# Health Impacts of Alcohol Consumption

This poster examines the relationship between alcohol consumption and health outcomes by exploring how consumption patterns affect the rates of alcohol-related harm in different countries.

Alcohol use disorder (AUD) refers to the drinking of alcohol that causes mental and physical health problems.

The data presented in the chart indicates a positive correlation between higher levels of alcohol consumption and an increased prevalence of AUD. However, this relationship is multifaceted, shaped by various factors including socioeconomic conditions, access to healthcare, and cultural attitudes toward drinking. For instance, while countries such as Poland and France report high levels of alcohol consumption, the prevalence of AUD varies considerably between them. Additionally, regional patterns emerge, with Europe and the Americas generally displaying elevated levels of both alcohol consumption and AUD prevalence compared to other parts of the world highlighting cultural and regional variations in drinking patterns.

## Share of population with alcohol use disorder (AUD) vs. alcohol consumption, 2020
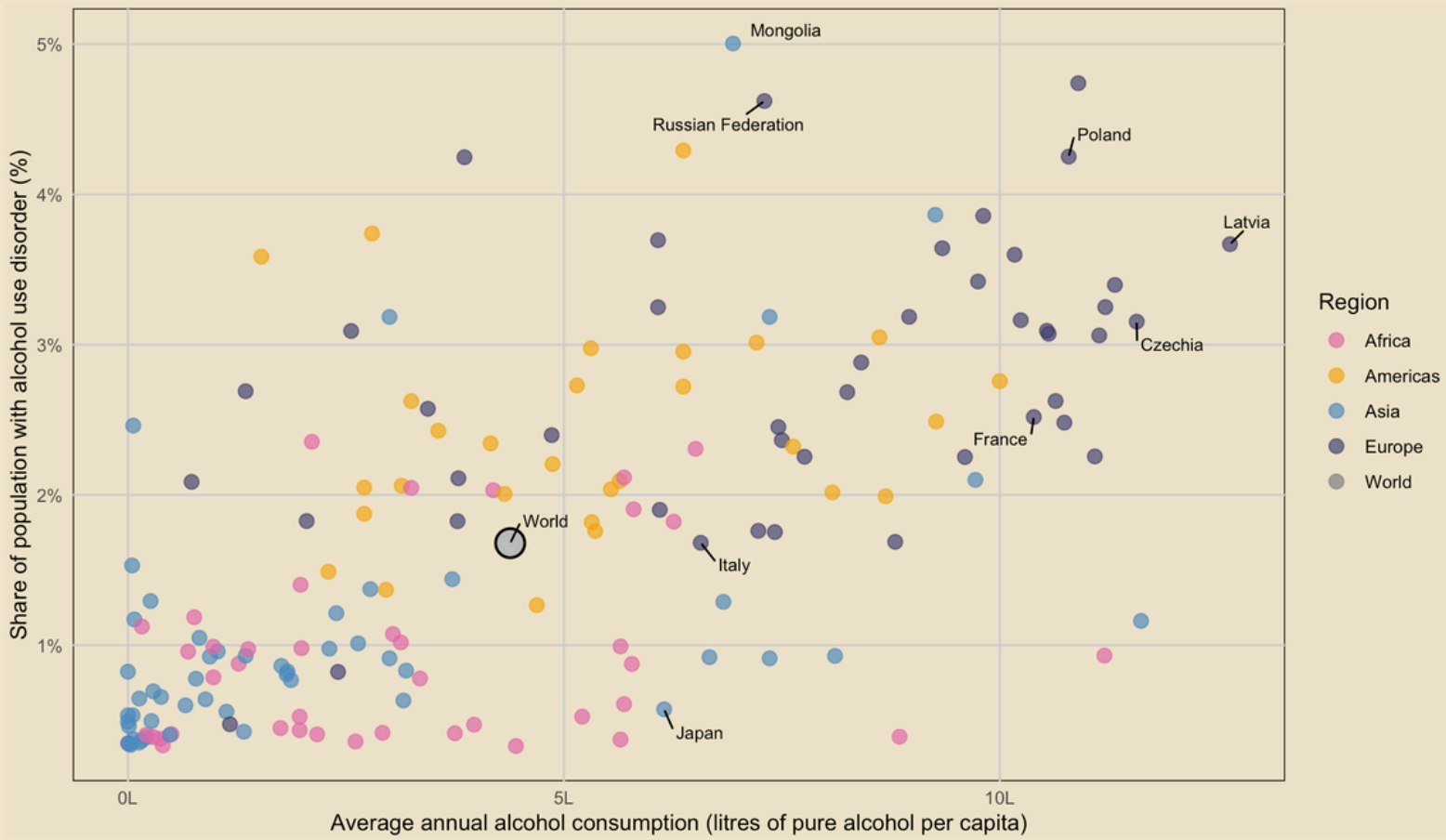


