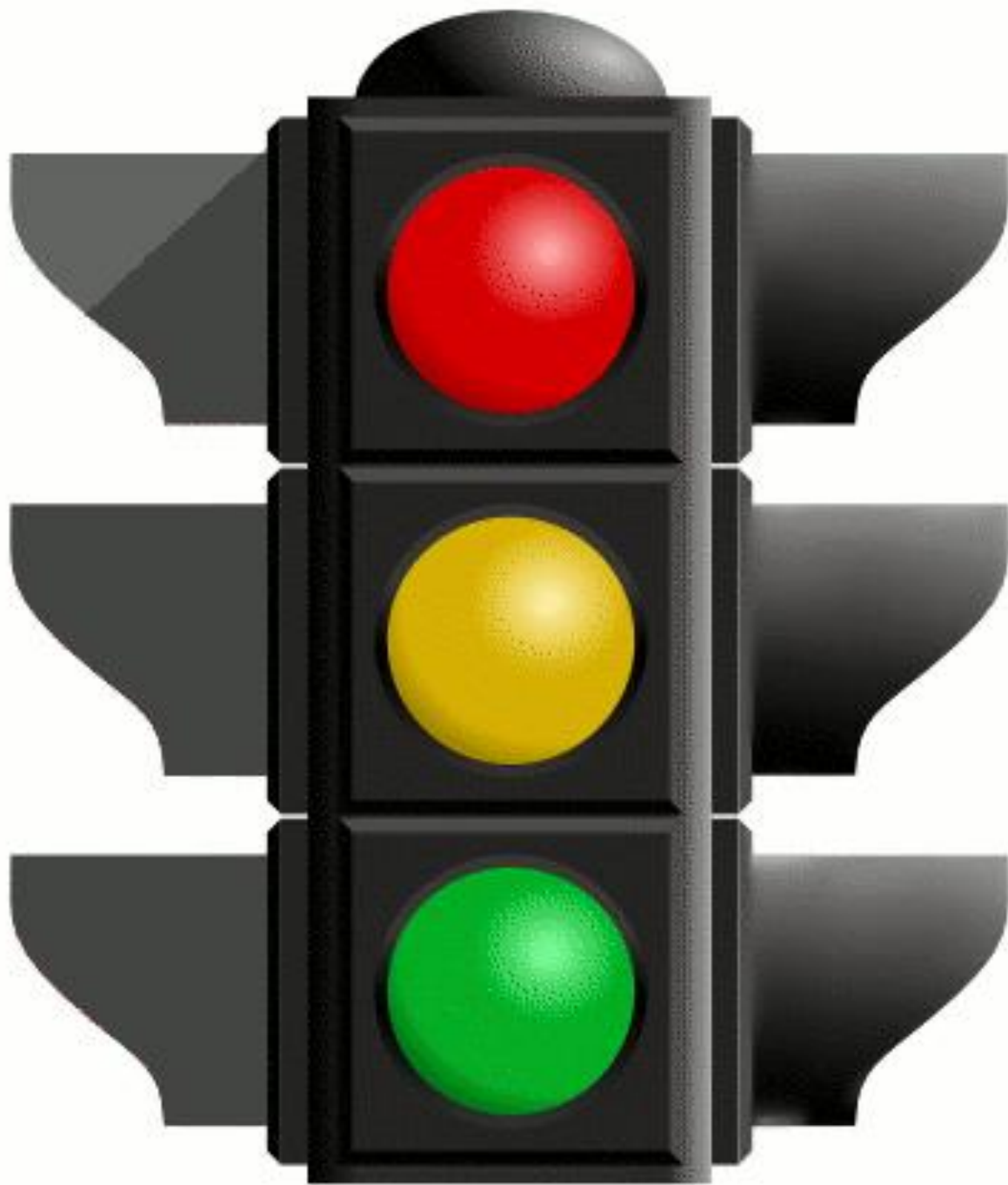
25%

6



1





**So,**

**how much is risky?**

**Healthy Men  $\leq 64$**

**Daily**

**up to 4 drinks**

**Weekly**

**up to 14 drinks**

**Must meet both limits**

# Healthy Women & Men $\geq$ 65

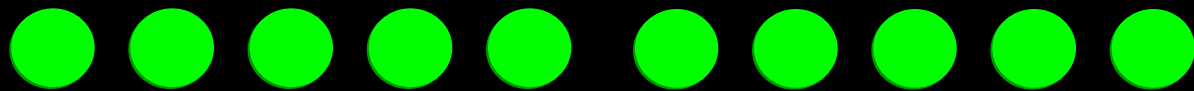
**Daily**

up to **3 drinks**

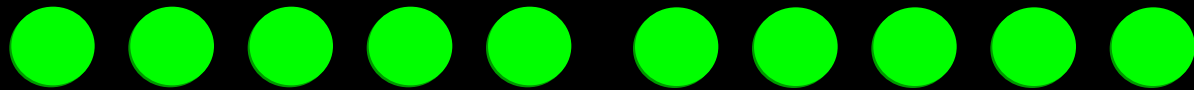
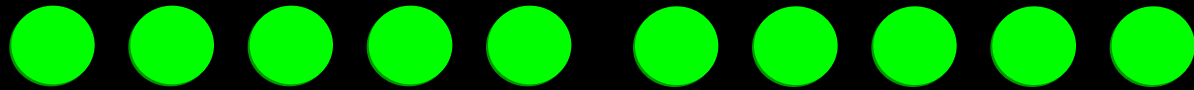
