

# BERGEN NEW JERSEY *County*

*Bergen County Executive*  
**James J. Tedesco III**  
*and the*  
**Bergen County Board of County Commissioners**

- ◆ Alcohol is among the most commonly misused addictive substances. About 12.7 percent of American adults meet the criteria for alcohol use disorder (AUD). That's 1 in 8 adults.
- ◆ Men are more likely to use alcohol than women.
- ◆ Women who are dependent on alcohol are 50 to 100 percent more likely to die from alcohol-related causes than men who are dependent on alcohol.
- ◆ Binge drinking is a pattern of alcohol consumption that involves drinking a lot in a short period of time. For women, four or more drinks in two hours is considered binge drinking. For men, it's five or more drinks in two hours.
- ◆ Symptoms of acute alcohol withdrawal syndrome (AWS) include hallucinations, seizures, and, in severe cases, even death. People who are dependent on alcohol should seek medical attention.
- ◆ Alcohol use is a significant risk factor for dementia.

<https://www.healthline.com/health/facts-about-alcohol>

**April is  
Alcohol  
Awareness  
Month**



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