# **Mathematical Statistics II**

### STA2212H S LEC9101

Week 2

January 14 2025

#### The New Hork Times

#### Surgeon General Calls for Cancer Warnings on Alcohol

Dr. Vivek Murthy's report cites studies linking alcoholic beverages to at least seven malignancies, including breast cancer. But to add warning labels, Congress would have to act.





The advisory called for updating labels on all alcoholic beverages with a warning that

# Today

- 1. Upcoming seminars of interest
- 2. Recap Jan 7 + KL-divergence + delta method
- 3. Likelihood ratio tests and profile likelihood SM 4.5, MS 7.4
- 4. computing MLEs, EM algorithm, nonparametric MLE, misspecified models MS Ch. 5.5,6,7; 3.5
- 5. Bayesian inference and estimation MS Ch.5.8
- 6. HW1, Statistics in the News

Hw Proj Best 8/10

Upcoming seminars

- Department Seminar Thursday January 16 11.00 12.00
   Hydro Building, Room 9014
   Deanna Needell, UCLA "Fairness and Foundations in Machine Learning"
- CANSSI Ontario online

Genevieve Gauthier, HEC "Enhancing deep hedging of options" Mathematical Statistics II January 14 2025

### Recap

- data  $\mathbf{x}_n = (x_1, \dots, x_n)$  independent observations; model  $f(\mathbf{x}_n; \theta) = \prod f(x_i; \theta)$ ,  $\theta \in \mathbb{R}$
- limit theorem  $\sqrt{n(\hat{\theta} \theta)} \xrightarrow{d} N(0, I^{-1}(\theta))$  approximation  $\hat{\theta} \stackrel{\sim}{\sim} N\{\theta, I_n^{-1}(\hat{\theta})\}, \text{ or } \hat{\theta} \stackrel{\sim}{\sim} N\{\theta, j^{-1}(\hat{\theta})\}$ (finite sample) "is approxident definite of the sample of the

 $I_n(\theta) = nI(\theta) = \operatorname{var}_{\theta} \{ \ell'(\theta; \mathbf{X}_n) \}$  $j(\theta) = -\ell''(\theta; \mathbf{x}_n)$ (Bartlett, 2)

### Recap

- data  $\mathbf{x}_n = (x_1, \dots, x_n)$  independent observations; model  $f(\mathbf{x}_n; \theta) = \prod f(x_i; \theta)$ ,  $\theta \in \mathbb{R}$
- limit theorem  $\sqrt{n(\hat{\theta} \theta)} \stackrel{d}{\rightarrow} N(0, I^{-1}(\theta))$  $I_n(\theta) = nI(\theta) = \operatorname{var}_{\theta} \{ \ell'(\theta; \mathbf{X}_n) \}$
- approximation  $\hat{\theta} \sim N\{\theta, I_n^{-1}(\hat{\theta})\}, \text{ or } \hat{\theta} \sim N\{\theta, j^{-1}(\hat{\theta})\}$
- data  $\mathbf{x}_n = (x_1, \dots, x_n)$  independent observations; model  $f(\mathbf{x}; \theta) = \prod f(x_i; \theta), \quad \theta \in \mathbb{R}^p$  limit theorem  $\sqrt{n} \{ I(\theta) \}^{1/2} (\hat{\theta} \theta) \xrightarrow{d} N_p(\mathbf{0}, \mathcal{I}_p) \quad \mathbf{x} (\hat{\theta} \theta)^T \mathcal{I}_p(\theta) (\hat{\theta} \theta) \xrightarrow{d} \chi_p^2$
- approximation  $\hat{\theta} \sim N_p\{\theta, I_n^{-1}(\hat{\theta})\}$ , or  $\hat{\theta} \sim N_p\{\theta, j^{-1}(\hat{\theta})\}$  $\hat{\theta}_{R} \sim \mathcal{N}\left(\theta_{R}, \bar{j}^{-1}(\hat{\theta})\right)$   $\sim \mathcal{R}$  k=(,...,p)

 $i(\theta) = -\ell''(\theta; \mathbf{X}_n)$ 

### Recap

- data  $\mathbf{x}_n = (x_1, \dots, x_n)$  independent observations; model  $f(\mathbf{x}_n; \theta) = \prod f(x_i; \theta), \quad \theta \in \mathbb{R}$
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Check Cheatsheet

