



## Avoid consuming too much alcohol.

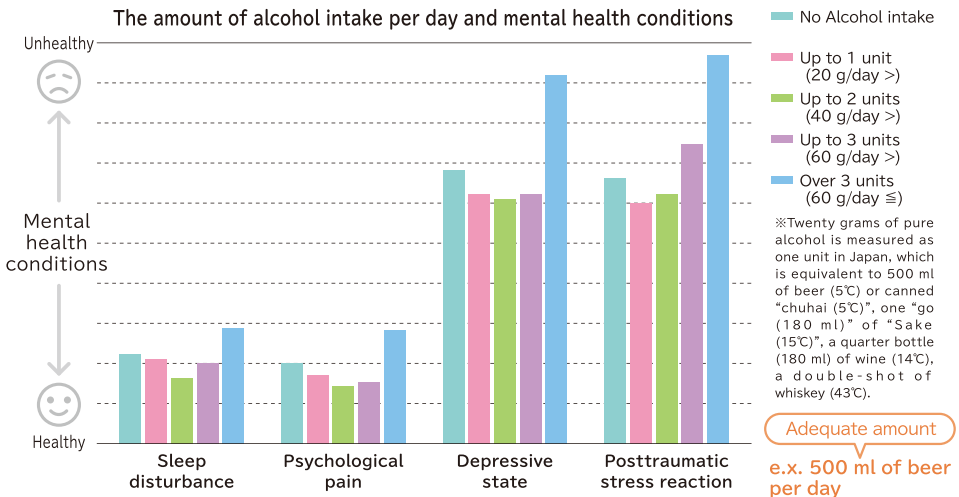
### Survey findings

Heavy drinking contributed to emotional instability.

### Recommendation

Cut down on alcohol to a moderate amount.

A moderate amount of alcohol is no more than 20 g of pure alcohol a day on average. This is equivalent to a medium-sized bottle or a 500-ml can of beer with an alcohol content of 5%, a 350-ml can of 7% "chuhai (shōchū highball)", a little less than 1 "go" (180 ml) of 15% sake, or a glass and a half (200 ml) of 12% wine. A daily intake that exceeds three times this amount is referred to as heavy drinking, and temperance is recommended for healthier living. The disaster-affected residents who drank heavily were found to be more prone to develop difficulty in sleep, psychological distress, depressive states, and post-traumatic stress reactions. Heavy drinking has adverse effects on your sleep and mental health. If you are a heavy drinker, seek professional help to cut down the amount of your alcohol intake.



※Reference The 7th Surveys based on the joint project of Tohoku University and the Shichigahama town, Miyagi Prefecture "Shichigahama Health Promotion Project"

