

Binge drinking

What are episodes of binge drinking?

The consumption of large amounts of alcohol in a short period of time (4-6 hours). For example, outdoor drinking parties



What are the consequences?

The consequences **are harmful**, both for the health of the drinkers and of those around them



CARDIOVASCULAR
PROBLEMS



BRAIN DEVELOPMENT
AND NEUROPSYCHIATRIC
EFFECTS



CAR
ACCIDENTS



VIOLENCE AND INJURIES:
TOWARDS OTHER PEOPLE
OR SELF-INFLICTED

Acute intoxication → can lead to death

Is there a safe level of binge drinking?



NO. Binge drinking is discouraged

If I am going to drink, what is the limit?

Alcohol consumption always involves risk, but there is less risk if you stay below the **low-risk consumption thresholds**



10 g of
alcohol/day

10 g

1 shot
(40%)
30 ml or Half a glass of wine
(10%)
125 ml or 1 small beer
(5%)
250 ml



20 g of
alcohol/day

20 g

2 shots
(40%)
60 ml or 1 glass of wine
(10%)
250 ml or 1 mug of beer
(5%)
500 ml



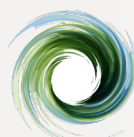
Consult official sources for information:

<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

MINISTERIO
DE SANIDAD