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.

The alcohol industry is increasingly targeting women through gender-specific design and packaging, and the pervasive and persuasive marketing strategies.

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

ABSTAIN AND GAIN Abstinence is the best choice to make

Encourage your kids to abstain from the use of alcohol

LEAD BY EXAMPLE

Advocate against the promotion of free or below cost alcoholic beverages

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

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

Erase the stigma surrounding alcohol use disorders

Abstain and gain alcohol free for healthier lives.

Women are additionally impacted by breast cancer.

Gender inequalities are intrinsically linked to alcohol consumption and problems. Women face greater barriers to access health services as compared to men.

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 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.

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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.

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.


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