



THE SOBERING MYTHS & MISCONCEPTIONS

No level of Alcohol Consumption is safe!



MYTH
Everyone's Doing It!



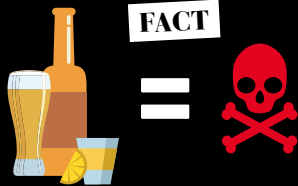
FACT

In Some Caribbean Countries as much as

36% OF PERSONS, in the 15-24 age group, **HAVE NEVER HAD A DRINK OF ALCOHOL**



MYTH
It can't kill me!



Alcohol caused over **300,000 DEATHS** in the Americas in 2012

MYTH
It's only a problem if I drive!



FACT

The use of **ALCOHOL IS LINKED TO MANY HEALTH RISKS** and conditions such as liver disease, cancers, cardiovascular disease, mental illness, injuries, homicides, suicides, poisoning and STIs including HIV.



MYTH
Its MY business if I drink!

FACT

DRINKING AFFECTS THE PRODUCTIVITY OF THE ENTIRE COUNTRY. And it can cause harm to the persons around you when I you are intoxicated.

Alcohol and its associated problems caused more than

274 MILLION years of **HEALTHY LIFE LOST (DALYs)** in the Americas in 2012



MYTH
Its ok to drink hard on the weekend, if I don't drink during the week.

FACT

Binge drinking is associated with serious health problems, including unintentional injuries, cancer, and heart disease.

IT DOESN'T MATTER HOW INFREQUENTLY YOU DO IT

If you have four or more drinks (women) or five or more drinks (men) in a single sitting,

YOU'RE RISKING YOUR HEALTH



MYTH
Its ok to start drinking young!

FACT

Teens who start drinking before the age of 15 are more likely to develop

ALCOHOL DEPENDENCE later on in life.



Sources

1. WHO Global Status Report (GSR) on Alcohol and Health 2018
2. Probst, Et Al. Alcohol Policy Relevant Indicators and Alcohol Use Amongst Adolescents in Latin America and the Caribbean. (January 2018). Journal of Studies on Alcohol and Drugs.
3. Burton et al. The Lancet Journal. level of alcohol consumption improves health. Volume 392, Issue 10152, P987-988, September 22, 2018

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