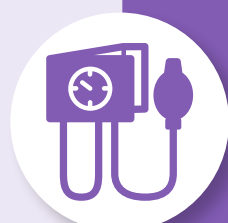
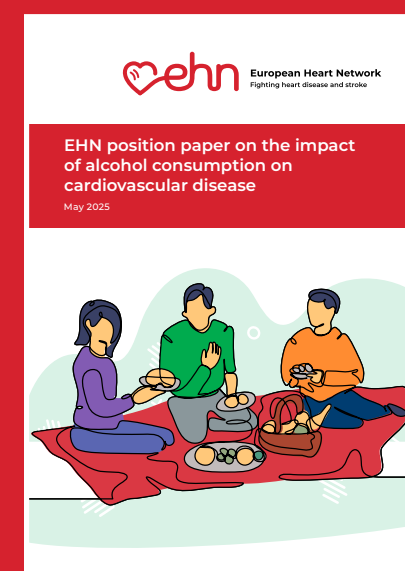


Evidence linking alcohol use to cardiovascular disease (CVD)



It's a risk factor for (CVD)

It raises blood pressure and contributes to major CVDs, including heart disease and stroke.



There is no scientific evidence to support a protective effect

of low alcohol intake on heart attacks.



Alcohol consumption weakens the heart muscle

Increasing the risk of developing heart failure.



It contributes to higher total energy intake

This can lead to obesity – a major risk factor for CVD.

The less alcohol consumed, the better it is for health.



EHN recommendations to EU Policymakers:

- **Mandatory front-of-pack energy labelling**
- **Mandatory ingredients list**
- **Reduce the availability of alcohol**
- **Mandatory health warnings**
- **Raise minimum excise duties on alcoholic beverages**
- **End subsidies that promote alcohol production or consumption**