

Why it matters

- Excessive alcohol use is a leading preventable cause of death.
 - It is responsible for about 488 deaths per day in the United States.
 - These deaths and alcohol-related illnesses can be prevented.
- Drinking excessively on an occasion or over time can have harmful effects on your health.
 - You can lower these health risks with safe drinking behaviors.
- Excessive alcohol use can also increase the risk of harm to other people.

Lowering Your Risk of Alcohol-Related Harms

These effective solutions can also help you create environments that make it easier for people to choose to drink less, improving health and wellbeing.

[Learn More](#)

Resources

[NAMI Texas](#)



[SAMHSA Recovery Support](#)



[Alcoholics Anonymous](#)



Set clear goals

- Define specific, measurable goals for your alcohol consumption.
- For example, limit your drinking to one or two drinks on weekends and alternate between alcoholic and non-alcoholic beverages.



Choose Low-Alcohol or Non-Alcoholic Alternative

- Opt for beverages with lower alcohol content or explore non-alcoholic options like mocktails, flavored water, or alcohol-free beer.



Track your intake

- Check your drinking using the [CDC's drinking index](#).
- Keep a record of how much you drink and the situations in which you tend to drink more.
- Tracking helps you identify patterns, triggers, and areas for improvement.