

Alcohol and your health

Alcohol consumption is **not** just someone else's problem.

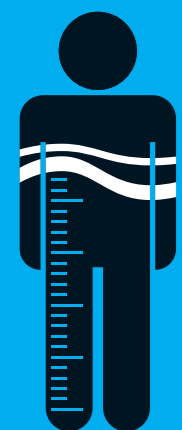
Many people drink at harmful levels.

People in WA drink **12 litres** of pure alcohol per year.

This is equal to **43.6 bottles of vodka**.
(700mL, 40% Al. vol.)



This is **2 litres** higher than the national average.



Of Western Australians over 18 years of age, almost:

1 in 4 drink at levels that place them at risk of alcohol-related harm and ill-health in their lifetime.

1 in 5 drink at risky levels (better known as binge drinking) at least weekly.

1 in 13 drink daily.

Alcohol use costs the WA community **\$3.1 billion** per year



Alcohol can have **toxic effects** on your body.

The **more** you **drink**, and the more **often** you drink, the more likely you are to experience alcohol-related diseases.

cancer of the **mouth** and **throat**

breast cancer (women)

heart disease

liver disease + cancer

bowel cancer



Every **18 minutes** 1 person presents at a Perth emergency department for an alcohol-related injury.

Every **32 minutes** 1 person is hospitalised for an alcohol-attributable condition every day of the year.



By **reducing** how much we drink we can free up hospital services:



- 88,542 bed-days could be freed-up every year for other uses if it weren't for alcohol-attributable conditions.
- Less waiting time in Emergency Departments
- Cost savings \$ for the community.

Around **10** Western Australians die each week from alcohol-related causes.



DID YOU KNOW?

Alcohol is classified as a **Group 1 Carcinogen**, the same as **asbestos** and **tobacco**.