

Taxing Alcohol Is Good for the Health of Brazilians

More than 105,000 preventable deaths were attributable to alcohol consumption in 2019 in Brazil.¹

KEY FACTS

Alcohol is among the top 10 preventable killers.

- 86% of the nearly 105,000 deaths attributable to alcohol in 2019 in Brazil were in men from cardiovascular diseases, accidents and violence.¹
- Young people are more at risk of dying from alcohol-related causes than people in other age groups. Brazilians between 25 and 29 years old are the most at risk.²
- Alcohol use can cause more than 200 diseases and injury conditions.³
- Alcohol causes harms to individuals and also to families, communities and societies.

Alcohol use harms the cardiovascular system in multiple ways.

- Alcohol consumption increases the risk of hypertension, heart disease and stroke.⁴
- According to the World Heart Federation, there are no heart health benefits from alcohol.⁵

No other risk factor involves as many types of disease and injury as alcohol.

- Studies show the risk of liver cirrhosis is almost three times greater in those who consume alcohol compared to those who do not.^{6,7}
- There is a causal relationship between drinking alcohol and incidence of infectious diseases, and/or adverse outcomes from infectious diseases, including tuberculosis and HIV.⁸
- Alcohol consumption during pregnancy can cause fetal alcohol spectrum disorder and pre-term birth complications.⁹

The amount of alcohol consumed in a given society is a key driver of injury rates.

- Some alcohol-related injuries are easily recognized as such (e.g., road traffic injuries, violent assault). Others are less widely perceived as being caused by alcohol (e.g., drownings, workplace injuries).¹⁰

- The impact of alcohol on health systems is considerable: In a study of 27 countries, alcohol contributed to up to 40% of all emergency department visits for injuries¹⁰

Alcohol consumption is among the leading risk factors for cancer. In 2019, 4.4% of diagnosed cancers worldwide and 401,000 cancer deaths were attributed to alcohol.¹¹

- Alcohol has been classified as a Group 1 carcinogen since 1988 by the International Agency for Research on Cancer of the World Health Organization.
- A study published in The Lancet Oncology found that alcohol consumption was associated with more than 740,000 new cases of cancer worldwide in 2020 alone.

Alcohol use increases the risk of seven cancers including:¹²

- **Breast:** For every 10 grams (one drink or less) of alcohol regularly consumed each day, the risk of female breast cancer increases by about 12%.¹³
- **Colon and rectal:** The risk for these cancers increases steadily after roughly two drinks per day.¹³

Brazil's tax reform can lead to better health for the country's 210 million people if the tax rates are increased enough to reduce alcohol consumption.

Learn more about RESET at: <https://www.vitalstrategies.org/programs/alcohol-policy>