 $i(\theta) = -\ell''(\theta; \mathbf{X}_n)$ 

#### • Theorem 5.4

- data  $\mathbf{x}_n = (x_1, \dots, x_n)$  independent observations
- limit theorem  $\sqrt{n(\hat{\theta} \theta)} \xrightarrow{d} N\{\mathbf{0}, J^{-1}(\theta)I(\theta)J^{-1}(\theta)\}$
- In MS Examples 5.14 and 5.15,  $I(\theta) = J(\theta)$

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 $J(\theta) = \mathrm{E}_{\theta} \{ -\ell''(\theta; X_{n}) \} / n$ 

 $\int_{2}^{1} \frac{\partial}{\partial \theta} \int f(x,\theta) dx$   $\int_{2}^{2} f(x,\theta) dx = \left(\frac{\partial}{\partial \theta} \int (x,\theta) dx\right)^{2}$ 

slightly more general





- proof requires many smoothness conditions on underlying model
- proof requires  $\hat{\theta} \xrightarrow{p} \theta$

MS p.249; Thm 5.1,2

 i.i.d. can often be weakened to independent (not i.d.) observations, or even dependent
 need WLLN and CLT

 $\sqrt{n(\hat{\theta}-\theta)} \simeq \frac{-n^{-1/2}\sum_{i=1}^{n}\ell'(X_i;\theta)}{n^{-1}\sum_{i=1}^{n}\ell'(X_i;\theta)}$ 

• MS Theorem 5.3, p.253 has a careful proof for  $\theta \in \mathbb{R}$ 

see also likelihood cheatsheet long version

and

CLT

WL

• key step is

• vector version is

$$\sqrt{n}\Sigma_{k=1}^{p}(\hat{\theta}_{k}-\theta_{k})\{n^{-1}\ell_{jk}^{\prime\prime}(\hat{\theta})\}\simeq -n^{-1/2}\ell_{j}^{\prime}(\theta),$$



En

- maximum likelihood estimators minimize the KL-divergence to the data
- KL divergence from  $f_0$  true to  $f_\theta$  model :

$$KL(f_{\theta};f_{0}) \equiv E_{f_{0}} \log \left\{ \frac{f_{0}(X)}{f_{\theta}(X)} \right\} = -E_{f_{0}} \log \{f(X;\theta)\} + E_{f_{0}} \log f_{0}(X)$$

$$= \int \log \left( \frac{f_{0}(x)}{f_{0}(x)} \right) f_{0}(x) dx = \int \log f_{0}(x) f_{0}(x) dx$$

$$-\int \log f(x;\theta) f_{0}(x) dx$$

$$= \int \log \{f(X;\theta)\}?$$

$$K_{1}(x;\theta) = \frac{1}{n} \sum \log f(x;\theta)$$

$$K_{2}(x;\theta) = \frac{1}{n} \sum \log f(x;\theta)$$

4

r n

### Your friend the delta-method



# ... Your friend the delta-method

#### MS Th.3.4 and p.148

$$\hat{\Theta}_{n} - \Theta \stackrel{\sim}{\sim} N(\Theta, \sigma^{*}(\Theta)) \qquad \sqrt{n(\widehat{\Theta}_{n} - \Theta)} \stackrel{d}{\rightarrow} N_{p}\{O, I^{-1}(\Theta)\} \qquad \text{e.g. } \hat{\Theta} = f(\overline{X}_{n}) \longrightarrow N(\mu_{1}\sigma^{*}, \Phi) = f(\overline{X}_{n}) \xrightarrow{d} N(\mu_{1}\sigma^{*}, \Phi) = f(\overline{X}_{n}) \xrightarrow{d} N(\mu_{1}\sigma^{*}, \Phi) = f(\overline{X}_{n}) \xrightarrow{d} N(\Theta, \sigma^{*}(\Theta)) \xrightarrow{d} N\{O, g^{*}(\Theta)^{T}I^{-1}(\Theta)g^{*}(\Theta)\} \qquad \text{bg}(\overline{X}_{n}) \xrightarrow{d} N\{O, g^{*}(\Theta)^{T}I^{-1}(\Theta)g^{*}(\Theta)\} \qquad \text{bg}(\overline{X}_{n}) \xrightarrow{d} N(\Theta, \sigma^{*}(\Theta)) \xrightarrow{d}$$

