

# Alcohol consumption: Did you know that...?

## Some figures for Spain



>15.000  
deaths/year



Consumption starts at  
**age 14**



>10  
**billion euros**  
in social costs per year



74%  
men

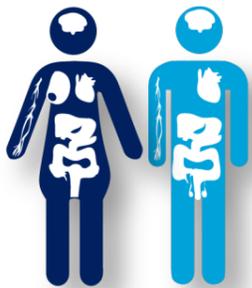


## Consequences

### >200 health problems

- Cancer
- Cardiovascular diseases
- Liver diseases
- Infectious diseases
- Mental health
- Dependence
- Injuries
- Other

Any level of consumption involves risk, because for certain conditions (gastrointestinal diseases, cancer and injuries) there is no safe level



### Harm to others



PRENATAL DAMAGE



VIOLENCE



ACCIDENTS

### Social consequences



CRIME



INEQUITY

### Economic consequences



LOWER PRODUCTIVITY



1% GDP IN COSTS

## Misconceptions

Is alcohol consumption beneficial?

**NO**

Any level of consumption can involve risk. Not to drink alcohol is what is most beneficial.

Are some alcoholic beverages better than others?

**NO**

Scientific studies show that there are no differences between different types of alcoholic beverages. Therefore, consumption of any of them should not be recommended

Consult official sources for information:

<https://estilosdevidasaludable.sanidad.gob.es/en/home.htm>

<https://www.mscbs.gob.es/en/home.htm>

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ESTRATEGIA  
PROMOCIÓN DE LA SALUD  
Y PREVENCIÓN EN EL SNS



GOBIERNO  
DE ESPAÑA

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DE SANIDAD