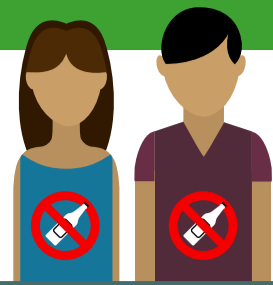




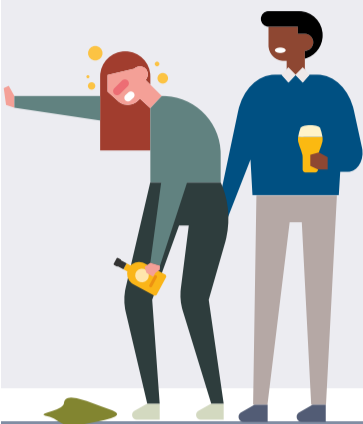
# WOMEN AND ALCOHOL

## Key messages



### ALCOHOL METABOLISM

occurs differently in women due to differences in body structure and chemistry, leading to greater absorption of alcohol and delayed excretion



For the same amount of alcohol consumed by women as compared to men, **WOMEN WILL HAVE AN EXPONENTIAL INCREASE IN RISK OF ANY INJURY, INCLUDING ROAD INJURIES**



Responses to men and women's drinking reflect broad gender norms: while drinking by men is used as an excuse for their behavior, **WOMEN WHO DRINK ARE JUDGED MORE HARSHLY FOR THEIR BEHAVIOR OR APPEARANCE**



**DRINKING ALCOHOL INCREASES MEN AND WOMEN'S RISK OF LIVER AND CARDIOVASCULAR DISEASES, CANCERS AND ASSAULTS**

Women are additionally impacted by **BREAST CANCER**



**WOMEN ARE ALSO IMPACTED WHEN THEY BECOME PREGNANT**

During pregnancy, alcohol increases the risk of miscarriage, stillbirth, premature deliveries, Fetal Alcohol Spectrum Disorders, and Sudden Infant Death Syndrome.

There is **NO** completely safe level of alcohol consumption and **NO ALCOHOL SHOULD BE CONSUMED BY PREGNANT WOMEN**



**GENDER INEQUALITIES ARE INTRINSICALLY LINKED TO ALCOHOL CONSUMPTION AND PROBLEMS**

Women face greater **BARRIERS TO ACCESS HEALTH SERVICES** as compared to men.



**The alcohol industry is increasingly TARGETING WOMEN**

through gender specific design and packaging, and the pervasive and persuasive marketing strategies



**The absolute NUMBER OF CURRENTLY-DRINKING WOMEN HAS RISEN WORLDWIDE**

and women are starting to drink at a younger age



Alcohol use is a **CULTURAL NORM THROUGHOUT THE CARIBBEAN REGION**, being readily available and inexpensive

Regulating alcohol availability and affordability will **REDUCE THE GENDER INEQUALITIES** in the Caribbean.



**WOMEN NEED TO RAISE THEIR VOICES** and advocate for alcohol policies at all levels of decision making

**WOMEN** are **BEARING BOTH the ECONOMIC and SOCIAL BURDEN** of **ALCOHOL** use by their family members and male partners.

# SAFER

Reducing Alcohol Consumption can be achieved by implementing the **WHO SAFER TECHNICAL PACKAGE**

**Encourage your kids to abstain from the use of alcohol**

**LEAD BY EXAMPLE**



Advocate against the promotion of free or below cost alcoholic beverages



Question messages on "responsible" drinking, as they are misleading and unclear



Advocate for banning all forms of alcohol marketing, including those targeting women in particular



Erase the stigma surrounding alcohol use disorders



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**

Note: Current drinking is defined as having consumed alcohol within the last 12 months.

Source: WHO SAFER Alcohol Control Technical Package: [https://www.who.int/substance\\_abuse/safer/en/](https://www.who.int/substance_abuse/safer/en/)