



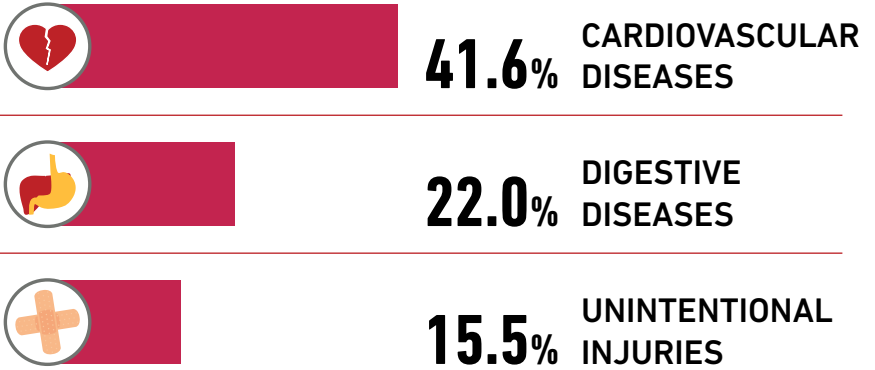
# WOMEN AND ALCOHOL

## Health impacts of alcohol



### GLOBALLY FOR WOMEN

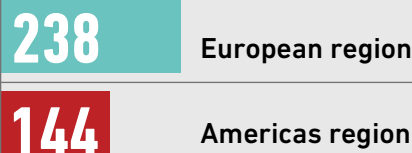
the leading contributors to **ALCOHOL-ATTRIBUTABLE DEATHS** were:



### Disability-Adjusted Life Years (DALYs)



The age-standardized burden of alcohol-attributable DALYs due to cancer was highest in the European and Americas regions



DALYs per 100 000 people due to alcohol

The percentages of all cancer DALYs attributable to alcohol consumption



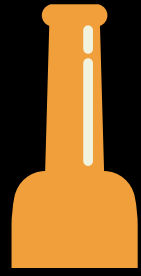
Alcohol was responsible for the largest proportion of **CANCER DEATHS** IN THE AMERICAS REGIONS, where



In the **CARIBBEAN** 37% of all cancers among **WOMEN** are attributable to alcohol consumption.

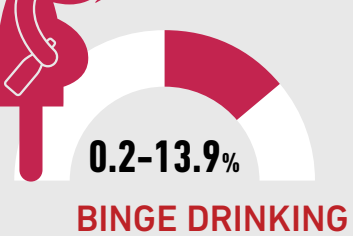
Among the global population aged 15–49 years

**3.8%**  
of **FEMALE DEATHS** WERE ATTRIBUTABLE TO ALCOHOL USE



# PREGNANCY IMPACTS OF ALCOHOL

2017 **9.8%** prevalence of **ALCOHOL USE IN PREGNANCY** GLOBALLY

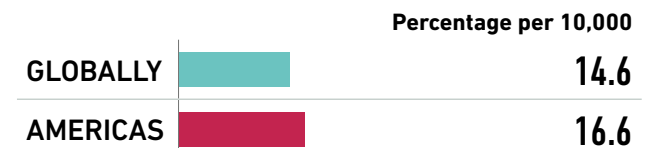


ALCOHOL USE CAN ALSO LEAD TO **NEGATIVE PREGNANCY OUTCOMES** SUCH AS:

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

### PREVALENCE OF FETAL ALCOHOL SYNDROME (FAS)

Resulting from drinking during pregnancy



Prevalence of fetal alcohol syndrome (FAS) and fetal alcohol spectrum disorders (FASD) in AMERICAS\*:



### 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 CONSUMES SMALL QUANTITIES** OF ALCOHOL



**WHO RECOMMENDS** WOMEN WHO BECOME PREGNANT SHOULD NOT CONSUME ALCOHOL

Alcohol affects men and women differently, giving rise to unique gender-based vulnerabilities.

For **CARD 2019**, the theme is **WOMEN AND ALCOHOL**



**IF YOU DRINK ALCOHOL - DRINK LESS**  
**IF YOU DON'T DRINK - DON'T START**

Sources:  
• WHO Global Status Report (GSR) on Alcohol and Health 2018  
• Popova et al., 2017  
• Healthy Caribbean Coalition. <https://www.healthycaribbean.org/caribbean-alcohol-reduction-day-2017/>