

# You May Be Thinking,

# “I’m Not Drinking Too Much Alcohol!”

Having **4 or more drinks for women or 5 or more for men in 2 hours is considered binge drinking.** Say “yes” to drinking less to reduce your risk of alcohol-related health problems.

**Ready to cut back on drinking?**

Learn more at  
**[YourLifeIowa.org/alcohol](https://YourLifeIowa.org/alcohol)**



*Source: Centers for Disease Control and Prevention, 2024*

02/2025





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When you say "no thanks" to heavy drinking, you say "yes!" to less stress, stronger relationships and lower risks for heart disease and depression.

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