$$X_{1,\dots,X_{n}} \quad \text{iid} \quad \text{Parissan}(\mu)$$

$$f(n;\mu) = \frac{\mu^{n}(e^{-\mu})}{x;i} \quad \text{Tr}(n;\mu) =$$

$$k(\mu;\chi) = -n\mu + \sum i \log \mu - \frac{\mu^{\sum i e^{-\eta}}}{\pi x;i}$$

$$e'(\mu;\mu) = -n + \frac{s}{\mu} \quad \hat{\mu} = \frac{s}{n}$$

$$var(\frac{s}{n}) = \frac{n var X_{i}}{n^{2}} = 4n$$

$$\overline{X} \sim N(\mu, 4n)$$

$$g(\mu) \quad s.t. \quad g(\overline{x}) - g(\mu) \sim N(0, \text{constant})$$

$$vas g(\overline{x}) \simeq g'(\mu)^{2} \cdot \frac{\mu}{n}$$

$$g'(\mu)^{2} \cdot \mu \simeq 4. ?$$

$$g'(\mu)^{2} \cdot \mu \qquad \mu^{n}$$

$$g'(\mu)^{2} \cdot 2 \cdot 4/\mu$$

$$g'(\mu) \simeq 4\mu [\frac{1}{2}]$$

$$r = \frac{1}{2} \sqrt{x_{i}} \sim N(\sqrt{\mu}, \frac{c}{n})$$

$$r = \frac{1}{2} \sqrt{x_{i}} \sim N(\sqrt{\mu}, \frac{c}{n})$$

Example

7

$$X_{1}, \dots, X_{n} \text{ i.i.d. Gamma} (\alpha, \lambda)$$

$$f(x_{i}; \lambda, \alpha) = \frac{1}{\Gamma(\alpha)} \lambda^{\alpha} x_{i}^{\alpha-1} \exp(-\lambda x_{i})$$

$$(\lambda_{1}\alpha) = \frac{1}{\Gamma^{m}(\alpha)} \gamma^{n\alpha} \operatorname{TT}_{\mathcal{X}_{1}^{c}} e^{-\lambda \sum \chi_{1}^{c}}$$

$$L(\lambda_{1}\alpha; \chi) = -n \log \Gamma(\alpha) + n \alpha \log \lambda + (\alpha_{-1}) \sum \log \chi_{1}^{c}$$

$$-\lambda \sum \chi_{1}^{c}$$

$$\frac{\partial \ell}{\partial \lambda} = 0 = \frac{n \alpha}{\lambda} - \sum \chi_{1}^{c}$$

$$\lambda = \frac{n \alpha}{\lambda} \operatorname{constrained} \text{ mle}$$
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# Calculating maximum likelihood estimators

#### MS 5.7; AoS 9.13.4

Newton-Raphson:

suggests iteration

$$\hat{\theta}^{(k+1)} = \hat{\theta}^{(k)} + \{-\ell''(\hat{\theta}^{(k)})\}^{-1}\ell'(\hat{\theta}^{(k)}) = \hat{\theta}^{(k)} + \hat{\theta}^{(k)} + \hat{\theta}^{(k)} = \hat{\theta}^{(k)} + \hat{\theta}^{(k)} +$$

MS p.270; note change in notation

 $\frac{\mathsf{S}(\hat{\theta}^{(k)})}{\mathsf{H}(\hat{\theta}^{(k)})}$ 

- requires reasonably good starting values for convergence
- need  $-\ell''(\hat{\theta}^{(k)})$  to be non-negative definite
- Fisher scoring replaces  $-\ell''(\cdot)$  by its expected value
- N-R and F-S are gradient methods; many improvements have been developed
- solution is a global max only if  $\ell(\theta)$  is concave

# ... Calculating maximum likelihood estimators

#### E-M algorithm:

- complete data  $\mathbf{X} \sim f_{\mathbf{X}}(\mathbf{x}; \theta)$
- observed data  $y = (y_1, \ldots, y_m)$ , with  $y_i = g_i(\mathbf{x})$
- joint density  $f_{Y}(y; \theta) = \int_{A(y)} f_{X}(x; \theta) dx$
- algorithm:
  - 1. (E step) estimate the complete data log-likelihood function for  $\theta$  using current guess  $\hat{\theta}^{(k)}$
  - 2. (M step) maximize that function over  $\theta$  and update to  $\hat{\theta}^{(k+1)}$  usually by N-R or Fisher scoring
- likelihood function increases at each step
- can be implemented in complex models
- doesn't automatically provide an estimate of the asymptotic variance

