

Download Alcohol Nutrition And Health Consequences

Alcohol is a part of many social occasions, from family dinners to parties, to sporting events and nightcaps. The problems associated with alcoholism are well known, but what about the impact of social drinking or a moderate intake of alcohol? Global status report on alcohol and health 2018. The report provides an overview of alcohol consumption and harms in relation to the UN Sustainable Development Goals (Chapter 1), presents global strategies, action plans and monitoring frameworks (Chapter 2), gives detailed information on: the consumption of alcohol in populations (Chapter 3 ...In many parts of the world, drinking alcoholic beverages is a common feature of social gatherings. Nevertheless, the consumption of alcohol carries a risk of adverse health and social consequences related to its intoxicating, toxic and dependence-producing properties. Alcohol has been an important part of our society and culture for many centuries. Across the UK, people of all ages drink various amounts of alcohol. Alcohol can have an impact on our mental health. 1 What effect can alcohol have on our mental health? The reason we drink and the consequences of