



Department of Health  
Agency of Human Services



## Health Department urges Vermonters: Know What You Are Drinking

*April is Alcohol Awareness Month*



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BURLINGTON – A beer may no longer be just a beer. A 12-ounce craft beer sold in Vermont can contain up to three times more alcohol than a glass of wine (5oz) or a shot (1.5oz) of whiskey.

“You need to be aware of the drink size and the variation in alcohol content,” said Health Department Deputy Commissioner Barbara Cimaglio. “A regular beer is about 5 percent alcohol, but beer can be sold with an alcohol content more than three times that level. Part of drinking responsibly is asking yourself, ‘How much am I really drinking?’”



Wholesale dealers can sell beer with an alcohol content up to 16 percent, according to the Vermont Department of Liquor Control. The largest malt beverage that can be drawn or served in a glass, mug, pitcher, or other container is 32 ounces

This combination of large serving size and higher alcohol content can lead a person to drink more than they intended, or more than is safe. Unsafe drinking patterns increase risk for injury, illness or future alcohol problems. About two-thirds (65%) of Vermont adults said they drank alcohol in the past 30 days, which is significantly higher than the national average (53%), according to data from the Behavioral Risk Factor Surveillance System.

Vermonters can check their drinking patterns as safe, risky or harmful using a quick, confidential **online screener** or by calling 1-800-639-6095. Screening is a preventative measure for any adult, like getting a regular blood pressure or cholesterol check.

During April, Alcohol Awareness Month, the Health Department is promoting several local meetings that highlight safe and responsible alcohol consumption and consequences of high risk drinking, including a discussion of Fetal Alcohol Syndrome held on April 25 at a VFW in Brattleboro.

A public service announcement about Alcohol Awareness Month is currently running on radio stations WMOO and WIKE in Derby.

For a chart that shows the alcohol content of beer, wines and spirits, visit:

<http://rethinkingdrinking.niaaa.nih.gov>

or

<http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/standard-drink>

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