but methods exist to obtain this as a side-product

procedure

many-to-one

 $A(y) = \{x; y_i = q_i(x), i = 1, ..., m\}$ 



#### ... Max vs Sup

 $= \sup_{\{R^{P}\} \neq .6 \cdot Non-Regular Models} \beta_{2} \approx \infty$ B

Figure 4.8 Likelihood inference for  $t_v$ distribution. Left: profile log likelihoods for  $\psi = v^{-1}$  for maize data (solid), and for 19 simulated normal samples (dots);  $\psi = 0$  corresponds to the  $N(\mu, \sigma^2)$  density. Right:  $\chi_1^2$  probability plot for the 1237 positive values of the likelihood ratio statistic  $W_p(0)$ observed in 5000 simulated normal samples of size 15; the rest had  $W_{\rm p}(0) = 0.$ 



1

some combi separates i=1-...,n dit o's from di = 1's Mathematical Statistics II January 14 2025 Xi

Profile log likelihood

x; ~ Bernoulli (p;) c=1,...,n repression model  $e^{\frac{z}{z}} \frac{F}{F} / (1 + e^{\frac{z}{z}} f)$  $P_i(\beta) =$  $lop\left(\frac{p_{i}}{1-p_{i}}\right)$ = ZiB fic rep ml-gi w っに = 0

ntbc

 $n(\hat{\theta} - \theta)$ 

flig

 $\Theta > \chi_{(n)}$ 

12

SM 4.6

# Example



ALLE

$$f_{X}(x_{i};\lambda,\mu,\alpha) = \alpha \underbrace{e^{-\lambda}\lambda^{x}}_{X!} (1-\alpha) \underbrace{e^{-\mu}\mu^{x}}_{X!}, \quad x = 1, 2, ...; \lambda, \mu > 0, 0 < \alpha < 1 \quad \text{wixture would}$$

$$0 \text{ Observed data: } x_{1, \cdots}, x_{n} \qquad \qquad f \quad \lambda = \mu, can^{+} f \quad \lambda = \mu,$$

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# Likelihood ratio statistic

- model  $f(\mathbf{x}; \boldsymbol{\theta}), \quad \boldsymbol{\theta} \in \mathbb{R}^p$
- likelihood and log-likelihood function  $L(\theta; \mathbf{x})$ ,  $\ell(\theta; \mathbf{x})$
- maximum likelihood estimator  $\widehat{m{ heta}} = \widehat{m{ heta}}(m{x})$
- hypothesized value  $heta_{
  m o}$  for heta
- likelihood ratio statistic

2, = (x, ... > x.)

 $Q \in \mathbb{R}^{p}$ test a null  $H_{0}: Q = Q$ 

• Theorem: Under ... regularity conditions on the model ... if  $\theta_0$  is the true value

 $W(\boldsymbol{\theta}_{\mathrm{O}}) = 2\{\ell(\widehat{\boldsymbol{\theta}}) - \ell(\boldsymbol{\theta}_{\mathrm{O}})\}$ 



# **Likelihood quantities**

#### scalar parameter



# ... Likelihood ratio statistic

 $W(\theta_{O}) = 2\{\ell(\widehat{\theta}) - \ell(\theta_{O})\} \xrightarrow{d} \chi_{D}^{2}$ likelihood ratio statistic  $= 2 \left\{ l \left[ \hat{\theta} \right] - \left[ l \left( \hat{\theta} \right) + \left( \theta_{0} - \hat{\theta} \right) \right] \left( \hat{\theta} \right) + \frac{1}{2} \left( \theta_{0} - \hat{\theta} \right)^{T} \left( \hat{\theta} \right) \left( \theta_{0} - \hat{\theta} \right) \right]$  $2\{e(\hat{\theta}) - e(\theta_{0})\}$ + rem Need Reg.  $= (\hat{\theta} - \theta_{\bullet}) \left[ -\ell''(\hat{\theta}) \right] (\hat{\theta} - \theta_{\bullet}) \quad \text{e rem,}$ \$ => O under Ho  $l''(\theta; X;)$  Noce  $r.v_{-}$  $= (\hat{\Theta} - \Theta_{0})^{T} (-\ell''(\hat{\Theta})) \cdot (n I(\hat{\varphi})) \cdot (n I(\hat{\varphi})) \cdot (\hat{\Theta} - \Theta_{0})$  $-l'(\Theta)$   $nI(\Theta)$ nI(O)  $= (\hat{\Theta} - \theta_{n})^{T} \langle n I(\theta_{n}) \rangle \quad (\hat{\Theta} - \theta_{n})$ =  $(\hat{\Theta} - \Theta_0)^T I_n (\Theta_0)$   $(\hat{\Theta} - \Theta_0) \sim \chi_p$ Mathematical Statistics II January 14 2025 17