## Alcohol Consumption by Beverage Type Over Time
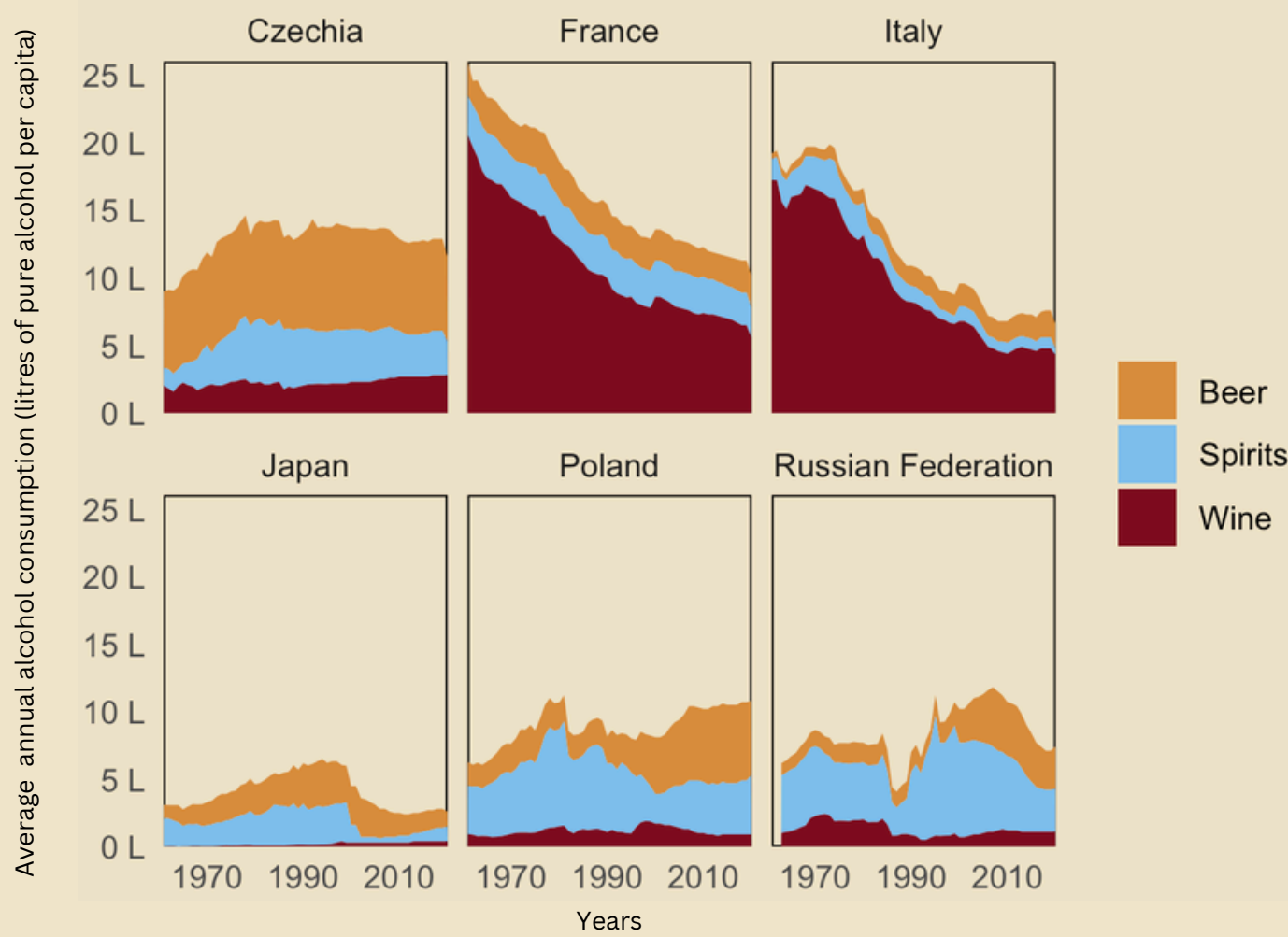


The chart on the left shows consumption of different alcoholic beverages in countries like Poland and France and others. It compares the consumption of beer, wine, and spirits among populations aged 15+ years.

Generally, high spirits consumption is more typical in countries like Poland, Russia, while wine is more popular in France or Italy. Taking into account previous chart, low-alcohol beverages, despite their high consumption rates, do not cause as many health issues as the lower consumption of high-alcohol spirits. This observation applies to Russia and Italy as well.

That holds truth, because generally spirits (such as vodka and whiskey) contain a higher alcohol content, and their consumption is linked to a greater risk of developing alcohol-related health issues.

To examine the harmful effects of alcohol, we focused on the rate of premature deaths as a key indicator. The choropleth map depicts annual premature deaths due to alcohol use per 100,000 people. A comparison between Europe and Africa reveals an interesting pattern: although alcohol consumption is higher in Europe, the rate of premature deaths linked to alcohol is substantially greater in Africa. This contrast reflects disparities in healthcare systems, with Europe benefiting from more advanced treatment and preventive care, mitigating alcohol's health impacts compared to Africa.

## Rate of premature deaths due to alcohol in 2019.

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