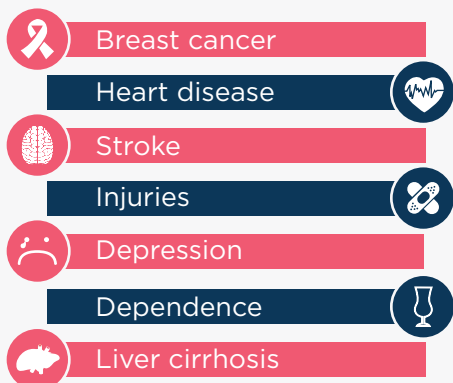


HEALTH IMPACTS OF WOMEN'S ALCOHOL CONSUMPTION

Alcohol harms women's health in many ways

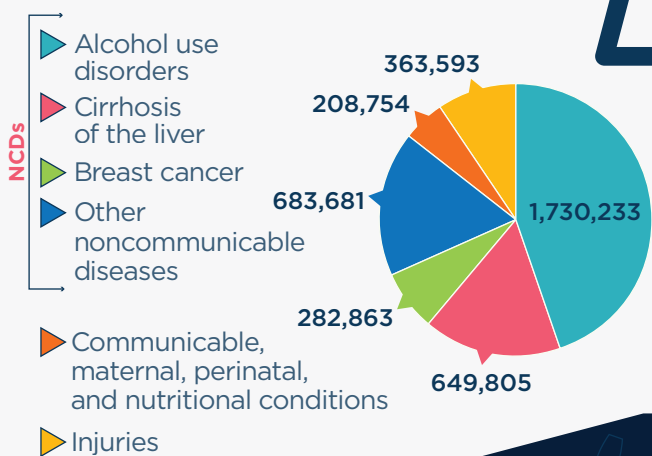
HEALTH

INCREASES THE RISK OF A NUMBER OF HEALTH PROBLEMS, INCLUDING: (Rehm et al. 2010)



SOME CONDITIONS, INCLUDING CANCER, ARE ASSOCIATED WITH SMALL QUANTITIES OF ALCOHOL.

ALCOHOL-ATTRIBUTABLE DISABILITY-ADJUSTED LIFE YEARS (DALYS) LOST, BY SPECIFIC CAUSE, AMONG WOMEN IN THE AMERICAS 2012
(PAHO)



PREGNANCY

ALCOHOL USE CAN ALSO LEAD TO NEGATIVE PREGNANCY OUTCOMES SUCH AS:

- ▶ Miscarriage
- ▶ Low birth weight
- ▶ Preterm birth

FETAL ALCOHOL SPECTRUM DISORDERS (FASD)

FASD are a group of conditions caused by fetal exposure to alcohol during pregnancy. FASD can vary in severity and include the following:

▶ MENTAL DISORDERS	
Poor coordination	Poor memory
Hyperactivity	
Difficulty with attention	
Difficulty in school	
Learning disabilities	
Speech and language delays	
Intellectual disability	
Poor reasoning and judgment skills	
▶ PHYSICAL DISORDERS	
Abnormal facial features	
Small head size	
Vision or hearing problems	
Problems with the heart, kidneys or bones	

These effects are observed **even when the mother consumed small quantities** of alcohol.

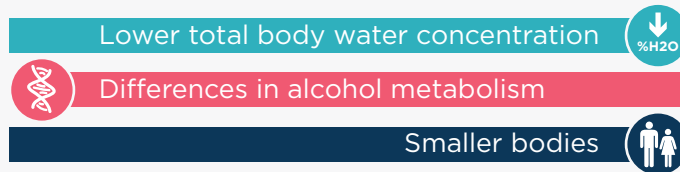
WHO RECOMMENDS WOMEN WHO BECOME PREGNANT SHOULD NOT CONSUME ALCOHOL.

(WHO 2013)

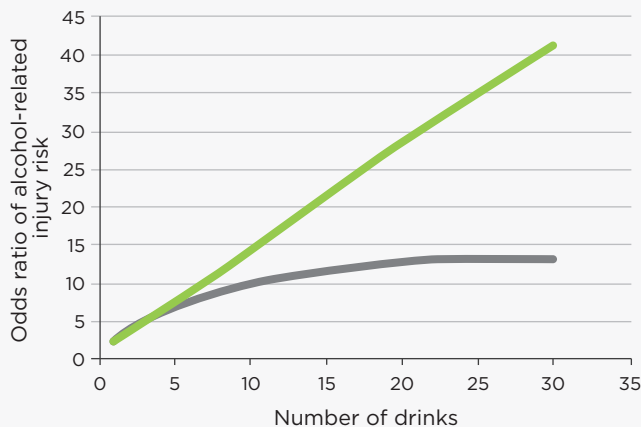
HEALTH IMPACTS OF WOMEN'S ALCOHOL CONSUMPTION