SM 4.5, MS 7.4

 $F(\hat{O}, \Theta_0) \xrightarrow{\sim} N(O, \overline{I}(\Theta_0))$ ... Likelihood ratio statistic SM 4.5, MS 7.4  $W(\theta_{o}) = 2\{\ell(\widehat{\theta}) - \ell(\theta_{o})\} \stackrel{d}{\rightarrow} \chi_{p}^{2}$ likelihood ratio statistic Q = (4, 7) t par. of interest scalar GR profile LR stat  $w(\psi_{o}) = 2\{l_{p}(\hat{\psi}) - l_{p}(\psi_{o})\}$ =  $2 \langle e(\hat{\psi}, \hat{\chi}) - e(\psi_{0}, \hat{\chi}_{\psi_{0}}) \rangle$ lp (4)  $= 2 \left\{ e(\hat{\psi}, \hat{\lambda}) - e(\hat{\psi}, \lambda_{0}) - \xi e(\hat{\psi}, \hat{\lambda}_{0}) - e(\hat{\psi}, \lambda_{0}) \right\}$  $= \mathcal{L}(4, \hat{\lambda}_{4})$ in e (p-1)-din Mathematical Statistics II January 14 2025

# Aside: profile version

$$\begin{aligned} & Gamma(\alpha,\lambda) & tert \quad \alpha = 1 \\ & L \quad \lambda^{\alpha} \propto^{\alpha-1} e^{-\lambda n c} & \alpha = 1 \quad \lambda \propto e^{-t x} \exp(t) \\ & P(\alpha) & (k = 1) \\ & Z \\ & \zeta \\ & L \\ & \gamma \\ & \chi^{\alpha} = 1 \\ & \chi^$$

# **Nonparametric MLE**

• sample  $x_1, \ldots, x_n$  independent, identically distributed, with cdf F

no parametric model assumed

• likelihood function  $L(F) = \prod f(x_i)$ 

f(x)dx = Pn {Xe (x, x+dx)}

- assume solution puts mass only at  $x_1, \ldots, x_n$
- log-likelihood function  $\ell(p) = \sum_{i=1}^{n} \log(p_i)$

11

# **Nonparametric MLE**

2112, Lec 8; MS 5.6

Lagrange

• sample  $x_1, \ldots, x_n$  independent, identically distributed, with cdf F

no parametric model assumed

- likelihood function  $L(F) = \prod f(x_i)$
- assume solution puts mass only at  $x_1, \ldots, x_n$
- log-likelihood function  $\ell(p) = \sum_{i=1}^{n} \log(p_i)$
- maximized at  $p_i = 1/n, i = 1, \ldots, n$
- gives empirical cdf  $\hat{F}_n(x) = \frac{1}{n} \sum_{i=1}^n \mathbb{1}(X_i \le x)$ • plug-in principle: if  $\theta = T(F), \hat{\theta} = T(\hat{F}_n)$ Mathematical Statistics II January 14 2025
  Mathematical Statistics II Janu

# **Misspecified models**

- model assumption  $X_1, \ldots, X_n$  i.i.d.  $f(x; \theta), \theta \in \Theta$
- true distribution  $X_1, \ldots, X_n$  i.i.d. F(x)
- maximum likelihood estimator based on model:

$$\sum_{i=1}^n \ell'(\hat{\theta}_n; X_i) = 0$$

• what is  $\hat{\theta}_n$  estimating ?

