

# Alcohol and your health

Alcohol consumption is **not** just someone else's problem.

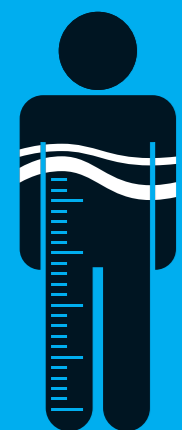
Many people drink at harmful levels.

People in WA drink **12 litres** of pure alcohol per year.

This is equal to **43.6 bottles of vodka.**  
(700mL, 40% Al. vol.)



This is **2 litres** higher than the national average.



Of Western Australians over 18 years of age, almost:

**1 in 4** drink at levels that place them at risk of alcohol-related harm and ill-health in their lifetime.

**1 in 5** drink at risky levels (better known as binge drinking) at least weekly.

**1 in 13** drink daily.

Alcohol use costs the WA community **\$3.1 billion** per year

police services  
hospitalisations  
road crashes  
ambulances

Alcohol can have **toxic effects** on your body.

The **more** you **drink**, and the more **often** you drink, the more likely you are to experience alcohol-related diseases.

**cancer** of the **mouth** and **throat**  
**stroke**

**breast cancer** (women)

**heart disease**

**liver disease + cancer**

**bowel cancer**



Every **18 minutes** 1 person presents at a Perth emergency department for an alcohol-related injury.

Every **28 minutes** 1 person is hospitalised for an alcohol-attributable condition every day of the year.



By **reducing** how much we drink we can free up hospital services:



- 87,721 bed-days could be freed-up every year for other uses if it weren't for alcohol-attributable conditions.
- Less waiting time in Emergency Departments
- Cost savings \$ for the community.

Around **10** Western Australians die each week from alcohol-related causes.



**DID YOU KNOW?**

Alcohol is classified as a **Group 1 Carcinogen**: The same as **Asbestos** and **Tobacco**.