THE SOBERING MYTHS & MISCONCEPTIONS
No level of Alcohol Consumption is safe!

FACT
Everyone’s Doing It!

MYTH
It can’t kill me!

FACT
It’s only a problem if I drive!

MYTH
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FACT
Drinking affects the productivity of the entire country. And it can cause harm to the individuals around you when you are intoxicated.

MYTH
Everyone’s Doing It!

FACT
In Some Caribbean Countries as much as 36% of young people in the 15-24 age group, have never had a drink of alcohol.

MYTH
It’s only a problem if I drive!

FACT
Alcohol caused over 341,000 deaths in the Americas in 2016.

MYTH
It’s 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.

MYTH
It’s 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.

MYTH
It’s ok to start drinking young!

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
It doesn’t matter how infrequently you do it. No level of alcohol consumption is safe!

MYTH
Its MY business if I drink!

FACT
274 million years of healthy life lost (DALYs) in the Americas in 2012.

Sources:
1. WHO Global Status Report (GSR) on Alcohol and Health 2018