notation

MS 5.5

 $T(\hat{F}_{n}) = \frac{1}{2} \sum h(X_{i})$ 

### Misspecified models

- model assumption  $X_1, \ldots, X_n$  i.i.d.  $f(x; \theta), \theta \in \Theta$
- true distribution  $X_1, \ldots, X_n$  i.i.d. F(x)
- maximum likelihood estimator based on model:

$$\sum_{i=1}^n \ell'(\hat{\theta}_n; X_i) = \mathbf{O}$$

- what is  $\hat{\theta}_n$  estimating ?
- define the parameter  $\theta(F)$  by

$$\int_{-\infty}^{\infty} \ell'\{x; \theta(F)\} dF(x) = 0$$

$$\sqrt{n}\{\hat{\theta}_n - \theta(F)\} \stackrel{d}{\rightarrow} N(O, \sigma^2)$$

$$\sigma^{2} = \frac{\int [\ell'\{x;\theta(F)\}]^{2} dF(x)}{(\int [\ell''\{x;\theta(F)\}]^{2} dF(x))^{2}}$$

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notation

•

•

$$\sqrt{n}\{\hat{\theta}_n - \theta(F)\} \stackrel{d}{\rightarrow} N(O, \sigma^2)$$

$$\sigma^{2} = \frac{\int [\ell'\{x;\theta(F)\}]^{2} dF(x)}{(\int [\ell''\{x;\theta(F)\}]^{2} dF(x))^{2}}$$

• more generally, for  $\theta \in \mathbb{R}^p$ ,

$$\sqrt{n}\{\hat{\theta}_n - \theta(F)\} \xrightarrow{d} N_p\{O, G^{-1}(F)\}$$

$$G(F) = J(F)I^{-1}(F)J(F),$$

$$J(F) = \int -\ell''\{\theta(F); x_i\} dF(x_i), \quad I(F) = \int \{\ell'(\theta(F); x_i)\}\{\ell'(\theta(F); x_i)\}^T dF(x_i)$$

Godambe information

sandwich variance

model

prior

posterior

sample

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# **Frequentist and Bayesian contrast**

#### Frequentist:

- There is a fixed parameter (unknown) we are trying to learn
- Our methods are evaluated using probabilities based on  $f(x; \theta)$

Bayesian:

- The parameter can be treated as a random variable
- We model its distribution  $\pi(\theta)$
- Combine this with a model  $f(x \mid \theta)$
- Update prior belief on the basis of the data

# **Example: Binomial**

MS 5.26; AoS Ex.11.2

 $X_1, \ldots, X_n$  i.i.d. Bernoulli ( $\theta$ )

$$\pi(\theta; \alpha, \beta) = \frac{\Gamma(\alpha + \beta)}{\Gamma(\alpha)\Gamma(\beta)} \theta^{\alpha - 1} (1 - \theta)^{\beta - 1}, 0 < \theta < 1$$

posterior mean, mode

The New Hork Times

#### Surgeon General Calls for Cancer Warnings on Alcohol

Dr. Vivek Murthy's report cites studies linking alcoholic beverages to at least seven malignancies, including breast cancer. But to add warning labels, Congress would have to act.

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Math Engretion and Stratup sting dated is on all stopping or strates wing warning that drinking heightens the risk for at least seven cancers, including common ones like breast and colon cancers. Ruth Fremson/The New York Times

- "For decades, moderate drinking was said to help prevent heart attacks and strokes."
- "But growing research has linked drinking, sometimes even within the recommended limits, to various types of cancer"
- "But alcohol directly contributes to 100,000 cancer cases and 20,000 related deaths each year, the surgeon general, Dr. Vivek Murthy, said.
- He called for updating the labels to include a heightened risk of breast cancer, colon cancer and at least five other malignancies now linked by scientific studies to alcohol consumption."
- "The current warning label has not been changed since it was adopted in 1988, even though the link between alcohol and breast cancer has been known for decades."

### NY Times



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#### Mathematical Statistics II January 14 2025 BUY THIS BOOK

# Review of Evidence on Alcohol and Health (2025)

#### DETAILS

254 pages | 6 x 9 | PAPERBACK ISBN 978-0-309-73115-7 | DOI 10.17226/28582

#### CONTRIBUTORS

Bruce N. Calonge and Katrina Baum Stone, Editors; Committee on Review of Evidence on Alcohol and Health; Food and Nutrition Board; Health and Medicine Division; National Academies of Sciences, Engineering, and Medicine

#### **Drinking less is better**

We now know that even a small amount of alcohol can be damaging to health.

Science is evolving, and the recommendations about alcohol use need to change.

Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is—wine, beer, cider or spirits.

Drinking alcohol, even a small amount, is damaging to everyone, regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle.

That's why if you drink, it's better to drink less.

#### Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.



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