



Women, men & alcohol consumption



The **consequences of alcohol consumption are different** for men and women but harmful for both.

Our social behaviours, based on whether we are men or women, are conditioned by **gender**, punishing any deviation from these models.

Alcohol consumption is "unladylike", associated with "slackness".

Blaming for consumption and its consequences ("she doesn't take care of herself").

Consumption occurs in **more intimate spaces or at home**.



Socially, drinking reinforces masculinity.

Shrinking from responsibility for the behaviour after drinking ("he didn't know what he was doing").

Normalisation of consumption in public places.

Lower risk perception.

Increased stigma and more difficulties in seeking and receiving help.



Invisibility of consumption-related problems.



The individual consequences are different for women and men



Men drink more quantity.



They drink more frequently.



More aggressive and dangerous behaviours related to consumption.

Psychosocial and relational consequences

- Increase of the severity of gender-based violence assaults.
- Negative effects on interpersonal and family relationships.
- Economic and social insecurity in vulnerable families.
- High social burden.
- The influence of gender on drinking patterns **interacts with other factors such as age, ethnicity and socio-economic status.**



- These stereotypes are learned and socially communicated and can be changed.
- It is essential to consider gender in policies, programmes, resource allocations and research.

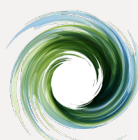
Consult official sources for information

<https://www.mscbs.gob.es/profesionales/saludPublica/prev>

[Promocion/Prevencion/alcohol/home.htm](https://www.mscbs.gob.es/promocion/prevencion/alcohol/home.htm)

www.mscbs.gob.es

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