

ALCOHOL AND YOUNG WOMEN

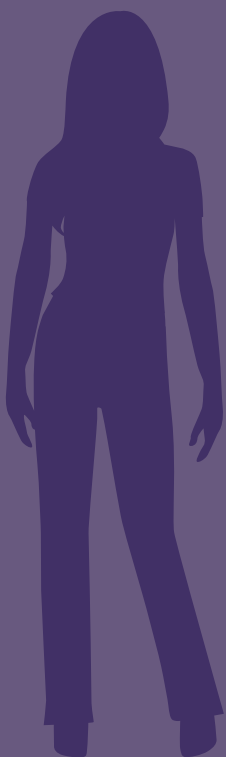
Anna is 22 and likes to go out for a drink with her friends. She is typical of young women in the WHO European Region, where alcohol intake is the highest in the world and alcohol is the common factor in most deaths in the group aged 15–29. Anna thinks she’s a moderate drinker but all alcohol consumption comes with risk, and the effects on young women are worse than on young men. See how alcohol affects Anna.



ADDING IT UP:

2 beers (1 litre)		=	5 units	=	400 calories
1 rum (double) and cola		=	2 units	=	400 calories
2 vodka orange		=	2.8 units	=	332 calories
3 glasses wine (175 ml)		=	6.3 units	=	390 calories

WHAT IT MEANS FOR ANNA



- Dehydrated skin, causing facial lines
- Increased cellulite
- Puffy, red skin from dilated blood vessels
- Morning headaches and reduced productivity
- Increased cancer risk
- Disturbed sleep
- Higher risk of accidental injury
- Impaired judgement = morning-after regrets
- **Steady weight gain over time**

1522
EXTRA
CALORIES
PER WEEK



UP TO
12 KG
PER YEAR

LESS IS BETTER