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CONSUMING THE SAME AMOUNT OF ALCOHOL PRODUCES A HIGHER BLOOD ALCOHOL LEVEL IN WOMEN THAN IN MEN, DUE TO THESE BIOLOGICAL FACTORS: (Baraona et al. 2001)



Relative risk of alcohol-related injury (Cherpitel et al. 2014)



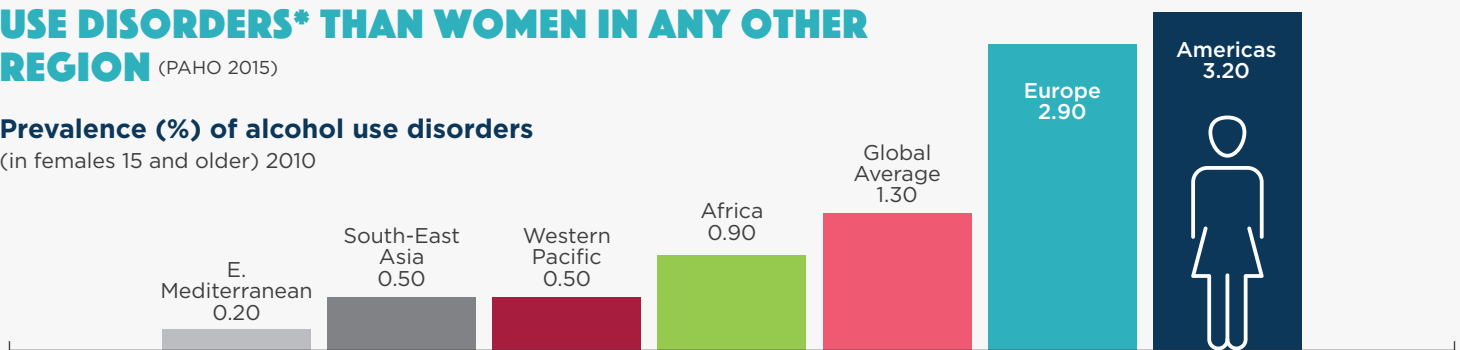
Historically, men have been the major consumers of alcohol and have suffered more alcohol-induced consequences.

HOWEVER, WOMEN ARE DRINKING INCREASING AMOUNTS OF ALCOHOL AND DRINKING IT MORE OFTEN. IN MANY COUNTRIES, THEY ARE ON TRACK TO CATCH UP WITH MEN. (Bloomfield et al. 2006)

WOMEN'S INCREASING ALCOHOL CONSUMPTION IS WORRISOME SINCE THEY TEND TO SUFFER MORE HEALTH PROBLEMS THAN MEN AT LOWER LEVELS OF CONSUMPTION.

WOMEN IN THE AMERICAS HAVE HIGHER RATES OF ALCOHOL USE DISORDERS* THAN WOMEN IN ANY OTHER REGION (PAHO 2015)

Prevalence (%) of alcohol use disorders
(in females 15 and older) 2010



* Proportion of the population that suffers from disorders attributable to alcohol consumption. Alcohol use disorders include both alcohol dependence and harmful use as defined by the International Classification of Diseases version 10 (ICD-10).

DECREASING ALCOHOL CONSUMPTION DECREASES THE RISK OF HARM.

Sources: Baraona E et al. Gender differences in pharmacokinetics of alcohol. *Alcohol Clin Exp Res.* 2001 Apr;25(4):502-7. • Barr HM & Streissguth AP. Identifying maternal self-reported alcohol use associated with fetal alcohol spectrum disorders. *Alcohol Clin Exp Res.* 2001 Feb;25(2):283-7. • Bloomfield K, Gmel G, Wilsnack S. Introduction to special issue 'Gender, Culture and Alcohol Problems: A Multi-national Study.' *Alcohol Alcoholism Suppl.* 2006 Oct-Nov;41(1):3-7. • Cherpitel CJ et al. Relative risk of injury from acute alcohol consumption: modeling the dose-response relationship in emergency department data from 18 countries. *Addiction.* 2015 Feb;110(2):279-88. • Pan American Health Organization (PAHO). *Regional Status Report on Alcohol and Health in the Americas 2015.* Washington, DC: Pan American Health Organization, 2015. • Rehm J et al. The relation between different dimensions of alcohol consumption and burden of disease – an overview. *Addiction.* 2010 May;105(5):817-43. • World Health Organization (WHO). *Counselling for maternal and newborn health care: A handbook for building skills.* Geneva, Switzerland: World Health Organization, 2013.