





# ALCOHOL USE & FALLS

There are many ways that excessive alcohol use can impact us through a lifetime. As we age, our body may react differently to alcohol than it did when we were younger. We may feel that, even if we drink the same amount of alcohol as we used to, the effects are stronger. Research shows that drinking alcohol can:

- Increase the risk for several types of cancer and other chronic diseases
- Contribute to issues like memory or relationship problems
- Affect reaction time, coordination, and balance
- Interactive negatively with medications
- Lead to accidents and injuries like falls

The United States (U.S.) definition of one standard drink is equivalent to:

Examples:  
gin, rum,  
vodka,  
whiskey

	=		=		=	
12 ounces 5% ABV beer		8 ounces 7% ABV malt liquor		5 ounces 12% ABV wine		1.5 ounces 40% ABV (80 proof) distilled spirits

**Limiting  
alcohol can  
help reduce  
your risk of  
falls!**

The [U.S. Dietary Guidelines for Americans](#) recommends that older adults (ages 60+) can choose not to drink or limit intake to 2 drinks or less per day for men and 1 drink or less per day of women.

Want to check  
your alcohol use?



Take this quick assessment to check your alcohol use: [www.cdc.gov/alcohol/checkyourdrinking](http://www.cdc.gov/alcohol/checkyourdrinking).

Learn more ways to stay safe  
at [FallsFreeWI.org](http://FallsFreeWI.org).