

World Wide, 1 out of every 20 deaths involves the detrimental effects of Alcohol

New Statistics on Alcohol Deaths Point to Sad Secondary Effects The drink isn't over after you take a sip.



Drinking alcohol is a familiar part of daily life for approximately 2.3 billion people around the world. It's a habit we won't curb any time soon; experts predict that global consumption of [booze](#) will only increase over the next ten years. According to the World Health Organization (WHO), that's a problem. In a report released Friday, the United Nations agency announced that [alcohol](#) contributed to more than 3 million deaths in 2016.

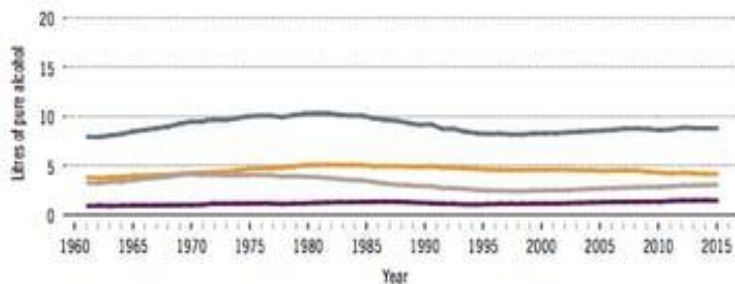
While these deaths may have differed in detail, their uniting link is alcohol. In [the report](#) the WHO states that:

"Of all deaths attributable to alcohol, 28 percent were due to injuries, such as those from traffic crashes, self-harm and interpersonal violence; 21 percent due to digestive disorders; 19 percent due to cardiovascular diseases, and the remainder due to infectious diseases, cancers, mental disorders, and other health conditions."

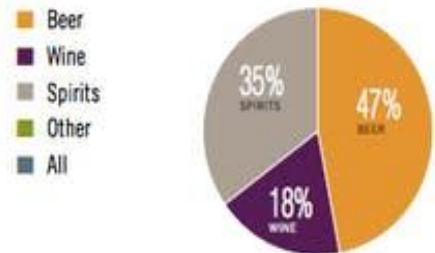
That translates to 370,000 deaths due to road injuries, 150,000 due to self-harm, and around 90,000 due to interpersonal violence around the world. Of the road injuries, approximately 187,000 deaths were those of people who were not driving, according to [the report](#). In the United States, for example, [29 people](#) die every day in a crash that involves an alcohol-impaired driver.

ALCOHOL CONSUMPTION: LEVELS AND PATTERNS

Recorded alcohol per capita (15+) consumption, 1961–2016



Recorded alcohol per capita (15+) consumption (in litres of pure alcohol) by type of alcoholic beverage, 2016 or latest year available



Alcohol consumption in the United States.

Despite the [conventional wisdom](#) that a glass of wine a day is good for you, it's becoming increasingly clear that health is negatively impacted by alcohol. In August [an analysis](#) published in *The Lancet* declared that the best amount of alcohol to drink is *no alcohol* and to think otherwise is believing in "a myth."

While light drinking won't kill you, scientists are now more certain than ever before that alcohol is linked to a variety of maladies. A study published in June in *PLOS Medicine* found that the lifetime risk of cancer was lowest in light drinkers and increased with every additional drink per week. Scientists believe that heavy drinking increases the chances of developing cancer because [alcohol can damage](#) the DNA of stem cells, a process that can cause the development of cancerous tumors. Alcohol is also thought to interfere with the function of the [gastrointestinal tract](#). And the [American Heart Association](#) states that drinking too much alcohol can raise the levels of some fats in the blood, which can cause high blood pressure and heart failure.