

DRY JANUARY

YouMatter



We don't need alcohol to have fun, relax, or socialise.

Research has found that going without alcohol for just 1 month will boost your wellbeing.

Dry January® means going alcohol-free for the month of January using Alcohol Change UK's tools and resources. Most people who do Dry January see a host of benefits that make it the right start to the New Year!

What are the benefits?

- Lowers blood pressure.
- Reduces diabetes risk.
- Lowers cholesterol.
- Reduces levels of cancer-related proteins in the blood.

Alcohol is **linked with more than 60 health conditions**, including liver disease, high blood pressure, depression and numerous cancers and is the biggest risk factor for death, ill health and disability for people aged 15-49 in the UK. **Cutting back on alcohol long-term reduces your risk.**

Research has found that six months after Dry January® more than 70% of people who take on the month with Alcohol Change UK's Try Dry® app are still drinking more healthily with boosted levels of wellbeing.

70% of people sleep better

86% of people save money

65% of people notice improved health



Take part in Dry January® by downloading the free Try Dry® app or by signing up for daily emails. More help can be found here.
The Dry January® blog | Alcohol Change UK