Alcohol per capita consumption

Total alcohol per capita consumption (APC) is defined as the total amount of alcohol (including all sources and types of alcohol products) consumed per person (15 years of age or older) per year, expressed in liters of pure alcohol. This is the most reliable indicator used to track the consumption of alcohol at the national level.

- Has the second highest average APC (7.5 L), after Europe (11 L), and is also above the global average (5.8 L);
- 56.7% of adults (aged 15+) consumed at least one standard alcoholic drink in 2016;
- 25% of the general population are heavy episodic drinkers, defined as consuming more than 60 g of pure alcohol (about six standard alcoholic drinks) for men and more than 40 g of pure alcohol for women, on at least one occasion monthly;
- Has the highest prevalence of alcohol use disorders for women and second highest for men. In 2016, 1 in every 12 adults (8.2%) in the Americas met criteria for an alcohol use disorder, which is almost double the world average (5.1%).

The Region of the Americas:

- In the Americas, total APC in 2019 was 7.5 L

Alcohol consumption in the Region is responsible for at least 379,000 deaths a year, and in 2016 it represented 5.5% of all deaths in the Region. Most lives were lost due to cancers (83,351), self-harm and interpersonal violence (65,880), and digestive diseases (62,668).

Recommendations

Alcohol use is not a healthy habit. Do not start drinking for better health.
If you drink alcohol, reduce your consumption to minimize the risk of alcohol-related harms.

Sources: