

Project Proposal

Alcohol Abuse & Control

Problem

People drink alcohol in various situations, such as going to a bar with friends, watching a sporting event, or even just having a glass of wine at the dinner table. However, massive alcohol consumption and bad drinking habits comes with many negative health effects. According to the *National Institute on Alcohol Abuse and Alcoholism*, alcohol interferes with brain function, causes heart issues, damages your liver, and impairs your immune system. Abusing alcohol can also have lasting mental effects such as causing alcoholism. However, drinking does have some positive benefits such as making people feel more relaxed, and allowing people to become more social.

Analysis

Some people know how to control their alcohol consumption habits, however not being able to control alcohol consumption and drinking habits are an issue for many people. Currently there are many people who go through counseling, or Alcohol Anonymous meetings to tackle this alcoholism. However, abusive drinking does not just affect alcoholics. Almost anybody that drinks is at risk to abusing alcohol. Whether it is alcoholics or just people who casually drink, people need to understand how much they are actually drinking, and learn how to control the amount of alcohol they consume.



<http://visual.ly/dangers-abusing-alcohol>