

ALCOHOL EPIDEMIOLOGY IN THE AMERICAS

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.

Fact 1

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

TOTAL POPULATION (AGED 15+)

AMONG DRINKERS (2016)

Total APC, 2019 (liters of pure alcohol)

Region of the Americas

7.5
584
drinks per year
1.6 drinks per day

12.9
1,022 drinks per year
2.8 drinks per day

APC, by sex, 2019 (liters of pure alcohol)

Males

11.8
949
drinks per year
2.6 drinks per day

17.7
1,387 drinks per year
3.8 drinks per day

Females

3.4
255
drinks per year
0.7 drinks per day

6.8
547 drinks per year
1.5 drinks per day

The Region of the Americas:

- 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%).



One standard alcoholic drink contains

= **10g** of =
pure alcohol



This amount is equivalent to:
• one glass of beer (255 ml)
• or one glass of wine (100 ml)
• or one shot of distilled spirits (30 ml)

Fact 2

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:

1. Pan American Health Organization. Regional Status Report on Alcohol and Health 2020 [Internet]. Washington, DC: PAHO; 2020 [cited 20 Oct 2021]. License: CC BY-NC-SA 3.0 IGO. <https://iris.paho.org/handle/10665.2/52705>

2. Pan American Health Organization. Core Indicators 2019: Health Trends in the Americas [Internet]. Washington, DC: PAHO; 2019 [cited 20 Oct 2021]. <https://iris.paho.org/handle/10665.2/51542>