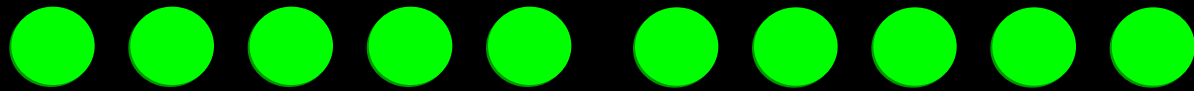
**Weekly**

up to **7 drinks**

Must meet both limits



**low risk**



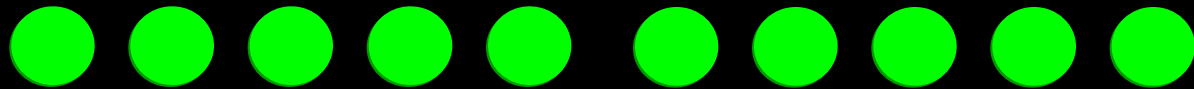
**risky drinkers**



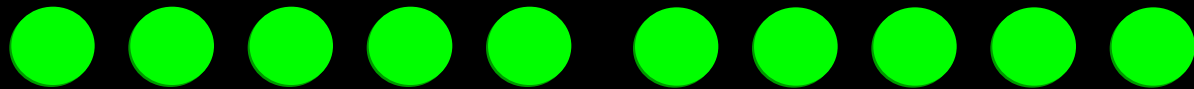
**dependent**



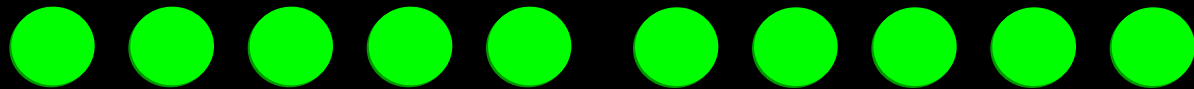
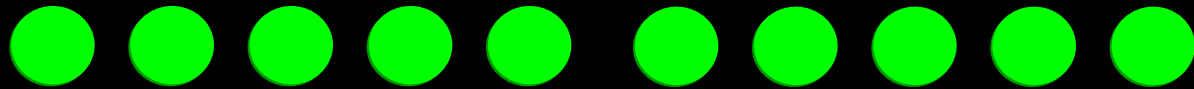
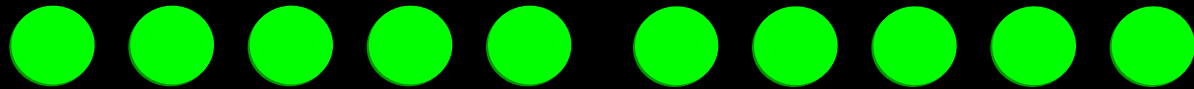
**drinkers**



**observe**



**limits**



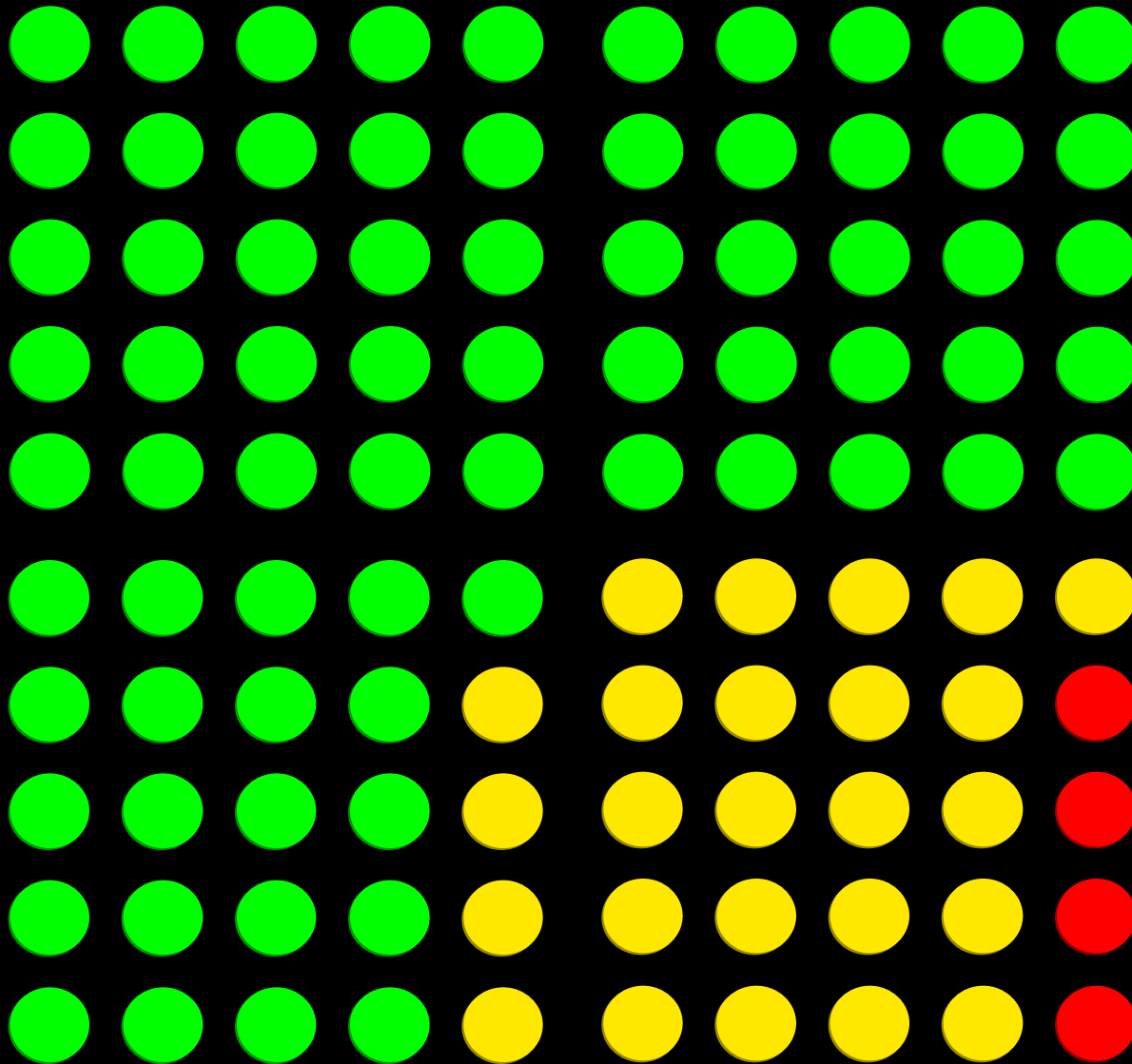
**decrease**



**or stop**



**abstinence**



**primary  
prevention**

**brief  
intervention**

**bi + referral  
to treatment**

**Alcohol:**

**What's the Problem?**

**alcoholism**

**risky drinking**



# More resources at

<http://www.cdc.gov/injuryresponse/alcohol-screening/index.html>

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